

BEST TIMES LIST

FINAL FOR 2007

Okay, Best Timers, this is it. Our faithful, hard-working and uncomplaining compiler, Trisha Steidl, has wrapped up the Best Times List for 2007. We realize that there maybe some oddball times floating around out there which may not be on the list, but at this point, we can only tell those very few of you whose times may have escaped us to try harder next year and get your times to us when you see them missing from the BTL. We appreciate it when people point out possible errors on the list and bring results to our attention from out of the area.

Trisha will continue to keep the list for us in 2008, while at the same time coaching full time at Seattle University and keeping up with the demands of her own training schedule. Her dedication to keeping the list accurate and up-to-date is truly appreciated by your editor as well as the hundreds of runners who avidly follow the progress of themselves and their friends on the list. From the feedback we get, it is obvious that many of you out there realize how challenging it is to keep up with the many results we get each month.

Next year, you can help make the list easier for us to maintain by always giving you hometown as well as your age on entry forms, and reminding the race organizers to publish this information. Most results do give each runner's age and hometown, and we hope ALL do in the future.

So, congratulations to everyone who made the Best Times List in 2007. We'll see many of you again in 2008. And here's a hint: never look back — someone maybe gaining on you!

5K

Times From: Smelt Run, Mercer Island, Ft. Steilacoom, Y Run for Kids, Ft. Steilacoom (#2 w/20miler), Spokane Race for the Cure, Carlsbad, IRC Series #1, Redmond El-Hawk, Lynnwood Hi-5, Fall City Days, Evergreen, Sound to Narrows, Shore Run, IRC Series #2, White River, Race for the Cure, Firecracker, Run for the Pies, Guts & Glory, Covey Run, Auburn Good Ol' Days, Alpine Days, Footzone, Swedish SummeRun, Shoreline Judicata, Pumpkin Push, Bank to Bay, Kent Christmas Rush, Jingle Bell

MALES

19 & Under

Doug Holt 15:21 f'zone
Matt Kafftanski 15:35 f'zone
Yon Yilma 15:41 shoreline
Anthony Ellis 15:43 f'zone
Dak Riek 15:43 shoreline

20-24

Mike Heidt 14:47 f'zone
Leif Kohler 15:11 f'zone
Andrew Prentice 15:30 f'zone
Myron Brixner 15:34 j. bell
Adam Booth 15:50 e'green

25-29

Brett Winegar 15:07 f'zone
Eric Garner 15:19 f'zone
Joshua Ricardi 15:50 j. bell
Josiah Price 15:57 e'green
AJ Roelli 16:09 fallcity

30-34

Ian Fraser 15:21 f'zone

Chris Harig 15:59 fallcity
Patrick Dill 16:06 f'zone
Chris Charles 16:09 f'cracker
Lance Thompson 16:18 alpine

35-39

Uli Steidl 15:26 f'cracker
Emmet Hogan 15:32 fallcity
Matt Ellis 16:13 bankbay
Mark Donahue 16:31 j. bell
Edwin Vega 16:36 e'green

40-44

Mark VanEycke 15:52 shore
Keefer Whan 16:07 smelt
Kevin McGinnis 16:21 carlsbad
Lance Docken 16:23 seaf (sea)
Sean Messiter 16:26 smelt

45-49

Tony Young 15:37 fallcity
Paul Abdalla 16:28 pies
John O'Hearn 16:29 f'zone
David Whitespin 16:45 f'zone
Henry Wigglesworth 17:08 guts

50-54

David Cannon 16:24 fallcity
Mark Billett 16:28 f'zone
Greg Beyerlein 17:10 f'zone
Tony Myrie 17:37 stars (IL)
Kevin Adams 17:38 shoreline

55-59

Michael Allison 18:02 pumpkin
Philip Welch 18:31 smelt
Paul Muto 18:40 f'zone
Larry Abraham 18:47 steila
William Waters 18:52 seaf (sea)

60-64

Rand Iversen 19:49 senior
Richard Decker 20:35 pies
Bob Seaton 20:52 j. bell
Gale Pfueller 20:53 hawk

Gordon Gray 21:09 kent

65-69

Brian Fitzpatrick 21:07 f'zone
Gale Pfueller 21:10 kent
Jim Gaul 21:20 salmond
Mike Donoghue 21:47 kent
Timothy Joslin 21:58 seaf (sea)

70 & Over

Bill Iffrig 21:35 roman
Ronald Brinton 22:22 seaf (sea)
Peter Marshall 23:27 smelt
Larry Wright 23:42 senior
Murray Andrews 25:06 guts

FEMALES

19 & Under

Nicole Cochran 18:35 f'cracker
Alyssa Daw 18:36 alpine
Lyndy Davis 18:50 shoreline
Torin Shriver 19:23 steil'm
Devin McMahon 19:26 pies

20-24

Kimberly Pancoast 16:46 j. bell
Christina Overbeck 17:22 f'zone
Kirsten Lind 17:32 seaf (sea)
Madeleine O'Meara 17:57 f'zone
Jenny Jensen 18:28 shore

25-29

Kelly Strong 16:53 pies
Lauren Matthews 17:37 f'zone
Rose Wetzell 17:43 rftcse
Melinda Campbell 18:17 shore
Amber Hamilton 18:23 rftcspo

30-34

Sarna Becker 17:31 rftcsea
Laura Gould 18:10 shore
Sarah Gist 18:15 f'zone
Trisha Steidl 18:39 rftcsea
Nancy Ellis 18:39 bankbay

35-39

Gwen Greiner 17:16 f'zone
Susan Empey 18:03 f'zone
Sally Bergesen 18:27 rftcsea
Linda Huyck 18:36 e'green
Cheryl Choy 18:37 f'zone

40-44

Alysun Deckert 17:45 f'zone
Jac VanAllen 19:26 seaf (sea)
Sharon Watson 19:33 swedish
Lisa Knoblich 19:36 salmond
Anita Behrbaum 19:46 f'zone

45-49

Cindy Visvikis 19:20 swedish
Mary Hanna 19:34 steila
Molly Hurd 19:34 seaf (sea)
Dianna Jones 19:43 j. bell
Carla Darr 19:57 f'zone

50-54

Cheri Hubbard 20:06 j. bell
Ann Schroeder 20:33 j. bell
Regina Joyce 20:34 hi-5
Nancy Abraham 20:39 kent
Susan Ewing 21:08 j. bell

55-59

Rebecca Dunley 20:39 swedish
Karen Roll 21:31 j. bell
Jane Treleven 21:40 bankbay
Susan Gehrke 21:47 seaf (sea)
Barb Gollinger 23:21 sto n

60-64

Joanne Gainen 22:16 j. bell
Judy Fisher 22:59 j. bell
Phyllis Nelson 23:12 seaf (sea)
Mary Parker 24:16 j. bell
Barbara Sobey 26:41 pies

65-69

Pat Budzius 29:38 salmond
Louise Mihay 29:50 e'green
Constance Dowell 30:02 rftcsea
Phyllis Stensland 31:41 steila'm
Carol Kennedy 31:34 j. bell

70 & Over

Sue Stipe 28:38 pumpkin
Terry Barbe (80) 28:54 fallcity
Barbara Macklow 28:56 smelt
Wilma Parker 29:18 kent
Kris Cummings 31:14 j. bell

10K

Times From: Smelt Run, Mercer Island, Vancouver Sun Run, Wenatchee, Avenue of the Giants, Lynnwood Hi-5, Fall City Days, Tacoma, Covey Run, Alpine Days, Swedish SummeRun, Roman Meal, Issaquah Salmon Days, Bellingham Bay, Bank to Bay, Kent Christmas Rush

MALES

19 & Under

Curry McFadden 34:18 bankbay
Peter Udbye 35:12 bankbay
Mark Coic 35:24 bankbay
Greg Gonzales 36:48 tacoma
Brian Sutter 37:18 fallcity

20-24

Leif Kohler 31:01 sun run
Mike Heidt 31:10 salmond
John Timeus 32:23 kent
Bruce Jackson 33:33 salmond
Paul Jamin 33:59 smelt

25-29

Eric Garner 30:48 sun run
Colin Fishwick 32:01 sun run
Steve Dekoker 32:09 salmond
Ben Mangrum 32:33 bankbay
Jeremy Park 33:28 sun run

30-34

Ahrlin Bauman 31:07 salmond
Robert Pritchett 31:56 salmond
Ian Fraser 32:13 smelt
Ben Haber 32:34 smelt
Jason Jablonski 33:11 wen.

35-39

Drew Wartenburg 32:14 covey
Matt Simms 33:50 smelt
Glen Weissman 34:11 manhattan
Jeff Hashimoto 34:17 wen.
Chris Wallace 34:43 fallcity

40-44

Keefer Whan 32:52 sun run
Michael Lynes 33:01 maple ridgeBC
Kevin McGinnis 33:47 mercer/sun run

45-49

Carl Winter 34:49 salmond
Lance Docken 35:09 tacoma
Tony Young 32:22 sun run
Paul Abdalla 34:00 fallcity
John O'Hearn 34:46 fallcity

50-54

David White-espinoza 34:59 salmond
Jim Elwell 35:16 salmond
David Cannon 33:31 salmond
Mark Billett 35:28 salmond
Frederick Motteller 36:24 smelt

55-59

Kent Sizer 36:59 kent
Tony Myrie 37:28 fallcity
Michael Allison 36:16 sun run
Larry Abraham 37:58 fallcity
Doug MacLean 39:45 kent

60-64

John Payne 40:32 salmond
Tim Oguri 40:42 tacoma
Paul Muto 39:30 kent
Richard Decker 42:28 fallcity
Will Lomen 43:21 smelt

65-69

Terry Hileman 46:38 b-bay
A McCormick 46:48 salmond
Brian Fitzpatrick 43:02 salmond
Mike Donoghue 44:58 smelt
Barry Hankins 46:17 alpine

70 & Over

Mark Stockslager 47:21 fallcity
John Selby 48:04 senior
Bill Iffrig 47:17 sun run
Ronald Brinton 47:05 tacoma
Lee Parker 48:02 mercer

75-79

Hershel Backues 49:40 salmond
Bill Kerr 50:07 wen.

FEMALES

19 & Under

Katy Gordon 42:02 smelt
Kyra Burke (11) 42:07 mercer
Liz Penney (13) 43:51 mercer
Ashley Nichols 43:57 fallcity
Kelly Besmer (14) 45:00 fallcity

20-24

Christin Raymond 38:45 salmond
Brooke Anderson 39:45 covey
Lulu Hays 40:10 mercer
Emily Paul 43:43 kent
Aiyana Yates 45:30 salmond

25-29

Elva Houk 35:34 salmond
Liz Duncan 38:20 sun run
Megan Johnson 38:25 salmond
Lia Slemmons 38:34 covey
Meghan Lyle 38:38 salmond

30-34

Jill Hunter 36:02 tacoma