

## YEAR 2006 - AGE GRADED BEST PERFORMANCES

(A 100% grade means an age-graded performance that is approximately equivalent to the world record for that distance.)

### Male Masters:

It was hard to single out any one individual as the top male masters in 2006. On average, the No. 1 and No. 2 grades were way below par, and a full percentage lower than last year's mediocre marks. The top grade this year was by Oklahoman Pete Orban in the Half-Marathon at 86.9%, and this is the poorest top grade in the 11 years that we have been making this yearly analysis. You may also note that in three distances we had top grades below 80%, which has never happened before.

Mike Shyrock of Augusta was the only runner to top more than one distance, leading the 8KM and 15KM, but none of his grades ranked in the top ten for the year. Paul Heitzman of Eudora, usually a leader in past year's grades, had marks much lower than in past years, but he still led the 5KM and was runner-up in the 2-Mile and 8KM, with two grades in the top ten. Equaling Paul's trio was Steve Riley of Lawrence, leading the 4-Mile event, with 2nds in the 10KM and 10-Mile, and with two grades in the top ten.

Joining Paul and Steve was J.P. Worchester of Lindsborg, topping the tough Marathon event and with 2nds in the 4-Mile and Half-Marathon. However, the second best overall grading was by Manhattan resident Dan Boyle at 85.0% and 3<sup>rd</sup> best was Bob McAnany of Hays at 84.1%.

Event	No. 1 Male	Grade	No. 2 Male	Grade
2-Mile	Bob McAnany	84.1%	Paul Heitzman	83.9%
5 KM	Paul Heitzman	83.5%	Dennis Smithhisler	83.4%
4-Mile	Steve Riley	83.1%	J.P. Worchester	82.5%
8 KM	Mike Shyrock	78.1%	Paul Heitzman	73.4%
10 KM	Dan Boyle	85.0%	Steve Riley	83.6%
12 KM	Dan Kuhlman	75.8%	Jay O'Neil	75.6%
15 KM	Mike Shyrock	74.0%	Paul Shimon	65.9%
10 Mile	Brad Pace	84.0%	Steve Riley	81.8%
Half Mara	Pete Orban	86.9%	J.P. Worchester	83.1%
Marathon	J.P. Worchester	82.1%	Bryan Smith	80.9%

### Female Masters:

It doesn't happen very often, but the top masters grading for 2006 was by a lady runner. Mary Greene of Andover graded 89.5% in the 2-Mile at the River Run. To my knowledge this is the 2<sup>nd</sup> best ever in Kansas, topped only by the great Jane Hutchinson in 1995. But Deb Torneden of Wichita was not far behind with 88.5% in the 2-Mile and

88.4% in the 10 KM. And on balance, Deb was better, topping two events and with 2nds in two other distances. Cindy Cameron of Westwood also ranked well on balance, topping two events and racking up three 2nds as well; but her best grade ranked only 8<sup>th</sup> overall. Mary Greene actually had four of the top 8 grades for the year, but only two are in the standings below.

<b>Event</b>	<b>No. 1 Female</b>	<b>Grade</b>	<b>No. 2 Female</b>	<b>Grade</b>
2 Mile	Mary Greene	89.5%	Deb Torneden	88.5%
5 KM	Mary Greene	84.1%	Cindy Cameron	83.7%
4 Mile	Cindy Cameron	77.8%	Vickie Tucker	75.6%
8 KM	Stephanie Tubbs	79.0%	Mari Mohr	76.5%
10 KM	Deb Torneden	88.4%	Deb Torneden	82.8%
12 KM	Fran Breslauer	67.5%	Mary Bennet	62.0%
15 KM	Cindy Cameron	80.5%	Elaine Chavez	72.6%
10 Mile	Deb Torneden	85.0%	Cindy Cameron	82.5%
Half Mara	Julie Harding	81.9%	Cindy Cameron	81.0%
Marathon	Marla Rhoden	76.1%	L.J. Egbert	73.9%

### **Submasters:**

For Submasters runners, by far the best grade was by Australian Andrew Letherby at the Atwood 10 Mile at 91.9%, as he wiped out the Kansas overall record for this event, clocking a 48:36. On the distaff side, WSU standout from Lyndon, Desiraye Osburn, in her only 5K road race of the year, graded 87.6%, as she tied the overall state record of 16:26.

The kids are the ones who really did well this year, led by Iowan Rebekah Topham, who was only ten years old at the "Just for Kids" run in Wichita, but her 5K time of 19:04 graded a phenomenal 88.3%. Earlier in the year at age 9, Rebekah had run the River Run 10K time in 43:40, grading an excellent 85.1%. In the River Run 2 Mile, Wichitan Kaelyn Balch broke the 12 and under state record with a 12:04 clocking, which graded a top flight 83.9%.

On the guy's side, 19 year old Alex Umberger of Wichita had several grades in the 80 to 84.5 range, with his 3<sup>rd</sup> place finish in the River Run 10K at 32:10, resulting in his best grading. And right behind Alex at the River Run was yet another 19 year old, Brock Phillips and his 32:38 clocking graded 83.3%.

### **YOUTH GRADINGS - (Best only for each runner)**

<b>AGE GP</b>	<b>MALE</b>	<b>GRADE</b>	<b>FEMALE</b>	<b>GRADE</b>
12 & Under				
1.	Kaden Griffin	79.1%	Rebekah Topham	88.3%
2.	Jonathan Isaac	78.8%	Kaelyn Balch	83.9%
3.	John Topham	76.0%	Katie McLachlan	78.7%
13 - 15				
1.	Robbie Martinez	83.7%	Michelle Babb	79.4%
2.	Matt Rogers	81.7%	Abby Wise	74.6%

3.	Bryce Volz	77.8%	Heather Scott	68.6%
16 - 19				
1.	Alex Umberger	84.5%	Mary Pishny	81.8%
2.	Brock Phillips	83.3%	Brittany Graff	79.3%
3.	Oswaldo Alarcon	83.0%	Christa Heideman	76.1%