



<b>35-39</b>	<b>Sweet 8</b>	<b>1</b>	Crystal Boyd	2023	MINN	0:13:32.10	<b>1</b>	<b>Seth Hall</b>	<b>2019</b>	<b>NCMS</b>	<b>14:01.76</b>
		<b>2</b>	Jackson, Molly	2018	INDY	19:33.00					
	<b>Sweet 12</b>	<b>1</b>	Crystal Boyd	2023	MINN	0:20:56.66	<b>1</b>	<b>Daniel Wohl</b>	<b>2022</b>	<b>UC20</b>	<b>16:00.95</b>
<b>40-44</b>	<b>Sweet 8</b>	<b>1</b>	<b>Lindsey Schneider</b>	<b>2022</b>	<b>NAM</b>	<b>10:49:29</b>	<b>1</b>	<b>Jeff Commings</b>	<b>2018</b>	<b>ARIZ</b>	<b>9:32:00</b>
		<b>2</b>	Kerry Lindauer	2018	NCMS	11:14:00	<b>2</b>	Natan Porter	2020	MOST	11:08:53
		<b>3</b>	Alicia Uhl	2018	NCMS	11:25:00	<b>3</b>	Paul Tzur	2022	IM	12:35:53
		<b>4</b>	Amy Porter	2018	MOST	12:12:00	<b>4</b>	Sonny Nguyễn	2020	NCMS	13:27.73
		<b>5</b>	Catherine Old	2018	NCMS	12:51:00					
		<b>6</b>	Sarah Blanck	2022	IM	13:15.65					
		<b>7</b>	Lizza Williams	2019	NCMS	15:31.41					
		<b>8</b>	Victoria King	2019	NCMS	16:19.33					
		<b>9</b>	Amelia Osterud	2022	WMAC	18:06.01					
		<b>10</b>	Sarah King	2023	CONN	0:24.01.07					
	<b>Sweet 12</b>	<b>1</b>	<b>Lindsey Schneider</b>	<b>2022</b>	<b>NAM</b>	<b>17:16.03</b>	<b>1</b>	<b>Nathan Porter</b>	<b>2020</b>	<b>MOST</b>	<b>17:25.32</b>
		<b>2</b>	Alicia Uhl	2018	NCMS	17:22.00	<b>2</b>	Paul Tzur	2022	IM	19:29.03
		<b>3</b>	Kerry Lindauer	2018	NCMS	17:39.00	<b>3</b>	Sonny Nguyễn	2019	NCMS	21:48.90
		<b>4</b>	Amy Porter	2018	MOST	18:53.00					
		<b>5</b>	Catherine Old	2018	NCMS	19:31.00					
		<b>6</b>	Sarah King	2023	CONN	38m 9s 380					
	<b>Sweet 24</b>	<b>1</b>	<b>Alicia Uhl</b>	<b>2018</b>	<b>NCMS</b>	<b>35:03.00</b>	<b>1</b>	<b>Nathan Porter</b>	<b>2020</b>	<b>MOST</b>	<b>35:55.00</b>
		<b>2</b>	Catherine Old	2018	NCMS	39:55.00	<b>2</b>	John Wehe	2018	NCMS	38:14.00
		<b>3</b>	Juliet Port	2018	MOST	40:02.00	<b>3</b>	Sonny Nguyễn	2019	NCMS	46:46.00
		<b>4</b>	Sarah Blanck	2022	IM	46:26.64					
		<b>5</b>	Sarah King	2023	CONN	1:19:55.41					

<b>45-49</b>	<b>Sweet 8</b>	<b>1</b>	<b>Alicia Uhl</b>	<b>2022 NCMS</b>	<b>11:05.11</b>	<b>1</b>	<b>Eric King</b>	<b>2019 NCMS</b>	<b>10:58.30</b>
		2	Sarah Dunn	2018 NSMS	11:49.00	2	Jeff Lyons	2019 NCMS	10:58.44
		3	Jennifer Buckley	2018 NCMS	12:19.00	3	Eric Hatch	2019 SNM	11:24.80
		4	Teddy Decker	2019 NCMS	12:21.15	4	Mark Rubacky	2018 NCMS	11:53.00
		5	Tina Calub	2022 IM	13:51.27				
		6	Amanda Castle	2023 IM	14:23.03				
		7	Diane Greene	2018 NCMS	14:52.00				
		8	Victoria King	2023 NCMS	14:21.88				
		9	Angela Hanson	2020 WMAC	15:42.00				
		10	Cynthia Martin	2018 NCMS	16:06.00				
	<b>Sweet 12</b>	<b>1</b>	<b>Alicia Uhl</b>	<b>2022 NCMS</b>	<b>16:43.36</b>	<b>1</b>	<b>Mark Rubacky</b>	<b>2018 NCMS</b>	<b>18:06.00</b>
		2	Eddie Carter	2018 NCMS	20:56.00				
		3	Tiina Caleb	2022 IM	21:00.65				
		4	Amanda Castle	2022 IM	22:07.58				
	<b>Sweet 24</b>	<b>1</b>	<b>Alicia Uhl</b>	<b>2023 NCMS</b>	<b>35:04.41</b>	<b>1</b>	<b>Andrew Peppercorn</b>	<b>2022 NCMS</b>	<b>35:20.39</b>
		2	Tina Calub	2022 IM	46:40.13	2	Mark Rubacky	2018 NCMS	38:26.00
		3	Amanda Castle	2023 IM	49:05.15	3	Scotty Conley	2019 WMAC	42:26.00
<b>50-54</b>	<b>Sweet 8</b>	<b>1</b>	<b>Rebecca Friedland</b>	<b>2019 SNM</b>	<b>12:11.03</b>	<b>1</b>	<b>Mort Andersen</b>	<b>2020 NCMS</b>	<b>10:47.90</b>
		2	Marcia Cleveland	2018 IM	12:42.00	2	Eric King	2023 NCMS	11:43.47
		2	Cheryl Mehringer	2018 iNDY	12:42.00	3	Douglas Belkin	2022 IM	12:15.45
		3	Tina Calub	2023 IM`	13:50:21	4	Ryan Huddleston	2022 IM	14:42.05
		4	Amy Wolfe	2023 PMS	16:12:27				
		5	Dana Greene	2019 NCMS	16:21:45				
		6	Sandra Smith	2020 NCMS	18:32:00				

		7	Briana Johnson	2020	LOCO	19:37.76					
		8	Wanda Curtis	2019	NCMS	22:02.19					
		9	Rachel Adams	2019	CCAW	33:02.17					
	<b>Sweet 12</b>	<b>1</b>	<b>Susie Shuck</b>	<b>53</b>	<b>INDY</b>	<b>17:14.00</b>	<b>1</b>	<b>Eric King</b>	<b>2022</b>	<b>NCMS</b>	<b>17:35.40</b>
		2	Marcia Cleveland	2018	IM	19:13.00					
		3	Nicki Phillips	2023	MINN	20:38:27					
		4	Tiina Calub	2023	IM	21:25.93					
		5									
		6									
		7									
		8									
		9									
		10									
	<b>Sweet 24</b>	<b>1</b>	<b>Marcia Cleveland</b>	<b>2018</b>	<b>IM</b>	<b>38:30.00</b>	<b>1</b>	<b>Stratton Smith</b>	<b>2018</b>	<b>NCMS</b>	<b>35:04.00</b>
		2	Sissy Relating	2020	MINN	40:42.32	2	Eric King	2023	NCMS	35:46.13
		3	Tina Calub	2023	IM	43:20.68	3	Paul Kern	2019	NCMS	40:47.65
		4									
		5									
		6									
		7									
		8									
		9									
		10									
<b>55-59</b>	<b>Sweet 8</b>	<b>1</b>	<b>Sharilyn Gardner</b>	<b>2022</b>	<b>IM</b>	<b>12:16.94</b>	<b>1</b>	<b>John Moore</b>	<b>2018</b>	<b>NCMS</b>	<b>11:33.00</b>
		2	Marcia Cleveland	2020	IM	12:53.28	2	Eric Carlson	2019	NCMS	12:54.33

		3	Diane Quillen	2018	NCMS	13:34:00	3	Ed Baumgartner	2022	IM	13:36.03
		4	Karen Lundgren	2022	IM	13:34.40	4	Harold Yount	2022	NCMS	16:03.61
		5	Mary Fagen	2020	LOCO	14:04:34	5	Clyde Johnson	2020	LOCO	16:21.39
		6	Laura Byrd	2023	NCMS`	14:49:03	6	Butch Johnson	2019	LOCO	17:18.33
		7	Dianne Powers	2018	INDY	15:42.00					
		8	Lauren Hyde	2018	UC32	16:03.00					
		9	Patty Tiska	2018	NCMS	16:13:00					
		10	Emily Wilkins	2020	NCMS	18:00:51					
	<b>Sweet 12</b>	<b>1</b>	<b>Peggy Kratz</b>	<b>2019</b>	<b>MINN</b>	<b>18:22.85</b>	<b>1</b>	<b>John Moore</b>	<b>2018</b>	<b>NCMS</b>	<b>16:43:00</b>
		2	Sharilyn Gardner	2022	IM	19:36.61	2	Dave Jacobs	2022	IM	18:20.80
		3	Marcia Cleveland	2020	IM	19:48.33	3	Robert Cole	2019	NCMS	18:29.96
		4	Christina Marocio	2018	UC13	21:30:00	4	Alan Arnholt	2018	NCMS	19:03.00
		5	Celia Wolff	2022	NCMS	22:48:31	5	Eric Carlson	2019	NCMS	19:52.70
		6	Lauren Hyde	2018	UC32	27:07.00	6	Ed Baumgartner	2022	IM	20:54.00
							7	Thomas Hardy	2022	NCMS	22:39:25
							8	Harold Yount	2022	NCMS	24:00.88
							9				
							10				
	<b>Sweet 24</b>	<b>1</b>	<b>Peggy Kratz</b>	<b>2019</b>	<b>MINN</b>	<b>37:47.94</b>	<b>1</b>	<b>John Moore</b>	<b>2018</b>	<b>NCMS</b>	<b>34:14.00</b>
		2	Mary Dore	2018	NCMS	39:04.00	2				
		3	Laura Byrd	2023	NCMS	46:58.01	3				
		4	Holly Steffes	2023	WISC	50:49.58	4				
		5	Lauren Hyde	2018	UC32	52:52.00	5				
							6				
							7				
							8				

							9			
							10			
<b>60-64</b>	<b>Sweet 8</b>	<b>1</b>	<b>Peggy Kratz</b>	<b>2022 MINN</b>	<b>12:14.72</b>	<b>1</b>	<b>Eric Carlson</b>	<b>2020 NCMS</b>	<b>12:48.07</b>	
		2	Kathy Berger	2018 INDY	12:48.00	2	Michael Quinn	2019 PVMA	13:37.33	
		3	Judith Norton	2020 O*H*	12:48.87	3	Anthony Blake	2018 PVMA	14:01.00	
		4	Julie Eakle	2020 MOST	13:04.46	4	Duanne Grassell	2018 O*H*	14:09.00	
		5	Joanne Wainwright	2019 NCMS	13:27.99	5	Jay Definis	2022 O*H*	16:07.12	
		6	Martha Kreitzman	2023 WISC	14:29:00	6	Peter Canning	2018 CONN	16:56.00	
		7	Pamela Ogden	2019 MINN	15:18.00	7	Richard Miller	2018 NCMS	20:15.00	
		8	Nancy Seay	2019 NCMS	15:48.05					
		9	Leah Carroll	2022 ALB	16:10.88					
		10	Lauren Hyde	2019 CMS	16:21.00					
	<b>Sweet 12</b>	<b>1</b>	<b>Peggy Kratz</b>	<b>2020 MINN</b>	<b>18:43.20</b>	<b>1</b>	<b>Gary Muchow</b>	<b>2023 MINN</b>	<b>17:35:12</b>	
		2	Judith Norton	2020 O*H*	19:48.03	2	Michael Quinn	2019 PVMA	20:43.28	
		3	Julie Eakle	2020 MOST	19:51.72	3	Anthony Blake	2018 PVMA	21:26.00	
		4	Joanne Wainwright	2018 NCMS	21:15:00	4	Duanne Grassell	2018 O*H*	21:42.00	
		5	Leah Carroll	2023 ALB	23:59.13	5	Thomas Hardy	2023 NCMS	22:21:00	
		6	Pamela Ogden	2019 MINN	24:22.00	6	Jay Definis	2022 O*H*	24:37.41	
		7	Nancy Seay	2019 NCMS	24:55.60	7	Peter Canning	2018 CONN	26:05.00	
			Lauren Hyde	2022 UC32	26:06.00					
		9								
		10								
	<b>Sweet 24</b>	<b>1</b>	<b>Peggy Kratz</b>	<b>2022 MINN</b>	<b>38:55.33</b>	<b>1</b>	<b>Anthony Blake</b>	<b>2018 PVMA</b>	<b>42:59.46</b>	
		2	Judith Norton	2020 O*H*	39:15.15	2	Jay Definis	2020 O*H*	44:09.61	
		3	Joanne Wainwright	2018 NCMS	42:55.00	3	Michael Quinn	2018 PVMA	44:22.00	

		4	Carroll, Leah	2023	ALB	48:33.47	4	Duanne Grassell	2018	O*H*	45:10.00
		5	Lauren Hyde	2019	CMS	53:46.00	5	Carlos Glender	2018	NCMS	48:35.00
							6	Peter Canning	2018	CONN	55:38.00
<b>65-69</b>	<b>Sweet 8</b>	<b>1</b>	<b>Judith Norton</b>	<b>2023</b>	<b>O*H*</b>	<b>13:19.47</b>	<b>1</b>	<b>Anthony Blake</b>	<b>2023</b>	<b>PVMA</b>	<b>14:24:00</b>
		2	Sarah Bolz	2023	WISC	14:25:00	2	Duanne Grassell	2022	O*H*	14:45.92
		3	Joanne Wainwright	2020	NCMS	15:19.31	3	Claus Fimmel	2023	IM	20:23.87
		4	Paula Smith	2020	AKMS	15:36.38					
		5	Pamela Ogden	2023	MINN	17:54.99					
		6	Monica Brogan	2019	TMAS	26:57.99					
		7									
		8									
		9									
		10									
	<b>Sweet 12</b>	<b>1</b>	<b>Judith Norton</b>	<b>2023</b>	<b>O*H*</b>	<b>20:19.40</b>	<b>1</b>	<b>Anthony Blake</b>	<b>2023</b>	<b>PVMA</b>	<b>22:10:23</b>
		2	Pamela Ogden	2023	MINN	28:33.99	2	Duanne Grassell	2022	O*H*	22:44.65
		3					3	Carlos Glender	2022	NCMS	23:10.24
		4									
		5									
		6									
		7									
		8									
		9									
		10									
	<b>Sweet 24</b>	<b>1</b>	<b>Judith Norton</b>	<b>2022</b>	<b>O*H*</b>	<b>41.15.04</b>	<b>1</b>	<b>Carl Millholland</b>	<b>2019</b>	<b>WMA</b>	<b>42:22.39</b>
							2	Anthony Blake	2023	PVMA	45:02.11





