



Freihofer's Run for Women • Empire State Plaza, Albany, NY

Race Winners (New Venue)

Date	Time	5K Champions
04 June '16	15:46	Brianne Nelson (Golden, CO) WASHINGTON AVE COURSE

Race Winners (IAAF-Labeled Race)

Date	Time	5K Champions
30 May '15	15:38	Emily Chebet (KEN) WASHINGTON AVE COURSE
31 May '14	15:21	Lucy Wangui Kabuu (KEN)
01 June '13	15:26	Emily Chebet (KEN)
02 June '12	15:19	Mamitu Daska (ETH)
04 June '11	15:19	Mamitu Daska (ETH)
05 June '10 [†]	15:12	Emily Chebet (KEN)
30 May '09	15:27	Teyba Erkesso (ETH)
31 May '08	15:46	Benita Johnson (AUS)
02 June '07	15:22	Benita Johnson (AUS)
03 June '06	15:27	Benita Johnson (AUS)
04 June '05	15:18	Asmae Leghzaoui (MOR)

Race Winners (USA 5K Championships)

Date	Time	5K Champions	Time	10K Winners
05 June '04	15:26	Marla Runyan (OR/USA) (nc)		-NA-
31 May '03	15:25	Marla Runyan (OR/USA) (nc)		-NA-
01 June '02	15:27	Marla Runyan (OR/USA) (nc)		-NA-
02 June '01	15:47	Collette Liss (IN/USA) (nc)		-NA-
03 June '00	15:35	Libbie Hickman (CO/USA) (nc)		-NA-
05 June '99	15:31	Cheri Kenah (USA) (nc)		-NA-
30 May '98	15:46	Lynn Jennings (nc)		-NA-
31 May '97	15:29	Elva Dryer (CO/USA) (nc)		-NA-
01 June '96*	15:21	Lynn Jennings (nc)		-NA-
03 June '95	15:24	Lynn Jennings (nc)		-NA-
04 June '94	15:37	Lynn Jennings (nc)		-NA-

[†] Course Record

(nc) National Championship

* The 1996 course was found to be 9.4 meters short upon validation

** 1991 was the last year the 10K was contested

*** Judi St Hilaire set a new AR with her time of 15:25 time in the inaugural 5K National Championship hosted at the Freihofer's Run for Women



Freihofer's Run for Women • Empire State Plaza, Albany, NY

Race Winners (USA 10K Championships)

Date	Time	10K Champions	Time	5K Winners
28 May '88	32:39	Lynn Jennings (nc)	17:16	Pamela Crandall (NH/USA)
16 May '87	32:19	Lynn Jennings (NH/USA) (nc)	17:16	Denise Herman NY/USA)
17 May '86	32:13	Betty Jo Springs (NC/USA) (nc)	17:22	Marisa Sutera (NY/USA)
18 May '85	32:14 (TIE)	Francie Larrieu (TX,USA) Betty Jo Springs (NC/USA)(nc)	17:39	Patty Nelson (NY/USA)
08 April '84	32:51	Betty Jo Springs (NC/USA)(nc)	18:06	Denise Herman (NY/USA) NC
10 April '83	33:25	Regina Joyce (Ireland) Judi St Hilaire (33:43)(nc)	18:02	Mary Herlihy (MA/USA)
04 April '82	34:50	Jacqueline Gareau (Canada) Kathy Boyle (36:38)(NY/USA)(nc)	18:30	Diana Richburg (NY/USA) NC
29 March '81	34:59	Nancy Conz (NC/USA)(nc)	18:50	Diana Richburg (NY/USA)
30 March '80	33:22	Dana Slater (NY/USA)(nc)	17:35	Martha Swatt (NY/USA)
08 April '79	34:26	Karin Von Burg (VT/USA)(nc)	17:30	Martha Swatt (NY/USA)

(nc) National Championship

NC New Course