

**Cascade Striders Flying Feet Invitational  
10/10/2009**

Mini-Bantam (6 & under) 800 m							
Record - Boys				Record - Girls			
	Name	Team	Time		Name	Team	Time
<b>1999</b>	<b>DeVantre Munson</b>	<b>SCAA</b>	<b>3:34</b>	<b>1999</b>	<b>Erin Wilbur</b>	<b>CS</b>	<b>3:51</b>
1	Cameron Andrews	SCAA	4:14	1	Emily DeJarlais	CS	4:17
2	Bram Schenck	CS	4:15	2	Maya Canting	IG	4:40
3	Hunter Choudhry	CS	4:32	3	Kana Kardong	IG	5:11
4	Asher Tungsvik	IG	4:59	4	Nicole Penner	U/A	6:11

	Teams:	Pts.
1st	Cascade Striders	6
2nd	Issaquah Gliders	15

Sub-Bantam (7 & 8) 1500 m							
Record - Boys				Record - Girls			
	Name	Team	Time		Name	Team	Time
<b>2007</b>	<b>Jesse Goldstone</b>	<b>FWTC</b>	<b>6:04</b>	<b>2007</b>	<b>Tatum Thornton</b>	<b>PRTC</b>	<b>6:54</b>
1	Riley Paulino	FWTC	6:45	1	Jacqueline Blake-Brown	FWTC	7:29
2	Harrison Fitch	RCF	6:51	2	Mina Young	RCF	7:42
3	Rhys da Ponte	IG	7:10	3	Marlena Kramer	RCF	8:16
4	Noah Schroeder	Whidbey	7:33	4	Leila Adams	SCAA	8:19
5	Zach Curran	CS	7:40	5	Emmie Sullivan	RCF	8:21
6	Elian Joseph	CS	7:40	6	Camille Koney	RCF	8:40
7	Gus Trimble	IG	7:54	7	Trinity Wilhite	Barron	8:41
8	Peter Woodward	IG	7:58	8	Juliana Tungsvik	IG	8:43
9	Nicholas Johnson	FWTC	8:04	9	Catherine Wiekev	Whidbey	8:45
10	Harrison Cabe	IG	8:22				
11	Nyles Avernios	Whidbey	8:42				
12	Kieran Kardong	IG	8:47				
13	Simon Ball	RCF	8:47				

	Teams:	Pts.
1st	Issaquah Gliders	6

	Teams:	Pts.
1st	Rain City Flyers	6

Bantam (9 & 10) 3000 m							
Record - Boys				Record - Girls			
	NAME	Team	Time		NAME	Team	Time
<b>2003</b>	<b>Jacob Pogue</b>	<b>SHS</b>	<b>11:20</b>	<b>2001</b>	<b>Annie Dear</b>	<b>BP</b>	<b>12:09</b>
1	Zachary Blake	FWTC	12:21	1	Laura Rodeheffer	Whidbey	12:15
2	RJ McCormack	CS	12:40	2	Katherine Copland	Barren	12:15
3	Chris Bianchini	SNO	12:46	3	Sophie Cantine	IG	12:21
4	Ethan Doshi	RCF	13:05	4	Eden Fox	CS	12:57
5	Jared Donnel	CS	13:12	5	Alexi Kyro	RCF	13:08
6	Myles Klingler	SCAA	13:28	6	Ariel Withite	FWTC	13:16
7	Ryan Vasileft	Whidbey	13:42	7	Kaithryn Chelberg	Whidbey	13:17
8	Landon Armstrong	CS	13:56	8	Aliya Schenck	CS	13:38
9	Coleman Herndon	RCF	14:13	9	Carolynn Wicker	Whidbey	13:47
10	Marcus Helliker	CS	14:24	10	Callie Mejia	IG	14:17
11	Devon Cantrell	RCF	14:35	11	Katarina LaSpada	SoCal	14:37
12	Alex Woodard	RCF	15:08	12	Nora Fujita-Yuhas	RCF	14:39
13	Bobby Lau	CS	15:12	13	Anna Lapella	FWTC	15:28
14	Nicholas DeJarlais	CS	15:30	14	Caroline Ferguson	U/A	15:57
15	Evan Ruan	IG	15:30	15	Josey Batura	IG	17:24
16	Tanner Choudhry	CS	16:04	16	Chloe Margarones	RCF	18:33
17	Avery Dailidenas	CS	16:27				
18	David Liew	IG	17:32				
19	Elliott Young	RCF	17:37				

	Teams:	Pts
1st	Cascade Striders	8
2nd	Rain City Flyers	14

	Teams:	Pts
1st	Whidbey	10
2nd	Issaquah Gliders	16
3rd	Rain City Flyers	19

Midget (11 & 12) 3000 m							
Record - Boys				Record - Girls			
	NAME	Team	Time		NAME	Team	Time
<b>2007</b>	<b>David Goldstone</b>	<b>FWTC</b>	<b>10:23</b>	<b>2007</b>	<b>Amy-Eloise Neale</b>	<b>Snohomish</b>	<b>10:53</b>
1	Brendan Myrick	FWTC	11:43	1	Alexis Mann	CS	12:06
2	Mats Hangberg	SNO	11:59	2	Paloma GreyFarkus	RCF	12:19
3	Alec Woodruff	FWTC	12:10	3	Bri Gibson	Oiselle	12:25
4	David Howard	FWTC	12:34	4	Casey Clark	Oiselle	12:30
5	Thomas Lindgren	SNO	12:37	5	Patryce McWilliams	FWTC	12:31
6	Nicolas Goleeke	FWTC	12:50	6	Pascale De Sa E Silva	CS	12:35
7	Luke Beauchamp	CS	13:06	7	Sydda Rice	RCF	12:36
8	Ben Garrett	FWTC	13:26	8	Marisa Sligh	Whidbey	12:39
9	Rohan Aras	CS	13:58	9	Anne Maher	Oiselle	12:45
10	Miguel Guzman	Whidbey	14:16	10	Emily Donnel	CS	12:56
11	TJ Hori	CS	14:17	11	Zanna Sullivan	RCF	12:59
12	Tristan Johnson	FWTC	14:40	12	Rebekah Oviatt	RCF	13:12
13	Logan Armstrong	CS	14:41	13	Elena Joseph	CS	13:13
14	Will Oden	CS	14:42	14	Amelia Best	Oiselle	13:21
15	Sami Gegoux	FWTC	14:53	15	Emma Lower	Oiselle	13:22
16	Masaki Rayment	CS	15:05	16	Paloma J Langone	FWTC	13:38
17	Sam Lapella	FWTC	15:15	17	Elina-Jones toutant	RCF	14:47
18	Cameron Meade	CS	16:20	18	Megan Phillips	CS	14:50
19	Peter Moore	RCF	17:36	19	Sarah Richardson	CS	15:03
				20	Zabrina Bateh	FWTC	15:17
				21	Caroline Sharp	Oiselle	15:34
				22	Alexis Kramer	CS	16:06
				23	Flora Davis	RCF	16:32
				24	Claudia Woodward	IG	16:59
				25	Addie Mejia	IG	17:02
				26	Anna Adeoy	IG	17:03
				27	Clara Orndoff	RCF	17:59
				28	Isabelle Dailidenas	CS	21:17

	Teams:	Pts
1st	Federal Way Track Club	6
2nd	Cascade Striders	20

	Teams:	Pts
1st	Oiselle	15
2nd	Cascade Striders	16
3rd	Rain City Flyers	19
4th	Federal Way Track Club	39
5th	Issaquah Gliders	72

Youth (13 & 14) 4000 m							
Record - Boys				Record - Girls			
	NAME	Team	Time		NAME	Team	Time
<b>1997</b>	<b>Jonathon Manthey</b>	<b>FWTC</b>	<b>13:49</b>	<b>2008</b>	<b>Amy-Eloise Neale</b>	<b>SNO</b>	<b>14:51</b>
1	John Rodeheffer	Whidbey	14:04	1	Audrey Western	Oiselle	15:32
2	Jack Pearce	RCF	14:07	2	Rose Christen	Oiselle	16:02
3	Aaron Roe	CS	14:42	3	Olivia Meyer	Whidbey	16:47
4	James Jaspersen	Barron	15:00	4	Natalie Sharp	Oiselle	16:50
5	Shay Glackin-Coley	FWTC	15:27	5	Caracol Haley	Oiselle	17:13
6	Warren Madson	RCF	15:31	6	Paige Hallstrom	FWTC	17:28
7	Paul Everett	FWTC	15:45	7	Isabella Chaffey	CS	17:36
8	Stewart Kunzehuan	FWTC	15:47	8	Kysa Johnson	CS	17:52
9	Stephen Miller	Whidbey	15:57	9	Anna Hill	U/A	18:01
10	Nick Koney	RCF	16:50	10	Natalia LaSpada	SoCal	18:34
11	Harrison Devine	CS	16:53	11	Lindsey Call	Oiselle	19:09
12	Matt Saunders	FWTC	16:55	12	Karissa Kjenstad	FWTC	19:47
13	Tyler Phillips	CS	17:00	13	Meg Coyle	CS	20:47
14	Vincent Garcia	CS	18:12	14	Kate Ahearn	CS	21:22
15	Valentin Monfort-Schaeffer	RCF	18:13	15	Brianna Fecarotta	FWTC	3:35
16	Chris Gyr	IG	19:16				
17	Matthew Nesteroff	CS	24:33				
18	William Ballinger	RCF	29:06				

	Teams:	Pts
1st	Federal Way Track Club	14
2nd	Rain City Flyers	15
3rd	Cascade Striders	20

	Teams:	Pts
1st	Oiselle	6
2nd	Cascade Striders	23
3rd	Federal Way Track Club	25

Intermediate/Young (15 - 18) 4000 m							
Record - Boys				Record - Girls			
	NAME	Team	Time		NAME	Team	Time
<b>2006</b>	<b>Justin Helm</b>	<b>FWTC</b>	<b>13:30</b>	<b>2005</b>	<b>Lisa Cushing</b>	<b>FWTC</b>	<b>15:40</b>
1	Sean Keane	U/A	14:10	1	Summer Tucker	CS	21:49
2	Cameron Devine	CS	18:15				

Open 4000 m							
Record - Men				Record - Women			
	NAME	Team	Time		NAME	Team	Time
<b>2004</b>	<b>Jon Manthey</b>	<b>FWTC</b>	<b>13:24</b>	<b>2001</b>	<b>Lisa Taylor</b>	<b>SHS</b>	<b>16:11</b>
1	Peter Oviatt	RCF	13:54	1	Lyuda Vasilyeva	CS	15:33
2	Sean Keane	U/A	14:10	2	Theresa Westfall	RCF	18:24
3	Bill Rodeheffer	Whidbey	14:32	3	Naomi Panian	CS	18:47
4	Bill DeJarlais	CS	14:54	4	Tori Ahearn	CS	20:26
5	Paul Melrose	CS	15:27	5	Debbie Phillips	CS	20:31
6	Scott Phillips	CS	15:36	6	Vicky Donnel	CS	21:01
7	Paul Rice	RCF	16:29	7	Cindy Choudhry	CS	21:22
8	Danny Lau	CS	17:41	8	Dawn Dailidenas	CS	23:28
9	Ed Sullivan	RCF	17:48	9	Donna Valentine	CS	24:01
10	Kirk Devine	CA	19:30				

#### Team Abbreviations

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

## Cascade Striders Flying Feet Invitational Top 10 list

### Mini-Bantam girls 800 meters

### Mini-Bantam Boys 800 meters

	Year	Name	Club	Time			Year	Name	Club	Time
1	1999	Erin Wilbur	CS	3:51		1	1999	Da'Vantre Munson	SCAA	3:34
2	1998	Sammantha McKee	ESTC	3:54		2	2005	Jesse Goldstone	FWTC	3:40
3	1998	Nina Knight	SCAA	4:03		3	1997	Cole Tybur	ESTC	3:41
4	2009	Emily DeJarlais	CS	4:17		4	1998	Robert Ferris	ESTC	3:51
4	1999	Lamaria Roller	SHS	4:24		5	1997	Conor Van Achte	ESTC	3:55
5	1997	Michelle Dixon	ESTC	4:25		6	1999	Madison Spencer	CS	3:57
6	2000	Loren Ferris	CS	4:31		7	1997	Keith Wood	RCF	4:03
7	2006	Isabel Meyers	RCF	4:32		8	1998	Chris Melrose	BE	4:03
8	2004	Kristen Laidler	CS	4:36		9	2006	Ruben Joseph	CS	4:06
8	2006	Andie Kolasinski	IG	4:36		10	2000	Noah Heidenreich	RCF	4:10

### Sub-Bantam Girls 1500 meters

### Sub-Bantam Boys 1500 meters

	Year	Name	Club	Time			Year	Name	Club	Time
1	2006	Tatum Thornton	PRTC	6:54		1	2007	Jesse Goldstone	FWTC	6:04
2	1999	Ariana Jones	SCAA	7:13		2	1997	Wesley Erickson	RCF	6:16
3	1999	Nina Knight	SCAA	7:14		3	2006	Jesse Goldstone	FWTC	6:20
4	2006	Kirsten Flindt	PRTC	7:18		4	1997	Nicholas Smith	GRG	6:21
4	1997	Dana Dixon	CS	7:18		5	2002	Geoffrey Martin-Noble	RCF	6:29
6	2002	Alisa Poplawski	IG	7:20		6	2000	Da'Vantre Munson	SCAA	6:37
6	2003	Kysa Johnson	CS	7:20		7	2003	James Jaspersen	BPS	6:39
8	2002	Leah Steele	RCF	7:22		8	2004	Mitchell Krzyzewski	CS	6:39
9	2003	Kendall Sahl	RCF	7:24		9	2004	Gabriel Joseph	CS	6:41
10	1997	Elizabeth Melrose	ESTC	7:25		10	2002	Michael Valentine	CS	6:45
						10	2009	Riley Paulino	FWTC	6:45

### Bantam Girls 3000 meters

### Bantam Boys 3000 meters

	Year	Name	Club	Time			Year	Name	Club	Time
1	2001	Annie Dear	BP	12:09		1	2003	Jacob Pogue	SHS	11:20
2	2009	Laura Rodeheffer	Whidbey	12:15		2	2005	David Goldstone	FWTC	11:26
3	2009	Katherine Copland	Barron	12:15		3	2002	Jacob Pogue	SHS	11:35
4	2007	Patryce McWilliams	FWTC	12:20		4	2000	Drake da Ponte	IG	11:35
5	2009	Sophie Cantine	IG	12:21		5	2008	Jesse Goldstone	FWTC	11:37
6	2005	Lila Rice	RCF	12:28		6	2002	Sterling Bernard	SHS	11:40
7	2005	Lily Engelbrekt	RCF	12:30		7	2007	Jesse Goldstone	FWTC	11:54
8	2001	Mary Kate Wiechilt	IG	12:34		8	2005	Simon Barbe	FWTC	11:55
9	1999	Nicole Cochran	SHS	12:36		9	2001	Eric Walsh	BP	11:59
10	2007	Katia Matora	CS	12:39		10	2000	Eric Walsh	BP	12:01

**Midget Girls 3000 meters**

	Year	Name	Club	Time
1	2007	Amy-Eloise Neale	Sno	10:53
2	2001	Nicole Cochran	SHS	10:58
3	2006	Maddie Meyers	RCF	11:19
4	2007	Lily Engelbrekt	RCF	11:23
5	2006	Lila Rice	RCF	11:31
6	2001	Rachel Wilbur	CS	11:32
7	2008	Audrey Western	Oiselle	11:32
7	2001	Sarah Lorch	SHS	11:36
8	2002	Meghan Baker	SHS	11:37
9	2003	Sarah Lord	CS	11:39

**Midget Boys 3000 meters**

	Year	Name	Club	Time
1	2007	David Goldstone	FWTC	10:23
2	2001	Drake da Ponte	IG	10:30
3	2007	Jack Pearce	RCF	10:40
4	2006	David Goldstone	FWTC	10:41
5	2008	John Rodeheffer	U/A	10:42
6	2001	Amin Tufa	RCF	10:45
7	2008	Aaron Roe	CS	10:46
8	2002	Drake da Ponte	IG	10:47
9	2007	Ruben Riordan	FWTC	10:53
10	2006	Ruben Riordan	FWTC	10:59

**Youth Girls 4000 meters**

	Year	Name	Club	Time
1	2008	Amy-Eloise Neale	SNO	14:51
2	1997	Jesse McGoughlan	MCP	14:56
3	2008	Chandler Olson	CS	15:00
4	2005	Ashlee Sincaugh	FWTC	15:02
5	2003	Nicole Cochran	SHS	15:04
6	2002	Katrina Drennen	FWTC	15:09
7	2002	Nicole Cochran	SHS	15:25
8	1998	Amy Lia	ESTC	15:30
9	2009	Audrey Western	Oiselle	15:32
10	2001	Katrina Drennen	FWTC	15:42

**Youth Boys 4000 meters**

	Year	Name	Club	Time
1	1997	Jonathan Manthey	FWTC	13:49
2	2001	Matthew Kaftanski	RCF	13:54
3	2002	Matthew Frerker	IG	13:55
4	2002	Yonas Behre	RCF	14:02
5	2009	John Rodeheffer	Whidbey	14:04
6	2009	Jack Pearce	RCF	14:07
7	2004	Abraham Behre	RCF	14:10
8	2004	Justin England	FWTC	14:13
9	2002	Amin Tufa	RCF	14:14
10	2000	Nick Filipchik	OB	14:15

**Intermediate Girls 4000 meters**

	Year	Name	Club	Time
1	2005	Lisa Cushing	FWTC	15:40
2	2007	Ashley Nichols	SRC	15:44
3	1999	Amy Lia	CS	16:01
4	1999	Angela Taylor	SHS	16:18
5	2003	Kari Sandoval	AMHS	16:30
6	2004	Liisa Cushing	FWTC	16:43
7	1997	Lydia Erickson	RCF	17:58
8	1999	Megan McCauley	SHS	18:02
9	2007	Liz Ciagett	RCF	18:36
10	1998	Hailey Young	FWTC	18:49

**Intermediate Boys 4000 meters**

	Year	Name	Club	Time
1	2006	Justin Helm	FWTC	13:30
2	2004	Lars Wyatt	CS	13:40
3	2009	Sean Keane	U/A	14:10
4	2003	Doug Holt	CS	14:13
5	2003	Lars Wyatt	CS	14:16
6	2001	Steven Alkire	AMHS	14:28
7	2003	Andrew Riley	UA	14:33
8	2001	Brad Jacobson	FWTC	14:35
9	2006	Morgan Borman	FWTC	14:37
10	2003	Ben Snyder	AMHS	14:38

**Young Women 4000 meters**

	Year	Name	Club	Time
1	2009	Summer Tucker	CS	21:49
2				
3				
4				
5				
6				
7				
8				
9				
10				

**Young Men 4000 meters**

	Year	Name	Club	Time
1	2007	Justin Helm	FWTC	13:16
2	2000	Patrick Fraley	RCF	14:59
3	1999	Erik Galvan	FWTC	15:57
4	2007	Ryan Duchscherer	FWTC	16:23
5				
6				
7				
8				
9				
10				

**Open Men 4000 meters**

	Year	Name	Club	Time
1	2004	Jon Manthey	FWTC	13:24
2	2004	Darryl Genest	FWTC	13:28
3	2003	Darryl Genest	FWTC	13:29
4	1997	Darryl Genest	FWTC	13:33
5	2002	Darryl Genest	FWTC	13:34
6	1998	Peter Tel	SHS	13:39
7	2001	Darryl Genest	FWTC	13:42
8	2005	Darryl Genest	FWTC	13:42
9	2008	Darryl Genest	FWTC	13:54
9	2009	Peter Oviatt	RCF	13:54

**Open Women**

	Year	Name	Club	Time
1	2009	Lyuda Vasilyeva	CS	15:33
2	2001	Lisa Taylor	SHS	16:11
3	2004	Lisa Tyler	FWTC	16:38
4	1999	Marianne Stiles	FWTC	16:49
5	1998	Jenny Swanson	UA	17:06
6	2002	Karen King	RCF	17:04
7	2001	Jenny Swanson	UA	17:14
8	2001	Noreen Walters	SHS	18:06
9	2008	Anita Manns	CS	18:12
10	1997	Elizabeth Erickson	RCF	18:19