

Friendship Run 10k, 5k and Tot Trot
 3/15/2015
 Benefit for Westside Cooperative Preschool
 Olympia, WA

Results

10k Overall

Place	Comp#	Name	Gender/age	Hometown	Time
1	552	Karen Leahy	W46	Buckley, WA	43:17.02
2	2890	Scott Beckwith	M45	Unattached	43:36.05
3	2895	Brenton Madison	M29	Unattached	43:58.25
4	2876	Todd Manion	M36	Unattached	47:35.19
5	2894	Ben Johnson	M52	Unattached	47:45.27
6	2883	Mike Tanguileg	M44	Unattached	48:39.79
7	677	Daniel Pree	M10	Olympia, WA	49:14.70
8	2886	Marv Blackman	M68	Unattached	49:36.63
9	2887	Bob Pitts	M41	Unattached	50:02.21
10	2869	Nicole Castellani	W35	Unattached	50:04.39
11	347	Beth Doglio	W50	Olympia, WA	50:15.91
12	350	Aaron Huff	M35	Olympia, WA	51:00.59
13	2889	Cheryloy Beckwith	W47	Unattached	54:05.85
14	2865	Monica Taylor	W46	Unattached	54:31.42
15	2877	Sash Sunday	W39	Unattached	54:53.72
16	2880	Michael Villnave	M51	Unattached	56:33.67
17	2888	Marisa Espinoza	W35	Unattached	59:46.37
18	676	Zach Riffe	M19	Olympia, WA	1:00:41.18
19	675	Erin Riffe	W41	Olympia, WA	1:00:41.70
20	2892	Erin McPeak	W34	Unattached	1:00:42.33
21	2893	Zoe Willis	W19	Unattached	1:00:44.14
22	2868	Bobbie Sheff	W40	Unattached	1:03:37.94
23	2882	Gregg Beebe	M54	Unattached	1:07:10.75
24	2879	Michele Villnave	W49	Unattached	1:09:07.14
25	2866	Mandi Maycumber	W28	Unattached	1:10:24.59
26	2891	Jessica Babcock	W27	Unattached	1:15:35.07
27	2878	Whitney Faulkner	W29	Unattached	1:15:35.61
28	2896	Michele Salsman	W33	Unattached	1:16:19.95
29	2885	Mia Tanguileg	W9	Unattached	1:16:57.96
30	2884	Melanie Tanguileg	W37	Unattached	1:16:58.38
31	2881	Doreen Beebe	W56	Unattached	1:17:14.80
32	2873	Mar Daly	W39	Unattached	1:18:40.55
33	2874	Sam Gibson	M44	Unattached	1:18:41.80

10k Age group

Female

Place	Name	Age	Hometown	Avg Mile	Time
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19 & Under Results - Women 10000 Run

1	Zoe Willis	W19	Unattached	9:46.5	1:00:44.14
2	Mia Tanguileg	W9	Unattached	12:23.2	1:16:57.96

25-29 Results - Women 10000 Run

1	Mandi Maycumber	W28	Unattached	11:19.9	1:10:24.59
2	Jessica Babcock	W27	Unattached	12:09.9	1:15:35.07
3	Whitney Faulkner	W29	Unattached	12:10.0	1:15:35.61

30-34 Results - Women 10000 Run

1	Erin McPeak	W34	Unattached	9:46.2	1:00:42.33
2	Michele Salsman	W33	Unattached	12:17.1	1:16:19.95

35-39 Results - Women 10000 Run

1	Nicole Castellani	W35	Unattached	8:03.5	50:04.39
2	Sash Sunday	W39	Unattached	8:50.1	54:53.72
3	Marisa Espinoza	W35	Unattached	9:37.2	59:46.37
4	Melanie Tanguileg	W37	Unattached	12:23.3	1:16:58.38
5	Mar Daly	W39	Unattached	12:39.7	1:18:40.55

40-44 Results - Women 10000 Run

1	Erin Riffe	W41	Olympia, WA	9:46.1	1:00:41.70
2	Bobbie Sheff	W40	Unattached	10:14.5	1:03:37.94

45-49 Results - Women 10000 Run

1	Karen Leahy	W46	Buckley, WA	6:58.0	43:17.02
2	Cheryloy Beckwith	W47	Unattached	8:42.4	54:05.85
3	Monica Taylor	W46	Olympia, WA	8:46.5	54:31.42
4	Michele Villnave	W49	Unattached	11:07.5	1:09:07.14

50-54 Results - Women 10000 Run

1	Beth Doglio	W50	Olympia, WA	8:05.4	50:15.91
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55-59 Results - Women 10000 Run

1	Doreen Beebe	W56	Unattached	12:25.9	1:17:14.80
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Male

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Place   Name                               Age Hometown                               Avg Mile Time
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19 & Under Results - Men 10000 Run

1	Daniel Pree	M10	Olympia, WA	7:55.6	49:14.70
2	Zach Riffe	M19	Olympia, WA	9:46.0	1:00:41.18

25-29 Results - Men 10000 Run

1	Brenton Madison	M29	Unattached	7:04.6	43:58.25
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35-39 Results - Men 10000 Run

1	Todd Manion	M36	Unattached	7:39.5	47:35.19
2	Aaron Huff	M35	Olympia, WA	8:12.6	51:00.59

40-44 Results - Men 10000 Run

1	Mike Tanguileg	M44	Unattached	7:49.9	48:39.79
2	Bob Pitts	M41	Unattached	8:03.2	50:02.21
3	Sam Gibson	M44	Unattached	12:39.9	1:18:41.80

45-49 Results - Men 10000 Run

1	Scott Beckwith	M45	Unattached	7:01.1	43:36.05
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50-54 Results - Men 10000 Run

1	Ben Johnson	M52	Unattached	7:41.2	47:45.27
2	Michael Villnave	M51	Unattached	9:06.2	56:33.67
3	Gregg Beebe	M54	Unattached	10:48.7	1:07:10.75

65-69 Results - Men 10000 Run

1	Marv Blackman	M68	Unattached	7:59.1	49:36.63
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5k Overall

Place	Comp#	Name	Gender/Age	Hometown	Time
1	558	Igor Velichko	M51	Mill Creek, WA	19:44.57
2	2736	Kenny Farver	M16	Unattached	20:13.63
3	680	Keith Lerew	M57	Olympia, WA	20:32.19
4	2703	Tim Rydholm	M33	Unattached	21:15.00
5	2854	Oliver Kramer	M10	Unattached	21:26.23
6	2707	David Sherman	M60	Unattached	21:40.57
7	2834	Jay Spivak	M15	Unattached	21:47.57
8	2851	Steve Husko	M61	Unattached	23:10.06
9	2778	Nicolas Mason	M11	Unattached	23:31.84
10	2831	Dennis Zaborac	M65	Unattached	23:41.60
11	679	Jeremy Schraeder	M45	Olympia, WA	23:50.38
12	2853	Sasha Kramer	W41	Unattached	24:41.44
13	2856	Joshua Parker	M33	Unattached	26:01.57
14	2855	Kate Parker	W30	Unattached	26:02.07
15	2828	Maya Willis	W17	Unattached	26:25.88
16	2779	Isaiah Mason	M13	Unattached	26:46.80
17	2777	Caitlin Mason	W38	Unattached	26:48.11
18	2734	Ann Staley	W40	Unattached	26:52.37
19	2741	Steven Poile	M36	Unattached	26:54.88
20	2759	Ryan Reed	W32	Unattached	27:01.41
21	2858	Dwight Bushue	M69	Unattached	27:03.80
22	2747	Sandra Madden	W63	Unattached	27:07.45
23	2710	karen lichtenstein	W68	Unattached	27:32.43
24	681	Miriam Sterlin	W33	Olympia, WA	27:36.92
25	2864	Lori Fair	W47	Olympia, WA	27:37.48
26	344	Nick Bailey	M66	Port Ludlow, WA	27:41.05
27	2830	Madeleine Jansen	W13	Unattached	28:33.36
28	556	Sarah Hautala	W12	Olympia, WA	28:35.26
29	349	Jacqueline Collett	W18	Olympia, WA	28:39.46
30	2702	Jacquelyn Ashley	W43	Unattached	28:40.48
31	2708	Charlea Sherman	W62	Unattached	28:59.09
32	2763	Maggie Sinclair	W38	Unattached	29:13.33
33	2762	Brian Enslow	M39	Unattached	29:14.87
34	2897	Makena Graves	W8	Olympia, WA	29:21.34
35	2712	Jennifer Harrell	W33	Unattached	29:23.16
36	2827	Emily Thompson	W12	Unattached	29:31.82
37	4771	Tiare Bailey	W58	Port Ludlow, WA	29:37.44
38	2781	Audrey Kirkwood	W55	Unattached	29:47.34

39	2789	David Anderson	M68	Unattached	29:50.98
40	2805	Shana Weber	W39	Unattached	30:00.24
41	2840	Keith Miller	M61	Unattached	30:13.25
42	2792	Molli Ragsdale	W36	Unattached	30:19.33
43	2737	Louise Mihay	W74	Unattached	30:29.54
44	2833	Z Spivak	M17	Unattached	30:38.44
45	678	Emma Rose	W41	Olympia, WA	30:45.45
46	2770	Richard Olafson	M81	Unattached	30:53.46
47	2843	Joan Torfin	W72	Unattached	31:27.74
48	557	Martinho Ribeiro	M67	Olympia, WA	31:31.33
49	2744	Jerry Bronson	M75	Unattached	31:42.48
50	2823	Kelley Rogers	W51	Unattached	31:46.43
51	2704	Andrea Rydholm	W35	Unattached	31:47.10
52	2846	Tyler Wilson	M39	Unattached	31:50.20
53	2847	Cole Wilson	M9	Unattached	31:58.22
54	674	Kari Robecker	W43	Montesano, WA	32:04.59
55	2706	Larry Larsen	M75	Unattached	32:07.04
56	2772	Jeff Garber	M48	Unattached	32:11.65
57	2837	Mickael Lewis	M31	Unattached	32:17.12
58	2836	Jennifer Lewis	W29	Unattached	32:17.75
59	2787	Charlotte McLaughlin	W28	Unattached	32:29.68
60	2898	Kady Hautala	W14	Olympia, WA	32:40.22
61	2899	Sally Hautala	W43	Olympia, WA	32:40.98
62	2817	Jessica Elbert	W34	Unattached	32:49.78
63	2776	Wendy Waits	W39	Unattached	32:50.17
64	2783	Jim Grant	M72	Unattached	32:55.68
65	2824	Wendy Lagerquist	W42	Unattached	33:06.06
66	2714	Wendi Kirk	W45	Unattached	33:14.83
67	2822	Nora Collings	W69	Unattached	33:44.44
68	2718	Kat Gray	W37	Unattached	34:00.75
69	2751	Regina Reeves	W36	Unattached	34:05.17
70	2859	Bonnie Bunning	W64	Unattached	34:15.99
71	2753	Peter Despot	M78	Unattached	34:19.84
72	2730	Gretchen Ramsdell	W72	Unattached	34:33.17
73	2729	Steven Ramsdell	M72	Unattached	34:39.70
74	2820	Tim Plummer	M52	Unattached	34:54.42
75	686	Jim Dollar	M75	Olympia, WA	35:03.17
76	2793	Tara Berlin	W31	Unattached	35:19.78
77	2819	Diane Johnson	W71	Unattached	35:39.71
78	2860	Stephanie Sears	W35	Unattached	35:50.41
79	2804	Michael Timm	M39	Unattached	36:17.94
80	2705	Nancy Larsen	W67	Unattached	36:52.72
81	2749	Terri Oberg	W45	Unattached	37:04.50
82	348	Wajira Sterioti	W31	Shelton, WA	37:15.69
83	2794	Sylvian Baldwin	W63	Unattached	37:24.66
84	2715	Diana Sheets	W55	Unattached	38:20.16
85	673	Chris Hatten	W34	Olympia, WA	38:32.27
86	2719	Amelia Gray	W9	Unattached	38:37.16
87	2816	Julie C. Sandberg	W60	Unattached	38:45.95
88	2900	Jane Chavey	W68	Tumwater, WA	38:53.14
89	2852	Patricia Husko	W61	Unattached	39:36.42
90	2732	Joy Beggs	W38	Unattached	40:02.74
91	2780	Ann Holeman	W46	Unattached	40:25.78
92	2743	Christina Taylor	W26	Unattached	40:36.78
93	2849	Lisa Rose-Pitts	W34	Unattached	40:53.15
94	2850	Jennifer Sand	W34	Unattached	40:53.58
95	2784	Cathie Shaughnessy	W52	Unattached	40:54.59
96	2771	Valerie Plummer	W35	Unattached	42:22.23
97	2768	Kelsey Sandera	W40	Unattached	42:23.38
98	2769	Tarynn Sandera	W16	Unattached	42:23.87

99	2835	Milo Spivak	M10	Unattached	42:36.31
100	2832	Maria Spivak	M46	Unattached	42:37.05
101	559	Betty Dietrich	W72	Gig Harbor, WA	42:39.35
102	2717	John Peterson	M68	Unattached	43:39.43
103	2748	McKenzie Smith	W25	Unattached	44:16.21
104	2795	Micah Frankus	M37	Unattached	44:48.98
105	2709	Molly Childs	W75	Unattached	45:16.09
106	2815	Donna McPeak	W65	Unattached	45:32.16
107	2731	Federica Oliver	W43	Unattached	46:16.66
108	2752	Rachel Beard	W29	Unattached	46:37.31
109	2807	Myra Cruz	W32	Unattached	47:00.97
110	2738	Blanca Reyes	W29	Unattached	47:01.83
111	2740	Jessey Wright	W36	Unattached	48:24.95
112	691	Madeleine Moore	W8	Olympia, WA	48:29.75
113	2716	Darlene Peterson	W68	Unattached	48:33.19
114	2726	Debbie Farver	W52	Unattached	49:39.02
115	2806	Dan Farver	M63	Unattached	49:39.50
116	2782	Edythe Hulet	W77	Unattached	49:55.78
117	2844	Annette Piliaris	W33	Unattached	50:03.47
118	683	Jenn Somnis	W31	Olympia, WA	51:11.98
119	684	Kristin Anlin	W32	Tacoma, WA	51:12.61
120	682	Leah Harris	W31	Olympia, WA	51:14.12
121	685	Kaylene Breuer	W34	Olympia, WA	51:14.76
122	2839	Douglas Kirk	M55	Unattached	51:15.85
123	2821	Chloe Parr	W86	Unattached	51:22.87
124	2711	Kaye V Ladd	W73	Unattached	52:15.45
125	2727	Kristina Ware	W43	Unattached	52:39.30
126	2721	Imbenia Kline	W36	Unattached	52:40.10
127	2723	Sarah Snyder	W29	Unattached	52:42.34
128	2720	Theresa Snead	W41	Unattached	52:45.00
129	2818	Teri Matison	W51	Unattached	52:46.82
130	2842	David Lee	M29	Unattached	53:21.23
131	2841	Terra Lee	W29	Unattached	53:21.94
132	2802	Kimberly Williams	W47	Unattached	58:36.18
133	2785	Kathy Clayton	W49	Unattached	58:37.60
134	2725	Dawn Crudupt	W44	Unattached	59:12.95
135	2724	Sylvia Lewis	W37	Unattached	59:14.13
136	2728	Jennifer Harris	W37	Unattached	59:14.72
137	687	Jeff Joringman	M29	Olympia, WA	59:42.09
138	2803	Crystal Potter	W31	Unattached	59:43.36
139	688	Kahlteen White	W55	Olympia, WA	1:01:20.52
140	690	Amy Neal	W34	Olympia, WA	1:01:21.47
141	2801	Robert Neal	M65	Unattached	1:08:47.24

5K Age group

Female

Place	Name	Age Hometown	Avg Mile	Time
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19 & Under Results - Women 5000 Run

1	Maya Willis	W17	Unattached	8:30.5	26:25.88
2	Madeleine Jansen	W13	Unattached	9:11.5	28:33.36
3	Sarah Hautala	W12	Olympia, WA	9:12.1	28:35.26
4	Jacqueline Collett	W18	Olympia, WA	9:13.5	28:39.46
5	Makena Graves	W8	Olympia, WA	9:27.0	29:21.34
6	Emily Thompson	W12	Unattached	9:30.3	29:31.82

7	Kady Hautala	W14 Olympia, WA	10:31.0	32:40.22
8	Amelia Gray	W9 Unattached	12:25.9	38:37.16
9	Tarynn Sandera	W16 Unattached	13:38.8	42:23.87
10	Madeleine Moore	W8 Olympia, WA	15:36.6	48:29.75

25-29 Results - Women 5000 Run

1	Jennifer Lewis	W29 Unattached	10:23.7	32:17.75
2	Charlotte McLaughlin	W28 Unattached	10:27.6	32:29.68
3	Christina Taylor	W26 Unattached	13:04.4	40:36.78
4	McKenzie Smith	W25 Unattached	14:15.0	44:16.21
5	Rachel Beard	W29 Unattached	15:00.4	46:37.31
6	Blanca Reyes	W29 Unattached	15:08.3	47:01.83
7	Sarah Snyder	W29 Unattached	16:57.9	52:42.34
8	Terra Lee	W29 Unattached	17:10.6	53:21.94

30-34 Results - Women 5000 Run

1	Kate Parker	W30 Unattached	8:22.8	26:02.07
2	Ryan Reed	W32 Unattached	8:41.9	27:01.41
3	Miriam Sterlin	W33 Olympia, WA	8:53.4	27:36.92
4	Jennifer Harrell	W33 Unattached	9:27.5	29:23.16
5	Jessica Elbert	W34 Unattached	10:34.1	32:49.78
6	Tara Berlin	W31 Unattached	11:22.3	35:19.78
7	Wajira Sterioti	W31 Shelton, WA	11:59.6	37:15.69
8	Chris Hatten	W34 Olympia, WA	12:24.3	38:32.27
9	Lisa Rose-Pitts	W34 Unattached	13:09.6	40:53.15
10	Jennifer Sand	W34 Unattached	13:09.8	40:53.58
11	Myra Cruz	W32 Unattached	15:08.0	47:00.97
12	Annette Piliaris	W33 Unattached	16:06.8	50:03.47
13	Jenn Somnis	W31 Olympia, WA	16:28.8	51:11.98
14	Kristin Anlin	W32 Tacoma, WA	16:29.0	51:12.61
15	Leah Harris	W31 Olympia, WA	16:29.5	51:14.12
16	Kaylene Breuer	W34 Olympia, WA	16:29.7	51:14.76
17	Crystal Potter	W31 Unattached	19:13.4	59:43.36
18	Amy Neal	W34 Olympia, WA	19:45.0	1:01:21.47

35-39 Results - Women 5000 Run

1	Caitlin Mason	W38 Unattached	8:37.6	26:48.11
2	Maggie Sinclair	W38 Unattached	9:24.4	29:13.33
3	Shana Weber	W39 Unattached	9:39.5	30:00.24
4	Molli Ragsdale	W36 Unattached	9:45.6	30:19.33
5	Andrea Rydholm	W35 Unattached	10:13.9	31:47.10
6	Wendy Waits	W39 Unattached	10:34.2	32:50.17
7	Kat Gray	W37 Unattached	10:56.9	34:00.75
8	Regina Reeves	W36 Unattached	10:58.3	34:05.17
9	Stephanie Sears	W35 Unattached	11:32.2	35:50.41
10	Joy Beggs	W38 Unattached	12:53.4	40:02.74
11	Valerie Plummer	W35 Unattached	13:38.3	42:22.23
12	Jessey Wright	W36 Unattached	15:35.1	48:24.95
13	Imbenia Kline	W36 Unattached	16:57.2	52:40.10
14	Sylvia Lewis	W37 Unattached	19:04.0	59:14.13
15	Jennifer Harris	W37 Unattached	19:04.2	59:14.72

40-44 Results - Women 5000 Run

1	Sasha Kramer	W41 Unattached	7:56.9	24:41.44
2	Ann Staley	W40 Unattached	8:39.0	26:52.37
3	Jacquelyn Ashley	W43 Unattached	9:13.8	28:40.48

4	Emma Rose	W41 Olympia, WA	9:54.0	30:45.45
5	Kari Robecker	W43 Montesano, WA	10:19.5	32:04.59
6	Sally Hautala	W43 Olympia, WA	10:31.2	32:40.98
7	Wendy Lagerquist	W42 Unattached	10:39.3	33:06.06
8	Kelsey Sandera	W40 Unattached	13:38.7	42:23.38
9	Federica Oliver	W43 Unattached	14:53.8	46:16.66
10	Kristina Ware	W43 Unattached	16:56.9	52:39.30
11	Theresa Snead	W41 Unattached	16:58.8	52:45.00
12	Dawn Crudupt	W44 Unattached	19:03.6	59:12.95

45-49 Results - Women 5000 Run

1	Lori Fair	W47 Olympia, WA	8:53.5	27:37.48
2	Wendi Kirk	W45 Unattached	10:42.1	33:14.83
3	Terri Oberg	W45 Unattached	11:56.0	37:04.50
4	Ann Holeman	W46 Unattached	13:00.8	40:25.78
5	Kimberly Williams	W47 Unattached	18:51.8	58:36.18
6	Kathy Clayton	W49 Unattached	18:52.2	58:37.60

50-54 Results - Women 5000 Run

1	Kelley Rogers	W51 Unattached	10:13.7	31:46.43
2	Cathie Shaughnessy	W52 Unattached	13:10.1	40:54.59
3	Debbie Farver	W52 Unattached	15:58.9	49:39.02
4	Teri Matison	W51 Unattached	16:59.3	52:46.82

55-59 Results - Women 5000 Run

1	Tiare Bailey	W58 Port Ludlow, WA	9:32.1	29:37.44
2	Audrey Kirkwood	W55 Unattached	9:35.3	29:47.34
3	Diana Sheets	W55 Unattached	12:20.4	38:20.16
4	Kahlteen White	W55 Olympia, WA	19:44.7	1:01:20.52

60-64 Results - Women 5000 Run

1	Sandra Madden	W63 Unattached	8:43.9	27:07.45
2	Charlea Sherman	W62 Unattached	9:19.8	28:59.09
3	Bonnie Bunning	W64 Unattached	11:01.8	34:15.99
4	Sylvian Baldwin	W63 Unattached	12:02.5	37:24.66
5	Julie C. Sandberg	W60 Unattached	12:28.7	38:45.95
6	Patricia Husko	W61 Unattached	12:44.9	39:36.42

65-69 Results - Women 5000 Run

1	karen lichtenstein	W68 Unattached	8:51.9	27:32.43
2	Nora Collings	W69 Unattached	10:51.6	33:44.44
3	Nancy Larsen	W67 Unattached	11:52.2	36:52.72
4	Jane Chavey	W68 Tumwater, WA	12:31.0	38:53.14
5	Donna McPeak	W65 Unattached	14:39.4	45:32.16
6	Darlene Peterson	W68 Unattached	15:37.7	48:33.19

70-74 Results - Women 5000 Run

1	Louise Mihay	W74 Unattached	9:48.9	30:29.54
2	Joan Torfin	W72 Unattached	10:07.6	31:27.74
3	Gretchen Ramsdell	W72 Unattached	11:07.3	34:33.17
4	Diane Johnson	W71 Unattached	11:28.7	35:39.71
5	Betty Dietrich	W72 Gig Harbor, WA	13:43.8	42:39.35
6	Kaye V Ladd	W73 Unattached	16:49.2	52:15.45

75-79 Results - Women 5000 Run

1	Molly Childs	W75 Unattached	14:34.3	45:16.09
2	Edythe Hulet	W77 Unattached	16:04.3	49:55.78

80+ Results - Women 5000 Run

1	Chloe Parr	W86 Unattached	16:32.3	51:22.87
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Male

Place	Name	Age Hometown	Avg Mile	Time
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19 & Under Results - Men 5000 Run

1	Kenny Farver	M16 Unattached	6:30.7	20:13.63
2	Oliver Kramer	M10 Unattached	6:54.0	21:26.23
3	Jay Spivak	M15 Unattached	7:00.9	21:47.57
4	Nicolas Mason	M11 Unattached	7:34.5	23:31.84
5	Isaiah Mason	M13 Unattached	8:37.2	26:46.80
6	Z Spivak	M17 Unattached	9:51.8	30:38.44
7	Cole Wilson	M9 Unattached	10:17.5	31:58.22
8	Milo Spivak	M10 Unattached	13:42.8	42:36.31

25-29 Results - Men 5000 Run

1	David Lee	M29 Unattached	17:10.4	53:21.23
2	Jeff Joringman	M29 Olympia, WA	19:13.0	59:42.09

30-34 Results - Men 5000 Run

1	Tim Rydholm	M33 Unattached	6:50.4	21:15.00
2	Joshua Parker	M33 Unattached	8:22.7	26:01.57
3	Mickael Lewis	M31 Unattached	10:23.5	32:17.12

35-39 Results - Men 5000 Run

1	Steven Poile	M36 Unattached	8:39.8	26:54.88
2	Brian Enslow	M39 Unattached	9:24.9	29:14.87
3	Tyler Wilson	M39 Unattached	10:14.9	31:50.20
4	Michael Timm	M39 Unattached	11:41.1	36:17.94
5	Micah Frankus	M37 Unattached	14:25.5	44:48.98

45-49 Results - Men 5000 Run

1	Jeremy Schraeder	M45 Olympia, WA	7:40.4	23:50.38
2	Jeff Garber	M48 Unattached	10:21.8	32:11.65
3	Maria Spivak	M46 Unattached	13:43.1	42:37.05

50-54 Results - Men 5000 Run

1	Igor Velichko	M51 Mill Creek, WA	6:21.3	19:44.57
2	Tim Plummer	M52 Unattached	11:14.2	34:54.42

55-59 Results - Men 5000 Run

1	Keith Lerew	M57 Olympia, WA	6:36.6	20:32.19
2	Douglas Kirk	M55 Unattached	16:30.1	51:15.85

60-64 Results - Men 5000 Run

1 David Sherman	M60 Unattached	6:58.7	21:40.57
2 Steve Husko	M61 Unattached	7:27.5	23:10.06
3 Keith Miller	M61 Unattached	9:43.7	30:13.25
4 Dan Farver	M63 Unattached	15:59.0	49:39.50

65-69 Results - Men 5000 Run

1 Dennis Zaborac	M65 Unattached	7:37.6	23:41.60
2 Dwight Bushue	M69 Unattached	8:42.7	27:03.80
3 Nick Bailey	M66 Port Ludlow, WA	8:54.7	27:41.05
4 David Anderson	M68 Unattached	9:36.5	29:50.98
5 Martinho Ribeiro	M67 Olympia, WA	10:08.8	31:31.33
6 John Peterson	M68 Unattached	14:03.2	43:39.43
7 Robert Neal	M65 Unattached	22:08.5	1:08:47.24

70-74 Results - Men 5000 Run

1 Jim Grant	M72 Unattached	10:35.9	32:55.68
2 Steven Ramsdell	M72 Unattached	11:09.4	34:39.70

75-79 Results - Men 5000 Run

1 Jerry Bronson	M75 Unattached	10:12.4	31:42.48
2 Larry Larsen	M75 Unattached	10:20.3	32:07.04
3 Peter Despot	M78 Unattached	11:03.0	34:19.84
4 Jim Dollar	M75 Olympia, WA	11:17.0	35:03.17

80+ Results - Men 5000 Run

1 Richard Olafson	M81 Unattached	9:56.6	30:53.4
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Results provided by Guerilla Running Racing Club