

Best Times 2004

Final List

With this month's list, we wrap up Best Times for 2004. Races at registered courses are available throughout the year, but we predict that, as usual, the lists will get busier and harder to make as the year approaches its end. So a hint: if you want to see your name on these lists, either train harder and improve, or get to the earliest races of the year. Better yet, do both! Our special thanks to Trisha Rosenberg, who compiled the lists for us in 2004 and has agreed to do it again in 2005.

5K

Times From: Smelt Run, Redmond El Hawk, Fremont, Fall City Days, Firecracker, Race for the Cure, Yankee Doodle Dash, Everett Rotary Run, Shore Run, Run for the Pies,

Evergreen Classic, Swedish SummeRun, Tour de Terrace, Seafair (Seattle), Footzone, Sumner, Alpine Days, Lynnwood Hi-5, You Gotta Have Guts, Bank to Bay, Issaquah Salmon Days, Pasta Dash, Dawg Dash, Roman Meal, Kent Christmas Rush, Jingle Bell Run, Couer

d'Alene Race for the Cure.

MALES 19 & Under

Matthew Frerker	15:47
David Kinsella	16:00
Sam Ahlbeck	16:05
Tyson Eberhardt	16:09
Joe Darda	16:09

20-29

David Martin	14:48
Chris Charles	15:08
Angelo Baca	15:18
Hans Otten	15:29
Nathan Carlson	15:41

30-39

Eric Tollefson	14:54
Miguel Galeana	15:06
Sam Alexander	15:16
Emmet Hogan	15:25
Mark VanEycke	15:35

40-49

Tony Young	15:22
Mark VanEycke	15:36
Paul Abdalla	16:12
Jim Sapienza	16:20
John O'Hearn	16:24

50-59

Greg Beyerlein	16:41
Mark Billett	17:06
Dave Richard	17:23
Andy Lyle	17:35
Michael Allison	17:50

60-69

Gale Pfueller	19:24
Chris Steer	19:49

Ronald Brinton	20:16
Dennis O'Hare	20:28
Joe Wilcox	20:33

70 & Over

Bill Iffrig	20:04
Keith Wood	23:07
Paul Flannigan	23:14
Peter Laigar	23:27
Richard Olafson	23:51
John Maxwell	23:51

FEMALES 19 & Under

Madeleine O'Meara	18:18
Katrina Drennen	18:50
Erin Kearney	19:23
Christina Overbeck	19:50
Jane Larson	19:55
Carmen Acuna	19:55

20-29

Kara Bazzi	17:10
Anne Marshall	17:12
Vanessa Hunter	17:24
Lauren Matthews	17:41
Bree Ray	17:51

30-39

Lyuda Vasilyeva	16:50
Tatiana Salazar	17:07
Alysun Deckert	17:35
Mindy Leffler	17:38
Katie Galdabini	18:08

40-49

Karen Steen	18:26
Regina Joyce	18:37
Annette Rahn	19:25
Julie Cox	19:45
Mary Hanna	19:48

50-59

Sandy Halgren	19:20
Carol Paluchowski	20:33
Carol Finn	21:33
Lynne Werner	21:36
Phyllis Nelson	21:41

60-69

Judy Fisher	23:01
Dorie Quam	23:10
Diane Palmason	23:17
Midge Cross	24:11
Sue Stipe	25:16

70 & Over

Patricia Johnson	21:34
Wilma Parker	28:04
Rosemary Stark	31:22
Ester Lott	31:33
Zoe Pollard	33:41

10K

Times From: Nookachamps, Smelt Run, Canal Caper, Vancouver Sun Run, Fall City Days, Everett Rotary Run, Peachtree, Swedish SummeRun, Alpine Days, Lynnwood Hi-5, Bank to Bay, Issaquah Salmon Days, Pasta Dash, Dawg Dash, YMCA Fowl Fun Run, Kent Christmas Rush

MALES 19 & Under

James Roach	34:54
Todd Clancy	35:28
Axel Stanovsky	35:35
Jordan Welling	36:05
Dak Riel	36:05

20-29

Chris Charles	31:29
Colin Fishwick	31:44
David Martin	32:13
Hans Otten	32:13
Mark Currell	32:59

30-39

Uli Steidl	30:35
Jose Garcia	30:46
Eric Tollefson	30:55
Andrew Wartenburg	32:25
Michael Lynes	32:43

40-49

Tony Young	32:16
Rick Becker	33:47
Paul Abdalla	33:57
John O'Hearn	34:11
Kendall Townsend	34:41

50-59

Greg Beyerlein	34:20
Mark Billett	35:18
Andy Lyle	36:41
Michael Allison	37:44
Steve Israel	37:55

60-69

Joe Machala	40:56
Chris Steer	41:17
Jim Finnerty	41:59
Mike Donoghue	42:01
Ron Taylor	43:04

70 & Over

Bill Iffrig	43:04
Ben Grevstad	46:54
Keith Wood	47:14
France Cokan	47:40
Robert Reed	51:17

FEMALES 19 & Under

Jamie Geissler	38:03
Kristina Aronson	42:07
Manal Hamad	42:36
Lisa Anderberg	43:18
Taylor Shipman	44:42

20-29

Vanessa Hunter	36:29
Erika Daligcon	37:02
Trisha Rosenberg	38:11
Megan Johnson	38:30
Ruth Perkins	39:05

30-39

Jennifer Tonkin	36:17
Susan Empey	37:16
Alysun Deckert	37:18
Erica Hill	37:39
Melanie Lomaglio	38:22
Heather McLaughlin	38:22

40-49

Karen Steen	37:24
Shelley Neal	38:15
Susan Korol	39:14
Margaret Weber	40:13
Lisa Tylor	40:24

50-59

Sandy Savill	44:58
Josie Heurta	45:44
Bobbie Busch	46:19
Phyllis Nelson	46:47
Reitha Weeks	47:18

60-69

Judy Fisher	46:01
Dorie Quam	46:19
Laima Huston	54:13
Sylvia Angel	55:02
Lynn Rawlinson	59:18

70 & Over

June Machala	50:59
Wilma Parker	57:25

Flora Young	1:05:41
Chloe Parr	1:11:50
Anne Soffe	1:20:54

HALF-MARATHON

Times From: Nookachamps, Austin, Whidbey Island, Vancouver, Capital City, North Olympic Discovery, Grandma's, Scotia Bank, Foot Traffic Flat, Pacific Rim, Super Jock 'n' Jill, Skagit Flats, Royal Victoria, Las Vegas, Humboldt, Seattle

MALES 19 & Under

Daniel Frederick	1:14:34
Ryan Johns	1:18:00
Andrew Rakestraw	1:19:58
Ryan Hayes	1:20:24
Alex Pempe	1:20:53

20-29

David Martin	1:08:42
Dan McLean	1:10:41
Hans Otten	1:10:47
Angelo Baca	1:11:02
Jesse Williams	1:11:31

30-39

Uli Steidl	1:07:13
Eric Tollefson	1:07:50
Ian Fraser	1:09:49
Mike Bresson	1:10:16
Tony Williams	1:14:21

40-49

Paul Abdalla	1:14:30
Conrad Steffens	1:17:22
John O'Hearn	1:17:50
Frederick Motteler	1:17:56
Bob Brennand	1:18:30

50-59

Greg Beyerlein	1:14:52
Bob Murphy	1:20:24
Steve Israel	1:24:10
Greg Adams	1:25:56
Steve Hamilton	1:26:25

60-69

Ron Taylor	1:33:00
Chris Steer	1:33:50
Brian Fitzpatrick	1:34:18
Mike Donoghue	1:34:37
Bill Iffrig	1:34:39

70 & Over

Bill Iffrig	1:35:25
Keith Wood	1:41:35
France Cokan	1:43:48
Jack Rollo	1:52:50
Murray Andrews	1:52:55

FEMALES 19 & Under

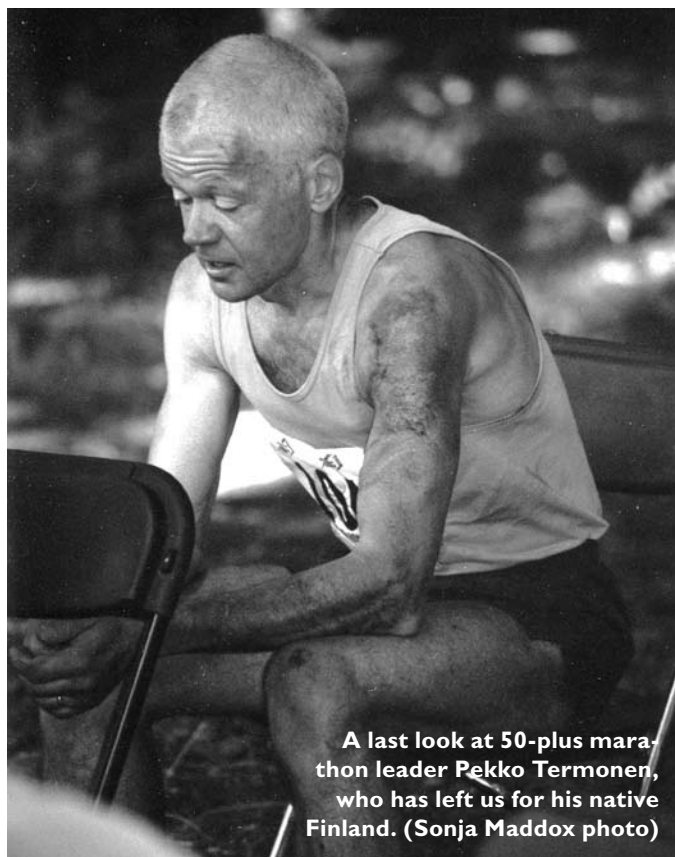
Katie Hummel	1:27:27
Kaitlin Rohde	1:35:40
Leonila Celestino	1:37:16
Sarah Washburn	1:37:38
Miranda Geranios	1:38:38
Rebecca Mackelprang	1:38:38

20-29

Erika Daligcon	1:20:54
Bree Ray	1:21:24
Vanessa Hunter	1:22:07
Megan Johnson	1:23:18
Lauren Matthews	1:23:59

30-39

Gwen Greiner	1:19:25
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A last look at 50-plus marathon leader Pekko Termonen, who has left us for his native Finland. (Sonja Maddox photo)