

Race Date
June 11, 2016

2016 Cougar Series 2, June 11

Age Group Results

3.12 Miles

Female Top Finishers Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Sarah Donahue	Seattle WA	29	266	1	27:25.8	8:47/M
2	Ariana Burrows	Seattle WA	38	289	2	29:30.1	9:27/M
3	Jen McCormick	Seattle WA	45	285	3	29:40.5	9:31/M

Male Top Finishers Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Ed Smilde	Seattle WA	26	288	1	24:05.3	7:43/M
2	Peter Aroio	Issaquah WA	50	294	2	25:16.7	8:06/M
3	David Lamp	Renton WA	43	273	3	27:15.7	8:44/M

*Overall place within gender

Race Date
June 11, 2016

2016 Cougar Series 2, June 11

Age Group Results

3.12 Miles

Male age unknown

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Adam Greenberg	Kirkland WA	0	287	8	29:21.6	9:24/M
2	Mark Phillips	Sammamish WA	0	293	14	35:11.5	11:17/M

Female 1 to 14

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Nora Levasseur	Seattle WA	14	274	4	31:23.7	10:04/M
2	Siri Donlea	Seattle WA	14	267	5	31:25.4	10:04/M
3	Seamus Atwood	Sammamish WA	12	263	9	38:51.1	12:27/M

Male 1 to 14

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Kengo Shibuya	Bellevue WA	10	284	12	32:05.0	10:17/M

Male 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Leo Donlea	Seattle WA	17	317	5	28:38.9	9:11/M
2	Sam Orth	Seattle WA	15	369	17	53:07.6	17:01/M
3	Charlie Orth	Seattle WA	15	368	18	53:41.6	17:12/M

Female 20 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Kristin Duran	Seattle WA	29	268	6	32:20.8	10:22/M
2	Stefanie McIntosh	Shelton WA	27	276	7	37:53.3	12:09/M
3	Wendy Parsons	Seattle WA	28	278	11	40:47.1	13:04/M
4	Leslie Lopez	Mercer Island WA	28	291	13	49:55.1	16:00/M

Male 20 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Jose Alvarez	JBLM WA	22	292	7	28:55.8	9:16/M

*Overall place within gender

Race Date
June 11, 2016

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Age Group Results

3.12 Miles

Female 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Stacy Williams	Mountlake Terrace WA	33	282	8	38:45.7	12:25/M

Male 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Danny Duran	Seattle WA	30	321	13	32:21.6	10:22/M
2	Travis Schultz	Bainbridge Island WA	34	280	15	35:19.3	11:19/M

Female 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Carrie Atwood	Sammamish WA	42	262	10	38:53.7	12:28/M
2	Kay Shibuya	Bellevue WA	45	283	12	41:52.5	13:25/M

Male 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Tobey Clarkin	Seattle WA	40	264	4	28:16.2	9:04/M
2	Tom Donlea	Seattle WA	48	318	6	28:38.9	9:11/M
3	Scott Blankenship	Sammamish WA	48	286	9	29:57.7	9:36/M
4	Steve Orth	Seattle WA	47	277	10	30:21.5	9:44/M
5	Bo Magluyan	Woodinville WA	47	295	16	36:49.5	11:48/M

Male 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Pete Hendrickson	Bellevue WA	56	290	11	31:49.1	10:12/M

*Overall place within gender

Race Date
June 11, 2016

2016 Cougar Series 2, June 11

Age Group Results

8.22 Miles

Female Top Finishers Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Jo Manahann	Olympia WA	30	429	1	1:02:49.9	7:39/M
2	Alison Smith	Seattle WA	23	381	2	1:06:18.1	8:04/M
3	Stephanie Grimm	Seattle WA	29	337	3	1:07:52.7	8:15/M

Male Top Finishers Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Brett Winegar	Kirkland WA	36	401	1	53:25.8	6:30/M
2	Stefan Redfield	Seattle WA	27	417	2	54:15.6	6:36/M
3	Michael Smith	Renton WA	57	383	3	59:09.0	7:12/M

*Overall place within gender

Race Date
June 11, 2016

2016 Cougar Series 2, June 11

Age Group Results

8.22 Miles

Female age unknown

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Mikayla Barrett	Renton WA	0	415	14	1:24:19.0	10:15/M
2	Mary Anne Bishop	Seattle WA	0	434	40	1:43:21.5	12:34/M
3	Nicola Phillips	Sammamish WA	0	440	46	1:56:50.9	14:13/M

Male age unknown

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Trevor Gerling	Renton WA	0	425	47	1:32:39.3	11:16/M

Female 1 to 14

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Sydney Vernon	Bellevue WA	13	397	34	1:37:52.6	11:54/M

Female 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Ellie Hendrickson	Bellevue WA	19	435	22	1:30:22.4	11:00/M
2	Lena Stern	Seattle WA	17	388	47	1:56:55.4	14:13/M

Male 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Zeth Peterka	Shoreline WA	16	409	16	1:07:43.4	8:14/M

Female 20 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Marie Norris	Seattle WA	26	367	4	1:08:37.0	8:21/M
2	Elizabeth Weeks	Seattle WA	29	400	5	1:13:12.7	8:54/M
3	Virginia Reinert	Dallas PA	26	375	7	1:17:12.1	9:24/M
4	Andrea Frederick	Seattle WA	28	331	10	1:20:27.8	9:47/M
5	Samantha Byrnes	Seattle WA	28	313	11	1:21:06.2	9:52/M

*Overall place within gender

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Age Group Results

8.22 Miles

Male 20 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Joey Chirillo	Renton WA	25	315	10	1:06:02.3	8:02/M
2	Scott Meredith	Bellevue WA	29	363	14	1:07:08.0	8:10/M
3	James Fetterley	Seattle WA	29	328	29	1:14:59.3	9:07/M
4	Kjartan Kennedy	Seattle WA	25	348	43	1:24:11.4	10:14/M
5	Dan Fine	Bellevue WA	23	329	63	1:44:38.9	12:44/M

Female 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Eve Rebennack	Phoenix AZ	37	374	8	1:17:16.3	9:24/M
2	Sarah Menaul	Seattle WA	39	362	9	1:18:41.7	9:34/M
3	Lissa Krawczwk	Seattle WA	35	404	19	1:28:55.2	10:49/M
4	Nicole George	Seattle WA	36	335	21	1:29:03.8	10:50/M
5	Eva Garling	Bothell WA	39	332	23	1:31:01.7	11:04/M

Male 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Dan Anthony	Seattle WA	33	428	4	1:03:16.7	7:42/M
2	Eric Griffiths	Seattle WA	34	336	5	1:03:49.2	7:46/M
3	Mike Stevens	Kirkland WA	39	390	6	1:04:36.7	7:52/M
4	Christopher Andree	Oakland CA	32	305	7	1:04:57.9	7:54/M
5	Justin Huff	Seattle WA	36	410	8	1:05:04.2	7:55/M

Female 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Heather Miller	Golden CO	46	437	6	1:15:20.7	9:10/M
2	Sonya Elder	Bellevue WA	43	325	15	1:24:38.9	10:18/M
3	Elizabeth Mitchell	Seattle WA	49	430	17	1:25:05.9	10:21/M
4	Heather Parker	Auburn WA	46	371	26	1:33:24.7	11:22/M
5	Kasey Myhra	Sammamish WA	44	365	27	1:33:52.8	11:25/M

Male 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Aaron Zedonis	Seattle WA	41	403	11	1:06:20.5	8:04/M
2	Tom Moran	Bellevue WA	41	364	20	1:10:15.3	8:33/M

*Overall place within gender

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Age Group Results

8.22 Miles

Male 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
3	Chris Mallon	Kirkland WA	45	407	23	1:12:38.5	8:50/M
4	Jason Thompson	Kent WA	46	418	24	1:12:45.9	8:51/M
5	Josh Nicholson	Mercer Island WA	40	366	25	1:12:49.5	8:52/M

Female 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Yvette Stepp	Seattle WA	51	387	16	1:25:02.5	10:21/M
2	Cathy Springman	Bellevue WA	53	411	18	1:27:33.9	10:39/M
3	Gunilla Luthra	Bellevue WA	50	353	25	1:32:45.8	11:17/M

Male 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Mark Henderson	Woodinville WA	53	342	13	1:06:43.7	8:07/M
2	Mark Franks	North Bend WA	54	422	21	1:11:26.1	8:41/M
3	Tony Arvish	Mercer Island WA	51	307	22	1:11:43.3	8:43/M
4	Jay Grubb	Seattle WA	55	338	32	1:16:22.6	9:17/M
5	Steve Tilford	Renton WA	58	393	37	1:20:11.9	9:45/M

Male 60 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Pat MacDonald	Newcastle WA	64	432	64	1:46:46.1	12:59/M
2	Charles Manning	Seattle WA	60	354	68	2:09:15.7	15:43/M

*Overall place within gender

Race Date
June 11, 2016

2016 Cougar Series 2, June 11

Age Group Results

14.47 Miles

Female Top Finishers Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Jenny Easterberg	Seattle WA	33	515	1	2:19:33.3	9:39/M
2	Shelaine Dolce	Renton WA	35	513	2	2:24:17.9	9:58/M
3	Iliana Sach	Bellevue WA	38	559	3	2:27:23.7	10:11/M

Male Top Finishers Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Eric Brill	Kent WA	27	506	1	1:50:53.6	7:40/M
2	Jourdan Harley	Seattle WA	25	576	2	1:51:03.4	7:40/M
3	Tyler Mitchell	Bothell WA	31	545	3	1:53:48.1	7:52/M

*Overall place within gender

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Age Group Results

14.47 Miles

Female 15 to 19

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Alexis Harper	Moses Lake WA	19	524	14	2:52:50.0	11:57/M

Female 20 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Megan Murray	Seattle WA	29	547	7	2:45:15.0	11:25/M
2	Patricia Carroll	Seattle WA	28	507	9	2:47:55.4	11:36/M
3	Carissa Lawler	Seattle WA	27	532	17	2:58:16.9	12:19/M

Male 20 to 29

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Jake Logar	Kent WA	26	536	5	1:56:56.2	8:05/M
2	Alex Bond	Seattle WA	29	502	29	2:35:59.6	10:47/M
3	Mark Hoffman	Bothell WA	27	526	34	2:51:19.6	11:50/M

Female 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Lindsey McMeekin	Seattle WA	39	542	6	2:42:18.5	11:13/M
2	Lisa Flores	Seattle WA	32	518	8	2:46:39.4	11:31/M
3	Julie Cassata	Newcastle WA	34	508	15	2:53:32.4	12:00/M
4	Jolyn Su	Newcastle WA	39	579	16	2:57:20.5	12:15/M
5	Nancy Armstrong	Renton WA	35	500	19	3:02:07.9	12:35/M

Male 30 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Matt Hong	Bellevue WA	39	569	6	2:00:31.8	8:20/M
2	Xiao Wang	Seattle WA	30	562	7	2:01:19.7	8:23/M
3	Mark Slivka	Seattle WA	36	574	10	2:05:16.5	8:39/M
4	Dustin Haydock	Bainbridge Island WA	31	525	11	2:07:37.2	8:49/M
5	Travis Schultz	Bainbridge Island WA	34	560	13	2:10:22.0	9:01/M

Female 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Holly Davis	Seattle WA	41	571	4	2:36:37.5	10:49/M

*Overall place within gender

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Female 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
2	Nancy Pullen-Seufert	Renton WA	41	557	5	2:38:49.3	10:59/M
3	Jeannine Mackie	Gig Harbor WA	46	580	10	2:48:24.0	11:38/M
4	Julia Piasecki	Seattle WA	42	567	11	2:48:25.1	11:38/M
5	Dawn Winters	Mercer Island WA	48	564	12	2:50:10.7	11:46/M

Male 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Amon Mende	Seattle WA	41	578	4	1:54:52.8	7:56/M
2	Steven Kent	North Bend WA	48	528	8	2:02:05.6	8:26/M
3	Jason Bremer	Seattle WA	44	505	9	2:03:44.2	8:33/M
4	Arthur Martineau	Renton WA	48	538	12	2:09:18.8	8:56/M
5	David Braza	Bellevue WA	46	504	15	2:17:37.8	9:31/M

Female 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Jill Hudson	Seattle WA	54	527	25	3:15:47.0	13:32/M
2	Kate Emerson	Bellevue WA	53	516	26	3:16:12.8	13:34/M

Male 50 to 59

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Tobin Marsh	Seattle WA	51	573	18	2:21:22.4	9:46/M
2	John Rodakowski	Olympia WA	50	558	19	2:22:01.3	9:49/M
3	Marcel Neff	Shoreline WA	58	549	25	2:27:57.7	10:13/M
4	Glenn Gaither	Shelton WA	54	575	35	2:51:33.6	11:51/M
5	Bryan Miller	Renton WA	59	543	36	2:53:02.6	11:57/M

Male 60 to 69

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall*</u>	<u>Time</u>	<u>Pace</u>
1	Brian Lawler	Bainbridge Island WA	65	531	45	3:29:36.9	14:29/M

*Overall place within gender