

**Conquer the Dam 5K Run/Walk (2012-2022)**  
**Jennings Randolph Lake, Elk Garden, WV**  
**Benefit Aging & Family Services - Meals on Wheels**

**Course Records**

**Men's Open: Gavin Caupp, 17:31.0 (2015)**  
**Men's Master (40-plus): Wes Boddy, 19:36.3 (2013)**  
**Women's Open: Jen Sober, 22:32.0 (2016)**  
**Women's Master: Jen Sober, 22:32.0 (2016)**

<b>TOP 25 Men's Times (2012-2022)</b>					<b>Men's Winners (2012-2022)</b>		
<b>Place</b>	<b>Name</b>	<b>Age</b>	<b>Time</b>	<b>Year</b>	<b>Year</b>	<b>Name</b>	<b>Age</b>
1	Gavin Caupp	25	17:31.0	2015	2012	Nick McGettigan	18
2	Anthony Sanders	19	17:31.4	2022	2013	Wes Boddy	42
3	Ian McFawn	25	17:35.4	2018	2014	David Redman	28
4	Lucas Young	22	17:53.0	2018	2015	Gavin Caupp	25
5	Craig Westfall	21	19:17.0	2017	2016	Colby Mallery	12
6	Craig Westfall	25	19:28.4	2021	2017	Craig Westfall	21
7	Zachary Stickleley	25	19:31.2	2022	2018	Ian McFawn	25
8	Wes Boddy	42	19:36.3	2013	2019	Seth Earnest	14
9	Robert Weaver	16	19:44.9	2018	2020	Woody Snoberger	35
10	Tony Shillingburg	28	19:47.5	2015	2021	Craig Westfall	25
11	Craig Westfall	26	19:56.5	2022	2022	Anthony Sanders	19
12	Seth Earnest	14	20:12.0	2019			
13	Drew Gilbert	29	20:20.0	2019			
14	Joe Cross	32	20:23.8	2013			
15	Tyler Staggs	15	21:15.3	2015			
16	Colby Mallery	12	21:22.7	2016			
17	Zachary Stickleley	24	21:23.2	2021			
18	David Redman	30	21:23.7	2016			
19	Colby Mallery	13	21:28.0	2017			
20	Stephen Myers	32	21:56.0	2018			
21	Kevin Couzzo	41	21:58.3	2016			
22	Brigham Lott	16	22:04.5	2022			
23	Brett Thomas	14	22:04.7	2015			
24	Tim Wagoner	47	22:06.3	2013			
25	Kevin Couzzo	38	22:23.0	2013			