

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 2023 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	2018	Connor Griffith	M	16	9:16	4:58	84.0%
2	2018	Julie Donaldson	F	66	15:05	8:05	81.6%
3	2017	Luke Alfonso	M	14	9:56	5:20	81.2%
4	2015	Theodore Even	M	55	10:53	5:51	80.3%
5	2018	Luke Alfonso	M	15	9:53	5:18	80.1%
6	2023	Bob Brennand	M	62	11:41	6:17	79.4%
7	2023	Eleanor Gould Jones	F	11	11:56	6:25	78.7%
8	2014	Theodore Even	M	54	11:02	5:56	78.5%
9	2023	Laura Gould	F	47	12:02	6:28	78.4%
10	2023	Carrol Morris	F	75	18:31	9:57	77.7%
11	2016	Joseph Morrissey	M	17	9:56	5:20	77.3%
12	2016	Luke Alfonso	M	13	10:41	5:45	77.2%
13	2018	Graysen Guy	M	10	11:38	6:14	77.1%
14	2016	Evie Arnold	F	72	17:40	9:30	77.1%
15	2022	Evie Arnold	F	78	19:47	10:37	77.1%
16	2018	Jacob Alfonso	M	15	10:23	5:34	76.2%
17	2017	Jacob Alfonso	M	14	10:36	5:42	76.1%
18	2016	Graysen Guy	M	8	12:43	6:50	76.1%
19	2021	Jeff Krasch	M	60	12:00	6:27	76.0%
20	2021	Carrol Morris	F	73	18:16	9:49	75.9%