

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	Charlene Pratt	0:59:59	2023
18	Judy Moir	1:00:05	2012
19	Pearl Mehl	1:00:37	1984
20	Dianne Fuller	1:00:42	2012

Men Age 70			
Rank	Name	Time	Year
1	Jose Cardenas	0:42:39	2004
2	Robert Chick	0:45:16	2023
3	Ed Craighead	0:45:28	2013
4	Douglas Chesnut	0:45:41	2023
5	Don Larson	0:46:21	2011
6	Don Van Dell	0:46:36	2013
7	Dave Dooley	0:47:22	2017
8	Jim Reynolds	0:49:05	2019
9	Henry Elliott	0:49:08	2016
10	Tom Lemire	0:49:09	2014
11	Bill Turley	0:49:18	2000
12	Dennis Bird	0:49:24	2015
13	Larry Avery	0:49:31	2011
14	Craig Hayes	0:49:36	2022
15	Jim R Romero	0:49:47	2010
16	Tam Stubbs	0:50:02	2002
17	Gary Larson	0:50:03	2015
18	Ross Westley	0:50:11	2007
19	Mike Wien	0:50:12	2022
20	Robert Hannah	0:50:13	2015

Women Age 71			
Rank	Name	Time	Year
1	Carla Pederson	0:50:32	2023
2	Libby James	0:51:44	2008
3	Dorothy Bradley	0:55:25	2001
4	Rima Lurie	0:56:12	2019
5	Lynn Hermanson	0:56:13	2022
6	Constance Ahrnsbrak	0:56:37	2011
7	Lola Ackerman	0:56:38	2016
8	Martha Aarons	0:57:03	2023
9	Helen Botti	0:57:50	2008
10	Barbara Brockman	0:59:37	2012
11	Anita Gonzalez	0:59:38	2016
12	Catherine Curtis	0:59:43	2023
13	Karen Karl	0:59:46	2017
14	Betty Valent	1:00:02	2011
15	Mary Jane Sheehan	1:00:09	2000
16	Judy Megibow	1:00:25	2015
17	Margaret Bowdy	1:00:30	1991
18	Corine Knudsen	1:01:09	2016
19	Nancy Smalley	1:01:26	1998
20	Lois Calhoun	1:01:39	2007

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	Mike Wien	0:50:54	2023
20	Jim Romero	0:51:12	2011

Women 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

Men Age 72			
Rank	Name	Time	Year
1	John Cahill	0:44:01	1996
2	Jose Cardenas	0:45:25	2006
3	Doug Bell	0:46:00	2023
4	Ed Craighead	0:46:32	2015
5	Warren Bystedt	0:47:11	2002

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

6	Carl Mohr	0:48:03	2023
7	Don Larson	0:48:06	2013
8	Dave Dooley	0:48:11	2019
9	Ray Eck	0:48:15	2019
10	Elliott Henry	0:49:05	2018
11	Bob McCallister	0:49:09	1999
12	Ben Harvie	0:49:28	2019
13	Tam Stubbs	0:49:30	2004
14	Bernie Redlinger	0:50:21	2022
15	Rod Smythe	0:50:50	2002
16	Chris Dice	0:50:50	2023
17	Clarence Osborn	0:51:00	1990
18	Noel Pace	0:51:11	2002
19	Dennis Bird	0:51:21	2016
20	Michael Klee	0:51:38	2018

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	Nancy Antos	1:05:19	2023
18	Dianne Fuller	1:05:52	2015
19	Lynn Cressy	1:06:17	2017
20	Kathy Kirsling	1:07:29	2022

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	Bernie Redlinger	0:52:51	2023
17	Michael Klee	0:53:16	2019
18	Robert E. Greene	0:53:23	2008
19	Rodge Rodgers	0:53:54	1995
20	Noel Pace	0:53:59	2003

Women Age 74			
Rank	Name	Time	Year
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

Men Age 74			
Rank	Name	Time	Year
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	Jim Reynolds	0:51:45	2023
8	Yusuke Tajima	0:51:50	2019
9	Fred Glover	0:52:54	2011
10	Gary Bell	0:52:06	2018
11	Mark Lawrence Maloney	0:53:17	2010
12	Rod Smythe	0:53:23	2004

13	Susan Ando	1:04:54	2023
14	Nancy Smalley	1:05:18	2001
15	Barbara Brockman	1:05:10	2015
16	Judy Smythe	1:05:22	2012
17	Jan Daker	1:05:53	2022
18	Helen Botti	1:06:28	2011
19	Lois Calhoun	1:06:48	2010
20	Kathy Kirsling	1:07:04	2023

13	Dick Gardner	0:54:04	2002
14	Irving Weiss	0:54:05	1993
15	Klaus Weickmann	0:54:18	2022
16	Rodge Rodgers	0:54:49	1996
17	Tom Lemire	0:54:57	2017
18	Dennis Bird	0:55:10	2018
19	Bill Turley	0:55:19	2004
20	Jack Barry	0:55:20	2012

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	Rima Lurie	1:05:41	2023
8	Betty Valent	1:05:53	2015
9	Lynn Cressy	1:06:24	2019
10	Jan Darker	1:07:24	2023
11	Ann Crosby	1:08:02	2023
12	Malloy Norway	1:08:08	2023
13	Nancy Smalley	1:08:38	2002
14	Megan Kramer	1:10:34	2009
15	Judy Bomer	1:11:30	2019
16	Mary Eleanor Cockerham	1:12:07	2007
17	Mary Young	1:12:24	2018
18	Bev Buchler	1:12:41	2023
19	Lois Calhoun	1:13:25	2011
20	Gloria Siekmeier	1:13:26	2008

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	Klaus Weickman	0:53:39	2023
12	Jim Braden	0:54:33	2011
13	John Wilcockson	0:54:57	2018
14	Robert Tafelski	0:55:00	2015
15	Tom Linnell	0:55:11	2019
16	Bill Faulkner	0:55:41	2017
17	Richard Quigley	0:55:59	2011
18	Lockett Wood	0:55:59	2015
19	Noel Pace	0:56:07	2005
20	Don Hayes	0:56:07	2007

Women Age 76			
Rank	Name	Time	Year
1	Libby James	0:50:39	2013
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	Judy Bicknell	1:17:15	2023
18	Nancy Smalley	1:17:34	2003
19	Wanda Hall	1:18:12	1998

Men Age 76			
Rank	Name	Time	Year
1	Jose Cardenas	0:51:54	2010
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	Rickard Starks	0:57:29	2023
19	Ralph Koenig	0:57:33	2019

20	Valdene Ranum	1:18:44	2017
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20	Kevin Heng	0:57:59	2005
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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	Jeff Dumas	0:53:11	2023
6	Don Kinney	0:53:39	2017
7	Don Larson	0:54:51	2018
8	Tam Stubbs	0:56:19	2009
9	Noel Pace	0:56:22	2007
10	Bill Faulkner	0:56:50	2019
11	Jesse Aweida	0:57:58	2008
12	Richard Quigley	0:58:17	2013
13	Rod Smythe	0:59:06	2007
14	Don Hayes	0:59:12	2009
15	Arlen Heller	0:59:22	2023
16	Bill Turley	0:59:25	2007
17	Robert Greene	0:59:26	2012
18	Jack Barry	1:00:07	2015
19	Miguel Zavala	1:00:21	2018
20	Mark Maloney	1:00:32	2013

Women Age 78			
Rank	Name	Time	Year
1	Libby James	0:53:37	2015
2	Constance Arhnsbrak	1:04:50	2018
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	Diana Bruckner	1:16:39	2023
8	Linda Yarr	1:17:13	2022
9	Ladene Dowell	1:17:17	2017
10	Gloria Siekmeier	1:17:54	2011
11	Marti Nash	1:18:01	2023
12	Kathleen Schelert	1:18:07	2018
13	Nancy Smalley	1:19:08	2005
14	Mary Kay Rachwalski	1:19:15	2011
15	Velma Jacobs	1:22:44	1994
16	Patricia Jessen	1:22:45	2005
17	Marykay Klein	1:23:50	2019
18	Ruth Wayman	1:24:23	2008
19	Mary Eleanor Cockerham	1:24:25	2010
20	Jean Hessmann	1:25:07	2002

Men Age 78			
Rank	Name	Time	Year
1	Jose Cardenas	0:49:11	2012
2	Tam Stubbs	0:55:49	2010
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	Bernard McCarey	1:02:31	2023

Women Age 79			
Rank	Name	Time	Year
1	Libby James	0:55:06	2016
2	Constance Ahrnsbrak	1:05:23	2019
3	Judy Megibow	1:09:38	2023

Men Age 79			
Rank	Name	Time	Year
1	Jose Cardenas	0:53:05	2013
2	William Repphun	0:53:43	2023
3	Tom Lemire	0:55:13	2022

4	Lynn Cressey	1:10:47	2023
5	Betty Valent	1:13:15	2004
6	Samantha Nagel	1:15:11	2004
7	Linda Yarr	1:17:18	2023
8	Mary Eleanor Cockerham	1:19:03	2011
9	Dorothy Reid	1:19:37	2022
10	Sooja Sung	1:19:57	2022
11	Lucille Walden	1:21:03	1999
12	Judy Smythe	1:21:33	2017
13	Gloria Siekmeier	1:21:38	2012
14	Jan Brickell	1:22:24	2013
15	Doris Dec	1:24:08	2001
16	Mary Kay Rachwalski	1:24:15	2012
17	Ladene Dowell	1:24:40	2018
18	Nancy Smalley	1:24:52	2006
19	Ginnie Vaughan	1:26:30	2018
20	Ruth Bott	1:29:12	2001

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