

# Cascade Striders Flying Feet Invitational

## Saturday, October 12, 2013

\*New Course Record\*

### Club Codes:

BP Barron Park Striders  
 CS Cascade Striders  
 FW Federal Way Track Club  
 HCC Highland Community Center  
 HL Highline  
 HV Hill & Valley  
 HP Highpoint  
 IG Issaquah Gliders

RBTC Rainier Beach Track Club  
 RCF Rain City Flyers  
 RUFIT Running Unlimited Fitness  
 SM Spokane Mercury  
 SNO Snohomish Track Club  
 SU Speed Unlimited  
 WT Whatcom Tesseract  
 UA Unattached

5 & 6 Year Old Girls 800 meters			
Place	Runner	Club	Time
1	*Sydney Collier*	CS	3:52
2	Kaitlin Kriha	IG	4:14
3	Lisette Burrows	CS	4:20
4	Ashley Smith	RCF	4:22
5	Tegan Holme	FW	4:26
6	Julie Pertold	CS	4:55
7	Ashley Frasier	HCC	5:32
8	Hayley Frasier	HCC	6:00
9	Cymran McDonald	FW	6:34
10	Louisa Personett	RCF	DNF

Team Results		
1st	CS	6 pts

5 & 6 Year Old Boys 800 meters		
Place	Runner	Club
1	Jacob Gannon	IG
2	Brooks Kapfhammer	IG
3	Jack Evans	UA
4	Jacob Haneberg	SNO
5	Tyler Knox	HP
6	Wesley Sterick	BP
7	Conner Gannon	IG
8	Quinton Sing	FW
9	Jayden Frasier	HCC
10	Whit Linxweiler	HP
11	Calvin Forsberg	CS
12	Ryan Frisbie-Smith	RCF

Team Results		
1st	IG	6 pts

<b>7 &amp; 8 Year Old Girls 2000 meters</b>			
<b>Place</b>	<b>Runner</b>	<b>Club</b>	<b>Time</b>
1	Jessalyn Robles	UA	9:50
2	Emily Gleeson	IG	11:02
3	Alivia Evans	UA	11:07
4	Ella Hansen	CS	11:38
5	Julia Holt	RCF	11:39
6	Veronica Rolakova	CS	12:19
7	Amelie Burrows	CS	12:20
8	Lola Semone	HL	12:25
9	Elsa Personett	RCF	12:28
10	Margie McKnight	CS	12:29
11	Madeline Nay	IG	12:44
12	Ainslee Smith	RCF	12:49
13	Bea Corley	CS	13:09
14	Naia Porter	IG	13:37
15	Pauline Jaculewicz	RCF	14:10
16	Akal Solomon	RBTC	14:17

<b>Team Results</b>		
1st	CS	11 pts
2nd	RCF	18 pts
3rd	IG	20 pts

<b>7 &amp; 8 Year Old Boys 2000 meters</b>		
<b>Place</b>	<b>Runner</b>	<b>Club</b>
1	Miles Herndon	RCF
2	Paul Secheyron	CS
3	Gavin Levchak	FW
4	Jackson Fitch	RCF
5	Brandon Daar	IG
6	Aidan Brees	SNO
7	Duncan Frisbie-Smith	RCF
8	Ismael Jackson	CS
9	Cameron Willard	RCF
10	Ameyan Dash	UA
11	Evan Daar	IG
12	Liam Carbon	CS
13	Etienne Redpath	RCF
14	Eli Anderson	RCF

<b>Team Results</b>		
1st	RCF	8 pts
2nd	CS	14 pts

<b>9 &amp; 10 Year Old Girls 3000 meters</b>			
<b>Place</b>	<b>Runner</b>	<b>Club</b>	<b>Time</b>
1	Taylor Nichols	RCF	12:06
2	Faith Martinez	SU	12:09
3	Jazmyn Stone	FW	12:20
4	Emily DeJarlais	CS	12:30
5	Sloane Selenis	RCF	12:42
6	Claudia Wolf	CS	13:03
7	Makenna Maxwell	UA	13:05
8	Kathleen Riordan	FW	13:20
9	Maja van Zuylen	RCF	13:21
10	Mackenzie Metcalf	RCF	13:48
11	Faith Henry	RCF	14:00
12	Kelsey Ballard	FW	14:15
13	Isla Chadsey	RCF	14:17
14	Lauren Arnold	CS	14:33
15	Ella Brees	SNO	15:23
16	Nell Corley	CS	15:26
17	Jamie Church	CS	15:37
18	Jala Alderson	A+	16:55
19	Eva Personett	RCF	17:23
20	Jasmine Anderson	RCF	17:31
21	Alyssa Peppers	UA	17:34
22	Ella Gruen	RCF	17:38
23	Pari McDonald	FW	18:49
24	Welch Solomon	RBTC	18:59
25	Alicia Salva	RCF	19:12
26	Emma Wyatt	SNO	19:31
27	Myshaya Millard	A+	20:12
28	Margit Pertold	CS	21:27

<b>Team Results</b>		
1st	RCF	12 pts
2nd	FW	18 pts
3rd	CS	20 pts

<b>11 &amp; 12 Year Old Girls 3000 meters</b>			
<b>Place</b>	<b>Runner</b>	<b>Club</b>	<b>Time</b>

<b>9 &amp; 10 Year Old Boys 3000 meters</b>			
<b>Place</b>	<b>Runner</b>	<b>Club</b>	
1	Nathan Evans	SU	
2	Rowan Rathbun	RCF	
3	Thomas Forston	RCF	
4	Oliver Kramer	BP	
5	Benny Brudnak	CS	
6	Ethan Erickson	RCF	
7	Rayjin Olson	CS	
8	Leo Homar	RCF	
9	Maximus Sing	FW	
10	Eli Podell	RCF	
11	Logan Johns	UA	
12	Mason McVey	RCF	
13	Soren Hansen	CS	
14	Fletcher Christian	CS	
15	Sam Price	CS	
16	Ian Keegan	RBTC	
17	Owen Stringer	CS	
18	Sage Scheuerell	BP	
19	Rohan Hendrickson	UA	
20	Jaden O'Hara	BP	
21	Luke Bawden	CS	
22	Ben Christensen	CS	
23	Jaylen Jones	A+	
24	Samuel Henry	RCF	
25	Mason Greene	CS	
26	Kaelen Moens	RCF	
27	Sam Aschalew	A+	
28	Zekai Moore	A+	
29	Cap Linxweiler	HP	
30	Hunter Peterson	CS	
31	Colin Chang	CS	

<b>Team Results</b>		
1st	RCF	8 pts
2nd	CS	20 pts
3rd	BP	32 pts
4th	A+	63 pts

<b>11 &amp; 12 Year Old Boys 3000 meters</b>			
<b>Place</b>	<b>Runner</b>	<b>Club</b>	

1	Maya Nichols	RCF	11:13
2	Emmie Sullivan	WT	11:21
3	Asa Selenis	RCF	11:33
4	Anya Hirschfeld	RCF	11:33
5	Danielle Jaculewicz	RCF	11:34
6	Kate Forsberg	CS	11:55
7	Jane Andersen	CS	11:56
8	Mina Young	RCF	12:01
9	Briana Daniels	CS	12:05
10	Maria Salomon	WT	12:10
11	Lydia Montgomery	RCF	12:27
12	Sammy Donner	SNO	12:35
13	Lauren Barkley	CS	12:49
14	Sylvia Bergerud	RCF	12:58
15	Maddie Fortson	RCF	13:08
16	Olivia Reichert	RCF	13:15
17	Tierney Duffy	A+	13:31
18	Alexandra Straumann	CS	13:41
19	Grace Playstead	BP	13:44
20	Brooke Kastelar	SNO	13:47
21	Dani Lockert	RCF	13:50
22	Kate Leary	UA	14:11
23	Mari Kramer	RCF	14:34
24	Morgan Owens	UA	14:49
25	Piper Brown	WT	14:49
26	Ana McDonald	FW	15:08
27	Grace Gunlogson	HP	15:17
28	Hannah Maneberg	SNO	15:30
29	Kelly Wyatt	SNO	13:33
30	Lily Luksich	SNO	15:37
31	Courtney McCormack	CS	15:58
32	Elizabeth Nay	IG	16:15
33	Junnah Haque	CS	16:50
34	Kennedy Knox	HP	17:24

Team Results		
1st	RCF	8 pts
2nd	CS	22 pts
3rd	WT	32 pts
4th	SNO	55 pts

13 & 14 Year Old Girls 4000 meters			
Place	Runner	Club	Time
1	Katie Thronson	SM	15:07
2	Kristen Garcia	WT	15:21

1	Luke Houser	CS
2	Jovan Koledin	RCF
3	Gannon Forsberg	CS
4	Tom Secheyron	CS
5	Evan Brees	SNO
6	Carson Taylor	FW
7	Brian Martinez	WU
8	Adam Sjolund	FW
9	Harrison Fitch	RCF
10	Aiden Cantine	SU
11	Elian Joseph	SU
12	Ethan Anderson	BP
13	Matthew Holme	FW
14	Joseph Andersen	CS
15	Colton Low	FW
16	Hugh Randall	BP
17	Thomas Morrell	HP
18	Colby Wilson	BP
19	Sam Grant	BP
20	John Bussey	BP
21	Sanjay Raman	CS
22	Peter Woodward	IG
23	Davis Fjeld	HP
24	Patrick Husband	SM
25	Bowen Kennedy	BP
26	Christopher Murray	CS
27	Sam Mindlin	WT
28	Myshawn Hillard	A+
29	Ali Ruziev	CS
30	Aarun Hendrickson	UA

Team Results		
1st	CS	6 pts
2nd	FW	20 pts
3rd	SU	20 pts
4th	BP	38 pts

13 & 14 Year Old Boys 4000 meters		
Place	Runner	Club
1	*Gabriel Fendel*	CS
2	Sheamus Mahoney	SM

3	Meissa Neumann	SU	15:24
4	Abby Goff	SM	15:29
5	Quincy Gale	WT	15:47
6	Emma Sjolund	FW	16:07
7	Kathleen Crosby	CS	16:16
8	Mary Rose	SU	16:39
9	Ellee London	CS	17:05
10	Grace Oswin	WT	17:29
11	Veronica Redpath	RCF	17:55
12	Catherine Maring	CS	17:58
13	Elena Willems	SNO	18:02
14	Aliya Schenck	SU	18:10
15	Emma Fjermedal	RCF	18:18
16	Ashlyn Ramos	SU	18:21
17	Ciara Gunning	SM	18:21
18	Abbie Ruddick	RCF	18:50
19	Stella Robertson	RCF	18:58
20	Maya Konings	RCF	19:16
21	Sophia Chaffey	CS	19:31
22	Brooke Chang	CS	19:35
23	Maya McDonald	FW	19:57
24	Aenne Thom	SNO	20:11
25	Megan Richardson	CS	23:01
26	Mina Carroll	HP	24:13
27	Bridget Boyle	RCF	24:48
28	Abigail Peterson	CS	24:54
29	Claire Wolf	RCF	25:02

Team Results		
1st	WT	11 pts
2nd	SU	17 pts
3rd	CS	19 pts
4th	RCF	32 pts

3	Tyler Tanta	SNO
4	Cade Brown	WT
5	Carter Blunden	FW
6	Parker Rathbun	RCF
7	Jonah Salomon	WT
8	Jared Donnel	CS
9	Justin Beumeler	FW
10	Zion Crocker	WT
11	Alex Donne	SNO
12	Coleman Herndon	RCF
13	Ryan Vasileff	RUFIT
14	Gilbert Peterson	CS
15	Wyatt Watson	WT
16	Adam Gikas	CS
17	Gunnar Hansen	CS
18	Ailey Birkeland	RCF
19	Donovan Henderson	FW
20	Alex Maclean	RCF
21	Henry Gruen	RCF
22	Calvin Brindle	SU
23	Zachary Harmon	SNO
24	Joseph Kirk-Woodbury	HP
25	Dean Powell	CS

Team Results		
1st	WT	15 pts
2nd	CS	17 pts
3rd	FW	24 pts
4th	RCF	26 pts

15 & 16 Year Old Girls 4000 meters			
Place	Runner	Club	Time
1	Emily Donnel	CS	17:42

Open Women 4000 meters			
Place	Runner	Club	Time
1	Vicky Donnel	CS	17:18
2	Suzanne Olson	CS	17:52
3	Crista Prince	RCF	17:54
4	Anita Manns	CS	18:47
5	Madison Sullivan	UA	18:56
6	Carol Mahoney	SM	19:17

Team Results		
1st	CS	6 pts

Open Men 4000 meters		
Place	Runner	Club
1	*Michael Chinchar*	FW
2	Joe Johnson	CS
3	Darryl Genest	FW
4	Mark Holme	FW
5	Chris Lewis	SM
6	Steve Corley	CS
7	Ed Sullivan	WT
8	Jeff Pertold	CS
9	Andy Hendrickson	UA
10	Vratislav Polak	CS
11	Andy Stringer	CS
12	Nate Christian	CS
13	Eric Olson	CS
14	Pete Bawden	CS
15	Kirk Devine	CS

Team Results		
1st	FW	8 pts
2nd	CS	13 pts

<b>Time</b>
4:19
4:21
4:30
4:40
4:42
4:42
4:49
5:16
5:31
5:34
5:35
6:47

<b>Time</b>
9:43
10:05
10:29
10:31
11:01
11:03
11:03
11:30
11:35
11:38
11:47
12:29
12:37
13:08



Time
11:58
12:10
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15:14
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19:19
20:41
21:21
21:21

Time
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10:48
10:56
10:59
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11:46
11:52
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12:57
12:57
13:00
13:02
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13:23
13:49
13:51
14:00
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15:55
16:58

<b>Time</b>
13:19
14:18

14:18
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14:38
15:03
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15:42
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16:27
16:33
16:39
16:52
17:00
17:12
17:18
18:22
20:10
22:37

<b>Time</b>
13:01
14:11
14:25
14:44
15:24
16:03
16:23
16:29
16:47
17:58
18:13
18:17
18:24
19:19
19:32