

Cascade Striders Flying Feet Invitational

Top 10 Times

Wilburton Park, Bellevue, WA

updated 10/9/2021 Following Cascade Striders 2021 Meet

Mini-Bantam Girls 800 meters (through 2010)

	Year	Name	Club	Time
1	1999	Erin Wilbur	CS	3:51
2	1998	Samantha McKee	ESTC	3:54
3	1998	Nina Knight	SCAA	4:03
4	2009	Emily DeJarlais	CS	4:17
5	1999	Lamaria Roller	SHS	4:24
6	1997	Michelle Dixon	ESTC	4:25
7	2000	Loren Ferris	CS	4:31
8	2006	Isabel Meyers	RCF	4:32
9	2004	Kristen Laidler	CS	4:36
	2006	Andie Kolasinski	IG	4:36

Mini-Bantam Boys 800 meters (through 2010)

	Year	Name	Club	Time
1	1999	Da'Vantre Munson	SCAA	3:34
2	2005	Jesse Goldstone	FW	3:40
3	1997	Cole Tybur	ESTC	3:41
4	1998	Robert Ferris	ESTC	3:51
5	1997	Conor Van Achte	ESTC	3:55
6	1999	Madison Spencer	CS	3:57
7	1997	Keith Wood	RCF	4:03
	1998	Chris Melrose	BE	4:03
9	2006	Ruben Joseph	CS	4:06
10	2000	Noah Heidenreich	RCF	4:10

5 & 6 Year Old Girls 800 meter (new course 2011)

	Year	Name	Club	Time
1	2019	Andie Price	WE	3:45
2	2014	Audrey Schneider	RCF	3:47
3	2013	Sydney Collier	CS	3:52
4	2021	Belle Cummins	SC	3:54
5	2017	Emma Lally	SC	4:00
6	2019	Emma Withy Evans	RCF	4:03
7	2021	Madelyn Meyer	SC	4:08
8	2021	Louisiana Strom	SC	4:09
9	2019	Beau Sitzmann	WS	4:12
	2012	Harper Holt	RCF	4:12

5 & 6 Year Old Boys 800 meters (new course 2011)

	Year	Name	Club	Time
1	2014	Quinten Brooks	CS	3:43
2	2019	Kai Daligcon	RCF	3:48
3	2018	Tyler Kao	WS	3:51
4	2017	Hugh Reardon	KIT	3:53
5	2019	Sebastian Rodero	RCF	3:56
6	2017	Matthew Wixted	KIT	3:57
	2021	Miles Davie	WS	3:57
8	2014	Jack Evans	UA	4:00
9	2014	Jaxon Sheffield	CS	4:01
	2018	Alister Wallace	UA	4:01

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Sub-Bantam Girls 1500 meters (through 2010)

	Year	Name	Club	Time
1	2006	Tatum Thornton	PRTC	6:54
2	2010	Jazmyn Stone	FW	7:05
3	1999	Ariana Jones	SCAA	7:13
4	1999	Nina Knight	SCAA	7:14
5	1997	Dana Dixon	CS	7:18
	2006	Kirsten Flindt	PRTC	7:18
7	2002	Alisa Poplawski	IG	7:20
	2003	Kysa Johnson	CS	7:20
9	2002	Leah Steele	RCF	7:22
10	2003	Kendall Sahl	RCF	7:24

Sub-Bantam Boys 1500 meters (through 2010)

	Year	Name	Club	Time
1	2007	Jesse Goldstone	FW	6:04
2	1997	Wesley Erickson	RCF	6:16
3	2006	Jesse Goldstone	FW	6:20
4	1997	Nicholas Smith	GRG	6:21
5	2002	Geoffrey Martin-Noble	RCF	6:29
6	2000	Da'Vantre Munson	SCAA	6:37
7	2003	James Jaspersen	BP	6:39
	2004	Mitchell Krzyzewski	CS	6:39
9	2004	Gabriel Joseph	CS	6:41
10	2002	Michael Valentine	CS	6:45
	2009	Riley Paulino	FW	6:45

7 & 8 Year Old Girls 2000 meters (new course 2011)

	Year	Name	Club	Time
1	2018	Abigail Wallace	UA	8:54
2	2012	Faith Martinez	SU	9:19
3	2017	Corrine Hudders	RCF	9:24
4	2021	M. Rodriguez-Villen	RCF	9:29
5	2018	Paetyn Price	KIT	9:33
6	2021	Beau Berry	MI	9:34
7	2019	Grace Gilson	CNW	9:35
8	2021	Beau Sitzmann	WS	9:36
9	2012	Taylor Nichols	RCF	9:43
10	2012	Claudia Wolf	CS	9:47

7 & 8 Year Old Boys 2000 meters (new course 2011)

	Year	Name	Club	Time
1	2019	Micah Webber	FW	8:56
2	2016	Quinten Brooks	SU	9:12
3	2017	Luke Atchley	KIT	9:13
4	2012	Nathan Evans	IG	9:17
	2018	Brooks Oliver	RCF	9:17
6	2014	Paul Sechyron	CS	9:27
7	2016	Hunter Hurl	MTC	9:28
	2018	Gabe Kolsrud	FW	9:28
9	2016	Colton Worley	SUN	9:36
10	2018	Ryan Wisted	KIT	9:37

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9 & 10 Year Old Girls 3000 meters

	Year	Name	Club	Time
1	2012	Kate Jendrezak	SU	11:37
2	2021	Elin Beeler	CS	11:38
3	2014	Faith Martinez	SU	11:40
4	2019	Corine Hudders	RCF	11:42
5	2014	Taylor Nichols	RCF	11:47
6	2019	Jordan Daligcon	RCF	11:51
7	2012	Danielle Jaculewicz	RCF	11:58
8	2019	Paetyn Price	WE	12:04
9	2013	Taylor Nichols	RCF	12:06
10	2001	Annie Dear	BP	12:09
	2013	Faith Martinez	SU	12:09
	2019	Emilia Rosouer	RCF	12:09

9 & 10 Year Old Boys 3000 meters

	Year	Name	Club	Time
1	2019	Henry Herb	RCF	11:12
2	2021	Micah Weber	FW	11:14
3	2018	Hudson Wallace	UA	11:17
4	2003	Jacob Pogue	SHS	11:20
5	2018	Quinten Brooks	SU	11:22
6	2005	David Goldstone	FW	11:26
7	2017	Kian Compton	SC	11:27
8	2012	Gannon Forsberg	CS	11:31
	2014	Nathan Evans	SU	11:31
10	2017	Connor Ricky	SU	11:34

11 & 12 Year Old Girls 3000 meters

	Year	Name	Club	Time
1	2011	Sophie Cantine	SU	10:45
2	2007	Amy-Eloise Neale	SNO	10:53
3	2011	Kat Copeland	SU	10:58
4	2011	Nicole Cochran	SHS	10:58
5	2012	Katie Thronson	SM	11:01
6	2015	Julia David-Smith	SU	11:03
7	2017	Alyvia Brown	CS	11:08
8	2015	Ella Borsheim	FW	11:09
9	2018	Ava Borsheim	FW	11:10
10	2013	Maya Nichols	RCF	11:13
	2014	Kate Jendrezak	SU	11:13
	2017	Ava Borsheim	FW	11:13

11 & 12 Year Old Boys 3000 meters

	Year	Name	Club	Time
1	2021	Zach Davis	RCF	10:14
2	2021	Henry Herb	RCF	10:15
3	2007	David Goldstone	FW	10:23
4	2012	Sheamus Mahoney	SM	10:28
5	2001	Drake da Ponte	IG	10:30
6	2019	Connor Rickey	CS	10:38
	2021	John Herb Jr.	RCF	10:38
8	2007	Jack Pearce	RCF	10:40
	2014	Brian Martinez	SU	10:40
10	2006	David Goldstone	FW	10:41

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13 & 14 Year Old Girls 4000 meters

	Year	Name	Club	Time
1	2017	Ella Borsheim	FW	14:27
2	2016	Julia Smith	SU	14:28
3	2012	Sophie Cantine	SU	14:44
4	2011	Mimi Meggison	WT	14:45
5	2019	Ava Borsheim	FW	14:49
	2019	Ella Budden	SU	14:49
7	2008	Amy-Eloise Neale	SNO	14:51
8	1997	Jesse McGoughlan	MCP	14:56
9	2008	Chandler Olson	CS	15:00
10	2005	Ashlee Sincaugh	FW	15:02
	2016	Serena Tyrone	WT	15:02

13 & 14 Year Old Boys 4000 meters

	Year	Name	Club	Time
1	2013	Gabriel Fendel	CS	13:19
2	2014	Luke Houser	CS	13:32
3	2014	Tyler Tanta	CS	13:48
4	1997	Jonathan Manthey	FW	13:49
	2016	Brayden Packerd	SC	13:49
6	2018	Will Scheider	RCF	13:50
7	2010	Charlie Barringer	CS	13:51
	2014	Lance Mason	CS	13:51
	2018	Adrean Tafolla	SU	13:51
10	2017	Anthony Smith	SU	13:53

15 & 16 Year Old Girls 4000 meters

	Year	Name	Club	Time
1	2005	Lisa Cushing	FW	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	Lisa Cushing	FW	16:43
7	2015	Emily Donnel	CS	17:10
8	2013	Emily Donnel	CS	17:42
9	2012	Lydia Erickson	RCF	17:58
10	1999	Megan McCauley	SHS	18:02

15 & 16 Year Old Boys 4000 meters

	Year	Name	Club	Time
1	2006	Justin Helm	FWTC	13:30
2	2004	Lars Wyatt	CS	13:40
3	2015	Jonah Salomon	WT	14:02
4	2009	Sean Keane	UA	14:10
5	2003	Doug Holt	CS	14:13
6	2003	Lars Wyatt	CS	14:16
7	2001	Steven Alkire	AMHS	14:28
8	2003	Andrew Riley	UA	14:33
9	2001	Brad Jacobson	FW	14:35
10	2006	Morgan Borman	FW	14:37

17 & 18 Year Old Women 4000 meters

	Year	Name	Club	Time
1	2011	Madison Sullivan	WT	18:02
2	2014	Madison Sullivan	WT	18:07
3	2009	Summer Tucker	CS	21:49
4				
5				
6				
7				
8				
9				
10				

17 & 18 Year Old Men 4000 meters

	Year	Name	Club	Time
1	2007	Justin Helm	FWTC	13:16
2	2018	Logan Burk	KIT	13:43
3	2000	Patrick Fraley	RCF	14:59
4	2021	Isaiah McMillan	CS	15:42
5	1999	Erik Galvan	FWTC	15:57
6	2007	Ryan Duchscherer	FWTC	16:23
7	2018	Usman Mozzam	CS	17:28
8				
9				
10				

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Open Women 4000 meters

	Year	Name	Club	Time
1	2011	Lacey London	CS	15:31
2	2009	Lyuda Vasilyeva	CS	15:33
3	2001	Lisa Taylor	SHS	16:11
4	2011	Catie Rodeheffer	WI	16:23
5	2016	Susan Pappalardo	CS	16:35
6	2004	Lisa Tyler	FW	16:38
7	2017	Susan Pappalardo	CS	16:44
8	1999	Marianne Stiles	FW	16:49
9	2012	Theresa Westfall	WT	16:52
10	2011	Theresa Westfall	WT	17:01

Open Men 4000 meters

	Year	Name	Club	Time
1	2013	Michael Chinchar	FW	13:01
2	2017	Casey Campbell	SC	13:10
3	2004	Jon Manthey	FW	13:24
4	2004	Darryl Genest	FW	13:28
5	2003	Darryl Genest	FW	13:29
6	1997	Darryl Genest	FW	13:33
7	2002	Darryl Genest	CS	13:34
	2010	Joe Johnson	FW	13:34
9	1998	Peter Tel	SHS	13:39
10	2001	Darryl Genest	FW	13:42
	2005	Darryl Genest	FW	13:42