



**Top 10 Fastest Freihofer's Times Through the Years:  
Madison Avenue Course (1984-2014)**

**OPEN FIELD**

	<b>Time</b>	<b>Year</b>	<b>Athlete</b>
1	15:12	2010	Emily Chebet
2	15:18	2005	Asmae Leghzaoui
3	15:19	2011	Mamitu Daska
4	15:20	2012	Mamitu Daska
5	15:21	1996*	Lynn Jennings
5	15:21	2014	Lucy Kabuu
6	15:22	2007	Benita (Willis) Johnson
7	15:24	1995	Lynn Jennings
7	15:24	1996*	Anne Marie Lauck
8	15:25	2003	Marla Runyan
8	15:25	1989	Judi St. Hilaire
9	15:26	2004	Marla Runyan
9	15:26	2013	Emily Chebet
10	15:27	2002	Marla Runyan
10	15:27	2009	Teyba Erkesso
10	15:27	1995	Olga Appell
10	15:27	2006+	Benita (Willis) Johnson

**MASTERS FIELD**

	<b>Time</b>	<b>Year</b>	<b>Athlete</b>
1	15:47	2004	Colleen De Reuck
2	16:06	1997	Ruth Wysocki
3	16:18	2001	Judi St. Hilaire
4	16:20	1989	Heather Matthews
5	16:27	2001	Mary Knisley
6	16:28	1996*	Jane Welzel
6	16:28	1997	Jane Welzel
6	16:28	2000	Carmen Ayala-Troncoso
7	16:31	1997	Joan Samuelson
7	16:31	2000	Judi St. Hilaire
8	16:32	2007+	Lucy Smith
9	16:33	1998	Joan Samuelson
10	16:37	1999	Carmen Ayala-Troncoso

\* Course found to be 7 meters short in 1996 due to road construction in Washington Park at the Lake house.

+ FRW course changed