

Race Date
October 30, 2016

Seattle Running Club Cougar Mtn Trail Runs October

Age Group Results

7.6 Miles

Female Top Finishers Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Zosia Brown	Seattle	36	1067	1	57:58.3	7:38/M
2	Darcy Rao	Seattle	29	1057	2	1:03:44.1	8:23/M
3	Mona Deprey	Seattle	50	1090	3	1:04:28.9	8:29/M

Male Top Finishers Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	John Duquette	Shoreline	38	758	1	55:53.2	7:21/M
2	Quinn Peck	Seattle	26	1077	2	56:08.4	7:23/M
3	Andrew Lingbloom	Seattle	28	1038	3	58:34.9	7:42/M

*Overall place within gender

Results By BuDu Racing, LLC

Race Date
October 30, 2016

Seattle Running Club Cougar Mtn Trail Runs October

Age Group Results

7.6 Miles

Female 20 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Jennifer Velloza	Seattle	28	1059	7	1:13:37.5	9:41/M
2	Melissa Boothe	Seattle	29	1071	11	1:16:02.5	10:00/M
3	Brigitte Charest	Seattle	26	1070	12	1:16:03.6	10:00/M
4	Audrey Almy	Seattle	28	1047	13	1:16:04.2	10:01/M
5	Nicole Novikova	Bellevue	23	1079	17	1:22:01.7	10:48/M
6	Erica Lokken	Seattle	27	1058	19	1:23:03.6	10:56/M
7	Ariel Council	Bothell	25	692	30	1:37:20.9	12:48/M
8	Cheryl Evans	Seattle	28	1065	32	1:41:40.4	13:23/M

Male 20 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Wade Whiddon	Lake Tapps	23	1042	17	1:16:07.6	10:01/M

Female 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Iliana Sach	Bellevue	38	802	4	1:08:13.2	8:59/M
2	Elizabeth Guy	Redmond	30	1044	5	1:09:28.2	9:08/M
3	Kimberly Gilsdorf	Seattle	33	1036	6	1:13:22.5	9:39/M
4	Laura Morrissey	Covington	37	1080	8	1:14:26.6	9:48/M
5	Joanna Small	Renton	33	1086	9	1:14:55.5	9:51/M
6	Sara Garvey	Bellevue	37	1054	10	1:15:11.3	9:54/M
7	Erin Kinneen	University Place	34	1078	14	1:18:30.5	10:20/M
8	Hannah Gelman	Seattle	32	1083	20	1:24:14.8	11:05/M
9	Lia Facchine	Bellevue	38	1055	21	1:24:52.9	11:10/M
10	Cora Sack	Seattle	33	827	23	1:25:09.4	11:12/M
11	Rosalind Echols	Seattle	33	1081	24	1:28:43.2	11:40/M
12	Regina Donlin	Edmonds	31	681	25	1:28:55.7	11:42/M

Male 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Levi Miller	Seattle	33	1084	4	1:01:49.8	8:08/M
2	Sandy Robertson	Seattle	32	1089	11	1:13:43.4	9:42/M
3	Chris Brooks	Seattle	30	680	14	1:14:54.7	9:51/M
4	Ty Wheatley	Arlington	35	676	18	1:17:11.1	10:09/M
5	Scott Hansford	Seattle	34	971	21	1:22:30.7	10:51/M
6	Niels Hanson	Seattle	30	1088	22	1:23:14.2	10:57/M

*Overall place within gender

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Male 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
7	Erick Harada	Coupeville	34	1039	24	1:23:42.7	11:01/M
8	Taylor Southwick	Covington	30	850	25	1:24:52.5	11:10/M
9	Tyler Quick	Arlington	33	1045	26	1:26:04.3	11:19/M
10	Chris Garvey	Bellevue	38	1073	28	1:30:40.9	11:56/M

Female 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Wendy Peterson	Seattle	49	1056	15	1:18:59.5	10:24/M
2	Suzanne Cohen	Seattle	47	1048	18	1:22:09.4	10:49/M
3	Bonnie Lochner	Seattle	42	1060	22	1:24:56.4	11:11/M
4	Karlye Mickley	Everett	42	1063	26	1:29:52.4	11:49/M
5	Julie McCleery	Seattle	46	1069	27	1:36:29.4	12:42/M
6	Angela Feser	Renton	48	1085	28	1:37:11.2	12:47/M

Male 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Carl Schmidt	Issaquah	45	813	5	1:03:53.7	8:24/M
2	Alain Durand	Bellevue	49	1035	6	1:04:17.7	8:28/M
3	Yosef Durr	Bellevue	41	1041	8	1:06:59.9	8:49/M
4	David Ebbo	Redmond	45	1064	10	1:09:19.3	9:07/M
5	Charles Finn	Renton	44	976	13	1:14:34.6	9:49/M
6	Brad Thurber	Bothell	48	1082	15	1:15:09.9	9:53/M
7	Liang Chen	Bothell	44	1066	16	1:15:52.5	9:59/M
8	Scott Armstrong	Maple Valley	40	1053	23	1:23:16.2	10:57/M

Female 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Linda Schetky	Seattle	51	1050	16	1:20:18.2	10:34/M
2	Tara Seever	Bellevue	58	648	29	1:37:12.3	12:47/M
3	Susan Fleenor	Kenmore	52	1087	31	1:40:30.7	13:13/M

Male 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Patrick Stone	Gig Harbor	51	835	7	1:05:02.1	8:33/M

*Overall place within gender

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7.6 Miles

Male 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
2	Mark Wuefel	Seattle	50	845	9	1:07:29.4	8:53/M
3	Steve Tilford	Renton	59	1074	12	1:14:16.5	9:46/M
4	Bob Wismer	Renton	56	1062	20	1:20:35.9	10:36/M
5	Pete Hendrickson	Bellevue	57	846	27	1:30:27.9	11:54/M

Female 60 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Carolyn Pine Crooks	Seattle	60	823	33	1:42:14.7	13:27/M

Male 60 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Michael Frederick	Bellevue	60	763	19	1:18:05.5	10:16/M
2	Raymond Durr	Renton	68	1076	29	1:39:09.8	13:03/M

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Age Group Results

19.5 Miles

Female Top Finishers Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Jenny Easterberg	Seattle	33	991	1	3:24:12.2	10:28/M
2	Kelsey Morfitt	Bonney Lake	32	965	2	3:33:58.5	10:58/M
3	Sandra Kanan	Issaquah	35	829	3	3:39:27.2	11:15/M

Male Top Finishers Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Bryan Bhark	Issaquah	31	831	1	2:41:55.9	8:18/M
2	Chris Fox	Seattle	42	667	2	2:48:57.8	8:40/M
3	David Fort	Seattle	38	993	3	2:53:53.4	8:55/M

*Overall place within gender

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Seattle Running Club Cougar Mtn Trail Runs October

Age Group Results

19.5 Miles

Female 20 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Carol Xu	Kirkland	28	979	11	4:27:45.7	13:44/M
2	Angela Zou	Seattle	28	951	17	5:32:19.9	17:03/M
3	Amy Holweger	Edmonds	27	941	18	6:12:03.3	19:05/M

Male 20 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Eric Miya	Renton	23	996	5	2:59:02.4	9:11/M
2	Jonathan Wallis	Seattle	24	983	7	3:05:43.5	9:31/M
3	Matthew Zangle	Seattle	27	988	8	3:05:56.9	9:32/M
4	Matthew Kotsenas	Seattle	29	977	15	3:25:38.3	10:33/M
5	John Hager	Bellevue	29	990	20	3:40:39.3	11:19/M
6	Chris Bradley	London	27	987	28	4:01:12.6	12:22/M
7	Addison Hartman	Bothell	29	972	33	4:21:42.1	13:25/M
8	Garth Todd	Seattle	25	955	35	4:34:25.7	14:04/M
9	Ram Shankar Siva Kumar	Kirkland	26	741	38	5:11:07.8	15:57/M

Female 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Hallie Halferty	North Bend	31	940	4	3:47:44.4	11:41/M
2	Melissa Paulson	Everett	32	964	6	4:01:12.4	12:22/M
3	Joylin Su	Newcastle	39	844	8	4:22:28.1	13:28/M
4	Jilian Ryan	Seattle	32	975	10	4:23:55.5	13:32/M

Male 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Ricardo Hoffman	Seattle	34	966	10	3:14:36.9	9:59/M
2	Wesley Sherman	Gig Harbor	33	973	14	3:22:16.7	10:22/M
3	Richard Guy	Redmond	31	952	17	3:29:06.1	10:43/M
4	Jef Malpass	Seattle	39	986	19	3:33:04.9	10:56/M
5	Joshua Walters	Tacoma	36	953	27	4:01:08.2	12:22/M
6	Brad Dillon	Snoqualmie	38	942	29	4:01:16.3	12:22/M
7	Cheng Guo	Federal Way	33	944	34	4:23:14.5	13:30/M

*Overall place within gender

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Age Group Results

19.5 Miles

Female 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Tara Vanselow	Vashon	48	699	5	3:52:05.4	11:54/M
2	Jeannie Gilbert	Redmond	43	997	7	4:18:42.8	13:16/M
3	Dionne Himmelfarb	Seattle	44	961	9	4:23:15.8	13:30/M
4	Ellen Lavoie	Seattle	49	960	12	4:32:52.6	14:00/M
5	Sara Henson	Bellevue	42	841	13	4:41:43.8	14:27/M
6	Amy Margolis	Seattle	45	984	15	5:02:24.8	15:30/M
7	Yvonne Ortiz	Lynnwood	45	950	20	6:27:47.5	19:53/M

Male 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Don Wesley	Seattle	46	978	4	2:55:33.1	9:00/M
2	Jeff Kercher	Mercer Island	46	957	6	3:02:33.8	9:22/M
3	Dale Peterson	Snoqualmie	44	969	9	3:06:22.8	9:33/M
4	Max Long	Bellevue	49	814	11	3:15:35.6	10:02/M
5	Scot Carr	Seattle	47	989	12	3:15:38.2	10:02/M
6	Scott Hillis	Lynnwood	45	828	13	3:21:02.6	10:19/M
7	Michael Harms	Seattle	46	959	23	3:47:24.9	11:40/M
8	Glenn Hoodgerwerf	Woodinville	48	734	24	3:49:38.8	11:47/M
9	David Wilson	Seattle	46	985	25	3:54:06.8	12:00/M
10	Shunjiro Eguchi	Redmond	43	956	30	4:03:11.9	12:28/M
11	Stephen Mats Mats	Seattle	48	949	32	4:20:08.8	13:20/M
12	Karl Hansen	Lakewood	44	967	39	5:15:24.1	16:10/M

Female 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Amy Wismer	Renton	52	968	14	4:49:25.6	14:51/M
2	Robin Loen	Kenmore	56	963	16	5:02:49.7	15:32/M
3	Susan Holmes	Redmond	54	948	19	6:27:44.7	19:53/M

Male 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Mike Pritchard		51	851	16	3:27:14.8	10:38/M
2	Paul Blough	Woodinville	52	995	18	3:31:52.4	10:52/M
3	Scott Spears	Bothell	53	981	22	3:46:18.3	11:36/M
4	Neil Morton	Seattle	50	982	26	3:57:14.9	12:10/M
5	Douglas Leudtke	Renton	50	737	31	4:17:56.9	13:14/M

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19.5 Miles

Male 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
6	Douglas Whitfield	Seattle	50	767	36	4:52:13.4	14:59/M
7	Don Icenogle	Burien	53	980	40	5:20:35.2	16:26/M

Male 60 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Daulot Fountain	Seattle	60	970	21	3:43:31.4	11:28/M
2	Jeff Loen	Kenmore	60	962	37	5:02:50.1	15:32/M

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Age Group Results

50K

Female Top Finishers Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Gina Slaby	Seabeck	35	1025	1	5:04:44.7	9:50/M
2	Ashley Gateless	Seattle	31	728	2	5:51:43.3	11:21/M
3	Erica Sharbono	Coeur D'Alene	32	1005	3	6:21:21.3	12:18/M

Male Top Finishers Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Darren Tannas	Victoria	35	1021	1	5:08:59.8	9:58/M
2	Aj Osborne	Sammamish	47	1030	2	5:20:19.4	10:20/M
3	Christopher Barry	Seattle	26	686	3	5:25:33.5	10:30/M

*Overall place within gender

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Race Date
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Seattle Running Club Cougar Mtn Trail Runs October
Age Group Results

50K

Male 14 and under

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Stephen Daniels	Renton	0	849	16	7:13:05.9	13:58/M

Male 20 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Kirill Zubovsky	Bellevue	29	1012	13	7:06:07.8	13:45/M
2	Jesse Schimke	Nine Mile Falls	26	1013	17	7:18:05.5	14:08/M

Male 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Adam Dunn	Bothell	33	1014	9	6:15:11.7	12:06/M
2	Marc Foster	Seattle	37	999	12	6:55:51.1	13:25/M
3	Umar Shavurov	Renton	37	1027	15	7:12:05.9	13:56/M
4	Vasily Khudyakov	Kenmore	34	1009	19	7:25:42.5	14:23/M

Female 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Shannon Hogan Warburg	Mercer Island	47	736	4	7:00:46.9	13:34/M
2	Van Phan	Maple Valley	45	659	5	7:01:41.6	13:36/M
3	Tabitha Collins	Bremerton	44	853	7	7:58:33.9	15:26/M

Male 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Mike Barringer	Lake Stevens	44	1018	4	5:32:14.8	10:43/M
2	David Braza	Bellevue	47	1022	5	5:43:47.7	11:05/M
3	Chad McBride	Wenatchee	47	1019	6	5:52:38.7	11:23/M
4	Chris Schultheiss	Seattle	43	1015	7	6:06:17.7	11:49/M
5	Steve Nelson	Issaquah	43	1031	8	6:07:57.9	11:52/M
6	Jean-Gael Reboul	Kenmore	40	1001	11	6:24:11.8	12:24/M
7	Miles Yanick	Seattle	49	1008	18	7:22:21.1	14:16/M
8	Thomas Owen	Puyallup	48	811	23	8:28:48.7	16:25/M

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Age Group Results

50K

Female 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Kerstin Lemay	Shelton	51	1028	6	7:36:10.2	14:43/M

Male 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Tobin Marsh	Seattle	51	1020	10	6:17:35.1	12:11/M
2	Ray Holden	Seattle	55	1017	14	7:07:37.8	13:48/M
3	Glen Mangiantini	Bellevue	59	852	20	7:58:33.5	15:26/M
4	Mark Burke	Sammamish	54	1023	21	8:00:15.5	15:30/M
5	Joseph Wright	Mercer Island	55	1006	22	8:01:25.3	15:32/M

*Overall place within gender

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