

**Women Age 30**

Rank	Name	Time	Year
1	Lidia Simon	0:34:00	2004
2	Molly Grabill	0:34:33	2023
3	Claire Benjamin	0:35:53	2024
4	Liliam Guerra	0:35:55	2003
5	Nancy Ditz	0:36:12	1985
6	Krystalanne Curwood	0:36:13	2016
7	Anne Audain	0:36:20	1981
8	Hiroko Nomura	0:36:23	2001
9	Siri Lindley	0:36:43	1999
10	Katie Blackett	0:36:51	2007
11	Kara Henry	0:37:00	2015
12	Meghan Curran	0:37:01	2017
13	Stephanie Pezzullo	0:37:04	2013
14	Brianne Nelson	0:37:06	2011
15	Heather Utrata	0:37:12	2012
16	Shari Eberhard	0:37:17	2024
17	Chris Udovich	0:37:20	1997
18	Yolanda Ruiz	0:37:25	1983
19	Shayna Barbash	0:37:33	2023
20	Sarah Pizzo	0:37:44	2013

**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	Molly Grabill	0:33:39	2024
2	Nell Rojas	0:34:32	2019
3	Kristen Fryburg-Zaitz	0:35:08	2012
4	Rosa Moriello	0:35:23	2024
5	Brianne Nelson	0:35:43	2012
6	Lexi Greitzer	0:35:44	2024
7	Alexis Wilbert	0:35:57	2016
8	Allie Schaich	0:36:06	2024
9	Wendy Thomas	0:36:07	2010
10	Rebecca Robinson	0:36:08	2014
11	Brandy Erholtz	0:36:17	2009
12	Kristin Johansen	0:36:27	2017
13	Krystalanne Curwood	0:36:32	2017
14	Jessica Broderick	0:36:34	2022
15	Nicolette St.Lawrence	0:36:40	2024
16	Jenny Crain	0:36:45	1999
17	Beth Ellickson	0:36:48	1998
18	Kelsey Martin	0:37:13	2013
19	Molly Thomsen	0:37:15	2024
20	Malia Crouse	0:37:17	2016

**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	Garret Lee	0:31:21	2024
9	Paul Cummings	0:31:24	1985
10	Frank Mencin	0:31:26	1982
11	Bill Aragon	0:31:27	1984
12	John Wellerding	0:31:27	1985
13	Ian Butler	0:31:33	2023
14	Ken Flint	0:31:54	1998
15	Dale Rixon	0:31:56	1998
16	Joseph Sheely	0:31:57	1990
17	Terry Ramlo	0:31:58	1995
18	Sean Nesbitt	0:32:00	2006
19	Jarred Iocavelli	0:32:02	2024
20	Jonathan Aziz	0:32:03	2022

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	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	Nicole Esplin	0:36:42	2024
14	Sarah Pizzo	0:36:58	2015
15	Chrissie Wellington	0:37:00	2009
16	Estelle Richardson	0:37:09	2024
17	Uli Bromme	0:37:21	2013
18	Kate Kent	0:37:22	1995
19	Kelly Ryan	0:37:26	2001
20	Amy Manson	0:37:31	2001

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	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	Jessica West	0:35:20	2024
5	Chris McNamdra	0:35:43	1999
6	Patty Murray	0:36:04	1999
7	Corol Urish-Mclatchie	0:36:10	1985
8	Kelly Ryan	0:36:31	2002
9	Sarah Hutchings	0:36:35	2023
10	Melissa Dock	0:36:53	2015
11	Jenny Kyle	0:36:58	1982
12	Krystalanne Curwood	0:37:00	2019
13	Natalie Davey	0:37:11	2006
14	Inge Schuurmans	0:37:17	1996
15	Wendy Jerman	0:37:25	1997
16	Katherine Haukeness	0:37:34	1990
17	Micky Reger	0:37:34	2002
18	Catherine Robbie	0:37:35	2014
19	Linnabah Snyder	0:37:39	1998
20	Amie Guilford	0:37:41	1998

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	Jonathan Aziz	0:31:13	2024
10	James Sackett	0:31:21	1982
11	Benji Durden	0:31:24	1985
12	Simon Guterrez	0:31:29	1999
13	Paul Petersen	0:31:32	2013
14	Scott Wietecha	0:31:36	2015
15	Noah Droddy	0:31:27	2024
16	Kim Hartman	0:31:49	1982
17	Keith Woodard	0:31:51	1984
18	Andy Wacker	0:31:56	2022
19	Bob Manzanares	0:32:01	1984
20	Craig Curley	0:32:09	2022

Women Age 34			
Rank	Name	Time	Year
1	Neely Gracey	0:34:32	2024
2	Melissa Dock	0:35:44	2016
3	Wendy Thomas	0:35:59	2013
4	Diane Bussa	0:36:06	1996
5	Patty Murray	0:36:18	2000
6	Amanda Tyndall	0:36:37	2022
7	Paula Morrison	0:37:00	2007
8	Jessica Parry-Williams	0:37:43	2015
9	Joyce Rankin	0:37:58	1982
10	Susan Brooker	0:37:59	1998
11	Caitlin Standifer	0:38:11	2023
12	Erika Harkinsova	0:38:12	2024
13	Inge Schuurmans	0:38:15	1997
14	Hillary Becker	0:38:17	1995
15	Kelly Carlson	0:38:18	1999
16	Emma Kenyon	0:38:20	2022
17	Sara Kadlec	0:38:26	2019
18	Susan Henderson	0:38:27	1981
19	Stella Heffron	0:38:32	2001
20	Carrie Birth	0:38:33	2016

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 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	Curtis Weisenberger	0:32:12	2024
17	Paul Petersen	0:32:18	2014
18	Chris Prior	0:32:21	1994
19	Rob Welo	0:32:34	1998
20	John Swartz	0:32:39	1982

Women Age 35			
Rank	Name	Time	Year
1	Laura Thweatt	0:34:08	2024
2	Albina Gallyamova	0:34:55	1999
3	Diane Gentry	0:34:59	1997
4	Minori Hayakari	0:35:24	2008
5	Emma Kenyon	0:36:23	2023
6	Nicole Aish	0:36:36	2011
7	Anne Marie Kirkpatrick	0:36:56	2017
8	Siri Lindley	0:36:57	2004
9	Susan Brooker	0:37:09	1999
10	Susan Henderson	0:37:11	1982
11	Rachel Joyce	0:37:18	2014
12	Fiona Docherty	0:37:21	2011
13	Kelly Carlson	0:37:32	2000
14	Joyce Rankin	0:37:38	1983
15	Patty Murray	0:37:38	2001
16	Katie Jackson	0:37:41	2017
17	Simone Mitchell	0:37:47	2024
18	Donna Gae Churton	0:37:57	2000
19	Kelly Flathers	0:38:08	2007
20	Kate Kent	0:38:08	1998

Men Age 35			
Rank	Name	Time	Year
1	John Mirth	0:30:43	1997
2	Jacob Riley	0:31:08	2024
3	Jon Heese	0:31:21	1993
4	Tony Brien	0:31:22	1983
5	James Kamau	0:31:28	1983
6	Steve Flanagan	0:31:31	1984
7	Andy Ames	0:31:53	1998
8	Timothy Jones	0:31:54	1996
9	Frank Shorter	0:32:10	1983
10	Gregory Owings	0:32:12	1983
11	Art Siemers	0:32:17	2008
12	Tim Don	0:32:23	2013
13	Chris Chambers	0:32:27	1982
14	Pedro Alvarez	0:32:27	2004
15	Mark Allen	0:32:29	1993
16	Dennis Leck	0:32:34	1997
17	Rob Gilbert	0:32:43	2001
18	Ok Corrallass	0:32:47	1991
19	Peter Vail	0:32:48	2010
20	John Swartz	0:32:50	1983

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	Emma Kenyon	0:36:07	2024
6	Diane Gentry	0:36:13	1998
7	Amy Amy	0:36:27	1996
8	Brooke Kish	0:36:37	2012
9	Amanda Tyndall	0:36:47	2024
10	Janette Stoot	0:37:20	1997
11	Melody Fairchild	0:37:20	2010
12	Angelica Sanchez Ibarr	0:37:23	2012
13	Whitney Penny	0:37:39	2023
14	Mercedes Gil	0:38:10	1998
15	Susan Brooker	0:38:16	2000
16	Becky Sondag	0:38:17	2006
17	Barbara Early	0:38:24	1986
18	Jenny Barsness	0:38:27	2006
19	Kerrie Wlad	0:38:29	2008
20	Laura Bruess	0:38:30	1997

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	Mark Husted	0:32:20	2024
9	Kim Hartman	0:32:21	1985
10	Joe Sheely	0:32:39	1995
11	Ken Pliska, Jr.	0:32:45	2002
12	Andy Ames	0:32:47	1999
13	Dave Johnson	0:32:48	1992
14	Brandon Birdsong	0:32:53	2024
15	Peter Williams	0:32:54	1997
16	Mark Allen	0:32:56	1994
17	Kyle Fredin	0:33:00	2007
18	Hector Chavez	0:33:08	1983
19	Rob Gilbert	0:33:11	2002
20	Forrest Newman	0:33:14	2001

Women Age 37			
Rank	Name	Time	Year
1	Mary Denholm	0:36:22	2024
2	Melody Fairchild	0:36:56	2011
3	Katie Jackson	0:37:01	2019
4	Beth Ellickson	0:37:18	2004
5	Kathy Butler	0:37:36	2011
6	Bridget Collins	0:37:36	1998
7	Susan Henderson	0:37:38	1984
8	Joyce Rankin	0:37:49	1985
9	Cindy O'Neill	0:38:06	1999
10	Judy Fellhader	0:38:10	1985
11	Kara Ford	0:38:17	2016
12	Amanda Kolosky	0:38:27	2024
13	Anita Ortiz	0:38:30	2002
14	Sarah Rebick	0:38:32	2012
15	Kristin Johansen	0:38:36	2024
16	Laura Bruess	0:38:38	1998
17	Rebecca Sondag	0:38:41	2007
18	Krystalanne Curwood	0:38:41	2023
19	Stacey Chamberlain	0:38:51	2009
20	Brandy Erholtz	0:38:54	2015

Men Age 37			
Rank	Name	Time	Year
1	Pat Smyth	0:30:47	2024
2	Peter Williams	0:31:45	1998
3	Tim Jones	0:32:07	1998
4	Damien Koch	0:32:08	1982
5	Clint Wells	0:32:16	2012
6	Justin Garrard	0:32:25	2024
7	Skip Hamilton	0:32:34	1982
8	Art Siemers	0:32:36	2010
9	Michael Sandrock	0:32:44	1995
10	Jeremy Parks	0:32:45	2014
11	Hector Chavez	0:32:47	1984
12	Brant Lutz	0:32:56	2012
13	Andy Ames	0:33:08	2000
14	Rick Katz	0:33:11	1986
15	Chris Chambers	0:33:14	1984
16	Russ Dryer	0:33:18	2003
17	Lance Denning	0:33:19	1999
18	Rick Renfrow	0:33:20	1991
19	Craig Greenslit	0:33:22	2007
20	Nathan Hornok	0:33:31	2016

Women Age 38			
Rank	Name	Time	Year
1	Gwen Jorgensen	0:34:25	2024
2	Lidia Simon	0:36:01	2012
3	Melody Fairchild	0:36:26	2012
4	Brooke Kish	0:36:38	2014
5	Patty Murray	0:37:03	2004
6	Dani Cook	0:37:04	2023
7	Kara Ford	0:37:13	2017
8	Zoila Gomez	0:38:01	2018
9	Beth Ellickson	0:38:06	2005
10	Laura Bruess	0:38:11	1999
11	Cathy Marie Pearce	0:38:16	2001
12	Maddy Tormoen	0:38:25	2001
13	Kelly Campbell	0:38:33	1998
14	Kristyn Roth	0:38:40	2024
15	Inge McClory	0:38:41	2001
16	Cindy O'Neill	0:38:46	2000
17	Natalie Davey	0:38:52	2011
18	Claudia Becque	0:38:54	2015
19	Anita Ortiz	0:39:00	2003
20	Deana Case	0:39:03	2000

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	Daniel Nally	0:35:20	2024
8	Rick Katz	0:32:36	1987
9	Darren De Reuck	0:32:41	2003
10	Dan Dwyer	0:32:41	1989
11	Jason Simpson	0:32:47	2023
12	Don Masterson	0:32:51	1983
13	Craig A. Greenslit	0:33:04	2008
14	Andrew Crook	0:33:12	1997
15	Dan Skarda	0:33:20	1997
16	J.D. Laubster	0:33:26	2004
17	Art Siemers	0:33:26	2011
18	Rob Gilbert	0:33:37	2004
19	Galen Burrell	0:33:42	2018
20	Forrest Newman	0:33:42	2003

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	Jeffery Eggleston	0:32:37	2024
8	Andrew Crook	0:32:42	1998
9	Scott Dahlberg	0:33:11	2024
10	Taylor Smith	0:33:12	2024
11	Craig Greenslit	0:33:27	2009
12	Dan Skarda	0:33:28	1998
13	Rick Renthrow	0:33:35	1993
14	Darren De Reuck	0:33:36	2004
15	Steve Chu	0:33:38	2022
16	Rob Welo	0:33:47	2003
17	Lance Denning	0:33:48	2001
18	Dave Dooley	0:33:50	1986
19	John Swartz	0:33:54	1987
20	Don Janicki	0:33:54	1999