





	Tessa Brock	40			47:02	47:00							
	Tina Frick	41	41:23	41:09									
	Allison Richter	42	46:48										
	Tracy Waltmire	44							44:00				
	Carol Carruth	44							44:06				
	<b>Women 45 - 49</b>												
1	Mona Glasgow	45	40:47	41:23	40:38	40:23	41:15						3:24:26
2	Michelle Smith	47	45:24	42:57	41:49		42:27	42:34	41:55	42:04	41:03		3:29:18
3	Theresa Allison	46		43:59	42:57	42:45	42:16		41:56		41:29		3:31:23
	Stephanie Barry	47	55:57										
	Susan Johansen	48		49:50									
	Susy Bacal	49	33:07			34:31							
	Bridget Black							31:53					
	Kim Peace	47						53:54					
	<b>Women 50 - 54</b>												
1	Sandy White	51	39:13	38:56	39:22	38:34	38:23	38:43	38:37		38:28		3:12:45
2	Shari Howard	50	41:58	40:49	40:51		41:37		41:34		41:18		3:26:09
3	Sheryl Felde	53	43:11	43:09	43:10	43:27	45:25	43:23	42:55	43:10	42:59	41:55	3:34:08
	Cecelia Wright	50			47:29								
	Martha Sutton	50		44:21	43:33	43:18							
	Jill Cartwright	54	41:52		43:13	41:54				41:46			
	Carolyn Audilet	51							44:15				
	Carolyn Villanueva	53							1:16:32				
	<b>Women 55 - 59</b>												
1	Ingrid Trebisky	56			43:54		44:58	43:34	44:09	45:01		43:18	3:39:53
	Kandy Hirsch	58							50:48				
	Debbie Stertz	58							51:45				
	<b>Women 60 - 64</b>												
1	Jane Sage	61	55:42	54:47	57:11	54:17	51:19		55:35	53:11	54:01	52:02	4:24:50
	Kristina Solheim	62				50:57	48:50		48:02		47:37		



1	Ted Wallach	35	36:29	33:22	32:16	31:28	32:29	31:50					2:41:25
2	Al Lewis	35		34:35	34:56	34:47	35:44	33:37	33:48	33:58			2:50:45
3	Shane Chism	36		39:28	39:22	38:37	38:23		38:26		37:47	38:16	3:11:29
4	Brian Lambert	39	44:00	41:44	41:22	39:26				41:13			3:27:45
	Ben Singerman	36		38:40									
	Men 40 - 44												
1	Jeff Orr	44	37:50	35:58	35:34	36:04	35:30	34:41	35:22		40:06		2:57:05
2	Derek Wilson	44		41:17	40:21	40:00		39:06	39:05/37:44	37:55	37:07	36:28	3:08:19
3	Steve Outridge	44	40:27	39:42		40:45	40:26	39:16	38:27	38:32	38:27		3:15:24
	William Mattull	41				48:19							
	Tom McCook	42		37:17					38:25			39:01	
	Daryll Brosanders	43	33:30										
	Scott Myers	44		39:14	37:24		36:04		35:53				
	Chip McLaughlin	44										36:01	
	Men 45 - 49												
1	Mike Frick	48	30:44	30:10	30:00	30:22	30:28		30:19				2:31:19
2	Joe Plassmann	49				37:17	36:12	35:43	35:00	35:04	35:16		2:57:15
3	Mark Biery	45		37:10	34:50	34:58			36:12		34:38		2:58:48
4	Tim Bentley	47	39:46	40:55	38:52	38:05	38:07		37:13		37:11		3:09:28
5	John Lehman	47		47:32	44:28	44:23	43:12		45:10/43:08	45:02			3:40:13
6	Stephan Ackermann	46	52:06		52:44	53:17		51:48	49:48				4:19:43
	Greg Wenneborg	46			30:36	29:39	29:11						
	Jim Knepler	46		53:47	54:24	53:10							
	Scott Woodworth	48		40:57									
	Scott Smith	48					35:06		34:19	34:43	33:58		
	Men 50 - 54												
1	Frank Tomizuka	54	34:33	34:46			36:15		35:07			34:23	2:55:04
2	Kent Laughbaum	54	36:49	35:43	35:43	36:20		34:58					2:59:33
3	Weston Jones	51	37:17	37:49	36:59	37:49	36:56		37:27	37:54	37:00		3:05:39
4	Dan McDonald	54	37:36			38:51	38:29		38:44	37:07	38:10		3:10:06

5	Doug Everett	50	40:15		40:30			41:45	40:20		40:44		3:23:34
	Rick Friedman	51	43:36	42:25			42:06						
	Michael Sharkey	52	41:15										
	<b>Men 55 - 59</b>												
1	Steve Felde	59	37:22	37:14	36:16	36:58	37:31	36:56	37:03	36:33	38:32	36:55	3:03:38
	Dan Bishop	55		46:36									
	<b>Men 60 - 64</b>												
1	Victor Foscatto	64	49:59	50:22	48:58	47:48	49:04				49:08		4:04:57