

Place	First Name	Last Name	Age	Club	Time		Place	First Name	Last Name	Age	Club	Time
						18-24						
	Record: Arlyn Upshaw, 2012		18	UNAT	5:17.35			Record: Matthew Liedtke, 2012		23	SRM	5:36.00
1	Sarah	Glisan	22	UC08	6:25.43		1	Dylan	Kubick	24	MEMO	5:22.79
2	Vivian	Crow	22	DAM	6:37.53		2	Robert	Webster	24	NEM	5:46.21
3	Brooke	Harkrader	23	MEMO	7:07.58							
4	Grace	Baker	22	UCLA	8:50.52							
						25-29						
	Record: Valerie Thorp, 2018		27	CRUZ	5:38.00			Record: Adam Ritter, 2013		29	CSMT	5:13.73
1	Katherine	Yu	25	USF	5:32.00		1	Blake	Kelly	28	MEMO	5:53.49
2	Kirsten	Brown	26	ENSW	5:36.47		2	Keevan	Harding	28	MEMO	6:35.13
3	Valerie	Thorp	28	CRUZ	5:46.00		3	Michael	Thomas	27	MVM	6:58.24
4	Priya	Crosby	27	CRUZ	6:12.00							
						30-34						
	Record: Mollie Grover, 2015		34	UMAC	5:42.07			Record: Adam Ritter, 2017		33	SCMT	5:33.00
1	Sharon	Taylor	34	HAFI	5:56.90		1	Nathan	Vizcarra	32	USF	5:54.00
2	Sara	Lark	33	UC42	7:50.10		2	Cameron	Owen	30	USF	5:58.00
3	Rivkah	Cohen	31	MEMO	8:08.08							
4	Sarah	Roper	33	SMST	8:29.79							
						35-39						
	Record: Kelly Williamson, 2014		37	TXLA	5:19.00			Record: Blake Holden, 2015		39	UMAC	5:12.96
1	Kelly	Harrigan	35	MMAC	5:27.28		1	Stephen	Rouch	39	INDY	5:27.90
2	Lindsey	Urbatchka	36	MMAC	5:53.03		2	Jimmy	Song	36	MEMO	6:01.17
3	Megan	Sweeney	39	USF	6:08.00		3	Jesse	Bausell	36	CRUZ	6:40.00
4	Helene	Nehrebecki	39	DAM	6:31.89		4	Terrance	Blackburn	38	CRUZ	7:49.00
5	Rachael	Fields	39	CRUZ	7:30.00		5	Paul	Philly	37	DAM	8:02.65
6	Marley	Reilly	37	MEMO	7:54.05							
7	Whitney	Mitchell	37	CRUZ	7:57.00							
8	Katherine	Ransom	36	TCAM	10:33.75							
9	Sarah	King	36	CONN	18:15.12							
						40-44						
	Record: Joy Halgren, 2018		42	MOVY	5:52.24			Record: Bruce Paige, 2018		42	CSMT	5:11.50
1	Kelsey	Trom	41	KAC	6:40.00		1	Scott	Dallamura	41	NCMS	6:30.01

2	Kelly	Schley	40	MEMO	7:40.03								
3	Sarah	Stretch	40	MEMO	7:46.37								
4	Sarah	Lindahl	43	MEMO	7:51.41								
5	Cath	Old	42	NCMS	8:07.04								
6	Thea	Egelhofer	41	CRUZ	8:17.00								
7	Jennifer	Kesterson	41	TCAM	9:39.79								
8	Qi	Han	41	NON	14:34.19								
						45-49							
	Record: Kathy Gallagher, 2012			48	ARIZ	5:55.51		Record: Chris Stevenson, 2012			48	VMST	4:52.16
1	Erika	Braun	47	NCMS	5:59.80		1	Ahren	Lehnert	46	MEMO	7:15.06	
2	Jen	Coleman	48	AHSM	6:27.09		2	Dan	Clifford	49	MEMO	8:17.04	
3	Marfa	Weathers	48	AHSM	6:52.26		3	Caesar	Bernardo	48	OREG	8:36.00	
4	Heather	Lugassy	49	TAM	7:19.42		4	Minh	Ngo	48	MEMO	9:25.04	
5	Bridget	Lyons	49	CRUZ	7:23.00								
6	Jenifer	Noga	49	UAR	7:28.07								
7	Lisa	Hagstrom	49	LNRS	7:38.87								
8	Erika	Shern	48	NBA	7:47.53								
9	Patricia	Knowles	48	CRUZ	8:25.00								
10	Marisa	Price	46	CGM	8:28.65								
11	Alicia	Choury	47	MEMO	8:57.39								
12	Patti	Philpott	49	TCAM	9:02.69								
						50-54							
	Record: Courtney Zena, 2013			54	BWAQ	5:54.83		Record: Mike Shaffer, 2016			51	VCM	5:18.26
1	Kelly	Oliner	52	UC09	6:43.11		1	Patrick	Brundage	52	VMST	5:54.23	
2	Amy	Radovan	51	CRUZ	6:50.00		2	David	Lederman	53	CRUZ	5:55.00	
3	Vicki	Shu	51	MEMO	7:02.77		3	Mark	Schactman	53	UC09	6:25.09	
4	Detra	Cleven	51	KAC	7:25.04		4	Andrew	Radovan	51	CRUZ	7:18.00	
5	Marta	Bechhoefer	52	CRUZ	7:33.00		5	Long	Wu	54	MEMO	7:51.47	
6	Cynthia	Hertzer	50	CRUZ	7:34.00		6	Jeffrey	Foster	53	MEMO	7:58.04	
7	Clare	Burger	52	MEMO	7:39.64								
8	Christina	Cavalli	51	MEMO	7:46.16								
9	Kelley	Keating	52	DLMA	7:50.00								
10	Jennifer	Hill	52	INDY	7:54.61								

11	Loralie	Langman	52	MINN	7:58.31							
12	Myriam	Zech	51	MEMO	7:59.50							
13	JayneAnne	Bond	54	MOST	8:05.55							
14	Michelle	Ignoffo	50	CRUZ	8:38.00							
15	Crystal	Orbregon	50	CRUZ	8:40.00							
16	Christina	Robinson	54	LNRS	8:45.62							
17	Darcilla	Scanlin	53	TCAM	9:13.11							
18	Saundra	Schnepf	54	MMAC	9:29.46							
19	Zsuzsanna	Laszlo	51	MEMO	9:36.61							
20	Jennifer	Eisley	54	SMAC	10:02.88							
21	Miranda	Allen-Brower	52	CRUZ	10:50.00							
						55-59						
	Suzanne Heim-Bowen, 2017		59	WCM	5:46.70			Record: Ted Soltys, 2018		58	IM	5:16.82
1	Marcia	Cleveland	55	IM	6:21.11		1	Kris	Calvin	57	OREG	5:56.73
2	Jane	Russell	56	DAM	7:00.62		2	David	DeCosse	58	CRUZ	6:12.00
3	Nancy	Speer	57	VMST	7:28.10		3	Laurence	Fry	58	JAMM	6:24.58
4	Jennifer	Phalen	55	DAM	7:54.37		4	Deano	Jacobs	59	PSCM	6:33.00
5	Joan	Crow	55	DAM	8:08.23		5	Kevin	Keating	56	SMAC	7:09.89
6	Lisa	Steltemeier	59	ENSW	8:08.97		6	Roland	Nagel	57	CRUZ	7:25.00
7	Marianne	Rexer	56	MMAC	8:43.92		7	Craig	Coombs	59	MEMO	7:26.14
8	Ann	Cardoza	57	CRUZ	8:45.00		8	Daniel	Wirls	59	CRUZ	7:30.00
9	Heidi	Troutner	56	CRUZ	8:50.00		9	Franck	Ardourel	55	MEMO	7:47.06
10	Leah	Carroll	58	ALB	8:59.32		10	Edward	Snedeker	56	CRUZ	7:57.00
11	Melanie	Bowden	56	DAM	9:33.00		11	Karl	Edgerton	57	CMS	8:03.78
12	Tracy	Frazier	58	ENSW	10:31.16		12	Pat	Munsch	59	SMAC	9:28.41
13	Carol	Greider	58	CRUZ	10:40.00		13	Alp	Dedeoglu	57	NEM	9:53.85
14	Marilyn	Underwood	59	CRUZ	10:42.00		14	Tim	Neeley	57	TCAM	11:04.71
15	Karin	Gallagher	57	CRUZ	14:09.00		15	Randy	Zarecki	56	TCAM	12:08.21
						60-64						
	Record: Charlotte Davis, 2013		63	PSM	6:39.31			Record: Michael McCombs, 2017		61	NEM	5:38.78
1	Pamela	Rogers	62	GS	7:28.28		1	Rick	Hudson	62	ESMS	6:26.21
2	Mary	Kahn	60	DAM	7:40.53		2	Peter	Tsugawa	61	MEMO	9:11.79
3	Carol	Brewer	64	NON	7:52.00		3	Jeffrey	Citron	64	MEMO	10:46.99

4	Cheryl	Gettelfinger	62	INDY	7:55.16		4	Richard	Risso	60	CRUZ	11:05.00	
5	Patricia	Saint Aubin	61	NEM	8:11.02		5	Grant	Kerr	62	SMAC	17:34.10	
6	Joanne	Wainwright	64	NCMS	8:13.45		6	David	Bauer	64	MEMO	59:59.99	
7	Susan	Lanphere Watt	60	MMAC	8:21.24								
8	Martha	Seaver	64	CRUZ	8:32.00								
9	Susan	Haufler	62	MEMO	8:32.33								
10	Dianne	Cobb	64	VMST	9:04.48								
11	Deanna	Johnson	63	DAM	9:20.00								
12	Lauren	Hyde	60	BRGH	9:22.30								
13	Paula	Fuller	62	CRUZ	9:30.00								
14	Denise	Lai	63	MEMO	9:41.28								
15	Katherine	Mehler	62	ALB	10:20.00								
16	Cynthia	Grafton	62	DAM	10:28.00								
17	Yuko	Hook	63	CRUZ	11:01.00								
18	Candy	Habich	63	KAC	11:04.00								
19	Janet	Mack	63	ALB	13:14.99								
20	Martha	O'Malley	63	CRUZ	17:09.00								
						65-69							
	Record: Daniela Barnea, 2013			69	STAN	6:52.85		Record: Alek Shestakov, 2016			67	OAK	6:12.50
1	Penny	Noyes	65	SKY	6:40.10		1	Stephen	Baker	65	NSMS	7:31.52	
2	Jeanna	Summers	65	OREG	7:17.06		2	Stephen	Small	67	MEMO	7:35.31	
3	Mary	Welsh	66	TCAM	7:59.05		3	Gary	Johnson	68	TCAM	9:36.30	
4	Wendy	Bernal	65	CRUZ	8:23.00		4	Gregory	Stoner	67	DAM	9:39.01	
5	Claudia	Coke	65	OREG	8:33.84		5	Paul	Lockwood	66	CRUZ	10:09.00	
6	Barbara	Boslego	68	VMST	8:44.32		6	Ken	Wagman	65	CRUZ	10:52.00	
7	Kathy	Gill	65	DAM	8:47.43		7	Kermit	Yensen	66	OREG	10:54.05	
8	Molly	Singer	65	MEMO	9:41.34		8	William	Wheeler	69	DAM	12:34.10	
9	Sally	Dunn	67	TCAM	9:44.75		9	Mike	Snyder	67	CRUZ	17:38.00	
10	Katy	Lantz	66	DAM	10:06.00								
11	Susan	Coale	65	CRUZ	10:17.00								
12	Linda	Locklin	65	CRUZ	10:33.00								
13	Cynthia	Gordon-Giese	65	CRUZ	10:34.00								
14	Julia	Davenport	66	CRUZ	10:40.00								

15	Martha	Buthmann	67	TCAM	12:45.64								
16	Nancy	Farris	68	CRUZ	15:42.00								
						70-74							
	Record: Daniela Barnea, 2014			70	STAN	6:58.30		Record: Hugh Wilder, 2017			70	ARIZ	6:39.80
1	Babs H	Larsen	72	MINN	9:17.56		1	Alek	Shestakov	70	OAK	6:13.47	
2	Mary	Hager	71	GWMS	9:43.45		2	Bob	Bruce	71	OREG	7:19.44	
3	Kristine	Hornof	72	DAM	10:07.47		3	Rob	Firmin	71	UC38	7:47.34	
4	Peggy	Reedy	73	DAM	14:13.75		4	Allen	Stark	70	OREG	7:49.23	
5	Dion	Farquhar	72	CRUZ	16:45.00		5	Joel	Wilson	71	CRUZ	7:50.00	
6	Carol	Stark	71	OREG	16:46.16		6	Curtis	Miller	70	DAM	7:53.44	
							7	Jim	Becker	74	ADMS	8:41.01	
							8	David	Benjamin	70	MEMO	8:57.44	
						75-79							
	Record: Nancy Ridout, 2017			76	TAM	9:12.94		Record: Richard Todd, 2017			75	TCAM	7:14.52
1	Daniela	Barnea	75	STAN	7:28.59		1	Kenneth	Frost	75	TAM	7:19.36	
2	Susan	Marens	77	VMST	11:29.09								
3	Lois	Jacobs	76	MEMO	13:38.67								
4	Leslie	Westergaard	76	DAM	14:14.00								
						80-84							
	Record: Ann Hirsch, 2013			83	WCM	10:27.31		Record: Jack Fleming, 2015			80	USF	9:18.28
	no entries							no entries					
						85-89							
	Record: none							Record: none					
1	Eulah	Varty	85	MMAC	15:01.63			no entries					