

Women Age 70

Rank	Name	Time	Year
1	Marilyn Stapleton	0:49:50	2017
2	Libby James	0:50:44	2007
3	Carla Pederson	0:50:46	2022
4	Maria Tresa Burbano Trujillo	0:52:01	2007
5	Rima Lurie	0:55:32	2018
6	Lorrie Allen	0:55:53	2019
7	Lola Ackerman	0:56:10	2015
8	Constance Ahrnsbrak	0:56:21	2010
9	Dorothy Bradley	0:56:22	2000
10	Martha Aarons	0:57:40	2022
11	Judy Smythe	0:57:47	2008
12	Caroline Luttrull	0:57:54	2010
13	Debbie Hathaway	0:58:05	2022
14	Anita Gonzales	0:59:00	2015
15	Betty Valent	0:59:14	2010
16	Catherine Curtis	0:59:17	2022
17	Judy Moir	1:00:05	2012
18	Pearl Mehl	1:00:37	1984
19	Dianne Fuller	1:00:42	2012
20	Lois Calhoun	1:01:02	2006

Men Age 70

Rank	Name	Time	Year
1	Jose Cardenas	0:42:39	2004
2	Ed Craighead	0:45:28	2013
3	Don Larson	0:46:21	2011
4	Don Van Dell	0:46:36	2013
5	Dave Dooley	0:47:22	2017
6	Jim Reynolds	0:49:05	2019
7	Henry Elliott	0:49:08	2016
8	Tom Lemire	0:49:09	2014
9	Bill Turley	0:49:18	2000
10	Dennis Bird	0:49:24	2015
11	Larry Avery	0:49:31	2011
12	Craig Hayes	0:49:36	2022
13	Jim R Romero	0:49:47	2010
14	Tam Stubbs	0:50:02	2002
15	Gary Larson	0:50:03	2015
16	Ross Westley	0:50:11	2007
17	Mike Wien	0:50:12	2022
18	Robert Hannah	0:50:13	2015
19	Freddy Keil	0:50:20	2009
20	Eugene Schmidt	0:50:20	2018

Women Age 71

Rank	Name	Time	Year
1	Libby James	0:51:44	2008
2	Dorothy Bradley	0:55:25	2001
3	Rima Lurie	0:56:12	2019
4	Lynn Hermanson	0:56:13	2022
5	Constance Ahrnsbrak	0:56:37	2011
6	Lola Ackerman	0:56:38	2016
7	Helen Botti	0:57:50	2008
8	Barbara Brockman	0:59:37	2012
9	Anita Gonzalez	0:59:38	2016
10	Karen Karl	0:59:46	2017
11	Betty Valent	1:00:02	2011
12	Mary Jane Sheehan	1:00:09	2000
13	Judy Megibow	1:00:25	2015
14	Margaret Bowdy	1:00:30	1991
15	Corine Knudsen	1:01:09	2016
16	Nancy Smalley	1:01:26	1998
17	Lois Calhoun	1:01:39	2007
18	Jo Kiesecker	1:02:05	1995
19	Pearl Mehl	1:02:37	1985
20	Dianne Fuller	1:02:43	2013

Men Age 71

Rank	Name	Time	Year
1	Jose Cardenas	0:43:10	2005
2	Doug Bell	0:44:33	2022
3	Ed Craighead	0:45:49	2014
4	Don Larson	0:46:03	2012
5	Ray Eck	0:46:45	2018
6	Dave Dooley	0:47:45	2018
7	Warren Bystedt	0:47:59	2001
8	Tom Lemire	0:48:37	2015
9	Elliott Henry	0:48:54	2017
10	Carl Mohr	0:49:54	2022
11	Ben Harvie	0:50:03	2018
12	Michael Klee	0:50:04	2017
13	Bill Turley	0:50:12	2001
14	Tam Stubbs	0:50:16	2003
15	Richard Castro	0:50:18	2019
16	Klaus Weickmann	0:50:26	2019
17	David Scott	0:50:31	2014
18	R. Stan Hayes	0:50:48	2000
19	Jim Romero	0:51:12	2011
20	Noel Pace	0:51:13	2001

Women Age 72**Men Age 72**

Rank	Name	Time	Year
1	Libby James	0:48:54	2009
2	Constance Ahrnsbrak	0:55:24	2012
3	Dorothy Bradley	0:56:06	2002
4	Lola Ackerman	0:56:55	2017
5	Helen Botti	0:57:49	2009
6	Anita Gonzales	0:58:54	2017
7	Judy Smythe	0:59:03	2010
8	Betty Valent	0:59:44	2012
9	Jo Kiesecker	0:59:54	1996
10	Barb Gurtler	1:00:57	2007
11	Martha Nishimoto	1:01:30	2002
12	Corine Knudsen	1:01:41	2017
13	Lynn Edwards	1:01:52	1995
14	Nancy Smalley	1:02:06	1999
15	Mary Jane Sheehan	1:02:12	2001
16	Dianne Fuller	1:02:46	2014
17	Judy Megibow	1:03:24	2016
18	Martha Kinsinger	1:04:53	2007
19	Marti Nash	1:05:29	2017
20	Linda Knudsen	1:05:38	2012

Rank	Name	Time	Year
1	John Cahill	0:44:01	1996
2	Jose Cardenas	0:45:25	2006
3	Ed Craighead	0:46:32	2015
4	Warren Bystedt	0:47:11	2002
5	Don Larson	0:48:06	2013
6	Dave Dooley	0:48:11	2019
7	Ray Eck	0:48:15	2019
8	Elliott Henry	0:49:05	2018
9	Bob McCallister	0:49:09	1999
10	Ben Harvie	0:49:28	2019
11	Tam Stubbs	0:49:30	2004
12	Bernie Redlinger	0:50:21	2022
13	Rod Smythe	0:50:50	2002
14	Clarence Osborn	0:51:00	1990
15	Noel Pace	0:51:11	2002
16	Dennis Bird	0:51:21	2016
17	Michael Klee	0:51:38	2018
18	Jim Romero	0:51:43	2012
19	Jeff Dumas	0:51:57	2018
20	Dick Gardner	0:52:29	2000

Women Age 73

Rank	Name	Time	Year
1	Libby James	0:49:19	2010
2	Dorothy Bradley	0:56:59	2003
3	Constance Ahrnsbrak	0:57:19	2013
4	Jo Kiesecker	0:59:20	1997
5	Linda Peterson	1:00:01	2022
6	Anita Gonzales	1:01:14	2018
7	Helen Botti	1:02:28	2010
8	Betty Valent	1:02:41	2013
9	Nancy Smalley	1:03:03	2000
10	Judy Megibow	1:03:13	2017
11	Lois Calhoun	1:03:24	2009
12	Judy Smythe	1:03:45	2011
13	Barbara Brockman	1:03:45	2014
14	Karen Karl	1:04:42	2019
15	Vici DeHaan	1:04:55	2008
16	Dolores Logan	1:05:08	2004
17	Dianne Fuller	1:05:52	2015
18	Lynn Cressy	1:06:17	2017
19	Kathy Kirsling	1:07:29	2022
20	Marti Nash	1:07:57	2018

Men Age 73

Rank	Name	Time	Year
1	Jose Cardenas	0:44:38	2007
2	Ed Craighead	0:47:06	2016
3	Warren Bystedt	0:48:19	2003
4	Don Larson	0:48:34	2014
5	Dennis Bird	0:49:33	2017
6	Tom Lemire	0:49:47	2016
7	Tam Stubbs	0:50:00	2005
8	Jim Reynolds	0:50:01	2022
9	Dale Urbain	0:50:15	2007
10	Jeff Dumas	0:50:15	2019
11	Logan McGinness	0:51:31	1998
12	Irving Weiss	0:51:49	1992
13	Clarence Osborn	0:51:52	1991
14	Jim Romero	0:52:45	2013
15	Jim Braden	0:52:49	2009
16	Michael Klee	0:53:16	2019
17	Robert E. Greene	0:53:23	2008
18	Rodge Rodgers	0:53:54	1995
19	Noel Pace	0:53:59	2003
20	Dick Gardner	0:54:00	2001

Women Age 74

Rank	Name	Time	Year
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Men Age 74

Rank	Name	Time	Year
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1	Libby James	0:49:33	2011
2	Constance Ahrnsbrak	0:56:48	2014
3	Teresa Burbano	0:57:53	2011
4	Dorothy Bradley	1:00:10	2004
5	Rima Lurie	1:01:04	2022
6	Jo Kiesecker	1:03:13	1998
7	Martha Nishimoto	1:03:30	2004
8	Betty Valent	1:04:09	2014
9	Diana Ireland	1:04:25	2022
10	Dianne Fuller	1:04:26	2016
11	Barb Gurtler	1:04:45	2009
12	Judy Megibow	1:04:52	2018
13	Nancy Smalley	1:05:18	2001
14	Barbara Brockman	1:05:10	2015
15	Judy Smythe	1:05:22	2012
16	Jan Daker	1:05:53	2022
17	Helen Botti	1:06:28	2011
18	Lois Calhoun	1:06:48	2010
19	Lynn Cressy	1:08:11	2018
20	Mallory Norway	1:08:37	2022

1	Ed Craighead	0:48:06	2017
2	Warren Bystedt	0:50:01	2004
3	Don Larson	0:50:27	2015
4	Tam Stubbs	0:50:34	2006
5	Dale Urbain	0:51:07	2008
6	Robert Greene	0:52:02	2009
7	Yusuke Tajima	0:51:50	2019
8	Fred Glover	0:52:54	2011
9	Gary Bell	0:52:06	2018
10	Mark Lawrence Maloney	0:53:17	2010
11	Rod Smythe	0:53:23	2004
12	Dick Gardner	0:54:04	2002
13	Irving Weiss	0:54:05	1993
14	Klaus Weickmann	0:54:18	2022
15	Rodge Rodgers	0:54:49	1996
16	Tom Lemire	0:54:57	2017
17	Dennis Bird	0:55:10	2018
18	Bill Turley	0:55:19	2004
19	Jack Barry	0:55:20	2012
20	Jim Romero	0:55:22	2014

Women Age 75

Rank	Name	Time	Year
1	Pene Lagergren	0:49:09	1988
2	Libby James	0:50:07	2012
3	Constance Ahrnsbrak	0:57:40	2015
4	Barbara Sibley	1:02:54	2015
5	Barb Gurtler	1:04:04	2010
6	Judy Megibow	1:05:00	2019
7	Betty Valent	1:05:53	2015
8	Lynn Cressy	1:06:24	2019
9	Nancy Smalley	1:08:38	2002
10	Megan Kramer	1:10:34	2009
11	Judy Bomer	1:11:30	2019
12	Mary Eleanor Cockerham	1:12:07	2007
13	Mary Young	1:12:24	2018
14	Lois Calhoun	1:13:25	2011
15	Gloria Siekmeier	1:13:26	2008
16	Linda Knudsen	1:13:34	2015
17	Sooja Sung	1:13:40	2018
18	Ginnie Vaughn	1:13:42	2014
19	Jo Kiesecker	1:13:48	1999
20	Elisabeth Paulmann	1:14:15	2007

Men Age 75

Rank	Name	Time	Year
1	John D. Cahill	0:44:17	1999
2	Warren Bystedt	0:49:36	2005
3	Tom Lemire	0:50:48	2018
4	Don Larson	0:51:01	2016
5	Ed Craighead	0:51:15	2018
6	Tam Stubbs	0:52:14	2007
7	Dave Dooley	0:52:18	2022
8	Tom Lemire	0:52:26	2019
9	Gene DaGiau	0:52:58	2015
10	Dennis T Bird	0:53:39	2019
11	Jim Braden	0:54:33	2011
12	John Wilcockson	0:54:57	2018
13	Robert Tafelski	0:55:00	2015
14	Tom Linnell	0:55:11	2019
15	Bill Faulkner	0:55:41	2017
16	Richard Quigley	0:55:59	2011
17	Lockett Wood	0:55:59	2015
18	Noel Pace	0:56:07	2005
19	Don Hayes	0:56:07	2007
20	Jim Romero	0:56:58	2015

Women Age 76

Rank	Name	Time	Year
1	Libby James	0:50:39	2013

Men Age 76

Rank	Name	Time	Year
1	Jose Cardenas	0:51:54	2010

2	Constance Ahrnsbrak	1:00:37	2016
3	Lois Calhoun	1:05:49	2012
4	Barb Gurtler	1:07:40	2011
5	Pearl Mehl	1:10:28	1990
6	Betty Valent	1:10:38	2016
7	Judy Smythe	1:12:40	2014
8	Jelma Jacobs	1:13:09	1992
9	Gloria Siekmeier	1:13:14	2009
10	Sooja Sung	1:13:44	2019
11	Mary Eleanor Cockerham	1:13:50	2008
12	MaryKay Rachwalski	1:14:58	2009
13	Ginnie Vaughan	1:15:11	2015
14	Carole Litt	1:16:00	2013
15	MaryLadene Dowell	1:16:04	2015
16	Theresa Hegarty	1:16:39	2009
17	Nancy Smalley	1:17:34	2003
18	Wanda Hall	1:18:12	1998
19	Valdene Ranum	1:18:44	2017
20	Mary Young	1:19:02	2019

2	Don Larson	0:52:00	2017
3	Ed Craighead	0:52:15	2019
4	Tam Stubbs	0:52:38	2008
5	Eric Burger	0:52:53	1986
6	Warren Bystedt	0:53:28	2006
7	Dennis Muirhead	0:53:40	2017
8	Jeff Dumas	0:53:50	2022
9	Gene DaGiau	0:54:17	2016
10	Arlen Heller	0:55:43	2022
11	Jim Braden	0:55:45	2012
12	John Wilcockson	0:55:55	2019
13	Rod Smythe	0:56:27	2006
14	Bill Faulkner	0:56:58	2018
15	Jesse Aweida	0:56:59	2007
16	Irving Weiss	0:57:05	1995
17	Noel Pace	0:57:23	2006
18	Ralph Koenig	0:57:33	2019
19	Kevin Heng	0:57:59	2005
20	Jack Barry	0:58:03	2014

Women Age 77

Rank	Name	Time	Year
1	Libby James	0:51:25	2014
2	Constance Aahrnsbrak	1:02:18	2017
3	Teresa Burbano	1:02:41	2014
4	Betty Valent	1:08:30	2017
5	Barb Gurtler	1:09:42	2012
6	Velma Jacobs	1:13:03	1993
7	Barbara Brockman	1:14:36	2018
8	Ginnie Vaughan	1:14:45	2016
9	Carole Litt	1:17:37	2014
10	Wanda Hall	1:17:51	1999
11	Pearl Mehl	1:18:13	1991
12	Mary Ladene Dowell	1:18:43	2016
13	Mary Kay Rachwalski	1:18:43	2010
14	Gloria Siekmeier	1:20:16	2010
15	Valdene Ranum	1:21:08	2018
16	Nancy Smalley	1:21:23	2004
17	Mary Eleanor Cockerham	1:21:44	2009
18	Elisabeth Paulmann	1:22:04	2009
19	Betty Skipp	1:22:25	2005
20	Margie Thompson	1:22:56	2010

Men Age 77

Rank	Name	Time	Year
1	Jose Cardenas	0:48:58	2011
2	Yusuke Tajima	0:49:50	2022
3	John Lindsberg	0:50:41	1993
4	Warren Bystedt	0:53:05	2007
5	Don Kinney	0:53:39	2017
6	Don Larson	0:54:51	2018
7	Tam Stubbs	0:56:19	2009
8	Noel Pace	0:56:22	2007
9	Bill Faulkner	0:56:50	2019
10	Jesse Aweida	0:57:58	2008
11	Richard Quigley	0:58:17	2013
12	Rod Smythe	0:59:06	2007
13	Don Hayes	0:59:12	2009
14	Bill Turley	0:59:25	2007
15	Robert Greene	0:59:26	2012
16	Jack Barry	1:00:07	2015
17	Miguel Zavala	1:00:21	2018
18	Mark Maloney	1:00:32	2013
19	Chuck Merry	1:00:49	2012
20	Kenneth Green	1:01:01	2006

Women Age 78

Rank	Name	Time	Year
1	Libby James	0:53:37	2015
2	Constance Arhnsbrak	1:04:50	2018

Men Age 78

Rank	Name	Time	Year
1	Jose Cardenas	0:49:11	2012
2	Tam Stubbs	0:55:49	2010

3	Judy Megibow	1:08:21	2022
4	Betty Valent	1:09:07	2018
5	Lynn Cressy	1:11:19	2022
6	Barbara Brockman	1:15:40	2019
7	Linda Yarr	1:17:13	2022
8	Ladene Dowell	1:17:17	2017
9	Gloria Siekmeier	1:17:54	2011
10	Kathleen Schelert	1:18:07	2018
11	Nancy Smalley	1:19:08	2005
12	Mary Kay Rachwalski	1:19:15	2011
13	Velma Jacobs	1:22:44	1994
14	Patricia Jessen	1:22:45	2005
15	Marykay Klein	1:23:50	2019
16	Ruth Wayman	1:24:23	2008
17	Mary Eleanor Cockerham	1:24:25	2010
18	Jean Hessmann	1:25:07	2002
19	Frieda Holley	1:26:58	2022
20	Judy Smythe	1:27:45	2016

3	Richard Maginot	0:55:57	2004
4	Don Kinney	0:56:18	2018
5	Rod Smythe	0:56:48	2008
6	Richard Quigley	0:59:05	2014
7	Don Larson	0:59:28	2019
8	Don Hayes	0:59:36	2010
9	Verne Carlson	1:00:16	2011
10	Charles Merry	1:00:36	2013
11	Irving Weiss	1:01:11	1997
12	Mike Semanske	1:01:16	2012
13	Jesse Aweida	1:01:45	2009
14	Warren Barker	1:01:50	2005
15	Mark Maloney	1:02:01	2014
16	Lockett Wood	1:02:04	2018
17	Kenneth Green	1:02:20	2007
18	Richard Nagler	1:02:21	2011
19	Larry Avery	1:02:30	2019
20	Mas Yashimura	1:03:03	2006

Women Age 79

Rank	Name	Time	Year
1	Libby James	0:55:06	2016
2	Constance Ahrnsbrak	1:05:23	2019
3	Betty Valent	1:13:15	2004
4	Samantha Nagel	1:15:11	2004
5	Mary Eleanor Cockerham	1:19:03	2011
6	Dorothy Reid	1:19:37	2022
7	Sooja Sung	1:19:57	2022
8	Lucille Walden	1:21:03	1999
9	Judy Smythe	1:21:33	2017
10	Gloria Siekmeier	1:21:38	2012
11	Jan Brickell	1:22:24	2013
12	Doris Dec	1:24:08	2001
13	Mary Kay Rachwalski	1:24:15	2012
14	Ladene Dowell	1:24:40	2018
15	Nancy Smalley	1:24:52	2006
16	Ginnie Vaughan	1:26:30	2018
17	Ruth Bott	1:29:12	2001
18	Carole Litt	1:30:52	2016
19	Lucille Walden	1:30:59	2008
20	Ruth K Giger	1:32:37	2002

Men Age 79

Rank	Name	Time	Year
1	Jose Cardenas	0:53:05	2013
2	Tom Lemire	0:55:13	2022
3	Ed Craighead	0:56:32	2022
4	Jeffrey Pelech	0:57:41	2013
5	Richard Quigley	0:57:56	2015
6	Tam Stubbs	0:58:22	2011
7	Rod Smythe	0:59:33	2009
8	Verne Carlson	1:00:29	2012
9	Charles Schroeder	1:00:54	2019
10	Don Kinney	1:01:02	2019
11	Ralph Koenig	1:01:10	2022
12	Don Hayes	1:01:22	2011
13	Warren Barker	1:01:50	2006
14	Richard Nagler	1:02:18	2012
15	Jack Barry	1:02:39	2017
16	Rodge Rodgers	1:02:42	2001
17	Charles Merry	1:02:47	2014
18	Irving Weiss	1:02:54	1998
19	Jesse Aweida	1:03:12	2010
20	Lockett Wood	1:03:44	2019