

Olympia Lakefair Races - Age Graded Top Performances

WAVA Age Graded scores are the age adjusted scores compared to the world best for the distance, usually very close to the world record.

New Records set in 2025 Highlighted in Yellow



3K - Top 20 Age Graded Performances - Male & Female - 2014 to Present

Rank	Year	Athlete Name	Gender	Age	Time	Pace	Age Graded
1	2025	Kim Muenz	F	67	14:25	7:45	86.8%
2	2018	Connor Griffith	M	16	9:16	4:58	84.0%
3	2018	Julie Donaldson	F	66	15:05	8:05	81.6%
4	2024	Bob Brennand	M	63	11:30	6:10	81.4%
5	2017	Luke Alfonso	M	14	9:56	5:20	81.2%
6	2015	Theodore Even	M	55	10:53	5:50	80.3%
7	2018	Luke Alfonso	M	15	9:53	5:18	80.1%
8	2025	David Longmuir	M	77	14:03	7:33	79.6%
9	2023	Bob Brennand	M	62	11:41	6:16	79.4%
10	2025	Carrol Morris	F	77	18:56	10:11	78.9%
11	2025	Michael Magnussen	M	56	11:11	6:00	78.8%
12	2023	Eleanor Gould Jones	F	11	11:56	6:24	78.7%
13	2014	Theodore Even	M	54	11:02	5:55	78.5%
14	2023	Laura Gould	F	47	12:02	6:27	78.4%
15	2025	Ed Heckard	M	80	15:18	8:13	78.1%
16	2025	Kent Sizer	M	70	12:51	6:54	78.0%
17	2024	Carrol Morris	F	76	18:52	10:07	77.7%
18	2023	Carrol Morris	F	75	18:31	9:56	77.7%
19	2025	Ginger Stevick	F	11	12:06	6:30	77.7%
20	2016	Joseph Morrissey	M	17	9:56	5:20	77.3%