

Seattle Running Club Cougar Mtn Trail Runs October

Race Date

October 30, 2016

Overall Finish List**7.6 Miles**

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	John Duquette	Shoreline	758	38	M	1 Top Fin	55:53.2	7:21/M
2	Quinn Peck	Seattle	1077	26	M	2 Top Fin	56:08.4	7:23/M
3	Zosia Brown	Seattle	1067	36	F	1 Top Fin	57:58.3	7:38/M
4	Andrew Lingbloom	Seattle	1038	28	M	3 Top Fin	58:34.9	7:42/M
5	Levi Miller	Seattle	1084	33	M	1/10 30-39	1:01:49.8	8:08/M
6	Darcy Rao	Seattle	1057	29	F	2 Top Fin	1:03:44.1	8:23/M
7	Carl Schmidt	Issaquah	813	45	M	1/8 40-49	1:03:53.7	8:24/M
8	Alain Durand	Bellevue	1035	49	M	2/8 40-49	1:04:17.7	8:28/M
9	Mona Deprey	Seattle	1090	50	F	3 Top Fin	1:04:28.9	8:29/M
10	Patrick Stone	Gig Harbor	835	51	M	1/5 50-59	1:05:02.1	8:33/M
11	Yosef Durr	Bellevue	1041	41	M	3/8 40-49	1:06:59.9	8:49/M
12	Mark Wuefel	Seattle	845	50	M	2/5 50-59	1:07:29.4	8:53/M
13	Iliana Sach	Bellevue	802	38	F	1/12 30-39	1:08:13.2	8:59/M
14	David Ebbo	Redmond	1064	45	M	4/8 40-49	1:09:19.3	9:07/M
15	Elizabeth Guy	Redmond	1044	30	F	2/12 30-39	1:09:28.2	9:08/M
16	Kimberly Gilsdorf	Seattle	1036	33	F	3/12 30-39	1:13:22.5	9:39/M
17	Jennifer Velloza	Seattle	1059	28	F	1/8 20-29	1:13:37.5	9:41/M
18	Sandy Robertson	Seattle	1089	32	M	2/10 30-39	1:13:43.4	9:42/M
19	Steve Tilford	Renton	1074	59	M	3/5 50-59	1:14:16.5	9:46/M
20	Laura Morrissey	Covington	1080	37	F	4/12 30-39	1:14:26.6	9:48/M
21	Charles Finn	Renton	976	44	M	5/8 40-49	1:14:34.6	9:49/M
22	Chris Brooks	Seattle	680	30	M	3/10 30-39	1:14:54.7	9:51/M
23	Joanna Small	Renton	1086	33	F	5/12 30-39	1:14:55.5	9:51/M
24	Brad Thurber	Bothell	1082	48	M	6/8 40-49	1:15:09.9	9:53/M
25	Sara Garvey	Bellevue	1054	37	F	6/12 30-39	1:15:11.3	9:54/M
26	Liang Chen	Bothell	1066	44	M	7/8 40-49	1:15:52.5	9:59/M
27	Melissa Boothe	Seattle	1071	29	F	2/8 20-29	1:16:02.5	10:00/M
28	Brigitte Charest	Seattle	1070	26	F	3/8 20-29	1:16:03.6	10:00/M
29	Audrey Almy	Seattle	1047	28	F	4/8 20-29	1:16:04.2	10:01/M
30	Wade Whiddon	Lake Tapps	1042	23	M	1/1 20-29	1:16:07.6	10:01/M
31	Ty Wheatley	Arlington	676	35	M	4/10 30-39	1:17:11.1	10:09/M
32	Michael Frederick	Bellevue	763	60	M	1/2 60-69	1:18:05.5	10:16/M
33	Erin Kinneen	University Place	1078	34	F	7/12 30-39	1:18:30.5	10:20/M
34	Wendy Peterson	Seattle	1056	49	F	1/6 40-49	1:18:59.5	10:24/M
35	Linda Schetky	Seattle	1050	51	F	1/3 50-59	1:20:18.2	10:34/M
36	Bob Wismer	Renton	1062	56	M	4/5 50-59	1:20:35.9	10:36/M
37	Nicole Novikova	Bellevue	1079	23	F	5/8 20-29	1:22:01.7	10:48/M
38	Suzanne Cohen	Seattle	1048	47	F	2/6 40-49	1:22:09.4	10:49/M
39	Scott Hansford	Seattle	971	34	M	5/10 30-39	1:22:30.7	10:51/M
40	Erica Lokken	Seattle	1058	27	F	6/8 20-29	1:23:03.6	10:56/M
41	Niels Hanson	Seattle	1088	30	M	6/10 30-39	1:23:14.2	10:57/M
42	Scott Armstrong	Maple Valley	1053	40	M	8/8 40-49	1:23:16.2	10:57/M
43	Erick Harada	Coupeville	1039	34	M	7/10 30-39	1:23:42.7	11:01/M
44	Hannah Gelman	Seattle	1083	32	F	8/12 30-39	1:24:14.8	11:05/M
45	Taylor Southwick	Covington	850	30	M	8/10 30-39	1:24:52.5	11:10/M
46	Lia Facchine	Bellevue	1055	38	F	9/12 30-39	1:24:52.9	11:10/M
47	Bonnie Lochner	Seattle	1060	42	F	3/6 40-49	1:24:56.4	11:11/M

Race Date
October 30, 2016

Seattle Running Club Cougar Mtn Trail Runs October
Overall Finish List

7.6 Miles

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
48	Cora Sack	Seattle	827	33	F	10/12 30-39	1:25:09.4	11:12/M
49	Tyler Quick	Arlington	1045	33	M	9/10 30-39	1:26:04.3	11:19/M
50	Rosalind Echols	Seattle	1081	33	F	11/12 30-39	1:28:43.2	11:40/M
51	Regina Donlin	Edmonds	681	31	F	12/12 30-39	1:28:55.7	11:42/M
52	Karlye Mickley	Everett	1063	42	F	4/6 40-49	1:29:52.4	11:49/M
53	Pete Hendrickson	Bellevue	846	57	M	5/5 50-59	1:30:27.9	11:54/M
54	Chris Garvey	Bellevue	1073	38	M	10/10 30-39	1:30:40.9	11:56/M
55	Julie McCleery	Seattle	1069	46	F	5/6 40-49	1:36:29.4	12:42/M
56	Angela Feser	Renton	1085	48	F	6/6 40-49	1:37:11.2	12:47/M
57	Tara Seever	Bellevue	648	58	F	2/3 50-59	1:37:12.3	12:47/M
58	Ariel Council	Bothell	692	25	F	7/8 20-29	1:37:20.9	12:48/M
59	Raymond Durr	Renton	1076	68	M	2/2 60-69	1:39:09.8	13:03/M
60	Susan Fleenor	Kenmore	1087	52	F	3/3 50-59	1:40:30.7	13:13/M
61	Cheryl Evans	Seattle	1065	28	F	8/8 20-29	1:41:40.4	13:23/M
62	Carolyn Pine Crooks	Seattle	823	60	F	1/1 60-69	1:42:14.7	13:27/M

Seattle Running Club Cougar Mtn Trail Runs October

Race Date

October 30, 2016

Overall Finish List**19.5 Miles**

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Bryan Bhark	Issaquah	831	31	M	1 Top Fin	2:41:55.9	8:18/M
2	Chris Fox	Seattle	667	42	M	2 Top Fin	2:48:57.8	8:40/M
3	David Fort	Seattle	993	38	M	3 Top Fin	2:53:53.4	8:55/M
4	Don Wesley	Seattle	978	46	M	1/12 40-49	2:55:33.1	9:00/M
5	Eric Miya	Renton	996	23	M	1/9 20-29	2:59:02.4	9:11/M
6	Jeff Kercher	Mercer Island	957	46	M	2/12 40-49	3:02:33.8	9:22/M
7	Jonathan Wallis	Seattle	983	24	M	2/9 20-29	3:05:43.5	9:31/M
8	Matthew Zangle	Seattle	988	27	M	3/9 20-29	3:05:56.9	9:32/M
9	Dale Peterson	Snoqualmie	969	44	M	3/12 40-49	3:06:22.8	9:33/M
10	Ricardo Hoffman	Seattle	966	34	M	1/7 30-39	3:14:36.9	9:59/M
11	Max Long	Bellevue	814	49	M	4/12 40-49	3:15:35.6	10:02/M
12	Scot Carr	Seattle	989	47	M	5/12 40-49	3:15:38.2	10:02/M
13	Scott Hillis	Lynnwood	828	45	M	6/12 40-49	3:21:02.6	10:19/M
14	Wesley Sherman	Gig Harbor	973	33	M	2/7 30-39	3:22:16.7	10:22/M
15	Jenny Easterberg	Seattle	991	33	F	1 Top Fin	3:24:12.2	10:28/M
16	Matthew Kotsenas	Seattle	977	29	M	4/9 20-29	3:25:38.3	10:33/M
17	Mike Pritchard		851	51	M	1/7 50-59	3:27:14.8	10:38/M
18	Richard Guy	Redmond	952	31	M	3/7 30-39	3:29:06.1	10:43/M
19	Paul Blough	Woodinville	995	52	M	2/7 50-59	3:31:52.4	10:52/M
20	Jef Malpass	Seattle	986	39	M	4/7 30-39	3:33:04.9	10:56/M
21	Kelsey Morfitt	Bonney Lake	965	32	F	2 Top Fin	3:33:58.5	10:58/M
22	Sandra Kanan	Issaquah	829	35	F	3 Top Fin	3:39:27.2	11:15/M
23	John Hager	Bellevue	990	29	M	5/9 20-29	3:40:39.3	11:19/M
24	Daulot Fountain	Seattle	970	60	M	1/2 60-69	3:43:31.4	11:28/M
25	Scott Spears	Bothell	981	53	M	3/7 50-59	3:46:18.3	11:36/M
26	Michael Harms	Seattle	959	46	M	7/12 40-49	3:47:24.9	11:40/M
27	Hallie Halferty	North Bend	940	31	F	1/4 30-39	3:47:44.4	11:41/M
28	Glenn Hoodgerwerf	Woodinville	734	48	M	8/12 40-49	3:49:38.8	11:47/M
29	Tara Vanselow	Vashon	699	48	F	1/7 40-49	3:52:05.4	11:54/M
30	David Wilson	Seattle	985	46	M	9/12 40-49	3:54:06.8	12:00/M
31	Neil Morton	Seattle	982	50	M	4/7 50-59	3:57:14.9	12:10/M
32	Joshua Walters	Tacoma	953	36	M	5/7 30-39	4:01:08.2	12:22/M
33	Melissa Paulson	Everett	964	32	F	2/4 30-39	4:01:12.4	12:22/M
34	Chris Bradley	London	987	27	M	6/9 20-29	4:01:12.6	12:22/M
35	Brad Dillon	Snoqualmie	942	38	M	6/7 30-39	4:01:16.3	12:22/M
36	Shunjiro Eguchi	Redmond	956	43	M	10/12 40-49	4:03:11.9	12:28/M
37	Douglas Leudtke	Renton	737	50	M	5/7 50-59	4:17:56.9	13:14/M
38	Jeannie Gilbert	Redmond	997	43	F	2/7 40-49	4:18:42.8	13:16/M
39	Stephen Mats Mats	Seattle	949	48	M	11/12 40-49	4:20:08.8	13:20/M
40	Addison Hartman	Bothell	972	29	M	7/9 20-29	4:21:42.1	13:25/M
41	Joylin Su	Newcastle	844	39	F	3/4 30-39	4:22:28.1	13:28/M
42	Cheng Guo	Federal Way	944	33	M	7/7 30-39	4:23:14.5	13:30/M
43	Dionne Himmelfarb	Seattle	961	44	F	3/7 40-49	4:23:15.8	13:30/M
44	Jilian Ryan	Seattle	975	32	F	4/4 30-39	4:23:55.5	13:32/M
45	Carol Xu	Kirkland	979	28	F	1/3 20-29	4:27:45.7	13:44/M
46	Ellen Lavoie	Seattle	960	49	F	4/7 40-49	4:32:52.6	14:00/M
47	Garth Todd	Seattle	955	25	M	8/9 20-29	4:34:25.7	14:04/M

Race Date
October 30, 2016

Seattle Running Club Cougar Mtn Trail Runs October

Overall Finish List

19.5 Miles

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
48	Sara Henson	Bellevue	841	42	F	5/7 40-49	4:41:43.8	14:27/M
49	Amy Wismer	Renton	968	52	F	1/3 50-59	4:49:25.6	14:51/M
50	Douglas Whitfield	Seattle	767	50	M	6/7 50-59	4:52:13.4	14:59/M
51	Amy Margolis	Seattle	984	45	F	6/7 40-49	5:02:24.8	15:30/M
52	Robin Loen	Kenmore	963	56	F	2/3 50-59	5:02:49.7	15:32/M
53	Jeff Loen	Kenmore	962	60	M	2/2 60-69	5:02:50.1	15:32/M
54	Ram Shankar Siva Kumar	Kirkland	741	26	M	9/9 20-29	5:11:07.8	15:57/M
55	Karl Hansen	Lakewood	967	44	M	12/12 40-49	5:15:24.1	16:10/M
56	Don Icenogle	Burien	980	53	M	7/7 50-59	5:20:35.2	16:26/M
57	Angela Zou	Seattle	951	28	F	2/3 20-29	5:32:19.9	17:03/M
58	Amy Holweger	Edmonds	941	27	F	3/3 20-29	6:12:03.3	19:05/M
59	Susan Holmes	Redmond	948	54	F	3/3 50-59	6:27:44.7	19:53/M
60	Yvonne Ortiz	Lynnwood	950	45	F	7/7 40-49	6:27:47.5	19:53/M

Overall Finish List**50K**

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Gina Slaby	Seabeck	1025	35	F	1 Top Fin	5:04:44.7	9:50/M
2	Darren Tannas	Victoria	1021	35	M	1 Top Fin	5:08:59.8	9:58/M
3	Aj Osborne	Sammamish	1030	47	M	2 Top Fin	5:20:19.4	10:20/M
4	Christopher Barry	Seattle	686	26	M	3 Top Fin	5:25:33.5	10:30/M
5	Mike Barringer	Lake Stevens	1018	44	M	1/8 40-49	5:32:14.8	10:43/M
6	David Braza	Bellevue	1022	47	M	2/8 40-49	5:43:47.7	11:05/M
7	Ashley Gateless	Seattle	728	31	F	2 Top Fin	5:51:43.3	11:21/M
8	Chad McBride	Wenatchee	1019	47	M	3/8 40-49	5:52:38.7	11:23/M
9	Chris Schultheiss	Seattle	1015	43	M	4/8 40-49	6:06:17.7	11:49/M
10	Steve Nelson	Issaquah	1031	43	M	5/8 40-49	6:07:57.9	11:52/M
11	Adam Dunn	Bothell	1014	33	M	1/4 30-39	6:15:11.7	12:06/M
12	Tobin Marsh	Seattle	1020	51	M	1/5 50-59	6:17:35.1	12:11/M
13	Erica Sharbono	Coeur D'Alene	1005	32	F	3 Top Fin	6:21:21.3	12:18/M
14	Jean-Gael Reboul	Kenmore	1001	40	M	6/8 40-49	6:24:11.8	12:24/M
15	Marc Foster	Seattle	999	37	M	2/4 30-39	6:55:51.1	13:25/M
16	Shannon Hogan Warburg	Mercer Island	736	47	F	1/3 40-49	7:00:46.9	13:34/M
17	Van Phan	Maple Valley	659	45	F	2/3 40-49	7:01:41.6	13:36/M
18	Kirill Zubovsky	Bellevue	1012	29	M	1/2 20-29	7:06:07.8	13:45/M
19	Ray Holden	Seattle	1017	55	M	2/5 50-59	7:07:37.8	13:48/M
20	Umar Shavurov	Renton	1027	37	M	3/4 30-39	7:12:05.9	13:56/M
21	Stephen Daniels	Renton	849	0	M	1/1 0-14	7:13:05.9	13:58/M
22	Jesse Schimke	Nine Mile Falls	1013	26	M	2/2 20-29	7:18:05.5	14:08/M
23	Miles Yanick	Seattle	1008	49	M	7/8 40-49	7:22:21.1	14:16/M
24	Vasily Khudyakov	Kenmore	1009	34	M	4/4 30-39	7:25:42.5	14:23/M
25	Kerstin Lemay	Shelton	1028	51	F	1/1 50-59	7:36:10.2	14:43/M
26	Glen Mangiantini	Bellevue	852	59	M	3/5 50-59	7:58:33.5	15:26/M
27	Tabitha Collins	Bremerton	853	44	F	3/3 40-49	7:58:33.9	15:26/M
28	Mark Burke	Sammamish	1023	54	M	4/5 50-59	8:00:15.5	15:30/M
29	Joseph Wright	Mercer Island	1006	55	M	5/5 50-59	8:01:25.3	15:32/M
30	Thomas Owen	Puyallup	811	48	M	8/8 40-49	8:28:48.7	16:25/M