

Fremont Fun Run 5k Pacific Northwest Association 5K Championship Seattle 06/20/03

WOMEN

1 Jennifer Tonkin	Seattle	16:27 CR
2 Regina Joyce	Lynnwood	17:32 (1st masters)
3 Trisha Rosenberg	Seattle	17:58
4 Brigid Stirling	Seattle	18:16
5 Shelley Williams	Seattle	18:44 (2nd masters)

MEN

1 David Martin	Seattle	14:40 (3rd consecutive win)
2 Miguel Galeana	Olympia	14:50
3 Chris Charles	Seattle	15:05
4 Ben Sauvage	Seattle	15:35
5 Ben Haber	Seattle	15:42