

Friendship Run 2014

March 16 2014

10K Age Group Results

Women

Place	Name	Age	Hometown	Avg Mile	Time
<19 Results - Women 10000 Run					
1	Isabel Nesmith-Waltz	W12	Olympia, WA	09:25.1	58:30.88
20-24 Results - Women 10000 Run					
1	Kirsten Phinney	W24	olympia, WA	08:55.6	55:27.67
2	Alexa Harvey	W23	Olympia, WA	09:14.5	57:25.39
25-29 Results - Women 10000 Run					
1	Callie Carpenter	W26	Chehalis, WA	08:52.4	55:07.89
2	Nikki Dodd	W29	Seattle, WA	09:59.6	1:02:05.24
30-34 Results - Women 10000 Run					
1	Nicole Castellani	W34	olympia, WA	08:36.2	53:27.29
2	Marisa Espinoza	W34	Lacey, WA	08:54.9	55:23.61
3	Christine Jones	W32	Olympia, WA	09:18.5	57:50.39
4	Amy Martinsen	W30	Aberdeen, WA	09:23.8	58:22.79
5	Jennifer Reynolds	W32	Montesano, W	09:26.8	58:41.86
6	Jennifer Meyer	W33	Littlerock,	09:30.9	59:07.16
7	Mai Parmentier	W31	Yakima, WA	10:56.2	1:07:56.90
35-39 Results - Women 10000 Run					
1	Melanie Tanguileg	W36	Olympia, WA	08:30.2	52:49.68
2	Alisha King-Forsberg	W37	lacey, WA	10:09.8 1:	03:08.66
3	Maggie Sinclair	W37	Olympia, WA	10:14.3 1:	03:36.79
4	Claudia Sellmaier	W35	Olympia, WA	11:42.6 1:	12:45.57
5	Michele Roberts	W38	Olympia, WA	12:08.3 1:	15:25.41
40-44 Result - Women 10000 Run					
1	Stephanie Hoffman	W42	Olympia, WA	07:54.8	49:10.11
2	Pamela McHugh	W44	Olympia, WA	09:01.9	56:07.13
3	Michelle Howard	W42	aberdeen, WA	09:26.7	58:41.01
4	Stephanie Cederholm	W44	Olympia, WA	09:33.0	59:20.17
45-49 Results - Women 10000 Run					

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1	Colleen MacDonald	W45	Olympia, WA	09:11.4	57:05.78
2	Kimberly Mohney	W47	Galvin, WA	09:18.3	57:48.82
3	Stefanie Ramsay-Werts	W47	Olympia, WA	09:27.2	58:44.26
4	Monica Gilmore	W45	Lacey, WA	10:38.9 1:	06:09.55
5	Jocelyn Sherrill	W45	Shelton, WA	10:59.1 1:	08:15.10
6	Ronna Graham	W45	Olympia, WA	11:29.1 1:	11:21.81
7	Carolyn Simmonds	W49	Olympia, WA	12:27.4 1:	17:23.89

50-54 Results - Women 10000 Run

1	Lori Nesmith	W51	Olympia, WA	11:13.1 1:	09:42.05
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55-59 Results - Women 10000 Run

1	Liz Brown	W55	Olympia, WA	10:50.3 1:	07:20.69
2	Debra Haynie	W57	Tumwater, WA	10:51.4 1:	07:27.35

Men

Place	Name	Age	Home town	Avg Mile	Time
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25-29 Results - Men 10000 Run

1	Brenton Madison	M28	Tumwater, WA	08:07.7	50:30.40
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30-34 Results - Men 10000 Run

1	Cory Martinsen	M31	Aberdeen, WA	08:00.6	49:45.76
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35-39 Results - Men 10000 Run

1	Brian Enslow	M36	Olympia, WA	10:14.4	1:03:37.59
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40-44 Results - Men 10000 Run

1	Wayne Little	M44	ashcroft, BC	07:20.8	45:38.48
2	Rich Fela	M41	Olympia, WA	07:39.4	47:34.39
3	Mike Tanguileg	M43	Olympia, WA	07:51.2	48:47.81

50-54 Results - Men 10000 Run

1	Ben Johnson	M51	Unattached	07:57.7	49:27.86
2	Chris Thompson	M52	Olympia, WA	09:27.4	58:45.48

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55-59 Results - Men 10000 Run

1	Tom Gallegos	M56	Yelm, WA	07:56.4	49:20.20
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70-75 Results - Men 10000 Run

1	Glenn Dunnam	M70	Olympia, WA	09:28.4	58:51.42
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