

Champions

Historic Female Cap10K Champions
1978-Present

YEAR	ATHLETE	TIME	PACE
1978	Laura McIntyre	38:22	6:11
1979	Francie Larrieu Smith	33:16	5:21
1980	Hope Wilson	38:18	6:10
1981	Tracy Lynn Wong	36:34	5:53
1982	Betsy Haydock	35:51	5:46
1983	Tracy Lynn Wong	35:10	5:40
1984	Lynn Huntington	34:34	5:34
1985	Anne Pewe	33:28	5:23
1986	Susan Allyn	36:12	5:50
1987	Vickie Smith	34:58	5:38
1988	Laurie Hart	36:18	5:51
1989	Vickie Smith	36:46	5:55
1990	Janice Reina-Grantham	37:08	5:59
1991	Betsy Schmid	36:04	5:49
1992	Debs Holst	38:00	6:07
1993	Annie Schweitzer	35:54	5:47
1994	Cassandra Henkiel	37:29	6:02
1995	Cassandra Henkiel	35:02	5:39
1996	Jose Edwards	36:18	5:51
1997	Natalie Nalepa*	33:43	5:26
1998	Sheena Carswell	36:58	5:57
1999	Cassandra Henkiel	35:34	5:44
2000	Jennifer McNutt	37:37	6:04
2001	Albina Gallyamova	34:57	5:38
2002	Albina Gallyamova	34:53	5:37
2003	Carmen Troncoso	34:38	5:35
2004	Carmen Troncoso	36:11	5:50
2005	Cassandra Henkiel	35:27	5:43
2006	Albina Gallyamova	34:24	5:32
2007	Albina Gallyamova	35:28	5:43
2008	Desirée Ficker	35:45	5:46
2009	Desirée Ficker	34:56	5:38
2010	Desirée Ficker	35:36	5:44
2011	Allison Macsas	34:52	5:36
2012	Kara June	35:02	5:38
2013	Betzy Jimenez	35:27	5:42
2014	Chris Kimbrough	35:36	5:44
2015	Allison Mendez	35:01	5:38
2016	Allison Mendez	36:03	5:48

*Race course record on USATF certified course