

18-24*record: Arlyn Upshaw, UNAT, 5:17.35 (2012)*

1	Emily Klein	24	NUTS	5:42.00
2	Vivian Crow	21	DAM	6:26.97
3	Nora Laszlo	20	MEMO	7:21.65
4	Lucia Sedoo	19	TCAM	8:03.75

record: Matthew Liedtke, SRM, 5:36.00 (2012)

1	Robert Webster	23	NEM	5:53.68
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25-19*record: Valerie Thorp, CRUZ, 5:38.00 (2018)*

1	Valerie Thorp	27	CRUZ	5:38.00
2	Erica Kao	28	MOST	5:48.36
3	Rainey Graeven	29	CRUZ	6:09.00
4	Priya Crosby	26	CRUZ	6:21.00
5	Fiona Greer	25	EBAT	6:23.59
6	Katie Patterson	27	WLOO	7:01.09
7	Amy Snyder	29	TCAM	8:22.52

record: Adam Ritter, CSMT, 5:13.73 (2013)

1	Jack Calhoun	29	CRUZ	5:18.00
2	James Lamb	25	CRUZ	5:35.00
3	William Bochner	29	SCSC	5:57.20
4	Alexander Rossbach	28	ALB	6:15.67
5	Michael Thomas	26	MVM	6:40.36
6	Adlene Alnahlawi	27	CRUZ	7:52.00
7	Daniel McIntosh	25	AKMS	8:01.24

30-34*record: Mollie Grover, UMAC, 5:42.07 (2015)*

1	Celine Neudorf	33	CRUZ	7:12.00
2	Rivkah Cohen	30	MEMO	8:14.30
3	Sarah Rich	32	SMST	8:15.62
4	Sonia Calderon	33	CRUZ	11:10.00

record: Adam Ritter, CSMT, 5:33.00 (2017)

none, darn it

35-39*record: Kelly Williamson, TXLA, 5:19.00 (2014)*

1	Lindsey Urbatchka	35	MMAC	5:56.81
2	Emily Buskirk	38	NBA	6:22.85
3	Sharessa Gutierrez	38	OMAH	6:27.02
4	Heather Raley	37	MERR	6:50.00
5	Stephanie Phillipson	39	OMAH	7:03.98
6	Rachel Limon	38	CSTS	7:31.43
7	Donita Flecker	36	SMAC	8:18.00
8	Josie Alomia-Browr	36	TCAM	8:38.38
9	Millie Ramirez	37	MEMO	11:09.00

record: Blake Holden, UMAC, 5:12.96 (2015)

1	Stephen Rouch	38	INDY	5:20.99
2	Jimmy Song	35	MEMO	6:09.12
3	Paul Philley	36	DAM	7:54.41
4	Jonathan Weldon	37	TCAM	8:30.87
5	Mehdi Nourbakhsh	35	RPM	9:58.00

40-44record: **Joy Halgren, MOVY, 5:52.24 (2018)**record: **Bruce Paige, CSMT, 5:11.50 (2018)**

1	Joy	Halgren	42	MOVY	5:52.24	1	Bruce	Paige	42	CSMT	5:11.50
2	Tesla	Profumo	41	CRUZ	6:41.00	2	Joe	Gardner	43	WLOO	5:57.09
3	Sarah	Jordan	44	CRUZ	6:43.00	3	Travis	Mandigo	42	OMAH	6:39.67
4	Sarah	Rogers	42	OREG	6:43.94	4	Marcus	Freeman	43	GWMS	6:50.57
5	Linda	Tangenberg	43	TCAM	6:59.16	5	Brian	Hemphill	43	OREG	7:06.12
6	Heather	Stewart	44	TNS	7:02.20						
7	Lindsay	Meadows	42	ARKM	7:23.01						
8	Cath	Old	41	NCMS	7:46.02						
9	Melanie	Belluomini	41	DAM	7:55.00						
10	Thea	Egelhofer	40	CRUZ	8:38.00						
11	Maria	Krakauer	41	ENSW	9:10.00						
12	Jennifer	Kesterson	40	TCAM	9:21.85						
13	Annika	Graveline	41	TCAM	9:44.59						

45-49record: *Kathy Gallagher, ARIZ, 5:55.51 (2012)*record: *Chris Stevenson, VMST, 4:52.16 (2012)*

1	Casey	Slater	47	TCAM	6:15.88	1	David	Mikels	49	TFAM	6:36.10
2	Nellis	Kim	48	BWAQ	7:02.08	2	Todd	Wehmann	46	MEMO	6:48.00
3	Jenifer	Noga	48	UAR	7:09.00	3	Arundel	Burrell	47	TNS	7:01.70
4	Kate	Zarou	49	CMS	7:20.51	4	Timothy	Trujillo	46	TCAM	7:22.05
5	Lisa	Hagstrom	48	LNRS	7:46.00	5	Ahren	Lehnert	45	MEMO	7:28.00
6	Cyndy	Hertzer	49	CRUZ	7:48.00						
7	Jessica	Getz	45	ALB	8:22.00						
8	Patricia	Knowles	47	CRUZ	8:26.00						
9	Dana	Greene	49	NCMS	8:27.23						
10	Alicia	Choury	46	MEMO	8:32.00						
11	Amy	Wolfe	48	PSM	8:41.99						
12	Jennifer	Banning	47	O*H*	8:42.37						
13	Marfa	Weathers	47	AHSM	8:47.47						
14	Michelle	Ignoffo	49	CRUZ	8:48.00						
15	Melissa	Reitano	43	TNS	10:32.28						
16	Martina	Freeman	45	GWMS	11:01.90						

50-54*record: Courtney Zena, BWAQ, 5:54.83 (2013)**record: Mike Shaffer, VCM, 5:18.26 (2016)*

1	Susie	Rabiah	52 OREG	6:21.72	1	Patrick	Brundage	51 UC04	5:44.78
2	Chris	McPherson	51 ENSW	6:40.21	2	Bradley	Woehl	50 CSTS	5:50.11
3	Kelly	Oliner	51 UC09	6:41.00	3	Mike	Varozza	51 WLOO	5:50.09
4	Detra	Cleven	50 KAC	7:11.49	4	David	Lederman	52 CRUZ	5:59.00
5	Paula	Pardy	50 SDPM	7:23.99	5	Mark	Schactman	52 UC10	6:23.00
6	Loralie	Langman	51 MINN	7:41.86	6	Brad	Von Reader	53 NTXL	6:29.58
7	Marta	Bechhoefer	51 CRUZ	7:45.00	7	James	Allen	52 WLOO	7:01.09
8	Jennifer	Phalen	54 DAM	7:57.10	8	Glen	Osborne	54 SMAC	7:10.02
9	Karen	Harris	52 RPM	8:10.00					
10	Lessly	Field	50 ALB	8:13.00					
11	Colleen	Fredrickson	53 OMAH	8:13.92					
12	Joan	Crow	54 DAM	8:17.83					
13	Christina	Robinson	53 LNRS	8:41.00					
14	Eva	Cohen	53 LNRS	8:46.00					
15	Sue	Langley	53 SAWS	9:17.07					
16	Pamela	Dowling	54 WMAC	9:32.46					
17	Christina	Kossa	52 RPM	9:41.00					
18	Yuko	Diamond	52 EBAT	9:52.11					
19	Jennifer	Eisley	53 SMAC	10:25.41					
20	Miranda	Allen-Brower	51 CRUZ	10:30.00					

55-59*record: Suzanne Heim-Bowen, WCM, 5:46.70 (2017)**record: Ted Soltys, IM, 5:16.82 (2018)*

1	Debbie	Cagigas	57 EBAT	6:46.71	1	Ted	Soltys	58 IM	5:16.82
2	Martha	Joyce	58 TAM	6:59.89	2	Kris	Calvin	56 OREG	5:51.31
3	Kerri	Roussain	59 OREG	7:04.89	3	David	DeCosse	57 CRUZ	6:00.00
4	Jane	Russell	55 DAM	7:17.29	4	Laurence	Fry	57 JAMM	6:14.06
5	Nancy	Speer	56 VMST	7:23.27	5	Chris	Tainty	58 CRUZ	6:33.00
6	Emily	Shepard	57 ALB	7:29.67	6	Kevin	Keating	55 SMAC	7:06.56
7	Meredith	Anderson	55 MEMO	7:42.46	7	Roland	Nagel	56 CRUZ	8:10.00
8	Terry	Brown	58 CRUZ	7:52.00	8	Ed	Snedeker	55 CRUZ	8:22.00
9	Mary	Kahn	59 DAM	7:58.25	9	Jim	Munsch	58 SMAC	9:26.09

10	Leah	Carroll	57	ALB	9:06.67	10	Jim	Moore	56	SMAC	9:35.02
11	Beth	Blackstone	58	CRUZ	9:20.00	11	Tim	Neeley	56	TCAM	11:20.09
12	Lauren	Hyde	59	CMS	9:21.00	12	Richard	Risso	59	CRUZ	11:35.00
13	Patty	Scheuber	58	OMAH	9:40.88						
14	Heidi	Troutner	55	CRUZ	10:02.00						
15	Amy	Lemmer	57	SMAC	10:25.41						
16	Faylan	Cannon	55	TCAM	10:35.82						
17	Tryntje	Young	57	CRUZ	11:50.00						
18	Linda	Mcclellan	57	SWM	13:02.00						
19	Karin	Gallagher	56	CRUZ	13:34.00						
					60-64						
					<i>record: Charlotte Davis, PSM, 6:39.31 (2013)</i>						<i>record: Michael McCombs, NEM, 5:38.78 (2017)</i>
1	Elaine	Valdez	63	MOST	6:58.79	1	James	Ritter	62	CSMT	5:44.18
2	Jeanna	Summers	64	OREG	7:23.00	2	Edward	Wheeler	64	O*H*	6:23.00
3	Pamela	Rogers	61	GS	7:27.25	3	Rick	Hudson	61	ESMS	6:25.50
4	Jessica	Hickel	60	EBAT	7:46.00	4	Ed	Clinite	63	TCAM	7:31.82
5	Joanne	Wainwright	63	NCMS	8:07.15	5	Eric	Hektner	60	TVM	7:47.00
6	Helene	Hirsch	61	TSTT	8:08.08	6	Matthew	Gass	61	TCAM	7:50.40
7	Deanna	Johnson	62	DAM	8:08.91	7	Paul	Brown	63	CRUZ	8:47.00
8	Wendy	Bernal	64	CRUZ	8:20.00	8	Ken	Wagman	64	CRUZ	9:43.00
9	Cheryl	Gettelfinger	61	INDY	8:22.99	9	Mark	Lane	61	OREG	16:39.99
10	Kathy	Gill	64	DAM	8:31.35		David	Bauer	63	MEMO	DQ
11	Susan	Haufler	61	MEMO	8:55.00						
12	Paula	Fuller	61	CRUZ	9:31.00						
13	Katherine	Mehler	61	ALB	9:50.99						
14	Lori	Kletzer	61	CRUZ	10:25.00						
15	Yuko	Hook	62	CRUZ	10:38.00						
16	Susan	Coale	64	CRUZ	10:38.00						
17	Denise	Lai	62	MEMO	10:50.33						
18	Leslie	French-Baxte	60	CRUZ	11:41.00						
19	Cindy	Godron-Geise	64	CRUZ	13:15.00						
20	Sharon	Mullowney	63	CRUZ	15:05.00						
21	Karen	Roy	63	RPM	15:15.00						

65-69*record: Daniela Barnea, STAN, 6:52.85 (2013)**record: Alek Shestakov, OAK, 6:12.50 (2016)*

1	Barbara	Boslego	67	VMST	8:07.00
2	Jennifer	Fiden	68	UAR	8:16.30
3	Katy	Lantz	65	DAM	8:25.91
4	Linda	Locklin	65	CRUZ	8:47.00
5	Pamela	Blair	69	TCAM	9:20.52
6	Wendy	Scherwat Duc	68	GRA	9:22.08
7	Julia	Davenport	65	CRUZ	10:05.00
8	Kate	Latham	66	MVM	10:15.10
9	Martha	Buthmann	66	TCAM	11:30.37
10	Deborah	Bell-Benson	66	CRUZ	13:15.00
11	Sandi	Peters	69	RPM	14:00.00
12	Nancy	Farris	67	CRUZ	15:38.00

1	Stephen	Small	66	MEMO	7:47.31
2	David	Slavin	68	GWMS	8:42.63
3	David	Benjamin	69	MEMO	9:09.19
4	Gary	Johnson	67	TCAM	9:23.30
5	William	Wheeler	68	DAM	9:46.00
6	Gregory	Stoner	66	DAM	10:26.00
7	Paul	Lockwood	65	CRUZ	10:27.00
8	Dale	Sollom-Bro	66	CRUZ	10:45.00
9	Mike	Snyder	66	CRUZ	15:26.00
10	Greg	Faughnan	69	GWMS	17:58.28

70-74*record: Daniela Barnea, STAN, 6:58.30 (2014)**record: Hugh Wilder, ARIZ, 6:39.80 (2017)*

1	Daniela	Barnea	74	STAN	7:25.08
2	Barbara	Larsen	71	MINN	8:27.23
3	Mary	Hager	70	GWMS	10:07.46
4	Judy	Armstrong	71	MEMO	10:47.40
5	Alida	Canale	73	CRUZ	11:14.00
6	Peggy	Reedy	72	DAM	14:19.99

1	Bob	Bruce	70	OREG	7:22.92
2	Rob	Firmin	70	UC38	7:30.12
3	James	Matney	71	ESMS	8:10.05
4	Joel	Wilson	70	CRUZ	8:29.00
5	Jim	Becker	73	ADMS	8:44.03
6	Jon	Mahanna	71	TCAM	10:02.36
7	Roy	Weldon	72	TCAM	10:21.60

75-79*record: Nancy Ridout, TAM, 9:12.94 (2017)**record: Richard Todd, TCAM, 7:14.52 (2017)*

1	Susan	Marens	76	VMST	10:23.53
2	Heidi	Ferrini	77	SMAC	13:38.35
3	Leslie	Westergaard	75	DAM	14:42.69

1	Richard	Todd	76	TCAM	7:16.81
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80-84*record: Ann Hirsch, WCM, 10:27.31 (2013)**record: Jack Fleming, USF, 9:18.28 (2015)*

1	Eulah	Varty	84	MMAC	13:28.41
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none, darn it