

Best Times List—February 2007

Final times have been turned in for certified course races run in 2006. It is always possible that something may still turn up, if so, updates will be posted on our web site, www.nwrunner.com. Thanks to Trisha Steidl who turned in another year of keeping the List, no easy task, especially when she is coaching and training full time herself. With few certified course races coming up, the BTL will take a short hiatus.

The most notable new addition to the list is Mike Sayenko, who not only took over the lead in the 20-24 age group, but also qualified for the Olympic Trials with his fine 2:19.43 at the Cal International Marathon. It's the first sub-2;20 marathon in the Best Times list for someone not named Uli since we started keeping the list five years ago.

5K

Times From: Valentine's Day Dash, Smelt Run, Hawk Run, Carlsbad, Fremont, Evergreen, Fire, Fall City Days, Run for the Pies, Shore Run, F'zone, Bill Burby, Seafair (Bellevue and Seattle), Shorel, Alpine Days, Guts & Glory, Lynnwood Hi-5, Irongirl, Swed. SummeRun, Indian Summer, Bank to Bay, Pasta Dash, Issqh Salmon Days, Roman Meal, Wood Slough, Jingle Bell, Kent Christmas Rush, Race Judicata.

MALES

19 & Under

Doug Holt 15:22 s'fair (s)
Keith Laverty 15:24 f'zone
Timothy Traynor 15:26 s'fair (s)
Julian-Lake Cowan 15:37 f'zone
Matt Frerker 15:49 f'zone

20-24

Mark Mandi 14:50 f'zone
Dan McLean 14:58 f'zone
Leif Kohler 15:07 fremont
Casey Moriarty 15:12 fremont
Will Dobbie 15:13 f'zone

25-29

David Martin 14:53 f'zone
Kyle Smits 15:00 fremont
Hans Otten 15:01 f'zone
Fivos Constantinou 15:11 f'zone
Brett Winegar 15:13 f'zone

30-34

Greg Crowther 15:03 fremont
Ian Fraser 15:12 f'zone
Chris Harig 16:04 issqh
Rich Brown 16:22 fire
Josh Ward 16:53 issqh

35-39

Jose Garcia 15:19 guts
Rob Cook 15:57 burby
Matt Ellis 15:59 f'zone
Drew Wartenburg 15:59 bankbay
Lance Docken 16:04 s'fair (s)

40-44

Tony Young 15:25 f'zone
Mark Vaneycke 15:54 pasta
Mike Lynes 16:03 f'zone
Kevin McGinnis 16:12 fremont
Paul Abdalla 16:19 f'zone

45-49

Michael Smith 16:24 issqh
Bob Brennand 16:56 roman

Henry Wigglesworth 16:58 vday
David Whiteespin 16:59 fremont
Frederick Motteler 17:07 f'zone

50-54

Bob Prather 16:38 issqh
Mark Billett 16:45 fremont
Steve Israel 17:53 roman
Steve Bertrand 17:54 s'fair (s)
Jeffrey Clarke 17:56 f'zone

55-59

Tom Cotner 18:22 fremont
Phillip Welch 18:24 fremont
Tim Oguri 19:14 roman
Bronson Swanson 19:20 shore
Scott Adsit 19:27 pies

60-64

Jim Gaul 20:11 fall city
Richard Decker 20:38 kent
Brian Fitzpatrick 20:54 fremont
Chris Steer 20:55 bankbay
Joe Wilcox 21:13 pies

65-69

Bob Hale 19:53 fire
Jim Finnerty 21:02 pies
Timothy Joslin 21:10 s'fair (s)
Dennis Ohare 21:58 kent
Mark Stockslger 22:21 smelt

70 & Over

Bill Iffrig 20:11 fremont
David Pitkethly 21:44 fremont
Lee Parker 23:41 f'zone
Bill Nicholson 23:49 pies
Ben Grevstad 23:50 alpine

FEMALES

19 & Under

Katrina Drennen 17:23 s'fair (s)
Alysha Barry 19:11 s'fair (s)
Lyndy Davis 19:17 shorel
Devin McMahon 19:18 pies
Frances Corcorran 19:25 guts

20-24

Rose Wetzel 17:08 fremont
Christina Cherbeck 18:05 pies
Marisa Thorson 18:46 bankbay
Kelly Ramirez 18:51 pies
Ashley McDougall 19:07 guts

25-29

Kelly Strong 17:10 pies
Sarna Becker 17:11 f'zone
Lauren Matthews 17:23 fremont
Lia Ossiander 17:57 jingle
Krissy Moehl 18:04 fremont

30-34

Laura Seims 17:17 f'zone
Nancy Ellis 18:06 f'zone

Erica Hill 18:09 f'zone
Sarah Gist 18:44 irongirl
Danita Erickson 18:46 burby

35-39

Gwen Greiner 17:10 fremont
Alysun Deckert 17:45 fremont
Susan Empey 17:49 fremont
Sally Bergesen 18:02 vday
Elizabeth Stahl 19:25 vday

40-44

Mary Hanna 18:40 pies
Shelley Neal 19:20 fremont
Molly Hurd 19:26 s'fair (s)
Judy Revell 19:27 bankbay
Kathy Kearney 19:33 pies

45-49

Mary Hanna 19:17 roman
Gail Hall 19:18 pies
Carla Darr 20:04 f'zone
Susan Bennett 20:25 issqh
Michelle Cunningham 21:05 pies

50-54

Tricia Matthews 20:12 jingle
Barb Blumenthal 21:37 f'zone
Julie Weber 21:38 pasta
Michelle Renee 22:03 s'fair (s)
Barbara Logan 22:04 jingle

55-59

Susan Gehrke 21:17 s'fair (s)
Phyllis Nelson 22:38 fremont
Susan Applegate 24:17 jingle
Joan Hatfield 24:40 jingle
Sandy Burr 25:16 pies

60-64

Judy Fisher 23:12 f'zone
Mary Carmody 25:48 irongirl
Sandy Burr 26:27 jingle
Monte Jordan 26:49 issqh
Sally Lindbergh 26:50 f'zone

65-69

Patricia Budzius 27:04 issqh
Dorothy Van Ausdal 27:06 fall city
Fritzie Gibbons 27:13 vday
Marissa Baker 27:41 hi-5
Louise Mihay 28:04 everg

70 & Over

Edie Dixon 27:14 vday
Barbara Macklow 27:43 smelt
Wilma Parker 28:18 f'zone
Nancy Olsen 29:45 jingle
Anna James (86) 37:18 kent

10K

Times From: Smelt Run, Nooka-champs, Wenatchee, Fall City Days, Shorel (Richland), Bill Burby, Shorel, Alpine Days, Lynnwood Hi-5, Irongirl, Swed. SummeRun, Bank to Bay, Pasta Dash, Issqh Salmon Days, Roman Meal, Wood Slough, Fowl Run, Kent Christmas Rush

MALES

19 & Under

Alex Crabill 33:40 nook
Kento Taguchi 34:47 nook
Tyler Noland 35:27 richland
Tim Tate 35:37 richland
Benn Fussner 36:40 richland

20-24

Mike Heidt 31:09 shorel
Leif Kohler 32:04 smelt
James Roach 34:08 kent
Greg Devore 34:22 wood
Kenneth Chilcoat 34:41 fowl

25-29

Steve Dekoker 31:47 sunrun
Hans Otten 31:48 shorel
Colin Fishwick 31:50 issqh
Tim Hawkins 36:00 smelt
Hans Hanson 36:41 issqh

30-34

Uli Steidl 30:16 issqh
Clay Wing 32:17 fowl
Ian Fraser 32:38 smelt
Sean Sundwell 33:03 kent
Miguel Galeana 33:11 pasta

35-39

Drew Wartenburg 32:48 alpine
Ben Sauvage 33:10 issqh
Matt Ellis 33:44 bankbay
Phil Jaspersen 34:13 issqh
Paul Kaufman 36:17 roman

40-44

Tony Young 32:28 issqh
Keefer Whan 32:31 sunrun
Mike Lynes 33:03 alpine
Kevin McGinnis 34:17 alpine
Paul Smith 34:21 kent

45-49

David White-espino 34:59 issqh
Richard Lee 35:02 fowl
Bob Brennand 35:27 alpine
Frederick Motteler 35:56 fall city
Cliff Richards 37:09 alpine

50-54

Bob Prather 34:48 sunrun
Mark Billett 35:29 shorel
Kent Sizer 36:52 alpine
Pete Hanson 36:58 fowl
Steve Israel 37:23 issqh

55-59

Larry Abraham 38:20 issqh
Tom Cotner 38:55 fall city
Philip Welch 39:08 smelt
Dave Segadelli 40:58 issqh
Steve Hamilton 41:01 smelt

60-64

Chris Steer 42:04 sunrun
Brian Fitzpatrick 42:45 bankbay
Alan Thompson 44:20 shorel
Michael Ketcham 44:40 bankbay
Randy Knox 45:54 wenat.

65-69

Jim Finnerty 44:05 issqh
Dennis Ohare 45:54 issqh
Dallas Wylie 47:35 smelt
Mark Stockslger 47:57 fowl
Peter Haase 49:53 smelt

70 & Over

Bill Iffrig 42:14 fall city
David Pitkethly 45:05 issqh
Larry Wright 48:12 bankbay
Ben Grevstad 48:22 fowl
Herschel Backues 49:16 issqh

FEMALES

19 & Under

Katy Gordon 41:07 fowl
Suzie Strickler 43:40 richland
Abby Higgins 43:59 richland
Denali Molitor 44:08 richland
Ashley Nichols 44:08 wood

20-24

Rachel Bailey 39:13 kent
Kathryn Rice 39:22 issqh
Tina Dekoker 39:35 issqh
Kendra Galeana 40:56 pasta
Bethany Devilbiss 41:33 wenat.

25-29

Lauren Matthews 37:01 shorel
Sara Donahue 39:47 issqh
Amy Martin 40:51 wood
Amber Morrison 41:47 wood
Kristen Casey 42:10 fowl

30-34

Janet Collar 36:22 peach
Linda Huyck 36:48 alpine
Danita Erickson 36:54 bankbay
Nancy Ellis 37:04 bankbay
Becca Ward 37:15 issqh

35-39

Gwen Greiner 35:54 issqh
Wendy Hagle 39:30 kent
Anne Jensen 40:39 issqh
Joan Lindell 41:27 irongirl



Jessie Stevick won the Spokane Marathon and was third ranked 24-24 year old marathoner,