

Women Age 30			
Rank	Name	Time	Year
1	Lidia Simon	0:34:00	2004
2	Molly Grabill	0:34:33	2023
3	Liliam Guerra	0:35:55	2003
4	Nancy Ditz	0:36:12	1985
5	Krystalanne Curwood	0:36:13	2016
6	Anne Audain	0:36:20	1981
7	Hiroko Nomura	0:36:23	2001
8	Siri Lindley	0:36:43	1999
9	Katie Blackett	0:36:51	2007
10	Kara Henry	0:37:00	2015
11	Meghan Curran	0:37:01	2017
12	Stephanie Pezzullo	0:37:04	2013
13	Brianne Nelson	0:37:06	2011
14	Heather Utrata	0:37:12	2012
15	Chris Udovich	0:37:20	1997
16	Yolanda Ruiz	0:37:25	1983
17	Shayna Barbash	0:34:33	2023
18	Sarah Pizzo	0:37:44	2013
19	Wendy Marie Thomas	0:37:55	2009
20	Malia Crouse	0:37:00	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	Jackson Neff	0:31:25	2023
20	Ian Butler	0:31:30	2022

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	Nicole Esplin	0:37:30	2023
18	Toby Jacober	0:37:39	1994
19	Patty Rogers	0:38:00	2005
20	Jennifer Gutierrez	0:38:09	1998

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	Ian Butler	0:31:33	2023
13	Ken Flint	0:31:54	1998
14	Dale Rixon	0:31:56	1998
15	Joseph Sheely	0:31:57	1990
16	Terry Ramlo	0:31:58	1995
17	Sean Nesbitt	0:32:00	2006
18	Jonathan Aziz	0:32:03	2022
19	Pedro Alvarez	0:32:03	2000
20	John Supsic	0:32:05	2010

Women Age 32			
Rank	Name	Time	Year

Men 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	Chelsea Burns	0:35:36	2023
5	Melissa Dock	0:35:42	2014
6	Patty Murray	0:36:30	1998
7	Beth Ellickson	0:36:31	1999
8	Jennifer Clague	0:36:32	2006
9	Leanne Whitesides	0:36:39	2003
10	Krystalanne Curwood	0:36:41	2018
11	Wendy Thomas	0:36:41	2011
12	Sarah Hutchings	0:36:41	2022
13	Sarah Pizzo	0:36:58	2015
14	Chrissie Wellington	0:37:00	2009
15	Uli Bromme	0:37:21	2013
16	Kate Kent	0:37:22	1995
17	Kelly Ryan	0:37:26	2001
18	Amy Manson	0:37:31	2001
19	Chelsea Burns	0:35:36	2023
20	Donna Roark	0:37:45	1985

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	Jonathin Aziz	0:31:33	2023
14	Frank Mencin	0:31:40	1984
15	Pedro Alvarez	0:31:40	2001
16	Ben Payne	0:31:41	2014
17	Charles Degarmo	0:31:42	1992
18	Scott Dahlberg	0:31:45	2017
19	Pablo Vigil	0:31:49	1984
20	Art Seimers	0:31:51	2005

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	Sarah Hutchings	0:36:35	2023
9	Melissa Dock	0:36:53	2015
10	Jenny Kyle	0:36:58	1982
11	Krystalanne Curwood	0:37:00	2019
12	Natalie Davey	0:37:11	2006
13	Inge Schuurmans	0:37:17	1996
14	Wendy Jerman	0:37:25	1997
15	Katherine Haukeness	0:37:34	1990
16	Micky Reger	0:37:34	2002
17	Catherine Robbie	0:37:35	2014
18	Linnabah Snyder	0:37:39	1998
19	Amie Guilford	0:37:41	1998
20	Deborah Anderson	0:37:48	1982

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	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

Men Age 34

Rank	Name	Time	Year
1	Frank Shorter	0:29:26	1982
2	Domingo Tibaduiza	0:29:29	1985

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	Caitlin Standifer	0:38:11	2023
11	Inge Schuurmans	0:38:15	1997
12	Hillary Becker	0:38:17	1995
13	Kelly Carlson	0:38:18	1999
14	Emma Kenyon	0:38:20	2022
15	Sara Kadlec	0:38:26	2019
16	Susan Henderson	0:38:27	1981
17	Stella Heffron	0:38:32	2001
18	Carrie Birth	0:38:33	2016
19	AnnMarie Kirkpatrick	0:38:33	2016
20	Ruth Waller	0:38:33	2018

3	John Mirth	0:31:04	1996
4	Steve Flanagan	0:31:07	1983
5	Neji Makhoulouf	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	Emma Kenyon	0:36:23	2023
5	Nicole Aish	0:36:36	2011
6	Anne Marie Kirkpatrick	0:36:56	2017
7	Siri Lindley	0:36:57	2004
8	Susan Brooker	0:37:09	1999
9	Susan Henderson	0:37:11	1982
10	Rachel Joyce	0:37:18	2014
11	Fiona Docherty	0:37:21	2011
12	Kelly Carlson	0:37:32	2000
13	Joyce Rankin	0:37:38	1983
14	Patty Murray	0:37:38	2001
15	Katie Jackson	0:37:41	2017
16	Donna Gae Churton	0:37:57	2000
17	Kelly Flathers	0:38:08	2007
18	Kate Kent	0:38:08	1998
19	Suzanne Huelster	0:38:15	2009
20	Kerrie Wlad	0:38:16	2007

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	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

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	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	Whitney Penny	0:37:39	2023
12	Mercedes Gil	0:38:10	1998
13	Susan Brooker	0:38:16	2000
14	Becky Sondag	0:38:17	2006
15	Barbara Early	0:38:24	1986
16	Jenny Barsness	0:38:27	2006
17	Kerrie Wlad	0:38:29	2008
18	Laura Bruess	0:38:30	1997
19	Lauri Sax	0:38:46	1995
20	Callahan Hatfield	0:38:52	1998

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
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	Krystalanne Curwood	0:38:41	2023
16	Stacey Chamberlain	0:38:51	2009
17	Brandy Erholtz	0:38:54	2015
18	Marla Rutter	0:39:08	1993
19	Kelly Flathers	0:39:12	2009
20	Lisa Rainsberger	0:39:21	1999

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	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	Dani Cook	0:37:04	2023
6	Kara Ford	0:37:13	2017

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	Zoila Gomez	0:38:01	2018
8	Beth Ellickson	0:38:06	2005
9	Laura Bruess	0:38:11	1999
10	Cathy Marie Pearce	0:38:16	2001
11	Maddy Tormoen	0:38:25	2001
12	Kelly Campbell	0:38:33	1998
13	Inge McClory	0:38:41	2001
14	Cindy O'Neill	0:38:46	2000
15	Natalie Davey	0:38:52	2011
16	Claudia Becque	0:38:54	2015
17	Anita Ortiz	0:39:00	2003
18	Deana Case	0:39:03	2000
19	Lorraine Caldwell	0:39:07	1991
20	Julia Cassidy	0:39:13	1999

7	Rick Katz	0:32:36	1987
8	Darren De Reuck	0:32:41	2003
9	Dan Dwyer	0:32:41	1989
10	Jason Simpson	0:32:47	2023
11	Don Masterson	0:32:51	1983
12	Craig A. Greenslit	0:33:04	2008
13	Andrew Crook	0:33:12	1997
14	Dan Skarda	0:33:20	1997
15	J.D. Laubster	0:33:26	2004
16	Art Siemers	0:33:26	2011
17	Rob Gilbert	0:33:37	2004
18	Galen Burrell	0:33:42	2018
19	Forrest Newman	0:33:42	2003
20	Edward Boggess	0:33:44	1996

Women Age 39			
Rank	Name	Time	Year
1	Lidia Simon	0:34:05	2013
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

Men Age 39			
Rank	Name	Time	Year
1	Sam Ngatia	0:31:22	1999
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