

**Fremont 5K Pacific Northwest Association Championship of USATF**

Certified course, 86 degrees, sunny, Friday, June 21, Seattle

1) David Martin	24	14:59	Seattle, WA
2) Tony Young	40	15:05	Redmond, WA
3) Phil Kochik	24	15:16	Seattle
4) Mike Lynes	36	15:26	Tacoma
5) Matt Messner	33	15:26	Bothell

1) Susan Ashlock	24	17:51	Bellevue
2) Regina Joyce	45	17:59	Lynnwood
3) Sarah Gist	29	18:29	Seattle
4) Lila Silverstein	33	18:31	Seattle
5) Elizabeth Stahl	34	18:35	Seattle