

PHOENIX 10K CHAMPIONS 1976 - 2019

DATE	MALE WINNER	TIME	FEMALE WINNER	TIME
11/3/2019	Tyler Day	28:20	Viola Lagot (Kenya)	30:55CR
11/4/2018	Theo Quax (USA)	29:59	Miranda Myers (USA)	35:01
11/5/2017	George Alex (USA)	29:32	Ailsa MacDonald (USA)	37:04
11/6/2016	George Alex (USA)	30:09	Sara Slattery (USA)	35:00
11/5/2015	Futsom Zienasellassie (AZ)	29:48	Katie McGee (AZ/USA)	38:03
11/2/2014	Brett Fransen (USA)	30:37	Hailey Hanna (AZ/USA)	37:49
11/3/2013	Jordan Chipangama (ZAM)	30:08	Tere Zacher (AZ/USA)	37:40
11/4/2012	Craig Curley (AZ/USA)	29:49	Alvina Begay (AZ/USA)	34:25
11/6/2011	Lamech Mokono Mosoti (KEN)	30:09	Arianna Hilbom (AZ/USA)	34:54
11/7/2010	Paul Robinson (AZ/USA)	31:00	Dorota Gruca(POL)	34:57
11/8/2009	Craig Curley (AZ/USA)	29:49	Wendy Thomas (USA)	35:31
11/9/2008	Andrew Lemoncello (SCO)	30:33	Victoria Jackson (AZ/USA)	35:47
11/9/2007	Anthony Gallo (AZ/USA)	29:49	Tatyana Chulakh (RUS)	34:48
11/12/2006	Michael Smith (AZ/USA)	30:35	Tatyana Chulakh (RUS)	33:38
11/13/2005	Obed Gisemba (KEN)	29:55	Tatyana Chulakh (RUS)	33:33
11/14/2004	Christian Hesch (USA)	29:21	Patty Murray (USA)	34:51
11/16/2003	Chokri Dhaouadi (MAR)	29:26	Luminita Talpos (ROM)	34:02
11/17/2002	Shadrack Kosgei (KEN)	29:04	Elva Dryer (NM)	33:01
11/11/2001	John Itati Thuo (KEN)	29:45	Teresa Wanjiku Mbugua (KEN)	33:25
11/12/2000	Aurelio Miti (ANO)	28:58	Gladys Asiba (KEN)	33:33
11/14/1999	Sammy Ngeno Chelimo (KEN)	29:17	Asha Gigi Roba (ETH)	33:28
11/15/1998	Lazarus Nyakeraka Oyondi(KEN)	28:11	Jane Omoro Moraa (KEN)	33:03
11/16/1997	James Bungei (KEN)	28:38	Jane Omoro Moraa (KEN)	32:35
11/10/1996	James Bungei (KEN)	28:11	Melody Fairchild (USA)	33:12
11/12/1995	James Bungei (KEN)	28:29	Libbie Hickman (USA)	33:05
11/13/1994	Todd Lewis (USA)	29:09	Libbie Hickman (USA)	33:09
11/14/1993	Shannon Butler (USA)	28:39	Mary Slaney (USA)	32:38
11/15/1992	Marc Davis (USA)	28:43	Kristy Johnston (USA)	32:41
11/17/1991	Marc Davis (USA)	28:49	Shelly Steely (USA)	32:44
11/18/1990	Michael Musyoki (KEN)	29:09	Patty Murray (USA)	32:47
11/19/1989	William Musyoki (KEN)	28:32	Kristina Ljungberg (SWE)	33:06
11/6/1988	Sam Ngatia (KEN)	29:17	Lynn Nelson (USA)	32:55
11/22/1987	Mark Roberts (ENG)	29:07	Lynn Nelson (USA)	33:14
11/2/1986	Sam Sitonik (KEN)	28:36	Judy Chamberlin (USA)	33:59
11/3/1985	Samson Obwocha (KEN)	33:08	Lynn Nelson (USA)	33:08
11/4/1984	Ray Wicksell (AZ/USA)	29:08	Sabrina Stern (USA)	33:41
11/3/1983	Tom Byers (USA)	29:09	Maria Trujillo (MEX)	34:30
11/7/1982	Steve Scott (USA)	28:45	Lynn Nelson (USA)	34:40
11/8/1981	Thom Hunt (USA)	28:30	Wendy Smith (ENG)	32:55
11/2/1980	Henry Rono (KEN)	28:44	Ruth Wysocki (USA)	35:59
11/4/1979	Jeff Wells (USA)	29:27	Eliza Carney (AZ/USA)	36:35
11/5/1978	Dennis Eberhart (AZ/USA)	30:30	Kathy Gibbons (AZ/USA)	38:05
11/6/1977	Rob Waugh (AZ/USA)	29:00	Kathy Gibbons (AZ/USA)	34:00
11/7/1976	Frank Shorter (USA)	30:54	Kathy Gibbons (AZ/USA)	