

Performances in national championships are shown in bold. Divisional American Records will be shown in red.

Note: championships or records not in the top 25 performances will not be listed there

but will be shown in the list of National Championships Won or American Records.

**Tom Bernhard**

**Span 2006-2021**

**Born 7/9/1951**

**American Records**

Division	Distance	Time	Race	Location	Date
65-69	5 km	17:31	USATF Masters 5 km Championships	Syracuse, NY	10/2/2016
65-69	Mile	5:18	USATF Masters 1 Mile Championships	Flint, MI	8/26/2016

**Honors**

Masters LDR Road Runner of the Year: M70-74 , 2021
Masters LDR Road Runner of the Year: M65-69 , 2018
Masters LDR Road Runner of the Year: M65-69 , 2017
Masters LDR Road Runner of the Year: M65-69 , 2016
Masters LDR Road Runner of the Year: M60-64 , 2015
Masters LDR Road Runner of the Year: M55-59 , 2009

**National Championships Won**

USATF Masters 8 km Championships, M65-69, 2019
USATF Masters 15 km Championships, M65-69, 2018
USATF Masters 10 km Championships, M65-69, 2018
USATF Masters 8 km Championships, M65-69, 2018
USATF Master's 5 km Championships, M65-69, 2017
USATF Masters 1 Mile Championships, M65-69, 2017
USATF Masters 8 km Championships, M65-69, 2017
USATF Masters 15 km Championships, M65-69, 2016
USATF Master's 5 km Championships, M65-69, 2016
USATF Masters 1 Mile Championships, M65-69, 2016
USATF Masters 8 km Championships, Top Male age-grade, 2016
USATF Masters 12 km Championships, Top Male age-grade, 2015
USATF Masters 15 km Championships, Top Male age-grade, 2015
USATF Master's 15 km Championships, M60-64, 2015
USATF Masters 5 km Championships, Top Male age-grade, 2015
USATF Master's 5 km Championships, M60-64, 2015
USATF Masters 1 Mile Championships, M60-64, 2015
USATF Master's 8 km Championships, M60-64, 2012
USATF Master's 5 km Championships, M60-64, 2011
USATF Master's 10 km Championships, M55-59, 2007

**Top 25 Road Performances**

Event	Age	Time	Age Grade	Race Name	Race Location	Race Date	National Champion	Record
5 km	64	17:17	95.12%	Freedom Fest 5K	Morgan Hill, CA	7/4/2016		
5 km	65	17:31	94.71%	USATF Masters 5 km Championships	Syracuse, NY	10/2/2016	Yes	M65-69 AR
5 km	64	17:36	93.41%	USATF Masters 5 km Championships	Syracuse, NY	10/4/2015	Yes	
Mile	64	5:10	93.32%	Miracle Mile	San Rafael, CA	7/12/2015		
5 km	66	17:57	93.26%	USATF Master's 5 km Championships	Syracuse, NY	10/1/2017	Yes	
8 km	67	29:49	92.99%	USATF Masters 8K Championships	Virginia Beach, VA	3/16/2019	Yes	
5 km	66	18:01	92.92%	Freedom Fest 5K	Morgan Hill, CA	7/4/2018		
12 km	64	44:28	92.65%	.US National 12K	Alexandria, VA	11/15/2015	Yes	
5 km	59	17:01	92.47%	Primo's Run for Education	San Ramon, CA	10/10/2010		
5 km	63	17:40	92.23%	Freedom Fest 5K	Morgan Hill, CA	7/4/2015		
Mile	65	5:18	91.78%	USATF Masters 1 Mile Championships	Flint, MI	8/26/2016	Yes	M65-69 AR
5 km	64	17:56	91.68%	Run for Education	San Ramon, CA	10/11/2015		
8 km	63	29:10	91.56%	USATF Masters 8 km Championships	Brea, CA	2/22/2015		
8 km	64	29:28	91.47%	USATF Masters 8 km Championships	Brea, CA	2/28/2016	Yes	
8 km	57	27:47	91.09%	Shriners 8k	Sacramento, CA	6/20/2009		
5 km	67	18:33	91.08%	San Ramon Run for Education	San Ramon, CA	10/14/2018		
8 km	66	30:12	90.94%	USATF Masters 8K Championships	Virginia Beach, VA	3/17/2018	Yes	
Mile	65	5:21	90.92%	Miracle Mile	San Rafael, CA	7/30/2016		
Mile	58	5:03	90.69%	San Rafael Mile	San Rafael, CA	6/6/2010		
5 km	60	17:32	90.61%	USATF Masters 5 km Championships	Syracuse, NY	10/2/2011	Yes	
5 km	63	18:01	90.44%	San Ramon Run for Education	San Ramon, CA	10/12/2014		
5 km	58	17:16	90.36%	Primo's Run for Education	San Ramon, CA	10/11/2009		
10 km	64	37:18	90.32%	Marin Memorial Day 10K	Kentfield, CA	5/30/2016		
5 km	63	18:03	90.28%	TherX 5K	Portola Valley, CA	5/3/2015		
Mile	59	5:07	90.26%	San Rafael Mile	San Rafael, CA	6/4/2011		
			<b>91.86%</b>	<b>Average Age Grade of 25 best performances</b>				