

# Best Times

The February issue of *Northwest Runner* traditionally marks the final appearance of the previous year's Best Times List. Congratulations to all who made the list. This appearance may be the most recognition you will get for all your hard work, but rest assured, your time is noticed, admired, and appreciated by all who appear below it!

This year marked increased interest for the List, and a few controversies reared their heads, namely, what is a certified course and what is not. We will have an explanatory article in the near future about how courses are certified and why it is important. Also there were some controversial times recorded throughout the year, some of which are on the list and some of which are not.

Thanks to Trisha Steidl who compiled the list and ranks high in a couple of distances, her season was cut short by an injury or she would doubtless have ranked higher. •

## 5K

Times From: Carlsbad, Redmond El Hawk, Fall City Days, Fremont, Race for the Cure, Shore Run, Fire-cracker, Seafair, Run For the Pies, Swedish SummeRun, Alpine Days, Footzone, Shoreline Rotary Run, You Gotta Have Guts, Lynnwood Hi-5, Issaquah Salmon Days, Sumner, Pasta Dash, Roman Meal, Jingle Bell Run, Kent Christmas Rush (long course)

Chris Steer 19:29  
Mike Donoghue 20:46  
Dennis O'Hare 20:56  
Edwin Ebright 20:58  
Lee Daneker 21:01  
**70 & Over**  
Bill Iffrig 20:51  
Keith Wood 23:17  
Mel Preedy 23:29  
Richard Olafson 24:38  
John Maxwell 24:44

## MALES

### Overall leader:

Gwen Greiner 17:09  
**19 & Under**  
Megan O'Reilly 17:45  
Kalee Cipra 18:44  
Natasha Raskin 18:46  
Emily Timmer 18:52  
Sarah Lord 19:05

### 20-29

Sarna Becker 17:23  
Lauren Matthews 17:26  
Trisha Rosenberg 17:40  
Kelly Strong 17:49  
Emily Showman 18:05

### 30-39

Gwen Greiner 17:09  
Joanne Templeman 17:40  
Alysun Deckert 17:42  
Susan Empey 17:47  
Sally Bergesen 17:55

### 40-49

Regina Joyce 17:30  
Julie Groo 18:37  
Mary Hanna 19:14  
Gayle Pinkard 19:35  
Judy Revell 19:36

### 50-59

Adrienne Gelfer 22:13  
Susan Gehrke 22:21  
Ann Rinehart 22:28  
Phyllis Nelson 22:40  
Reitha Weeks 22:42

### 60-69

Judy Fisher 22:55  
Pat Budzius 25:07  
Cheryl Spidahl 25:59  
Sue Stipe 26:01

## MALES

### Overall leader:

Chris Charles 14:40  
**19 & Under**  
Craig Hanson 15:59  
Baraka Poul 16:01  
Keith Laverty 16:01  
Christopher Ahl 16:01  
Alex Jones 16:10

### 20-29

Chris Charles 14:40  
David Martin 14:52  
Kyle Smits 14:59  
Joshua Ricardi 14:59  
Colin Fishwick 15:05

### 30-39

Sean Messiter 15:34  
Drew Wartenburg 15:39  
Paul Schlitz 15:42  
Glen Weissman 15:47  
Paul Davis 16:14

### 40-49

Tony Young 15:09  
Mark Vaneyckce 15:38  
Keefer Whan 15:42  
Paul Abdalla 15:58  
John O'Hearn 16:33

### 50-59

Mark Billett 16:36  
Bob Prather 16:43  
Steve Israel 18:03  
Michael Allison 18:04  
Jeffery Clarke 18:11

Sarah Beer 26:12  
**70 & Over**  
Patricia Johnson 27:51  
Wilma Parker 28:23  
Megan Brown 28:56  
Esther Lott 29:36  
Kathy Bainbridge 31:48

## 10K

Times From: Smelt Run, Vancouver Sun Run, Ephrata Canal Caper, Wenatchee, Fall City Days, Alpine Days, Shoreline Rotary Run, Lynnwood Hi-5, Issaquah Salmon Days, Bank to Bay, Pasta Dash, Woodinville Slough, Roman Meal, YMCA Fowl Run, Kent Christmas Rush (long course), YMCA Fowl Run

## MALES

### Overall leader:

Uli Steidl 30:38  
**19 & Under**  
Scott Cary 35:45  
Axel Stanovsky 36:19  
Eric Burck 37:24  
Gabriel Renfro 37:42  
Alexander Looi 37:49

### 20-29

Ryan Gallagher 31:44  
Angelo Baca 32:04  
Hans Otten 32:10  
Colin Fishwick 32:25  
Joshua Ricardi 32:38

### 30-39

Uli Steidl 30:38  
Drew Wartenburg 32:34  
Glen Weissman 32:52  
Gerardo Avila 32:59  
Clay Wing 33:06

### 40-49

Keefer Whan 32:00  
Tony Young 32:40  
Paul Abdalla 33:36  
Mark VanEyckce 33:54  
John O'Hearn 34:29

### 50-59

Mark Billett 35:11  
Greg Beyerlein 35:52  
Mark Genthner 37:54  
Kent Sizer 38:23  
Jeff Huth 38:39

### 60-69

Joe Machala 39:53  
Chris Steer 40:58  
Mike Donoghue 42:41  
Scott Piper 43:44  
Gordon Gray 44:00

### 70 & Over

William Iffrig 42:49  
Herschel Backues 47:42  
Mel Preedy 48:09  
Keith Wood 50:01  
Bill Kerr 50:07  
Jule Crabtree (91) 2:22:30

## FEMALES

### Overall leader:

Laura Turner 33:59  
**19 & Under**  
Carmen Acuna 44:49  
Kayelynn Joachims 44:50  
Denali Halsey 45:32  
Erin Gallagher 47:37  
Brittany Jackson 48:14

### 20-29

Laura Turner 33:59  
Lauren Matthews 36:53  
Sarna Becker 37:29

Trisha Steidl 37:58  
Jodee Adams-Moore 38:06  
**30-39**  
Linda Huyck 35:50  
Alysun Deckert 35:56  
Kathie Morgan 37:42  
Sarah Gist 38:28  
Deborah Fletcher 39:52  
**40-49**  
Regina Joyce 39:33  
Mary Hanna 39:43  
Angela French 39:50  
Rhonda Glass 40:54  
Ann Armstrong 41:24

### 50-59

Stephanie Hewitt 43:10  
Kerry Jones 45:22  
Phyllis Nelson 46:31  
Josie Averta 46:36  
Bobbie Busch 47:12

### 60-69

Judy Fisher 48:26  
Jayne Alkana 50:15  
Sally Jerome 50:55  
Ricki Vadset 51:08  
Cass Newell 52:45

### 70 & Over

June Machala 51:33  
Donna Coube 54:38  
Patricia Johnson 55:28  
Wilma Parker 1:01:56  
Helen Molina 1:17:23

## HALF-MARATHON

Times From: Arizona, Houston, Nookachamps, Las Vegas, First Half (Vancouver), Whidbey Island, Vancouver, Mercer Island, Kirkland, North Olympic Discovery, Scotiabank Vancouver, Seafair, Capital City, Super Jock'n'Jill, Skagit Flats, World Half-Marathon Championships, Royal Victoria, Humboldt, City of Trees, Seattle

## MALES

### Overall leader:

Uli Steidl 1:05:57  
**19 & Under**  
Andrew Rakestraw 1:16:08  
Joel Pearson 1:19:35  
Kris Brown 1:22:42  
Alexander Looi 1:23:29  
Alex Jones 1:24:35

### 20-29

Hans Otten 1:08:56  
Chris Charles 1:09:00  
Steve Dekoker 1:09:59  
Angelo Baca 1:10:11  
Joshua Ricardi 1:10:21

### 30-39

Uli Steidl 1:05:57  
Craig Vanderoef 1:10:17  
Ian Fraser 1:10:42  
John Hill 1:11:28  
Ben Haber 1:12:13

### 40-49

Keefer Whan 1:12:45  
Paul Abdalla 1:15:11  
Tony Williams 1:16:49  
Dave Steffens 1:17:04  
John O'Hearn 1:17:15

### 50-59

Rick Becker 1:15:21  
Mark Billett 1:18:04  
Mark Genthner 1:21:30

Bob Murphy 1:22:01  
Steve Israel 1:22:50  
**60-69**  
Jeff Corkill 1:28:57  
Chris Steer 1:33:06  
Mike Donoghue 1:34:15  
Brian Fitzpatrick 1:35:26  
Arne Hales 1:37:50  
**70 & Over**  
Bill Iffrig 1:34:05  
Lee Parker 1:43:26  
France Cokan 1:48:20  
Keith Wood 1:49:16  
Mel Preedy 1:50:47

## FEMALES

### Overall leader:

Laura Turner 1:16:11  
**19 & Under**  
Renee Redekop 1:32:58  
Hannah Vietmeier 1:36:14  
Emily Schick 1:36:18  
Bronwyn Crossman 1:36:18  
Claudia Bishop 1:36:24

### 20-29

Laura Turner 1:16:11  
Lauren Matthews 1:19:45  
Trisha Steidl 1:22:12  
Erika Daligcon 1:22:16  
Sarna Becker 1:22:51

### 30-39

Gwen Greiner 1:19:08  
Susan Empey 1:22:09  
Sally Bergesen 1:22:30  
Heather McLaughlin 1:25:15  
Heather Griffith 1:25:44

### 40-49

Regina Joyce 1:23:38  
Mary Hanna 1:26:38  
Kathy Lundy 1:26:52  
Gail Hall 1:28:20  
Becky Backstrom 1:29:14

### 50-59

Carol Finn 1:37:22  
Valerie Allison 1:37:28  
Mary Steinberg 1:39:02  
Jeannie Debari 1:40:16  
Kerry Jones 1:42:30

### 60-69

Judy Fisher 1:42:46  
Sarah Beer 1:55:13  
Isabelle Noiret 1:56:54  
Vicki Griffiths 2:01:06  
Laima Huston 2:01:11

### 70 & Over

Barbara Macklow 2:12:13  
Wilma Parker 2:18:24  
Jean Greene 2:37:33  
Nancy Olsen 2:56:08  
Inge Hendron 3:14:57

## MARATHON

Times From: Arizona, Houston, Las Vegas, Yakima, Whidbey Island, Boston, Wenatchee, Vancouver, Capital City, Couer d'Alene, North Olympic Discovery, Grandma's, Seafair, Newport, Toronto, Twin Cities, Skagit Flats, Chicago, Portland, St. George, Royal Victoria, Columbus, New York City, Tri-Cities, Las Vegas (new course/date), Cal International, City of Trees, Seattle

## MALES

### Overall leader:

Uli Steidl 2:18:42  
**19 & Under**

Arthur Gamirov 2:51:45  
Daniel Ross 2:55:55  
Jake Deitz 2:58:54  
Case Barden 3:09:58  
Mickey Burnett 3:11:12  
**20-29**  
Jesse Williams 2:25:39  
Chris Charles 2:26:23  
Ryan Gallagher 2:28:41  
Jesse Stevick 2:34:22  
Jeffrey Bigham 2:41:49

### 30-39

Uli Steidl 2:18:42  
Gerardo Avila 2:35:02  
Matthew Ellis 2:36:32  
James O'Connor 2:38:53  
Destry Johnson 2:41:09

### 40-49

Dan Held 2:33:25  
Paul Abdalla 2:39:34  
Cliff Richards 2:45:21  
Don Young 2:49:11  
Jim Bromley 2:49:45

### 50-59

Steve Israel 2:59:32  
Brian Roby 3:01:43  
Fred Wedam 3:03:52  
Dan Menard 3:05:00  
Mark Higginson 3:05:32

### 60-69

Keith Wilson 3:17:56  
Larry Carroll 3:29:34  
E.G. Ned Brown 3:41:19  
Neil Felgenhauer 3:43:52  
Gordon Grier 3:45:26

### 70 & Over

Mel Preedy 3:48:56  
John Rollo 4:09:15  
Bob Eckenrode 4:15:14  
Patrick Quinn 4:25:18  
Lionel Wilridge 4:28:49

## FEMALES

### Overall leader:

Marlene Farrell 2:53:25  
**19 & Under**  
Christina Asavareun 3:52:28  
Caitlin Kearney 3:58:29  
Anne Hickman 4:00:26  
Emily Laete 4:03:31  
Stephanie Smallman 4:05:01

### 20-29

Trisha Steidl 2:53:47  
Catherine Paul 3:04:54  
Valor Hopes 3:05:23  
Savanna Dixon 3:06:58  
Sara Otepka 3:07:44

### 30-39

Marlene Farrell 2:53:25  
Annie Thiessen 2:58:40  
Susan Empey 2:59:33  
Danita Erickson 3:02:44  
Wendy Hagle 3:03:29

### 40-49

Karen Steen 2:58:48  
Mary Hanna 3:03:11  
Laurie Porter 3:04:47  
Becky Backstrom 3:05:53  
Ann Armstrong 3:10:59

### 50-59

Carol Finn 3:22:37  
Linda Herbert 3:23:21  
Ann Bell 3:29:52  
Jan Vleck 3:34:51  
Mary Steinberg 3:37:12

### 60-69

Gunhild Swanson 3:35:24  
Judy Fisher 3:51:49  
Diane Palmason 3:55:36  
Sylvia Quinn 4:14:03  
Cass Newell 4:14:42

### 70 & Over

NONE