

# Friendship Run 2014

March 16th 2014

## 5K Age Group Results

		Women			
Place	Name	Age	Hometown	Avg Mile	Time
<19 Results - Women 5000 Run					
1	Kollie Kidder	W12	Olympia, WA	8:23.6	26:04.59
2	Lea Prandi	W12	Olympia, WA	8:45.4	27:12.30
3	Anna Zeldenurst	W12	Olympia, WA	8:45.7	27:13.20
4	Katie Zeldenurst	W15	Olympia, WA	9:13.2	28:38.58
5	Maddie Jansen	W12	Shelton, WA	10:07.0	31:25.85
6	Sam Jorgenson	W13	East Olympia, WA	10:17.1	31:56.98
7	Chloe Parsons	W17	Bremerton, WA	10:17.3	31:57.71
8	Juliann Vander Haegen	W12	Olympia, WA	10:57.8	34:03.69
9	Kady Hautala	W13	Olympia, WA	11:37.9	36:08.22
10	Allison Deaton	W17	Olympia, WA	12:48.3	39:46.90
11	Brooke Sobol	W4	Olympia, WA	12:48.5	39:47.44
12	Sarah Hautala	W11	Olympia, WA	13:15.3	41:10.78
13	Kaya Kirkendoll	W12	Shelton, WA	13:18.1	41:19.39
14	Riley Blondin	W7	Olympia, WA	13:20.7	41:27.67
15	Sami Stoddard	W19	Tumwater, WA	14:52.2	46:11.71
16	Morgan Sobol	W8	Olympia, WA	16:46.1	52:05.72
17	Beanna Slocum	W	Olympia, WA	18:10.5	56:28.02
18	Amyha Gibson	W12	Olympia, WA	18:13.2	56:36.31
20-24 Results - Women 5000 Run					
1	Cami Stoddard	W22	Olympia, WA	8:59.0	27:54.40
2	Whitney Hetland	W24	Olympia, WA	9:50.0	30:32.93
3	Kortney Russell	W23	Tacoma, WA	13:20.6	41:27.25
4	Stephanie Lehman	W20	Cambria, WI	14:57.6	46:28.47
25-29 Results - Women 5000 Run					
1	Kimmy Hufana	W29	Rochester, WA	7:52.5	24:27.94
2	Alexa Borkan	W25	Olympia, WA	7:53.3	24:30.37
3	Christina Taylor	W25	Shelton, WA	13:09.3	40:52.06
4	Rose Dodd	W28	Olympia, WA	13:19.5	41:23.86
5	Amy Loesch	W29	Olympia, WA	14:46.2	45:53.16
6	Joyce Erickson	W25	Rochester, WA	16:55.7	52:35.46
7	Michelle Robertson	W28	Rochester, WA	17:19.5	53:49.46
8	Krishelle Currier	W27	Lacey, WA	17:40.7	54:55.28
9	Kelly Sneed	W29	Shelton, WA	18:16.8	56:47.50
30-34 Results - Women 5000 Run					
1	Sable Bruce	W32	Olympia, WA	8:32.8	26:32.99
2	mindy wachter-parent	W34	tenino, WA	9:11.9	28:34.44
3	Melissa Shiflett	W33	Aberdeen, WA	9:49.3	30:30.89

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4	Jessica Elbert	W33 Lacey, WA	10:04.0	31:16.57
5	Michelle Oas	W30 Olympia, WA	10:29.1	32:34.27
6	Meghan Wentz	W32 Olympia, WA	10:56.7	34:00.22
7	Jacque Stahl	W31 Olympia, WA	11:09.4	34:39.55
8	Amber Kaecn	W30 Lebam, WA	11:38.0	36:08.57
9	Anne Miller	W32 Chehalis, WA	11:40.3	36:15.64
10	Heather Keesler	W33 Olympia, WA	12:00.0	37:16.73
11	Kristina King	W32 Olympia, WA	12:05.5	37:33.81
12	Nikki Fraser	W30 Lacey, WA	13:09.1	40:51.64
13	Shannon Block	W30 Lacey, WA	14:48.5	46:00.30
14	Elizabeth Albers	W30 Lacey, WA	14:51.4	46:09.44
15	April Gerdts	W33 Rochester, WA	16:43.7	51:58.11
16	Lisa Duran	W34 Puyallyp, WA	16:56.8	52:39.05
17	Jennifer Sand	W33 Lacey, WA	17:02.2	52:55.68
18	Lisa Rose-Pitts	W33 Rochester, WA	17:08.2	53:14.45
19	Erin Daley	W30 Olympia, WA	18:17.1	56:48.28
20	Karen Bailey	W30 Olympia, WA	18:22.9	57:06.43

### 35-39 Results - Women 5000 Run

1	Jen Houk	W37 tumwater, WA	7:03.3	21:55.07
2	Jennifer Schmidt	W35 tumwater, WA	8:37.7	26:48.31
3	Sarah Compton	W39 Olympia, WA	9:05.9	28:16.00
4	Caitlin Mason	W37 Olympia, WA	9:28.2	29:25.23
5	Jamie Ancich	W37 Aberdeen, WA	9:39.3	29:59.74
6	Jacqueline Collett	W37 Olympia, WA	9:45.6	30:19.26
7	Heidi Center-Howden	W35 Rochester, WA	9:49.9	30:32.47
8	Ellie McMillan	W37 Elma, WA	10:14.5	31:48.93
9	Amanda Daflos	W35 Olympia, WA	10:56.9	34:00.78
10	Bonnie Quilici	W36 olympia, WA	11:15.1	34:57.22
11	Lisa Spitzer	W39 lacey, WA	11:17.0	35:03.19
12	Michele Baker	W37 lacey, WA	11:18.0	35:06.43
13	Sarah Clark	W38 Lacey, WA	11:40.5	36:16.22
14	Stacie Roark	W38 Olympia, WA	11:45.6	36:32.11
15	Kat Gray	W36 Olympia, WA	12:14.2	38:00.94
16	Patricia Todd	W36 dupont, WA	12:33.8	39:01.86
17	Kim Sobol	W39 Olympia, WA	12:54.6	40:06.31
18	Desi Saylor	W37 Olympia, WA	13:09.0	40:51.25
19	Amy Blondin	W39 Olympia, WA	13:35.9	42:14.76
20	Laura Brook Powers Snow	W38 Olympia, WA	13:50.6	43:00.32
21	Julie White	W37 Tumwater, WA	15:37.4	48:32.24
22	Sarah Quaadman	W36 Tumwater, WA	15:48.3	49:06.12
23	Crissy Jorgenson	W39 East Olympia, WA	16:42.1	51:53.37
24	Imbenia Kline	W35 Tacoma, WA	17:19.7	53:50.17

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25 Brooke Guthrie W39 Olympia, WA 19:02.6 59:09.84

### 40-44 Results - Women 5000 Run

1	Sally Hautala	W42 Olympia, WA	10:00.1	31:04.18
2	Wendi Kirk	W44 Shelton, WA	10:19.9	32:05.85
3	Tina Martin	W42 Tumwater, WA	10:41.4	33:12.65
4	Alison Navarrete	W43 Olympia, WA	10:46.1	33:27.14
5	Jennifer Santiago	W40 Lacey, WA	11:41.0	36:17.92
6	Renee Berry	W40 Olympia, WA	11:44.9	36:29.93
7	Becki Southworth	W42 Olympia, WA	11:55.2	37:01.89
8	Trieste Markva	W41 Rochester, WA	15:23.6	47:49.36
9	Christina Canright	W44 Tumwater, WA	15:23.8	47:50.13
10	Sharon Kartman	W40 Lacey, WA	16:40.3	51:47.72
11	Donetta Hanson	W41 Lacey, WA	16:42.6	51:54.68
12	Federica Oliver	W42 Tacoma, WA	17:19.9	53:50.61
13	Theresa Snead	W40 Tacoma, WA	17:39.6	54:51.97
14	Jen Hopps	W42 Olympia, WA	18:37.1	57:50.53

### 45-49 Results - Women 5000 Ru

1	Kristin Kirkendoll	W47 Shelton, WA	9:07.8	28:21.75
2	Letta Diebert	W47 Lacey, WA	9:25.6	29:17.07
3	Pam Clevenger	W46 Tumwater, WA	10:18.9	32:02.69
4	Marnie Prandi	W45 Olympia, WA	10:57.5	34:02.48
5	Bridgett Inglett	W46 olympia, WA	11:15.5	34:58.70
6	Rachel Parsons	W47 Bremerton, WA	13:45.4	42:44.16
7	Marla Lund	W47 Centralia, WA	16:12.3	50:20.72
8	Michelle Harvey	W48 Olympia, WA	17:02.0	52:55.02

### 50-54 Results - Women 5000 Run

1	Brenda Hetland	W50 Olympia, WA	8:52.3	27:33.79
2	Audrey Kirkwood	W54 Tacoma, WA	9:22.9	29:08.78
3	Sarah Skidmore	W51 Olympia, WA	9:35.0	29:46.39
4	Kimberly Conner	W52 tenino, WA	9:38.1	29:56.01
5	Holly Jurgensen	W52 Tumwater, WA	10:04.9	31:19.06
6	Sandy Robertson	W53 Bucoda, WA	10:32.0	32:43.47
7	Terri Thomas	W51 Union, Un	11:04.9	34:25.75
8	Susan Piper	W52 Olympia, WA	11:16.0	35:00.09
9	Edna Taylor	W54 Lacey, WA	13:15.0	41:09.77
10	Brenda Marler	W53 Lacey, WA	14:48.6	46:00.75
11	Tawni Ricchio	W51 Olympia, WA	16:25.7	51:02.40
12	Debbie Gallentine	W54 Tenino, WA	16:27.6	51:08.08

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## 5K Age Group Results

13	Joan Ashcraft	W51 Olympia, WA	16:43.5	51:57.74
14	Darcie McMullin	W54 Yelm, WA	16:46.4	52:06.59
15	LeAnna J McMahan	W54 Randle, WA	16:55.2	52:34.08
16	Tamara Fulwyler	W51 Yelm, WA	17:40.0	54:53.00
17	Debbie Reyes	W54 Olympia, WA	17:42.3	55:00.29
18	Mary Newcomb	W51 Shelton, WA	18:13.3	56:36.63

### 55-59 Results - Women 5000 Run

1	anmarie aylward	W56 olympia, WA	9:47.7	30:25.91
2	Laurie Carley	W56 Olympia, WA	10:03.2	31:14.03
3	Sharon Stratton	W57 olympia, WA	10:42.3	33:15.43
4	Beverly Mattern	W58 Olympia, WA	11:27.0	35:34.20
5	Julie C. Sandberg	W59 Olympia, WA	12:41.1	39:24.59
6	Linda Steingraber	W56 Portland, OR	14:26.6	44:52.13
7	Sally Odiorne	W59 Olympia, WA	16:41.1	51:50.23
8	Holly Rimmeroid	W58 Silver Creek, WA	17:01.8	52:54.44
9	Kandy Elbert	W58 Rochester, WA	17:42.8	55:01.81
10	Carrie Hoesing	W55 Lacey, WA	18:23.0	57:06.82

### 60-64 Results - Women 5000 Run

1	Sandra Madden	W62 Federal Way, WA	8:46.6	27:15.93
2	Gretchen Nicholas	W61 Olympia, WA	9:41.1	30:05.24
3	Charlea Sherman	W61 edgewood, WA	9:49.7	30:31.98
4	Bonnie Bunning	W63 Olympia, WA	10:46.2	33:27.63
5	Marsha Murray	W61 Bothell, WA	11:33.4	35:54.20
6	Linda Masteller	W61 Lacey, WA	16:42.6	51:54.95

### 65-69 Results - Women 5000 Run

1	karen lichtenstein	W67 Olympia, WA	8:53.8	27:38.29
2	Jane Chavey	W67 tumwater, WA	12:03.9	37:29.01
3	Carolyn Schmidt	W67 Tumwater, WA	13:36.1	42:15.23
4	Darlene Peterson	W67 Olympia, WA	14:46.8	45:55.03
5	sandi newman	W68 Unattached	14:51.9	46:10.98
6	Patty Stoddard	W66 Lacey, WA	16:39.5	51:45.32

### 70-74 Results - Women 5000 Run

1	Louise Mihay	W73 Olympia, WA	9:20.3	29:00.68
2	Gretchen Ramsdell	W71 Bremerton, WA	11:27.3	35:35.36
3	Betty Deitrich	W71 Gig Harbor, WA	14:51.7	46:10.29
4	Molly Childs	W74 Tacoma, WA	15:06.4	46:56.02

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5	Kaye V Ladd	W72 Olympia, WA	15:43.9	48:52.56
6	Judy Talley	W71 Olympia, WA	18:36.8	57:49.54

### 75-79 Results - Women 5000 Run

1	Edythe Hulet	W76 Olympia, WA	17:39.8	54:52.49
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### 80-85 Results - Women 5000 Run

1	Chloe Parr	W85 Bremerton, WA	14:58.0	46:29.88
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## Men

Place	Name	Age	Hometown	Avg Mile	Time
<b>&lt;19 Results - Men 5000 Run</b>					
1	Jaden O'Hara	M9	Olympia, WA	7:46.9	24:10.38
2	Nicolas Mason	M10	Olympia, WA	8:08.8	25:18.48
3	Jack Bowers	M12	Olympia, WA	8:10.1	25:22.49
4	Owen Prandi	M16	Olympia, WA	8:23.3	26:03.42
5	Obi Wedevenbruse	M9	Olympia, WA	8:32.7	26:32.62
6	Isaiah Mason	M12	Oly, WA	8:50.8	27:28.92
7	Keegan Blondin	M9	Olympia, WA	9:13.4	28:39.22
8	Braedon McMillan	M10	Elma, WA	10:07.2	31:26.30
9	Alan Penrose	M7	Olympia, WA	10:19.6	32:05.01
10	Andrew Robertson	M8	Bucoda, WA	10:30.5	32:38.89
11	Sean Parsons	M13	Bremerton, WA	11:55.3	37:02.32
12	Anders Saylor-Olson	M9	Olympia, WA	12:56.6	40:12.62

### 20-24 Results - Men 5000 Run

1	Travis Guthrie	M23	Olympia, WA	7:14.2	22:28.95
2	Cameron Lorenzo	M23	Olympia, WA	9:55.3	30:49.29

### 25-29 Results - Men 5000 Run

1	David Parascand	M29	Tumwater, WA	6:18.2	19:35.01
2	Daniel Kallard	M29	Olympia, WA	10:03.3	31:14.31
3	Buddy Morgan	M29	aberdeen, WA	10:44.5	33:22.31

### 30-34 Results - Men 5000 Run

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1	Daniel Albers	M32 Lacey, WA	6:10.2	19:09.98
2	Rich Frazier	M32 Olympia, WA	6:31.5	20:16.26
3	Teal Waterstrat	M34 Olympia, WA	7:47.4	24:12.02
4	Luke Morrill	M32 Lacey, WA	10:18.6	32:01.86

### 35-39 Results - Men 5000 Run

1	Kephron Mason	M37 Olympia, WA	8:50.9	27:29.33
2	Michael Blondin	M39 Olympia, WA	9:15.8	28:46.71
3	Stephen Yale	M35 Tumwater, WA	10:06.7	31:24.78
4	Tyson McMillan	M36 Elma, WA	10:08.4	31:30.05
5	Michael Timm	M38 Olympia, WA	10:20.0	32:06.14
6	Randy Tan	M38 Olympia, WA	10:53.3	33:49.61

### 40-44 Results - Men 5000 Run

1	Rob Briggs	M40 Lacey, WA	7:51.8	24:25.68
2	Joe Brannberg	M43 Tumwater, WA	8:31.8	26:30.06
3	Casey Sobol	M43 Olympia, WA	8:56.8	27:47.70
4	Edison Herron	M40 Elma, WA	8:58.3	27:52.22
5	Bobby Pitts	M40 Rochester, WA	10:57.2	34:01.78
6	Ronnie Cox	M43 Olympia, WA	16:40.8	51:49.21

### 45-49 Results - Men 5000 Run

1	Dave Catterson	M49 Olympia, WA	7:18.4	22:42.01
2	Peter Hauschka	M46 Olympia, WA	8:48.0	27:20.16
3	Lee Parsons	M49 Bremerton, WA	11:59.4	37:14.89
4	Richard Neumann	M47 Olympia, WA	12:41.8	39:26.82
5	Garrett Lafferty	M48 Lacey, WA	16:25.7	51:02.16

### 50-54 Results - Men 5000 Run

1	Igor Velichko	M50 Mill Creek, WA	6:34.9	20:26.80
2	George Gonzales	M54 bonney lake, WA	6:40.8	20:45.15
3	Lars Wulff	M52 Olympia, WA	8:06.3	25:10.69
4	Kain Kirkendoll	M50 Shelton, WA	8:14.9	25:37.44
5	Rich Zeldenrust	M53 Olympia, WA	9:12.0	28:34.71
6	Rob Conti	M51 Yelm, WA	17:42.5	55:01.06

### 55-59 Results - Men 5000 Run

1	Keith Lerew	M56 Fox Island, WA	6:26.6	20:01.11
2	David Sherman	M59 Edgewood, WA	7:29.1	23:15.04

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3	William Cannell	M59 Auburn, WA	9:18.6	28:55.45
4	Dirk Marler	M59 Lacey, WA	12:55.6	40:09.70
5	Tim Scott	M58 Olympia, WA	14:09.9	44:00.32

### 60-64 Results - Men 5000 Run

1	Mike Hominda	M61 Olympia, WA	8:00.2	24:51.80
2	Keith Elbert	M61 Rochester, WA	17:58.9	55:51.71

### 65-69 Results - Men 5000 Run

1	Martinho Ribeiro	M66 Olympia, WA	7:32.0	23:24.20
2	Dwight Bushnell	M68 Olympia, WA	8:38.0	26:49.13
3	Marv Blackman	M67 Bend, OR	11:06.6	34:30.84
4	Bob Schmidt	M67 Tumwater, WA	13:37.5	42:19.71
5	Grant Chester	M67 Lacey, WA	13:43.8	42:39.28
6	John Peterson	M67 Olympia, WA	14:45.0	45:49.37

### 70-74 Results - Men 5000 Run

1	Steven Ramsdell	M71 Bremerton, WA	11:27.1	35:34.74
2	Jim Dollar	M74 Kingston, WA	11:44.2	36:27.75
3	Ted Steege	M74 Olympia, WA	17:59.2	55:52.80
4	Ron Hegewald	M71 Auburn, WA	19:02.6	59:09.63

### 75-79 Results - Men 5000 Run

1	Peter Despot	M77 Olympia, WA	11:07.0	34:32.20
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### 80-85 Results - Men 5000 Run

1	Richard Olafson	M80 Olympia, WA	9:43.0	30:11.30
2	Jerry Dietrich	M80 Gig Harbor, WA	11:31.9	35:49.52

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