

## It has always been . . . Madness at Midnight for 48 years

In 1988 Madness had reached its' sweet 16th birthday or had it. Running records being what they are, the origins of this annual rite of summer are sometimes hard to pin down. Founder Karl Larson quickly spotted another year of Madness history, 1972, making the race 17 during its reported 16th birthday--such is this race which its namesake aptly describes.

Midnight Madness has always been hard to "pin down". Its only consistency is a mid-July race date that eventually ends in the dark. Modern day Madness runners of course point to the party, but that didn't start till 1979 and many say it always had a 10K, but that didn't start till 1982. So what you have is pure Madness, historically.

This race has seen every distance (no half-marathon yet): the 26.2 marathon, English distances- 15, 12, 9, 6 & 3 miles and metric distances- 25, 20, 10, 15 (combo) and 5 kilometers. And Madness has had a handful of race directors who swear that Midnight Madness is the best race around (especially at 2am the morning after the race cleaning up the mess left behind).

But through all the years, Midnight Madness has been the best way to celebrate Iowa running on an often hot, humid night in the comfortable confines of Ames and Iowa State.



*Always a loop course, in the early days starting & finishing next to Hilton.*

**1975** the numbers were only six more than the previous year. Boak Desmond won the 15 miler in 1:24:45, Barb Diment the women's race and Karl Larson the master's title.

**1976** Madness had 77 runners with Rick Hudson winning in reportedly a 1:16:21. It's believed that Barb Diment won the women's field and Merle Diment broke Karl's domination of the master's field.



*The best of ISU & Midwest runners battled the long race in the dark.*

**1972** appears to be the beginning of Madness, one never knows. At the time, Highway 30 bypass south of Ames was under construction, which seemed perfect for a late night marathon organized by Karl Larson. With 12 runners the Madness began with Nick Johnson finishing first in 3 hours (give or take 5 minutes).

**1973** was a repeat of '72. Thanks to the DOT, located in Ames, the bypass was not yet finished so 30 runners attempted the marathon with Galen Green winning.

**1974** Madness began to take on a more sane distance for mid-summer--15 miles. Whether this was a loop course or not is anyone's guess, but sometime in the next four years it became a loop course--the standard for the race today. Lynn Lee won the men's title in 1:27:21, Sue Deppe the women's title and Karl Larson the master's division. And no there wasn't a running boom, yet, as 43 runners ran this year.

**1977** the race continued to grow to 106 runners with Kim Sprain taking his only Madness title with a 1:16:45. Mary Burns won the women's title in 1:45:00 and Rex Frazer took the master's field.

**1978** the race started to boom with 196 runners. A loop course was established at 3 miles, so runners could end their race at the end of any loop and even get an official time. But the 15 miler was still the premier event and Frank Richardson captured the first of his three titles winning in 1:17:25. Bridget Seip set the women's record winning in 1:43:25 and Karl Larson won the master's division. Dale Grosvenor ended his term as race director this year.

**1979** John Liepa (with Cal Murdock in tow) started his leadership of this race. Whether it was John's enthusiasm for the race or the running boom (probably both) Madness would never be the same. The distances remained the same, as 450 runners were topped by Frank Richardson running a 1:15:25. Robin Rassmussen won the women's title.

**1980** confirmed the boom of Madness as 925 runners made the trek to Ames. And what a race it was with little known Dick Beardsley (then only 24) finishing first in 1:15:19, with Richardson 43 seconds back. Earlier that year Frank had finished 9th in the Olympic Marathon Trials, Dick was 16th. In the women's race, teen sensation Karlene Erickson (then only 15) won in 1:31:36 with Iowa's Tina Gandy second.

**1981** the action really started to heat up with 1315 runners. Richardson recaptured his crown with a 1:16:22, an amazing time in 90 degree plus heat. ISU track star Richard Kaitany finished second, collapsing at the finish. A Missouri runner, Mark Corp, was third followed by Phil Coppess. On the women's side world class runner Lorraine Moeller ran a 1:27:30 but couldn't believe "a young kid" Erickson was only 49 seconds back. Earlier that day Karlene had won the Pepsi



Cola 10K in Lincoln. A new Kenyan recruited by ISU Coach Bill Bergan, Yobes Ondieki, ran in the 15 miler finishing 14th. In the other featured race of the evening Vern Iwancin won the 6 miler in 31:06.

**1982** the distances went metric with a 25K, 10K and a 5K fun run. Mark Curp won in 1:18:31 with fellow Missouri runner Charlie Gray 59 seconds behind. Drake runner Liz Hjalmarson won the women's crown in 1:33:54 with Erickson in second. Mark Fluitt and Karen Clark won their divisions in the 10K.

**1983** peaked out at 2450 runners. The longer race was shortened to 20K as Mark Curp won in 1:01:15 with Phil Coppess 48 seconds back, Virgil Tjeerdsma another 23 back and Wally Duffy in fourth. Sue Schneider took the women's field in 1:11:58, as Nan Doak was second, Erickson third, Janis Ettle fourth and Gandy fifth. In the 10K an amazing 1242 runners finished backing up 50 meters--but race officials kept moving the finish line/timing equipment to fit the situation. Yobes Ondieki topped the 10K in 29:56 and ISU runner Suzanne Young-berg won the women's title in 36:29.

**1984** lightning struck, literally, as 2220 runners watched one of Madness' greatest shows. The 5K was held in a downpour, the 10K postponed for 10 minutes to see where the lighting was headed and the 20K produced cool darkness and spectacular times. Mark Curp won the 20K in an outstanding 59:49, Martyn Brewer was second and Richard Kaitany was third. On the women's side little known 39 year old Priscilla Welch headed up a great Women's field winning in 1:08:48. Lisa Larson was second in 1:10:05 with Sue Schneider 15 seconds back. Later that year Welch was to finish sixth at the LA Olympic Marathon. In the 10K ISU hopeful Barnaba Korir won in 30:52 and Lisa Whitman took the women's crown.

**1985** John Liepa ended his seven year stay as director with 2100 runners in attendance. The 20K smiled again at Mark Curp as he won his fourth straight crown in 1:00:43 but Phil Coppess made it a race just 13 seconds back. Phil a month earlier had run Dam to Dam's uncertified course in 59:22 and later that year won Twin Cities. Priscilla Welch made a return trip to Madness as a master's runner, winning the women's open title in 1:10:41 with Karlene Erickson in second. Rodney DeHaven won the 10K.



*John Liepa made Madness a real race!*

Sharon Greenwood. Mike Carney won the 10K in 31:20 with Connie Prince setting the women's record in 33:58. The 5K was getting bigger and faster as Glenn Magrum won in 15:54. Hot air balloons and a fireworks show graced the night.

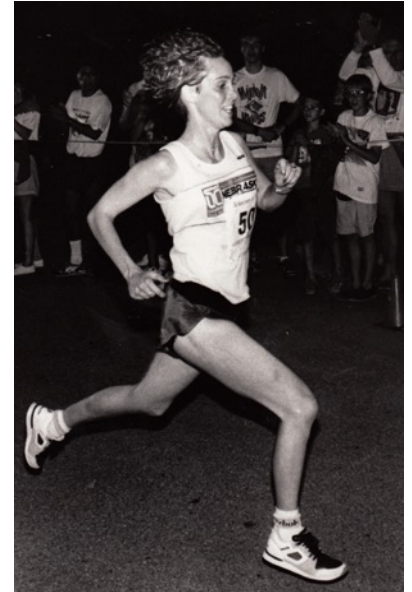
**1987** the 20K race was dropped, its' numbers and prestige falling, it was time for another mad change. And in stepped Roman Lynch as race director. Richard Kaitany topped the close to 2000 runners winning in 30:01. Sue Wurl won the women's title in 36:31 with Bonnie Sons 12 seconds back. Paul Black topped the 5K in 14:52 as Glenn Magrum was second 14 seconds back. The 10K and 5K were now about the same size. The Madness evening wouldn't be

complete without the post race party. But the worst rain in Madness history wiped out the 600 pounds of brats waiting for the runners.

**1988** Madness tried a new twist for the 1900 runners in attendance. There was a separate master's race complete with Bill Rodgers and Frank Shorter. Bill won in 31:06, Frank was third. In the open 10K Richard Kaitany ran "tough" winning in 29:17, Rolf Schmidt was at 31:00 and Brian Smith one second back. Louise Mohanna took the women's crown in 35:27. Mike Carney won the 5K in 15:07. The 5K was now bigger than the 10K.

**1989** Madness runners 1900 strong were greeted by heat similar to 1981, 90 degrees plus. The master's 10K was won by Englishman Mike Hurd in 31:44 and Jane Hutchison won the women's crown in 37:22. Jonah Koech took the open 10K in 30:03 leading four other men under 31 minutes. Sammie Resh won the women's crown in 34:58. Jeff Brooks beat the 5Kers in 15:30 as Edith Nakiying won the women's crown in 17:45. The 5K was now 30 percent larger than the 10K.

**1990** was pure Madness with 2000 runners enduring a dripping night of humidity. Mexican native Artemio Navero stole the show, as the 48(!) year old scored the best time of the evening with a 30:29. In the open race Jerold Wynia ran a 30:49 edging out Kip Limo by 11 seconds. On the women's side Sammie Gdowski won in 35:20. In the 5K Bill Ford won in 15:04 as the 5K was almost twice as large as the 10K.



*Godowski wins the 1990 in humidity.*

**1991** celebrated 20 years of Madness with temperatures that were anything but mad, producing records for both sexes. The 10K was greeted with perfect mid-summer running as the dry 65 degree weather pushed 16 men under the honored 5 minute per mile pace with Scott Jenkins winning in 29:25, Dan Hostager was 15 seconds back and Noel Harvey and Ian Robinson broke 30 minutes. Jenkins was the 6 mile winner of the 1980 Madness race. On the women's side Wendy Little won in 34:46 pulling 15 women under a 6 minute pace. The 5K saw Jeff Massman win 15:02 with Mary Beaumont taking the women's crown. Like the 10K in 1983 the 5K experienced a slowdown at the finish as runners backed up over 50 meters.

**1992** Madness made a bold move as Roman Lynch, race director, moved the celebration to downtown Ames. The previous 20 years the race location had been near the ISU Center, although the Center did not exist during the early years of the race. Mornay Annandale easily won the 10K in 29:38 in a tough men's field. Anita Kelly topped the women in 34:55. Dave Halferty took the 5K in 15:09 and Muriel Nauman the women's side in 18:26.

**1993** like no summer ever, madness wasn't a race but a flood of water throughout Ames. The race course wiped out by Saturday morning, Roman rallied his troops but more rain Saturday





afternoon forced city officials to cancel the 21st edition of the race. The next day Des Moines had its flood of the century. A low key run and party two weeks later on high ground continued the Madness tradition.

Summer '93, Midnight Madness was more than just a race.

1994 saw Bonnie Sons slowed by a train in the 10k, regain her lead, winning by two seconds. The lead men didn't meet the same fate as they rushed

to the finish in record time, Jonah Koech hit the finish at 29:05 with Rodney DeHaven four second back. 12 men broke 31 minute with Midwest competition fierce. In the 5k David Heppner scored a 15:36 and Sumner Johnson in at 18:38. As usual the party lasted into the wee hours.

1995 came down to a split second, John Kihonge looking over his shoulder one way and Kevin Herd passing him on the other, winning in 30:06. Angela Anderson took first in the women's race, scoring a 35:40. The new out and back course and loop through the downtown area was a spectator's delight and proved popular for the runners too. The 5k was won by Justin Gottschalk in 15:48 and Syndey

Pounds with a 17:48. Both races and the party survived a downpour mid-afternoon.

1996 celebrated 25 years of this Madness in fashion as almost 2000 runners finished the two races, the most since a three race affair in 1983. The night proved perfect as Matt Wegenka won in 30:33 and Amber Anderson's 34:18 took the women's crown. In the 5k ISU runners won as Simeon Wright and Matt Thomas tied with a 15:40 and Syndey Pounds scored a 17:39. This was a special night in Madness history, at Midnight it was still going strong.

1997 was greeted by humid, hot weather almost like 1989 or 1981. But at madness anything goes, Captain Midnight should know. In the featured 10k ISU runner Patla Pempirkany won in 31:12 as Amber Anderson continued her winning streak winning in 35:41. Simeon Wright took the 5k in 16:15 and Summer Johnson the women's crown in 18:47. The party followed, many in attendance saying it was the best ever.

1998 a nice traditional Iowa summer night greeted runners with ISU grad Saul Lempirikany topping Dam to Dam champ Elisja Tanui scoring a 30:40. On the women's side Luther College grad Turena Johnson won in 36:24. In the 5k Jason Lehmkuhle won in 15:07 and Shawn Magnall bested the women in 18:50. A first at Madness was a Captain's kid run complete with caps for all the tots.

1999 presented a bigger Captain's Run II, the tots couldn't get enough madness, nor could the adults. A new course, tighter and closer to the party goers, was a spectator hit. The 10k runners thought it was fast, as the lead vehicle skipped a few blocks of the first loop. Elly Rond ran a fast 30:12 (time adjusted) and Bonnie

Sons added to her Central Iowa victories scoring a 35:08 (time adjusted). In the 5k Matt Williams running a 15:52 and Summer Johnson in 18:12 topped the rest of the field.



After years running around ISU Center . . . the race moved downtown, a mad change.

2000 was a traditional steamy night as Kenyan Simon Sawe scored a 2 second victory over South African Jaques Van Rensburg winning in 31:40. Kim Kauls won the women's race in 36:17. In the 5k Matt Mosman ran 16:02 and Summer Johnson won another women's crown in 18:57.

2001 repeated the weather from the previous year but it didn't faze women's winner Kris Ihle-Helledy scoring a 35:29. On the men's side former ISU runner Daniel Kinyua won in 32:43. The 5k

saw Blake Boldon win in 16:10 and high schooler Quinn Vermie score a 19:21.

2002 was a wonderful night for running as Madness became part of the Iowa Games. The nice evening saw good times and depth with Vince Temu winning in 31:11 and Michelle Borgert in 35:38. The 5k had Blake Boldon scoring a 15:26 and Quinn Vermie repeating with a 18:57. The party was a real treat with 70 degree weather and low humidity.

2003 had good weather and the best competition since the '90s. Aaron Carrizales beat Dam to Dam winner Julius Rotich by 5 seconds scoring a 30:40. Michelle (Borgert) Ihmels won for the second straight year in 35:29. The 5k saw HS runner Ryan McCurnin win in 15:44 and Casey Owens finish with a 18:36.

2004 celebrated mid-summer with good times including Silverus Kimeli winning by a minute in 30:19. Suzanne Weeder-Einspahr won the women's race easily in 35:37. The 5k winners were Peter Christakos in 15:50 and Kristy Feldman in 18:32.

2005 heated up quickly with Matthew Chesang coming from behind narrowing beating Andrew Carlson in 30:07. Suzanne Weeder-Einspahr became a two time winner scoring a 36:30 beating the 2003 5k winner Casey Owen. The 5km winners were Tom Nichols in 16:03 and Kristy Feldman in 18:59.

2006 duplicated the heat of the previous year as Matthew Chesang won again in 30:05 edging Jason Lehmkuhle by 2 seconds. Kristen Nicolini took the women's crown in 35:07. The 5k winners were Chris Jensen in 15:34 and Erin Ward in 18:35. The race suffered with the lowest number of finishers since 1981.

2007 was hot but low humidity saved the day as lowans Josh Moen in 30:27 and Casey Owens 36:27 won. lowans on both men and women's side had not won Madness since 1995, and native lowans since the 1970s. The 5k winners defended their 2006 titles as Chris Jensen in 15:54 and Erin Block in 18:25 took the titles, both ran the 10k competitively too.



**2008** had good weather as Casey Owens defended her women's crown winning in 34:52 beating Robin Freidman by seconds. On the men's side Richard Kandie battled David Tuwei winning in 29:25. The 5k was won by Bryan George in 15:55 and the women's winner was Kristy Feldman in 19:02.

**2009** was greeted with a perfect weather for a perfect night. Jason Lehmukuhle beat a solid field of men in 29:35 and Kristen Nicolih took the women's crown in 34:31. Brett Carter in 16:02 and Kristy Feldman in 17:38 took the 5k crowns. The race delighted in the second most finishers in history - a perfect race in the middle of summer.

**2010** had perfect weather and a record setting crowd as 2347 runners finished the races, almost 200 more than the previous record set decades earlier in 1983. Naina Leonard Mucheru won in 30:15 and Ashley Tousley topped the women in 35:54. The 5k was won by Joe Aulwes in 15:49 and Stephanie Mundt in 17:42.

**2011** celebrated 40 years of madness in fashion - ideal weather and almost record numbers. George Towell won in 31:16 and Ladia Albertson-Junkans in 35:45. The 5k was won by Aaron Hohn in 16:04 and Kristy Feldman in 19:04. The second year of the 15k (combined races) proved to be a winner and standard with now almost 200 finishers.



*The Captain hangs up his cap after 33 years.*

**2012** was warm weather, the norm for the summer. Edward Tabut won in 30:30 and Pauline Mutwa easily took the women's crown in 34:33. Julius Rotich won the 5k and Kristy Feldman took her 6th women's crown.

**2013** the weather was perfect, one of the best in Madness history. Robert Wambua won the 10k easily in 30:09 and Pasca Cheruiyot took the women's crown in 35:01. Eli Horton

took the 5K won by 4 seconds over college teammate Cole Decker in 15:24 and Kristy Feldman won again, her 7th time in 18:04. The 15K combined race continued for the 4th year.

**2014** despite unpredictable weather, the evening was again perfect. Philip Lagat won in 30:47, winning by 4 seconds. Biruktavit Eshutu was the women's winner in 33:55 as 4 women cracked the top 50 all-time. Cole Decker move up one spot from last year winning in 15:06 and Kristy Harken won for the 8th time in 18:19. The 15k celebrate its 5th year.

**2015** the first loop 5k was close but then Maskim Korolev took charge winning in 30:28, winning by 31 seconds. Lilian Mariita took the women's crown in 35:11 edging Jebichi Yator by 2 seconds. Later in the season Lilian was banned from races due to drug usage. Alex Ntagawa, former Urbandale prep won the 5k in 16:06 and Kristy Harken took another women's crown in 19:12.

**2016** Brogan Austin who prepped at nearby Boone won easily in 30:42 beating a trio of Kenyan runners. On the women's Cynthia Jerop won in 34:33 beating recent Drake grad Emma Huston less than a minute back. The 5k was won by Samuel Ahrenhwiz in 16:17 and Kimberly Vanous in 19:26. A new neighborhood course won applause from the runners.

**2017** Juliu Koskei won in 30:07 and Ayalew Firegenet took the women's crown in 35:39. The 5k winner was Jay Welp in 15:26 and 45 year old Carrie Van Quathem won the title for the women in 20:13.

**2018** Kevin Lewis won in 30:33. The leader, Phillip Mbury, with 50 meters to go made a wrong turn and ended up 2nd. Maddie Van Beek won the women's crown in 34:29, 11th best time in race history. Jay Welp won the 5k in 15:29 and Jessica Aalley was the women's winner in 19:27.

**2019** Brogan Austin (2016 winner) and Lindsay Crevoiserat won easily in 30:19 and 35:07 respectively. Lindsay's time 34th all-time best. Jeff Mettler won the 5k in 15:45 (adjusted) as a train delayed the top runners and Hannah Thomas top women in 18:16 (adj). 2nd time in race history a train stopped runners, last time 1994.

Midnight Madness captures a snapshot of everything that's good about running and partying with friends. Its history sparkles.

By Cal Murdock

#### 48 years of Madness Finishers

Year	Distance	Finishers
1972	Marathon	12
1973	Marathon	30
1974	15 miles	43
1975	15 miles	49
1976	15 miles	77
1977	15 miles	106
1978	3, 6, 9, 12 & 15 miles	196
1979	3, 9 & 15 miles	375
1980	3, 6 & 15 miles	788
1981	3, 6, & 15 miles	1110
1982	5, 10 & 25 kilometers	1528
1983	5, 10 & 20 kilometers	2175
1984	5, 10 & 20 kilometers	1865
1985	5, 10 & 20 kilometers	1762
1986	5, 10 & 20 kilometers	1614
1987	5 & 10 kilometers	1535
1988	5 & 10 kilometers	1615
1989	5 & 10 kilometers	1645
1990	5 & 10 kilometers	1686
1991	5 & 10 kilometers	1642
1992	5 & 10 kilometers	1613
1993	5 & 10 kilometers	flood
1994	5 & 10 kilometers	1449
1995	5 & 10 kilometers	1536
1996	5 & 10 kilometers	1937
1997	5 & 10 kilometers	1699
1998	5 & 10 kilometer	1863
1999	5 & 10 kilometer	1741
2000	5 & 10 kilometer	1713
2001	5 & 10 kilometer	1687
2002	5 & 10 kilometer	1619
2003	5 & 10 kilometer	1680
2004	5 & 10 kilometer	1566
2005	5 & 10 kilometer	1613
2006	5 & 10 kilometer	1329
2007	5 & 10 kilometer	1522
2008	5 & 10 kilometer	1585
2009	5 & 10 kilometer	1951
2010	5 & 10 (15 kilometer)	2347
2011	5 & 10 (15 kilometer)	2310
2012	5 & 10 (15 kilometer)	2123
2013	5 & 10 (15 Kilometer)	1891
2014	5 & 10 (15 Kilometer)	1680
2015	5 & 10 (15 Kilometer)	1526
2016	5 & 10 (15 Kilometer)	1345
2017	5 & 10 (15 Kilometer)	1263
2018	5 & 10 (15 Kilometer)	1160
2019	5 & 10 (15 Kilometer)	1119
TOTAL - - -		64,720

## ALL-TIME Best Times at Midnight Madness

The top times at MM come from a 25k, 15m, 20k and 10k but it's hard to know who really is the best at MM. So using tables developed and widely accepted by Dr Purdy in the late '60s, all MM times have been adjusted (ADJtime) for a 10k. While no 5k times have made the top 50, the records are for men Paul Black (1987) 14:52 and for women Kristy Feldman (2009) 17:38.

### TOP 50 MEN

Name, State	ADJtime	Time	Dist	Year
Mark Curp, MO	28:44	59:50	20k	1984
Jonah Koech, IA	29:05	29:05	10k	1994
Rodney DeHaven, WI	29:09	29:09	10k	1994
Mark Curp, MO	29:10	1:00:43	20k	1985
Marty Brewer, KY	29:15	1:00:55	20k	1984
Phil Coppess, IA	29:16	1:00:56	20k	1985
Richard Kaitany, IA	29:17	29:17	10k	1988
Mark Curp, MO	29:25	1:01:15	20k	1983
Richard Kandie, MN	29:25	29:25	10k	2008
Richard Kaitany, IA	29:26	1:01:17	20k	1984
Scott Jenkins, WI	29:26	29:26	10k	1991
David Tuwei, MN	29:29	29:29	10k	2008
Dick Beardsley, MN	29:35	1:15:19	15m	1980
Jason Lehmukuhle	29:35	29:35	10k	2009
Frank Richardson, IA	29:37	1:15:25	15m	1979
Mornay Annandale, KS	29:38	29:38	10k	1992
Dan Hostager, IA	29:41	29:41	10k	1991
Mark Curp, MO	29:42	1:18:31	25k	1982
Charlie Gray, MO	29:47	1:02:00	20k	1984
Phil Coppess, IA	29:48	1:02:03	20k	1983
Jerrold Wynia, MN	29:51	1:02:10	20k	1984
Noel Harvey, WI	29:51	29:51	10k	1991
Frank Richardson, IA	29:52	1:16:02	15m	1980
Ian Robinson, IA	29:53	29:53	10k	1991
Phil Coppess, IA	29:55	1:02:18	20k	1986
Yobes Ondieki, IA	29:56	29:56	10k	1983
Paul Gompers, IL	29:57	1:02:21	20k	1984
Jon Eggers, NE	29:57	1:02:22	20k	1984
Frank Richardson, IA	29:59	1:16:22	15m	1981
Vigil Tjeerdsma, SD	30:01	1:02:29	20k	1983
Ralph Edwards, MN	30:01	1:02:30	20k	1984
Richard Kaitany, IA	30:01	30:01	10k	1987
Tommy Neal, MO	30:01	30:01	10k	2008
Wally Duffy, NE	30:02	1:02:32	20k	1983
Jonah Koech, IA	30:03	30:03	10k	1989
Tim Gundy, KS	30:03	30:03	10k	1992
Charlie Gray, MO	30:04	1:19:30	25k	1982
John Njoroge, MN	30:40	30:04	10k	2009
Matthew Chesang, KS	30:05	30:05	10k	2006
Paul Mausling, MN	30:06	1:02:41	20k	1984
Kevin Herd, IA	30:06	30:06	10k	1995
Matthew Chesang, KS	30:07	30:07	10k	2005
Julius Koskei, IL	30:09	30:09	10k	2017
Kim Sprain, IA	30:08	1:16:45	15m	1977
John Kihonge, IA	30:08	30:08	10k	1995
James Orthmann, WI	30:09	1:02:46	20k	1984
William Weidenbach, MI	30:09	1:02:47	20k	1984
Robert Wambua, KY	30:09	30:09	10k	2013
Elly Rono, NC	30:12	30:12	10k	1999
Mike Palmquist, MN	30:14	1:19:58	25k	1982

### TOP 50 WOMEN

Name, State	ADJtime	Time	Dist	Year
Priscilla Welch, ENG	32:44	1:08:48	20k	1984
Lisa Larsen, MI	33:20	1:10:05	20k	1984
Sue Schneider, MN	33:28	1:10:21	20k	1984
Priscilla Welch, CO	33:37	1:10:41	20k	1985
Katy Schilly, GA	33:45	1:10:58	20k	1984
Connie Prince, IA	33:48	33:48	10k	1986
Biruktavit Eshutu, KY	33:55	33:55	10k	2014
Jan Ettle, MN	34:09	1:11:48	20k	1984
Amber Anderson, NE	34:18	34:18	10k	1996
Lorraine Moeller, MN	34:22	1:27:30	15m	1981
Maddie Van Beek, ND	34:29	34:29	10k	2018
Kristen Nicolih, MN	34:31	34:31	10k	2009
Susan Schneider, MN	34:33	1:11:58	20k	1983
Karlene Erickson, NE	34:33	1:12:38	20k	1984
Pauline Mutwa, MN	34:33	34:33	10k	2012
Cynthia Jerop, MN	34:33	34:33	10k	2016
Yedo Elfneshe, KY	34:34	34:34	10k	2014
Karlene Erickson, NE	34:42	1:28:21	15m	1981
Tori Neubauer, WI	34:42	1:12:58	20k	1984
Liz Bulman, MO	34:45	1:13:04	20k	1984
Wendy Little, IL	34:46	34:46	10k	1991
Casey Owen, IA	34:52	34:52	10k	2008
Doreen Kitaka, MN	34:53	34:53	10k	2014
Anita Kelly, IA	34:55	34:55	10k	1992
Sammie Resh, NE	34:58	34:58	10k	1989
Robyn Friedman, IA	34:58	34:58	10k	2008
Pasca Cheruiyot, IA	35:01	35:01	10k	2013
Bonnie Sons, MN	35:04	1:13:43	20k	1984
Nan Doak, IA	35:05	1:13:02	20k	1983
Amy Koontz, IN	35:05	35:05	10k	1991
Bonnie Sons, MN	35:06	35:06	10k	1994
Theresa Stelling, NE	35:07	35:07	10k	1994
Kristen Nicolini, MN	35:07	35:07	10k	2006
Lindsay Crevoiserat, IA	35:07	35:07	10k	2019
Bonnie Sons, MN	35:08	35:08	10k	1999
Karlene Erickson, NE	35:08	1:13:51	20k	1985
Karlene Erickson, NE	35:10	1:13:14	20k	1983
Emma Huston, IA	35:10	35:10	10k	2016
Holly Herring, WI	35:11	35:11	10k	1991
Lilian Mariita, KY	35:11	35:11	10k	2015
Nyambura Frashiah, MN	35:13	35:13	10k	2008
Jebichi Yator, MN	35:13	35:13	10k	2015
Suanne Youngberg, IA	35:14	35:14	10k	1986
Bonnie Sons, MN	35:16	1:14:09	20k	1985
Samantha Bluske, IA	35:19	35:19	10k	2014
Sammie Gdowski, NE	35:20	35:20	10k	1990
Ann Ringlein, NE	35:20	35:20	10k	1991
Bonnie Sons, MN	35:21	35:21	10k	1996
Jenna Boren, MN	35:22	35:22	10k	2008
Casey Owen, IA	35:22	34:22	10k	2009