



## Dellinger Dash 3K \* RECORDS

2020--2024

Timing by



### BEST 3 TIMES for MALES

| Overall | Athlete          | Time    | Age | Sex | City           | State | Pace | Year |
|---------|------------------|---------|-----|-----|----------------|-------|------|------|
| 1       | Cameron Bensley  | 10:01.1 | 25  | M   | Powder Springs | GA    | 5:23 | 2024 |
| 2       | Bill Archer      | 10:11.2 | 19  | M   | Cartersville   | GA    | 5:28 | 2022 |
| 3       | Malachi Vosburgh | 10:18.2 | 17  | M   | Cartersville   | GA    | 5:31 | 2023 |

### BEST 3 TIMES for FEMALES

| Overall | Athlete               | Time    | Age | Sex | City         | State | Pace | Year |
|---------|-----------------------|---------|-----|-----|--------------|-------|------|------|
| 1       | Kelly Ann Sutterfield | 11:57.8 | 18  | F   | Euharlee     | GA    | 6:25 | 2022 |
| 2       | Sophia Burns          | 12:19.8 | 13  | F   | Cartersville | GA    | 6:36 | 2023 |
| 3       | Sherry Spinks         | 12:55.8 | 40  | F   | Cartersville | GA    | 6:38 | 2020 |

### BEST 3 TIMES for MALE MASTERS

| Overall | Athlete      | Time    | Age | Sex | City         | State | Pace | Year |
|---------|--------------|---------|-----|-----|--------------|-------|------|------|
| 1       | Ryan Shrum   | 11:33.1 | 53  | M   | Chickamauga  | GA    | 5:46 | 2021 |
| 2       | David Reusch | 11:55.5 | 44  | M   | Cartersville | GA    | 6:07 | 2020 |
| 3       | Kevin Paulk  | 12:15.0 | 60  | M   | Cartersville | GA    | 6:07 | 2021 |

### BEST 3 TIMES for FEMALE MASTERS

| Overall | Athlete       | Time    | Age | Sex | City         | State | Pace | Year |
|---------|---------------|---------|-----|-----|--------------|-------|------|------|
| 1       | Sherry Spinks | 12:55.8 | 40  | F   | Cartersville | GA    | 6:38 | 2020 |
| 2       | Angi Booth    | 14:43.9 | 45  | F   | Cartersville | GA    | 7:33 | 2020 |
| 3       | Amber Parker  | 14:58.9 | 40  | F   | Cartersville | GA    | 8:00 | 2023 |

Record Holders



