

Cascade Striders Flying Feet Invitational

10/11/08

Mini-Bantam (6 & under) 800 m

Record - Boys				Record - Girls			
	Name	Team	Time		Name	Team	Time
1999	DeVantre Munson	SCAA	3:34	1999	Erin Wilbur	CS	3:51
1	Jackson Kembel	IG	4:24	1	Emmie Sullivan	RCF	4:41
2	Harrison Cole	IG	4:28	2	Emily DeJarlais	IG	4:54
3	Elian Joseph	CS	4:41	3	Trinity Wilhite	BPS	5:30
4	Ross Nakamura	IG	4:51	4	Lillie Adamson	IG	5:37
5	Kedryn Chandler	U/A	4:51				
6	Asher Tungsvik	IG	5:48				

	Teams:	Pts.
1st	Issaquah Gliders	6

Sub-Bantam (7 & 8) 1500 m

Record - Boys				Record - Girls			
	Name	Team	Time		Name	Team	Time
2007	Jesse Goldstone	FWTC	6:04	2007	Tatum Thornton	PRTC	6:54
1	Ruben Joseph	CS	6:47	1	Megan Richardson	CS	8:03
2	Jackson Richmond	CS	6:53	2	Camille Adamson	IG	8:17
3	Landon Armstrong	CS	6:59	3	Kimara VanVliet	CS	8:40
4	Riley Paulino	FWTC	7:02	4	Savanna Bruno	SNO	9:08
5	Kazdyn Chandler	U/A	7:39	5	Erica Mann	CS	9:11
6	Rhys daPonte	IG	7:55	6	Juliana Tungsv	IG	9:14
7	Marcus Helliker	CS	7:57	7	Lauren Wiltkoph	CS	9:19
8	Zachary Curran	CS	8:11	8			
9	Alexander Katz	RCF	8:46				

	Teams:	Pts.
1st	Cascade Striders	6

	Teams:	Pts.
1st	Cascade Striders	6

Bantam (9 & 10) 3000 m

Record - Boys				Record - Girls			
	NAME	Team	Time		NAME	Team	Time
2003	Jacob Pogue	SHS	11:20	2001	Annie Dear	BP	12:09
1	Jesse Goldstone	FWTC	11:37	1	Alexi Kyro	RCF	12:53
2	Alec Woodruff	FWTC	12:24	2	Sophie Cantine	IG	12:55
3	Mats Haneberg	SNO	12:29	3	Laura Rodeheffer	U/A	13:10
4	Chris Bianchini	SNO	13:10	4	Sydda Rice	RCF	13:16
5	Zachary Blake	FWTC	13:15	5	Molly Vagt	U/A	13:22
6	Nicolas Golecke	FWTC	13:39	6	Zanna Sullivan	RCF	13:55
7	Ben Garret	FWTC	14:36	7	Paloma Grey Farkas	RCF	13:59
8	Aidan Robinson	CS	14:42	8	Malia Nakamura	IG	14:01
9	Nathan Brown	SNO	16:12	9	Marley McVay	IG	14:02
10	Reid Waters	Ephrata	16:15	10	Megan Phillips	CS	14:03
11	Nicholas DeJarlais	IG	16:36	11	Emily Donnel	CS	14:29
				12	Ariel Wihite	BPS	14:35
				13	Kyana Chandler	U/A	14:41
				14	Kalysha Chandler	U/A	14:48
				15	Katarina LaSpada	CS	15:06
				16	Molly Nelson	RCF	16:11
				17	Emma Ratshin	RCF	16:11
				18	Nora Fujita-Yuhas	RCF	16:47
				19	Anna Adcox	IG	22:15
				20	Sara Fielder	IG	22:25

	Teams:	Pts.
1st	Federal Way Track Club	8
2nd	Snohomish Track Club	15

	Teams:	Pts.
1st	Rain City Flyers	8
2nd	Issaquah Gliders	15
3rd	Cascade Striders	27

Midget (11 & 12) 3000 m

Record - Boys				Record - Girls			
	NAME	Team	Time		NAME	Team	Time
2007	David Goldstone	FWTC	10:23	2007	Amy-Eloise Neale	Snohomish	10:53
1	John Rodeheffer	U/A	10:42	1	Audrey Western	Oiselle	11:32
2	Aaron Roe	CS	10:46	2	Katia Matora	CS	11:51
3	Matt Saunders	FWTC	11:42	3	Isabella Chaffey	CS	11:51
4	Harrison Devine	CS	11:52	4	Patryce McWilliams	FWTC	12:12
5	Max Waters	Ephrata	11:59	5	Alexis Mann	CS	12:26
6	Sami Gegoux	FWTC	12:38	6	Bri Gibson	Oiselle	12:34
7	Danny Schrader	FWTC	12:44	7	Lindsey Call	Oiselle	12:43
8	Tyler Phillips	CS	12:48	8	Kyandra Chandler	U/A	12:48
9	Nathan Burns	SNO	13:33	9	Abigail Haley	Oiselle	13:06
10	Thomas Lindgren	SNO	13:40	10	Amelia Best	Oiselle	13:14
11	Ben Richardson	CS	13:44	11	Zabrina Bateh	FWTC	13:19
12	Logan Armstrong	CS	13:55	12	Kysa Johnson	CS	13:30
13	Sam Altenberger	RCF	14:42	13	Juliana Beauchera	IG	13:30
14	Danny Lucas	CS	16:09	14	Natalia LaSpada	CS	13:49
15	Rohan Aras	CS	16:25	15	Isabel Teppner	IG	13:51
16	Masaki Rayment	CS	17:21	16	Elena Joseph	CS	13:53
				17	Lauren Vagt	U/A	14:05
				18	Emma Lower	Oiselle	14:24
				19	Meg Coyle	CS	14:38
				20	Daisy Johnson	RCF	14:56

	Teams:	Pts
1st	Cascade Striders	10
2nd	Federal Way Track Club	11

	Teams:	Pts
1st	Cascade Striders	9
2nd	Oiselle	12

Youth (13 & 14) 4000 m

Record - Boys				Record - Girls			
	NAME	Team	Time		NAME	Team	Time
1997	Jonathon Manthey	FWTC	13:49	2008	Amy-Eloise Neale	SNO	14:51
1	Ruben Riordan	FWTC	14:36	1	Amy-Eloise Neale	SNO	14:51
2	Wolfgang Beck	RCF	15:19	2	Chandler Olson	CS	15:00
3	Matthew Thompson	RCF	15:21	3	Lila Rice	RCF	16:15
4	James Jasperson	BPS	15:29	4	Cassidy Brown	FWTC	16:44
5	Will VanCleve	RCF	15:50	5	Renee Wahlman	CS	16:58
6	Jack Dimmer	FWTC	16:46	6	Lauren Saunders	FWTC	17:07
7	Conrad Cipoletti	CS	18:20	7	Terra McGinnis	FWTC	17:32
8	Anthony Bernicchi	CS	18:22	8	Kendall Sahl	RCF	17:39
9	Cameron Devine	CS	18:23	9	Claire Helliker	CS	18:14
10	Fernando Eizaguirro	IG	19:25	10	Olivia Meyer	U/A	19:47
11	Marshall Melrose	CS	19:31	11	Rachel Richardson	CS	20:42
				12	Kathryn Ahean	CS	20:52
				13	Samantha Jewett	RCF	21:30
				14	Mizuki Rayment	CS	22:13

	Teams:	Pts
1st	Rain City Flyers	6
2nd	Cascade Striders	22

	Teams:	Pts
1st	Cascade Striders	13
2nd	Federal Way Track Club	14
3rd	Rain City Flyers	20

Intermediate/Young (15 - 18) 4000 m

Record - Boys				Record - Girls			
	NAME	Team	Time		NAME	Team	Time
2006	Justin Helm	FWTC	13:30	2005	Lisa Cushing	FWTC	15:40
1	Paul Huynh	SRC	14:56	1	Maria Gonzalez	SRC	21:19
2	Nelson Arroyo	SRC	18:27	2	Summer Tucker	CS	21:38

Open 4000 m

Record - Men				Record - Women			
	NAME	Team	Time		NAME	Team	Time
2004	Jon Manthey	FWTC	13:24	2001	Lisa Taylor	SHS	16:11
1	Darryl Genest	FWTC	13:54	1	Anita Manns	CS	18:12
2	Joe Johnson	CS	14:55	2	Naomi Panian	CS	18:25
3	Paul Melrose	CS	15:03	3	Debbi Armstrong	CS	23:02
4	Lewis Merges	IG	15:38	4	Donna Valentine	CS	25:28:00
5	Markus VanAchte	CS	15:45	5	Debbie Phillips	CS	27:00:00
6	Tom Lucas	CS	15:54				
7	John Goldstone	FWTC	17:27				
8	Scott Richardson	CS	17:36				
9	Kirk Devine	CS	17:48				
10	Bryan Lee	SRC	19:26				
11	Gary Johnson	CS	20:24				
12	Tim Jewett	RCF	20:52				

Team Abbreviations

Cascade Striders	CS
Federal Way TC	FWTC
Issaquah Gliders	IG
Plateau Runners TC	PRTC
Rain City Flyers	RCF
Seattle Running Club	SRC
Snohomish TC	SNO
Team Ephrata	Ephrata
Barron Park Striders	BPS
Oiselle	Oiselle