

# Champions

Historic Male Cap10K Champions  
1978-Present

YEAR	ATHLETE	TIME	PACE
1978	Jeff Wells	29:01	4:40
1979	Steve Foster	30:49	4:58
1980	Larry Brown	30:47	4:57
1981	Stann Vernon	29:14	4:42
1982	Stann Vernon	29:47	4:48
1983	Roger Soler	29:34	4:46
1984	Sam Sitonik	28:27	4:35
1985	Sam Sitonik	28:17	4:33
1986	DeWayne Allen	29:12	4:42
1987	Patrick Sang	29:50	4:48
1988	Mike Carney	30:51	4:58
1989	Douglas Tolson	30:08	4:51
1990	Jose Gonzalez-Alonso	30:48	4:58
1991	Keith Johnson	29:56	4:49
1992	Stephen Sisson	30:22	4:53
1993	Keith Johnson	30:45	4:57
1994	Lee Troop	30:58	4:59
1995	Jose Iniguez	30:43	4:57
1996	Akira Ono	31:43	5:06
1997	Len Sitko	29:49	4:48
1998	Len Sitko	31:23	5:03
1999	Dan Middleman	32:02	5:10
2000	James Menze	31:51	5:08
2001	Delmir Dos Antos	30:26	4:54
2002	Gilbert Tuhabonye	31:47	5:07
2003	Adam Dailey	30:26	4:54
2004	Jean-Marie Ndikumana	31:55	5:08
2005	Bernard Manirakiza	30:06	4:51
2006	Jacob Rotich	32:03	5:10
2007	Nicodemus Malakwen	29:42	4:47
2008	Cele Rodriquez	31:03	5:00
2009	Darren Brown	30:26	4:54
2010	Keith Pierce	30:33	4:55
2011	Scott MacPherson	29:58	4:49
2012	Scott MacPherson	29:51	4:48
2013	Eric ChirChir*	29:24	4:44
2014	Scott MacPherson	29:36	4:45
2015	Erik Stanley	31:01	5:00
2016	Austin Bussing	30:48	4:57
2017	Andrew Colley	30:30	4:55
2018	Joseph Stilin	30:03	4:50

\*Race course record on USATF certified course