

## PNTF CHAMPIONSHIP CROSS COUNTRY 2010

<i>Plc</i>	<i>Bib</i>	<i>Name</i>	<i>Age</i>	<i>Team</i>	<i>Time</i>	<i>Tm Pts</i>
<b>COMMUNITY 4K RUN</b>						
<b>Individuals</b>						
Women 50-59						
1	307	Schmidt, Connie	53	Unattached	25:33	--
Women 40-49						
1	269	Rozler, Jen	40	Eastside Runners	19:33	--
Men 29 & Under						
1	331	Loefler, Chris	28	Unattached	16:10	--
2	309	Schmidt, Nate	17	Unattached	19:11	--
Men 30-39						
1	202	Leslie, Coulter	39	Unattached	15:34	--
2	336	Phillips, Jeff	39	Unattached	15:56	--
Men 50-59						
1	328	Kunkle, Karl	56	Club Northwest	16:35	--
2	207	Doyle, John	52	Unattached	18:26	--
3	335	Millard, Phil	52	Unattached	20:47	--
4	329	Bohm, Dale	52	Unattached	27:33	--
Men 70-79						
1	204	Wright, Gary	72	Unattached	26:12	--
<b>Teams</b>						
No team scoring						
<b>WOMEN'S MASTERS 6K</b>						
<b>Individuals</b>						
Women 40-44						
1	231	Vasilyeva, Lyudami	41	Club Northwest	22:49	1
2	214	Empey, Susan	42	Club Northwest	24:01	2
3	229	Simon, Dyan	40	Club Northwest	24:10	3
4	300	Newton, Jenny	40	Mountain West TC	24:29	--
5	267	Pappalardo, Susan	44	Eastside Runners	24:35	--
Women 40-44						
1	230	Steen, Karen	46	Club Northwest	24:50	4
2	301	Thane, Mary	47	Mountain West TC	25:22	--
3	210	Ashby, Christina	47	Club Northwest	25:53	5
4	343	Neal, Michelle	49	Oiselle	27:01	--
5	332	Crisifulli, Kara	47	Oiselle	27:12	--
6	339	Cook, Sarah	47	Unattached	32:51	--
Women 50-54						
1	220	Kruell, Kelly	51	Club Northwest	26:15	1
2	215	Hall, Gail	50	Club Northwest	26:35	2
3	223	McVee, Amy	50	Club Northwest	33:55	3
Women 55-59						
1	227	Prather, Sherri	56	Club Northwest	34:37	4
Women 60-64						
1	326	Nelson, Phyllis	63	Eastside Runners	31:45	--

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Plc	Bib	Name	Age	Team	Time	Tm Pts
<b>Teams</b>						
40-49	1	Club Northwest	6			
50-59	1	Club Northwest	6			

*No other complete teams, even scoring all runners as 40-49.*

### MEN'S MASTERS 6K

#### Individuals

##### Men 40-44

1	206	Lynes, Michael	44	Club Northwest	20:19	1
2	289	Dickson, Craig	43	Guerilla Running	20:53	--
3	247	Messiter, Sean	44	Club Northwest	20:54	2
4	205	Sauvage, Ben	41	Seattle Running	20:59	--
5	246	McCulloch, David	40	Club Northwest	21:14	4
6	340	Weissman, Glen	41	Seattle Running	21:26	--
7	291	Jasperson, Phil	43	Guerilla Running	22:14	--
8	251	Potter, Tom	41	Club Northwest	26:13	--

##### Men 45-49

1	264	Young, Tony	48	Club Northwest	21:12	3
2	342	Bursell, John	46	Unattached	21:24	--
3	249	O'Hearn, John	48	Club Northwest	21:31	5
4	304	Salazar, Dan	45	Seattle Running	21:48	--
5	233	Abdalla, Paul	49	Club Northwest	22:07	6
6	237	Duque, Rick	45	Club Northwest	22:17	7
7	235	Brennand, Bob	49	Club Northwest	22:32	8
8	261	White-Espin, David	49	Club Northwest	22:47	--
9	209	Dunbar, Marcus	45	Unattached	23:23	--
10	236	Brown, Ian	48	Club Northwest	23:35	--
11	241	Kenworth, Craig	48	Club Northwest	23:54	--
12	333	Haywood, Ed	49	Club Northwest	24:18	--
13	344	Koney, Thomas	48	Unattached	24:41	--

##### Men 50-54

1	256	Smith, Michael	52	Club Northwest	21:20	1
2	327	Cannon, David	51	Club Northwest	21:54	2
3	258	Tidd, Steve	50	Club Northwest	22:24	3
4	330	Motteler, Frederic	54	Club Northwest	22:41	4
5	253	Prentice, Ray	51	Club Northwest	22:43	5
6	281	Otani, Russ	52	Eastside Runners	23:58	--
7	201	Cava, Anthony	50	Unattached	24:34	--
8	345	Moulton, Rockwell	53	Club Northwest	24:38	7
9	337	Swenson, John	52	Eastside Runners	26:47	--
10	276	Geer, Norbert	52	Eastside Runners	27:21	--

##### Men 55-59

1	252	Prather, Bob	55	Club Northwest	23:43	6
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##### Men 60-64

1	272	Andersen, Craig	63	Eastside Runners	24:33	1
2	285	Waters, Bill	60	Eastside Runners	25:39	2

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Plc	Bib	Name	Age	Team	Time	Tm Pts
3	208	White, Bennett	62	Unattached	26:01	--
4	278	Mann, Frazer	63	Eastside Runners	26:05	3
5	277	Longmuir, David	63	Eastside Runners	27:02	4
6	286	Corroone, Michael	62	Eastside Runners	29:06	5
7	288	Yamamoto, Osamu	60	Eastside Runners	29:36	--
8	287	McGill, Jim	62	Eastside Runners	29:53	--
9	275	Dwyer, Patrick	64	Eastside Runners	32:40	--
10	280	Norman, Jeff	61	Eastside Runners	33:02	--
<b>Men 70-74</b>						
1	338	Dean, Roger	71	Snohomish	34:06	--
<b>Men 75-79</b>						
1	240	Iffrig, Bill	76	Club Northwest	31:13	--
2	203	Preedy, Melvin	77	Snohomish	45:49	--

### Teams

40-49	1	Club Northwest	15
50-59	1	Club Northwest	15
	2	Eastside Runners	49
60-69	1	Eastside Runners A	6
	2	Eastside Runners B	18

*No other complete teams, even scoring all runners as 40-49.*

### WOMEN'S OPEN 6K

#### Individuals

1	212	Copeland, Claudia	33	Club Northwest	21:23	1
2	232	Wetzel, Rose	28	Club Northwest	22:01	2
3	299	Huse, Suzanne	36	Mountain West TC	22:03	--
4	211	Becker, Sarna	29	Club Northwest	22:10	3
5	222	Mathews-Grossbard, Lauren	30	Club Northwest	22:59	4
6	265	Garvue, Andrea	26	Eastside Runners	23:06	5
7	225	Perkins, Ruth	30	Club Northwest	23:08	6
8	216	Houk, Kristi	26	Club Northwest	23:08	7
9	268	Pitman, Erica	28	Eastside Runners	23:10	8
10	218	Johnson, Megan	29	Club Northwest	23:17	9
11	228	Siemons, Lia	30	Club Northwest	23:26	10
12	221	Lyle, Meghan	25	Club Northwest	23:34	--
13	224	Olsen, Courtney	23	Club Northwest	23:44	--
14	217	Huyck, Linda	38	Club Northwest	23:53	--
15	302	Palen, Rye	36	Mountain West TC	24:04	--
16	226	Patton, letiwe	32	Club Northwest	24:53	--
17	348	Steidl, Trish	33	Seattle Running	25:22	--
18	347	Coll, Neasa	28	Unattached	25:34	--
19	323	Walton, Arielle	24	Western Washington	25:43	--
20	266	Mazor, Melissa	29	Eastside Runners	25:58	11
21	334	Cassata, Julie	29	Seattle Running	26:28	--
22	321	Lahman, Miranda	24	Western Washington	27:07	--

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23	271	Sackett, Veronica	26	Eastside Runners	27:29	12
24	341	Levine, Corinna	29	Seattle Running	27:33	--
25	270	Ruppert, Laura	30	Eastside Runners	27:45	13
26	346	Simpson, Megan	27	Seattle Running	28:22	--

### Teams

1	Club Northwest	16
2	Eastside Runners	49

### MEN'S OPEN 10K

#### Individuals

1	350	Gray, Joseph	26	Club Northwest	31:46	1
2	245	Mandi, Mark	27	Club Northwest	32:43	2
3	244	Lucas, Shawn	26	Club Northwest	33:20	3
4	259	Trammell, Chad	24	Club Northwest	33:22	4
5	243	Limpf, Paul	23	Club Northwest	33:32	5
6	297	Riak, John	24	Guerilla Running	33:37	6
7	263	Winegar, Brett	31	Club Northwest	33:54	7
8	274	Culver, Justin	24	Eastside Runners	34:02	8
9	248	Murphy, Kevin	31	Club Northwest	34:08	9
10	351	Johnson, Destry	35	Seattle Running	34:16	--
11	242	Khalsa, Tahoma	24	Club Northwest	34:24	10
12	296	Price, Josiah	24	Guerilla Running	34:35	11
13	260	Walsh, Spencer	27	Club Northwest	34:40	--
14	273	Critelli, John	25	Eastside Runners	34:53	12
15	311	Hopper, Dylan	24	Unattached	35:00	--
16	298	Stevick, Jesse	24	Guerilla Running	35:09	13
17	279	Moroney, Andrew	30	Eastside Runners	35:13	14
18	315	Reedy, Tabor	24	Unattached	35:50	--
19	284	Tremonte, Chris	30	Eastside Runners	35:52	15
20	303	Koepsell, Tim	27	Seattle Running	36:01	--
21	352	Griswold, Jeriah	28	Club Northwest	36:07	--
22	314	Peterson, Dylan	19	Western Washington	36:14	--
23	234	Bokor, Mark	38	Club Northwest	36:21	--
24	295	Prentice, Andrew	24	Guerilla Running	36:21	16
25	349	Davies, Mark	39	Seattle Running	36:23	--
26	313	Jones, Will	24	Unattached	36:37	--
27	305	Sofen, Eric	25	Seattle Running	36:41	--
28	257	Smits, Kyle	26	Club Northwest	37:14	--
29	316	Robinson, Trevor	24	Unattached	37:25	--
30	324	Anderson, Jeremy	24	Western Washington	37:48	--
31	290	Hill, Bryce	24	Guerilla Running	37:52	17
32	255	Richardson, Willie	37	Club Northwest	38:11	--
33	353	Sweeney, Dylan	18	Unattached	38:19	--
34	254	Reed, Andrew	24	Club Northwest	38:39	--
35	238	Frandsen, Shaun	33	Club Northwest	38:50	--

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36	294	Pineda, Miguel	24	Guerilla Running	39:28	18
37	262	Williams, Ben	31	Club Northwest	39:42	--
38	293	McConnell, Jeson	24	Guerilla Running	41:31	19
39	282	Reese, Andy	28	Eastside Runners	43:11	20
40	292	Martindale, Robert	24	Guerilla Running	47:59	21

### **Teams**

1	Club Northwest	15
2	Guerilla Running	63
3	Eastside Runners	69