

Women Age 30			
Rank	Name	Time	Year
1	Lidia Simon	0:34:00	2004
2	Liliam Guerra	0:35:55	2003
3	Nancy Ditz	0:36:12	1985
4	Krystalanne Curwood	0:36:13	2016
5	Anne Audain	0:36:20	1981
6	Hiroko Nomura	0:36:23	2001
7	Siri Lindley	0:36:43	1999
8	Katie Blackett	0:36:51	2007
9	Kara Henry	0:37:00	2015
10	Meghan Curran	0:37:01	2017
11	Stephanie Pezzullo	0:37:04	2013
12	Brianne Nelson	0:37:06	2011
13	Heather Utrata	0:37:12	2012
14	Chris Udovich	0:37:20	1997
15	Yolanda Ruiz	0:37:25	1983
16	Sarah Pizzo	0:37:44	2013
17	Wendy Marie Thomas	0:37:55	2009
18	Malia Crouse	0:37:00	2015
19	Meghan Curran	0:37:01	2017
20	Alexis Crouse	0:37:59	2015

Men Age 30			
Rank	Name	Time	Year
1	Rodolfo Gomez	0:28:51	1982
2	Domingo Tibabuiza	0:29:45	1981
3	Barnabas Kosgei	0:30:00	2017
4	Ric Rojas	0:30:23	1982
5	Terry Cotton	0:30:28	1985
6	Pablo Vigil	0:30:29	1982
7	Mike Lohman	0:30:30	1983
8	Tom Wysocki	0:30:35	1981
9	John Prasuhn	0:30:39	1985
10	Darren Wilson	0:30:42	1999
11	Jon Hume	0:30:53	1998
12	Tyler McCandle	0:31:04	2017
13	Scott Dahlberg	0:31:09	2015
14	Shannon Butler	0:31:11	1998
15	Art Siemers	0:31:12	2003
16	Ryan Kirkpatrick	0:31:21	2009
17	Greg Mitchell	0:31:24	2004
18	Ed Mendoza	0:31:25	1983
19	Ian Butler	0:31:30	2022
20	Edwin Sang	0:31:31	2012

Women Age 31			
Rank	Name	Time	Year
1	Nell Rojas	0:34:32	2019
2	Kristen Fryburg-Zaitz	0:35:08	2012
3	Brianne Nelson	0:35:43	2012
4	Alexis Wilbert	0:35:57	2016
5	Wendy Thomas	0:36:07	2010
6	Rebecca Robinson	0:36:08	2014
7	Brandy Erholtz	0:36:17	2009
8	Kristin Johansen	0:36:27	2017
9	Krystalanne Curwood	0:36:32	2017
10	Jessica Broderick	0:36:34	2022
11	Jenny Crain	0:36:45	1999
12	Beth Ellickson	0:36:48	1998
13	Kelsey Martin	0:37:13	2013
14	Malia Crouse	0:37:17	2016
15	Melissa Cunningham	0:37:20	2015
16	Amanda Scott	0:37:29	2019
17	Toby Jacober	0:37:39	1994

Men Age 31			
Rank	Name	Time	Year
1	Frank Shorter	0:30:11	1979
2	Pablo Vigil	0:30:48	1983
3	Tyler McCandless	0:30:54	1982
4	Keith Woodard	0:31:01	1982
5	Scott Dahlberg	0:31:09	2016
6	Josh Eberly	0:31:10	2012
7	Darren De Reuck	0:31:21	1996
8	Paul Cummings	0:31:24	1985
9	Frank Mencin	0:31:26	1982
10	Bill Aragon	0:31:27	1984
11	John Wellerding	0:31:27	1985
12	Ken Flint	0:31:54	1998
13	Dale Rixon	0:31:56	1998
14	Joseph Sheely	0:31:57	1990
15	Terry Ramlo	0:31:58	1995
16	Sean Nesbitt	0:32:00	2006
17	Jonathan Aziz	0:32:03	2022

18	Patty Rogers	0:38:00	2005
19	Jennifer Gutierrez	0:38:09	1998
20	Colleen Stroud	0:38:16	2005

18	Pedro Alvarez	0:32:03	2000
19	John Supsic	0:32:05	2010
20	Steve Flanagan	0:32:07	1980

Women Age 32

Rank	Name	Time	Year
1	Anna Pichrtova	0:34:30	2005
2	Neely Gracey	0:35:04	2022
3	Kristen Fryburg-Zaitz	0:35:32	2013
4	Melissa Dock	0:35:42	2014
5	Patty Murray	0:36:30	1998
6	Beth Ellickson	0:36:31	1999
7	Jennifer Clague	0:36:32	2006
8	Leanne Whitesides	0:36:39	2003
9	Krystalanne Curwood	0:36:41	2018
10	Wendy Thomas	0:36:41	2011
11	Sarah Hutchings	0:36:41	2022
12	Sarah Pizzo	0:36:58	2015
13	Chrissie Wellington	0:37:00	2009
14	Uli Bromme	0:37:21	2013
15	Kate Kent	0:37:22	1995
16	Kelly Ryan	0:37:26	2001
17	Amy Manson	0:37:31	2001
18	Donna Roark	0:37:45	1985
19	Kelly Campbell	0:37:46	1992
20	Lindsey Mills	0:37:50	2014

Men Age 32

Rank	Name	Time	Year
1	Rodolfo Gomez	0:29:14	1983
2	Damingo Tibaduiza	0:29:39	1982
3	Zak Barie	0:30:27	1985
4	Doug Kurtis	0:31:01	1984
5	Julian Goater	0:31:06	1985
6	Kristian Agnew	0:31:10	2005
7	John Mirth	0:31:11	1994
8	Steve Flanagan	0:31:12	1981
9	Curtis Weisenberger	0:31:19	2022
10	Keith Woodard	0:31:20	1983
11	Kurt Roeser	0:31:21	2019
12	Frank Shorter	0:31:29	1980
13	Frank Mencin	0:31:40	1984
14	Pedro Alvarez	0:31:40	2001
15	Ben Payne	0:31:41	2014
16	Charles Degarmo	0:31:42	1992
17	Scott Dahlberg	0:31:45	2017
18	Pablo Vigil	0:31:49	1984
19	Art Seimers	0:31:51	2005
20	Mike Dudley	0:31:57	2002

Women Age 33

Rank	Name	Time	Year
1	Wesley Crist	0:34:13	1982
2	Diane Bussa	0:34:52	1995
3	Laura Thweatt	0:34:59	2022
4	Chris McNamdra	0:35:43	1999
5	Patty Murray	0:36:04	1999
6	Corol Urish-Mclatchie	0:36:10	1985
7	Kelly Ryan	0:36:31	2002
8	Melissa Dock	0:36:53	2015
9	Jenny Kyle	0:36:58	1982
10	Krystalanne Curwood	0:37:00	2019
11	Natalie Davey	0:37:11	2006
12	Inge Schuurmans	0:37:17	1996
13	Wendy Jerman	0:37:25	1997

Men Age 33

Rank	Name	Time	Year
1	Frank Shorter	0:29:28	1981
2	Ken Misner	0:30:26	1982
3	Ben Payne	0:30:41	2015
4	John Mirth	0:30:41	1995
5	Tim Jones	0:30:41	1995
6	Fernando Cabada	0:30:54	2015
7	Clint Wells	0:30:54	2008
8	Joshua Eberly	0:31:01	2014
9	James Sackett	0:31:21	1982
10	Benji Durden	0:31:24	1985
11	Simon Guterrez	0:31:29	1999
12	Paul Petersen	0:31:32	2013
13	Scott Wietecha	0:31:36	2015

14	Katherine Haukeness	0:37:34	1990
15	Micky Reger	0:37:34	2002
16	Catherine Robbie	0:37:35	2014
17	Linnabah Snyder	0:37:39	1998
18	Amie Guilford	0:37:41	1998
19	Deborah Anderson	0:37:48	1982
20	Caitlin Standifer	0:37:52	2022

14	Kim Hartman	0:31:49	1982
15	Keith Woodard	0:31:51	1984
16	Andy Wacker	0:31:56	2022
17	Bob Manzanares	0:32:01	1984
18	Craig Curley	0:32:09	2022
19	Bart Sellers	0:32:13	1996
20	Jim Faes	0:32:14	1984

Women Age 34

Rank	Name	Time	Year
1	Melissa Dock	0:35:44	2016
2	Wendy Thomas	0:35:59	2013
3	Diane Bussa	0:36:06	1996
4	Patty Murray	0:36:18	2000
5	Amanda Tyndall	0:36:37	2022
6	Paula Morrison	0:37:00	2007
7	Jessica Parry-Williams	0:37:43	2015
8	Joyce Rankin	0:37:58	1982
9	Susan Brooker	0:37:59	1998
10	Inge Schuurmans	0:38:15	1997
11	Hillary Becker	0:38:17	1995
12	Kelly Carlson	0:38:18	1999
13	Emma Kenyon	0:38:20	2022
14	Sara Kadlec	0:38:26	2019
15	Susan Henderson	0:38:27	1981
16	Stella Heffron	0:38:32	2001
17	Carrie Birth	0:38:33	2016
18	AnnMarie Kirkpatrick	0:38:33	2016
19	Ruth Waller	0:38:33	2018
20	Laura Bruess	0:38:40	1995

Men Age 34

Rank	Name	Time	Year
1	Frank Shorter	0:29:26	1982
2	Domingo Tibaduiza	0:29:29	1985
3	John Mirth	0:31:04	1996
4	Steve Flanagan	0:31:07	1983
5	Neji Makhoul	0:31:07	1997
6	Steve Flanagan	0:31:24	1982
7	Jonathan Heese	0:31:27	1992
8	Joshua Eberly	0:31:33	2015
9	Stephane Franke	0:31:33	1998
10	Michael Aish	0:31:36	2011
11	Shannon Butler	0:31:40	2002
12	Bill Bushnell	0:31:50	1999
13	Steve Chu	0:31:50	2017
14	Andy Ames	0:31:59	1997
15	Pedro Alvarez	0:32:01	2003
16	Paul Petersen	0:32:18	2014
17	Chris Prior	0:32:21	1994
18	Rob Welo	0:32:34	1998
19	John Swartz	0:32:39	1982
20	Mark Muggleton	0:32:45	1991

Women Age 35

Rank	Name	Time	Year
1	Albina Gallyamova	0:34:55	1999
2	Diane Gentry	0:34:59	1997
3	Minori Hayakari	0:35:24	2008
4	Nicole Aish	0:36:36	2011
5	Anne Marie Kirkpatrick	0:36:56	2017
6	Siri Lindley	0:36:57	2004
7	Susan Brooker	0:37:09	1999
8	Susan Henderson	0:37:11	1982
9	Rachel Joyce	0:37:18	2014

Men Age 35

Rank	Name	Time	Year
1	John Mirth	0:30:43	1997
2	Jon Heese	0:31:21	1993
3	Tony Brien	0:31:22	1983
4	James Kamau	0:31:28	1983
5	Steve Flanagan	0:31:31	1984
6	Andy Ames	0:31:53	1998
7	Timothy Jones	0:31:54	1996
8	Frank Shorter	0:32:10	1983
9	Gregory Owings	0:32:12	1983

10	Fiona Docherty	0:37:21	2011
11	Kelly Carlson	0:37:32	2000
12	Joyce Rankin	0:37:38	1983
13	Patty Murray	0:37:38	2001
14	Katie Jackson	0:37:41	2017
15	Donna Gae Churton	0:37:57	2000
16	Kelly Flathers	0:38:08	2007
17	Kate Kent	0:38:08	1998
18	Suzanne Huelster	0:38:15	2009
19	Kerrie Wlad	0:38:16	2007
20	Sarah Pizzo	0:38:18	2018

10	Art Siemers	0:32:17	2008
11	Tim Don	0:32:23	2013
12	Chris Chambers	0:32:27	1982
13	Pedro Alvarez	0:32:27	2004
14	Mark Allen	0:32:29	1993
15	Dennis Leck	0:32:34	1997
16	Rob Gilbert	0:32:43	2001
17	Ok Corrallass	0:32:47	1991
18	Peter Vail	0:32:48	2010
19	John Swartz	0:32:50	1983
20	James Wooldridge	0:32:52	1998

Women Age 36

Rank	Name	Time	Year
1	Melissa Dock	0:34:45	2018
2	Minori Hayakari	0:35:29	2009
3	Heather Thomson	0:35:38	1983
4	Patty Murray	0:35:51	2002
5	Diane Gentry	0:36:13	1998
6	Amy Amy	0:36:27	1996
7	Brooke Kish	0:36:37	2012
8	Janette Stoot	0:37:20	1997
9	Melody Fairchild	0:37:20	2010
10	Angelica Sanchez Ibarr	0:37:23	2012
11	Mercedes Gil	0:38:10	1998
12	Susan Brooker	0:38:16	2000
13	Becky Sondag	0:38:17	2006
14	Barbara Early	0:38:24	1986
15	Jenny Barsness	0:38:27	2006
16	Kerrie Wlad	0:38:29	2008
17	Laura Bruess	0:38:30	1997
18	Lauri Sax	0:38:46	1995
19	Callahan Hatfield	0:38:52	1998
20	Suzanne Huelster	0:38:55	2010

Men Age 36

Rank	Name	Time	Year
1	Frank Shorter	0:30:34	1984
2	Mike Lohman	0:30:59	1984
3	Peter Fleming	0:31:24	1997
4	James Kamau	0:31:25	1984
5	Jonathan Heese	0:31:37	1994
6	Timothy Jones	0:31:56	1997
7	Steve Flanagan	0:32:06	1985
8	Kim Hartman	0:32:21	1985
9	Joe Sheely	0:32:39	1995
10	Ken Pliska, Jr.	0:32:45	2002
11	Andy Ames	0:32:47	1999
12	Dave Johnson	0:32:48	1992
13	Peter Williams	0:32:54	1997
14	Mark Allen	0:32:56	1994
15	Kyle Fredin	0:33:00	2007
16	Hector Chavez	0:33:08	1983
17	Rob Gilbert	0:33:11	2002
18	Forrest Newman	0:33:14	2001
19	Dennis Kirkman	0:33:14	1985
20	Michael Gregorio	0:33:17	1981

Women Age 37

Rank	Name	Time	Year
1	Melody Fairchild	0:36:56	2011
2	Katie Jackson	0:37:01	2019
3	Beth Ellickson	0:37:18	2004
4	Kathy Butler	0:37:36	2011
5	Bridget Collins	0:37:36	1998

Men Age 37

Rank	Name	Time	Year
1	Peter Williams	0:31:45	1998
2	Tim Jones	0:32:07	1998
3	Damien Koch	0:32:08	1982
4	Clint Wells	0:32:16	2012
5	Skip Hamilton	0:32:34	1982

6	Susan Henderson	0:37:38	1984
7	Joyce Rankin	0:37:49	1985
8	Cindy O'Neill	0:38:06	1999
9	Judy Fellhader	0:38:10	1985
10	Kara Ford	0:38:17	2016
11	Anita Ortiz	0:38:30	2002
12	Sarah Rebick	0:38:32	2012
13	Laura Bruess	0:38:38	1998
14	Rebecca Sondag	0:38:41	2007
15	Stacey Chamberlain	0:38:51	2009
16	Brandy Erholtz	0:38:54	2015
17	Marla Rutter	0:39:08	1993
18	Kelly Flathers	0:39:12	2009
19	Lisa Rainsberger	0:39:21	1999
20	Sabrina Robinson	0:39:22	1995

6	Art Siemers	0:32:36	2010
7	Michael Sandrock	0:32:44	1995
8	Jeremy Parks	0:32:45	2014
9	Hector Chavez	0:32:47	1984
10	Brant Lutz	0:32:56	2012
11	Andy Ames	0:33:08	2000
12	Rick Katz	0:33:11	1986
13	Chris Chambers	0:33:14	1984
14	Russ Dryer	0:33:18	2003
15	Lance Denning	0:33:19	1999
16	Rick Renfrow	0:33:20	1991
17	Craig A. Greenslit	0:33:22	2007
18	Nathan Hornok	0:33:31	2016
19	Forrest Newman	0:33:34	2002
20	James Johnson	0:33:34	2006

Women Age 38

Rank	Name	Time	Year
1	Lidia Simon	0:36:01	2012
2	Melody Fairchild	0:36:26	2012
3	Brooke Kish	0:36:38	2014
4	Patty Murray	0:37:03	2004
5	Kara Ford	0:37:13	2017
6	Zoila Gomez	0:38:01	2018
7	Beth Ellickson	0:38:06	2005
8	Laura Bruess	0:38:11	1999
9	Cathy Marie Pearce	0:38:16	2001
10	Maddy Tormoen	0:38:25	2001
11	Kelly Campbell	0:38:33	1998
12	Inge McClory	0:38:41	2001
13	Cindy O'Neill	0:38:46	2000
14	Natalie Davey	0:38:52	2011
15	Claudia Becque	0:38:54	2015
16	Anita Ortiz	0:39:00	2003
17	Deana Case	0:39:03	2000
18	Lorraine Caldwell	0:39:07	1991
19	Julia Cassidy	0:39:13	1999
20	Bean Wrenn	0:39:22	2012

Men Age 38

Rank	Name	Time	Year
1	Azarya Weldemaria	0:31:00	2017
2	Keith Schinke	0:31:35	1985
3	Peter Williams	0:31:49	1999
4	Sammy Ngatia	0:31:51	1998
5	Timothy Jones	0:32:11	1999
6	Andy Ames	0:32:16	2001
7	Rick Katz	0:32:36	1987
8	Darren De Reuck	0:32:41	2003
9	Dan Dwyer	0:32:41	1989
10	Don Masterson	0:32:51	1983
11	Craig A. Greenslit	0:33:04	2008
12	Andrew Crook	0:33:12	1997
13	Dan Skarda	0:33:20	1997
14	J.D. Laubster	0:33:26	2004
15	Art Siemers	0:33:26	2011
16	Rob Gilbert	0:33:37	2004
17	Galen Burrell	0:33:42	2018
18	Forrest Newman	0:33:42	2003
19	Edward Boggess	0:33:44	1996
20	Jerry Rief	0:33:45	2003

Women Age 39

Rank	Name	Time	Year
1	Lidia Simon	0:34:05	2013

Men Age 39

Rank	Name	Time	Year
1	Sam Ngatia	0:31:22	1999

2	Diane G. Gentry	0:35:55	2001
3	Patty Murray	0:36:12	2005
4	Olaru Nuta	0:36:17	2010
5	Gabrielle Andersen	0:36:54	1984
6	Brooke Kish	0:37:14	2015
7	Anita Marie Ortiz	0:37:29	2004
8	Uta Pippig	0:37:32	2005
9	Phyllis Rosenthal	0:37:44	1997
10	Tanya Poel	0:38:11	2005
11	Sharon Spuler	0:38:22	2001
12	Kari Cornwell	0:38:28	2007
13	Sheila Geere	0:38:35	2003
14	Kelly Carlson	0:38:55	2004
15	Becky Sondag	0:39:01	2009
16	Bronwyn Morrissey	0:39:03	2006
17	Noreen Shea	0:39:11	2001
18	Marie Atkinson	0:39:21	2005
19	Catriona Dowling	0:39:25	1997
20	Jennifer Cubillas	0:39:27	2008

2	Craig Young	0:31:48	1996
3	Damien Koch	0:32:18	1984
4	Clint Wells	0:32:20	2014
5	Phil Steers	0:32:21	1982
6	Peter Fleming	0:32:24	2000
7	Andrew Crook	0:32:42	1998
8	Craig Greenslit	0:33:27	2009
9	Dan Skarda	0:33:28	1998
10	Rick Renthrow	0:33:35	1993
11	Darren De Reuck	0:33:36	2004
12	Steve Chu	0:33:38	2022
13	Rob Welo	0:33:47	2003
14	Lance Denning	0:33:48	2001
15	Dave Dooley	0:33:50	1986
16	John Swartz	0:33:54	1987
17	Don Janicki	0:33:54	1999
18	Jim Stage	0:34:00	1992
19	Chris Robert Spitz	0:34:03	2003
20	Bill Fanselow	0:34:05	2006