

7 Mile Run 2019

Male 9 - 14

Place	Bib #	Name	Time	Type	City
1	570	XAVIER MUHONEN	00:57:16	Runner	Shelton
2	612	AIDEN SMITH MUHONEN	01:00:53	Runner	
3	554	AIDEN DODGE	01:01:05	Runner	Shelton

Male 15 - 19

Place	Bib #	Name	Time	Type	City
1	559	JAMES FARR	01:12:25	Runner	

Male 20 - 29

Place	Bib #	Name	Time	Type	City
1	623	MATT LOWE	00:37:36	Runner	
2	630	MARIO RIVERA	00:52:10	Runner	

Male 30 - 39

Place	Bib #	Name	Time	Type	City
1	566	HUBER LAGROU	00:57:19	Runner	Shelton

Male 40 - 49

Place	Bib #	Name	Time	Type	City
1	582	CARL SEE	01:01:39	Runner	Olympia
2	560	KEVIN FRYE	01:01:52	Runner	Shelton
3	577	STEVE RENECKER	01:25:07	Runner	Shelton

Male 50 - 59

Place	Bib #	Name	Time	Type	City
1	617	CORY WOODARD	00:46:32	Runner	
2	618	JOHN JOHNSON	00:48:56	Runner	
3	620	BEN JOHNSON	00:54:51	Runner	
4	561	GREG HACK	01:00:24	Runner	Shelton
5	588	MICHAEL WOODS	01:00:42	Runner	Shelton
6	573	BRIAN PHIPPS	01:06:09	Runner	Shelton
7	552	BOB CIAMPI	01:14:06	Runner	

Male 60 - 69

Place	Bib #	Name	Time	Type	City
1	572	ROY OSTERHAUS	01:01:46	Runner	
2	575	JEFFREY QUIMBY	01:06:44	Runner	Belfair

Overall Male

Place	Bib #	Name	Time	Type	City
1	623	MATT LOWE	00:37:36	Runner	
2	617	CORY WOODARD	00:46:32	Runner	
3	618	JOHN JOHNSON	00:48:56	Runner	
4	630	MARIO RIVERA	00:52:10	Runner	
5	620	BEN JOHNSON	00:54:51	Runner	
6	570	XAVIER MUHONEN	00:57:16	Runner	Shelton
7	566	HUBER LAGROU	00:57:19	Runner	Shelton
8	561	GREG HACK	01:00:24	Runner	Shelton
9	588	MICHAEL WOODS	01:00:42	Runner	Shelton
10	612	AIDEN SMITH MUHONEN	01:00:53	Runner	
11	554	AIDEN DODGE	01:01:05	Runner	Shelton
12	582	CARL SEE	01:01:39	Runner	Olympia
13	572	ROY OSTERHAUS	01:01:46	Runner	
14	560	KEVIN FRYE	01:01:52	Runner	Shelton
15	573	BRIAN PHIPPS	01:06:09	Runner	Shelton
16	575	JEFFREY QUIMBY	01:06:44	Runner	Belfair
17	559	JAMES FARR	01:12:25	Runner	
18	552	BOB CIAMPI	01:14:06	Runner	
19	577	STEVE RENECKER	01:25:07	Runner	Shelton

Female 20 - 29

Place	Bib #	Name	Time	Type	City
1	553	KATIE CRABB	01:09:14	Runner	Shelton
2	571	MARIA NAVA	01:14:30	Runner	Olympia
3	563	DANIELLE JOHNSON	01:15:26	Runner	Elma

Female 30 - 39

Place	Bib #	Name	Time	Type	City
1	565	DAWN LAGROU	00:59:25	Runner	Shelton
2	567	JAIME LUYSER	01:00:55	Runner	Olympia
3	555	HEATHER DODGE	01:01:53	Runner	
4	562	HEIDI HULL	01:03:56	Runner	
5	574	MELISSA PUHN	01:07:38	Runner	Shelton
6	613	SILVIA GAITAN HIGAREDA	01:08:16	Runner	
7	580	LONNI RICKARD	01:23:30	Runner	Shelton

Female 40 - 49

Place	Bib #	Name	Time	Type	City
1	437	PRISCILLA HART	01:00:18	Runner	
2	569	SHAWN MORIARTY	01:04:59	Runner	Olympia
3	557	BARB EMERT	01:05:04	Runner	Shelton
4	568	JILL MCKNIGHT	01:08:17	Runner	
5	454	MONICA AIKINS	01:08:42	Runner	
6	622	LETICIA ROJAS	01:11:42	Runner	
7	550	ANGELA BURRIS	01:14:06	Runner	
8	558	ELAINE FARR	01:21:06	Runner	
9	549	JENNIFER BULLARD	01:21:07	Runner	Shelton
10	576	JENNIFER RENECKER	01:25:08	Runner	Shelton
11	581	CHRISTINIA ROBERTON	01:29:19	Runner	Shelton

Female 50 - 59

Place	Bib #	Name	Time	Type	City
1	578	KATHY REYES	01:07:14	Runner	
2	585	JULIE SPIELMANN	01:10:59	Runner	Arlington

7 Mile Run 2019

Female 60 - 69

Place	Bib #	Name	Time	Type	City
1	615	JAN BARRY	01:08:42	Runner	

Overall Recumbent

Place	Bib #	Name	Time	Type	City
1	330	FRANK DORUAL	00:42:24	Recumbent	

Overall Female

Place	Bib #	Name	Time	Type	City
1	565	DAWN LAGROU	00:59:25	Runner	Shelton
2	437	PRISCILLA HART	01:00:18	Runner	
3	567	JAIME LUYSTER	01:00:55	Runner	Olympia
4	555	HEATHER DODGE	01:01:53	Runner	
5	562	HEIDI HULL	01:03:56	Runner	
6	569	SHAWN MORIARTY	01:04:59	Runner	Olympia
7	557	BARB EMERT	01:05:04	Runner	Shelton
8	578	KATHY REYES	01:07:14	Runner	
9	574	MELISSA PUHN	01:07:38	Runner	Shelton
10	613	SILVIA GAITAN HIGAREDA	01:08:16	Runner	
11	568	JILL MCKNIGHT	01:08:17	Runner	
12	615	JAN BARRY	01:08:42	Runner	
13	454	MONICA AIKINS	01:08:42	Runner	
14	553	KATIE CRABB	01:09:14	Runner	Shelton
15	585	JULIE SPIELMANN	01:10:59	Runner	Arlington
16	622	LETICIA ROJAS	01:11:42	Runner	
17	550	ANGELA BURRIS	01:14:06	Runner	
18	571	MARIA NAVA	01:14:30	Runner	Olympia
19	563	DANIELLE JOHNSON	01:15:26	Runner	Elma
20	558	ELAINE FARR	01:21:06	Runner	
21	549	JENNIFER BULLARD	01:21:07	Runner	Shelton
22	580	LONNI RICKARD	01:23:30	Runner	Shelton
23	576	JENNIFER RENECKER	01:25:08	Runner	Shelton
24	581	CHRISTINIA ROBERTON	01:29:19	Runner	Shelton