

# 53rd Annual Seaside Beach Run

10K  
July 20, 2019  
Seaside, Oregon

Timed using 'Race Timer XL'

version 2012.01

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## Age Group Results

| Place          | Race# | LastName   | FirstName | Age | Gender | City, State      | Overall Time | Pace(min/mi) | Group %-Rank |
|----------------|-------|------------|-----------|-----|--------|------------------|--------------|--------------|--------------|
| <b>Overall</b> |       |            |           |     |        |                  |              |              |              |
| 1              | 128   | Squire     | Mark      | 40  | M      | Seaside, OR      | 0:36:02      | 0:05:49      | 0            |
| 2              | 134   | Floyd      | Mike      | 50  | M      | Gearhart, OR     | 0:36:42      | 0:05:55      | 3.2          |
| 3              | 102   | Scherding  | Julian    | 25  | M      | Portland, OR     | 0:37:16      | 0:06:01      | 6.4          |
| 4              | 103   | Windhorn   | Kyle      | 30  | M      | Liberty Lake, WA | 0:39:48      | 0:06:25      | 9.6          |
| 5              | 127   | Tomolson   | Austin    | 31  | M      | Seaside, OR      | 0:40:06      | 0:06:28      | 12.9         |
| 6              | 126   | Stefanelli | Alyssa    | 31  | F      | Seaside, OR      | 0:43:00      | 0:06:56      | 16.1         |
| 7              | 131   | Watts      | Laura     | 40  | F      | Lake Oswego, OR  | 0:43:42      | 0:07:03      | 19.3         |
| 8              | 130   | Frazier    | Devon     | 29  | F      | Beaverton, OR    | 0:46:54      | 0:07:34      | 22.5         |
| 9              | 114   | Payne      | Amanda    | 35  | F      | Seaside, OR      | 0:47:21      | 0:07:38      | 25.8         |
| 10             | 119   | Wadley     | Cory      | 40  | M      | Astoria, OR      | 0:47:52      | 0:07:43      | 29           |
| 11             | 106   | Lyda       | Jacob     | 25  | M      | Hillsboro, OR    | 0:48:23      | 0:07:48      | 32.2         |
| 12             | 104   | Weston     | Randy     | 61  | M      | Carlton, OR      | 0:48:38      | 0:07:51      | 35.4         |
| 13             | 105   | Sampson    | Bob       | 61  | M      | Gearhart, OR     | 0:48:45      | 0:07:52      | 38.7         |
| 14             | 132   | Kelso      | Kelsey    | 34  | F      | Salado, TX       | 0:50:36      | 0:08:10      | 41.9         |
| 15             | 118   | Tackett    | Eric      | 23  | M      | Aberdeen, NC     | 0:50:56      | 0:08:13      | 45.1         |
| 16             | 125   | Stefanelli | Mark      | 63  | M      | Seaside, OR      | 0:51:17      | 0:08:16      | 48.3         |
| 17             | 117   | Blachly    | Kerri     | 28  | F      | Gresham, OR      | 0:52:46      | 0:08:31      | 51.6         |
| 18             | 129   | Hess       | Scott     | 57  | M      | Aloha, OR        | 0:53:37      | 0:08:39      | 54.8         |
| 19             | 110   | Craig      | Deanna    | 44  | F      | La Ronge, SK     | 0:54:16      | 0:08:45      | 58           |
| 20             | 112   | Watson     | Katie     | 39  | F      | Astoria, OR      | 0:55:13      | 0:08:54      | 61.2         |
| 21             | 122   | Dugan      | Tim       | 56  | M      | Lake Oswego, OR  | 0:55:55      | 0:09:01      | 64.5         |
| 22             | 101   | Khaw       | Maria     | 52  | F      | Hillsboro, OR    | 0:56:18      | 0:09:05      | 67.7         |
| 23             | 123   | Potter     | Sam 5K    | 56  | M      | Vernonia, OR     | 0:56:49      | 0:09:10      | 70.9         |
| 24             | 115   | Lyda       | Jessica   | 25  | F      | Hillsboro, OR    | 0:57:06      | 0:09:13      | 74.1         |
| 25             | 108   | Windhorn   | Lisa      | 53  | F      | Liberty Lake, WA | 0:57:07      | 0:09:13      | 77.4         |
| 26             | 109   | Rittenberg | Rosalinda | 63  | F      | Astoria, OR      | 0:57:18      | 0:09:15      | 80.6         |
| 27             | 133   | Ford       | Liz       | 54  | F      | Seattle, WA      | 0:57:54      | 0:09:20      | 83.8         |
| 28             | 107   | Owens      | Rebekah   | 33  | F      | Newport, OR      | 0:59:57      | 0:09:40      | 87           |
| 29             | 124   | Wakefield  | Cecelia   | 33  | F      | Hammond, OR      | 1:00:51      | 0:09:49      | 90.3         |
| 30             | 121   | O'Neill    | Patrick   | 54  | M      |                  | 1:02:12      | 0:10:02      | 93.5         |
| 31             | 120   | Mcmahon    | Kerry     | 53  | F      | Lakewood, WA     | 1:02:13      | 0:10:02      | 96.7         |
| 32             | 116   | Wadley     | Jessica   | 36  | F      | Astoria, OR      | 1:05:11      | 0:10:31      | 100          |

## TOP FINISHERS

### Overall Men

|    |     |            |         |    |   |                  |         |         |      |
|----|-----|------------|---------|----|---|------------------|---------|---------|------|
| 1  | 128 | Squire     | Mark    | 40 | M | Seaside, OR      | 0:36:02 | 0:05:49 | 0    |
| 2  | 134 | Floyd      | Mike    | 50 | M | Gearhart, OR     | 0:36:42 | 0:05:55 | 7.1  |
| 3  | 102 | Scherding  | Julian  | 25 | M | Portland, OR     | 0:37:16 | 0:06:01 | 14.2 |
| 4  | 103 | Windhorn   | Kyle    | 30 | M | Liberty Lake, WA | 0:39:48 | 0:06:25 | 21.4 |
| 5  | 127 | Tomolson   | Austin  | 31 | M | Seaside, OR      | 0:40:06 | 0:06:28 | 28.5 |
| 6  | 119 | Wadley     | Cory    | 40 | M | Astoria, OR      | 0:47:52 | 0:07:43 | 35.7 |
| 7  | 106 | Lyda       | Jacob   | 25 | M | Hillsboro, OR    | 0:48:23 | 0:07:48 | 42.8 |
| 8  | 104 | Weston     | Randy   | 61 | M | Carlton, OR      | 0:48:38 | 0:07:51 | 50   |
| 9  | 105 | Sampson    | Bob     | 61 | M | Gearhart, OR     | 0:48:45 | 0:07:52 | 57.1 |
| 10 | 118 | Tackett    | Eric    | 23 | M | Aberdeen, NC     | 0:50:56 | 0:08:13 | 64.2 |
| 11 | 125 | Stefanelli | Mark    | 63 | M | Seaside, OR      | 0:51:17 | 0:08:16 | 71.4 |
| 12 | 129 | Hess       | Scott   | 57 | M | Aloha, OR        | 0:53:37 | 0:08:39 | 78.5 |
| 13 | 122 | Dugan      | Tim     | 56 | M | Lake Oswego, OR  | 0:55:55 | 0:09:01 | 85.7 |
| 14 | 123 | Potter     | Sam 5K  | 56 | M | Vernonia, OR     | 0:56:49 | 0:09:10 | 92.8 |
| 15 | 121 | O'Neill    | Patrick | 54 | M |                  | 1:02:12 | 0:10:02 | 100  |

### Overall Women

|    |     |            |           |    |   |                  |         |         |      |
|----|-----|------------|-----------|----|---|------------------|---------|---------|------|
| 1  | 126 | Stefanelli | Alyssa    | 31 | F | Seaside, OR      | 0:43:00 | 0:06:56 | 0    |
| 2  | 131 | Watts      | Laura     | 40 | F | Lake Oswego, OR  | 0:43:42 | 0:07:03 | 6.2  |
| 3  | 130 | Frazier    | Devon     | 29 | F | Beaverton, OR    | 0:46:54 | 0:07:34 | 12.5 |
| 4  | 114 | Payne      | Amanda    | 35 | F | Seaside, OR      | 0:47:21 | 0:07:38 | 18.7 |
| 5  | 132 | Kelso      | Kelsey    | 34 | F | Salado, TX       | 0:50:36 | 0:08:10 | 25   |
| 6  | 117 | Blachly    | Kerri     | 28 | F | Gresham, OR      | 0:52:46 | 0:08:31 | 31.2 |
| 7  | 110 | Craig      | Deanna    | 44 | F | La Ronge, SK     | 0:54:16 | 0:08:45 | 37.5 |
| 8  | 112 | Watson     | Katie     | 39 | F | Astoria, OR      | 0:55:13 | 0:08:54 | 43.7 |
| 9  | 101 | Khaw       | Maria     | 52 | F | Hillsboro, OR    | 0:56:18 | 0:09:05 | 50   |
| 10 | 115 | Lyda       | Jessica   | 25 | F | Hillsboro, OR    | 0:57:06 | 0:09:13 | 56.2 |
| 11 | 108 | Windhorn   | Lisa      | 53 | F | Liberty Lake, WA | 0:57:07 | 0:09:13 | 62.5 |
| 12 | 109 | Rittenberg | Rosalinda | 63 | F | Astoria, OR      | 0:57:18 | 0:09:15 | 68.7 |

| Place | Race# | LastName  | FirstName | Age | Gender | City, State  | Overall Time | Pace(min/mi) | Group %-Rank |
|-------|-------|-----------|-----------|-----|--------|--------------|--------------|--------------|--------------|
| 13    | 133   | Ford      | Liz       | 54  | F      | Seattle, WA  | 0:57:54      | 0:09:20      | 75           |
| 14    | 107   | Owens     | Rebekah   | 33  | F      | Newport, OR  | 0:59:57      | 0:09:40      | 81.2         |
| 15    | 124   | Wakefield | Cecelia   | 33  | F      | Hammond, OR  | 1:00:51      | 0:09:49      | 87.5         |
| 16    | 120   | Mcmahon   | Kerry     | 53  | F      | Lakewood, WA | 1:02:13      | 0:10:02      | 93.7         |
| 17    | 116   | Wadley    | Jessica   | 36  | F      | Astoria, OR  | 1:05:11      | 0:10:31      | 100          |

#### MASTERS

##### Masters Men - 40 and over

|    |     |            |         |    |   |                 |         |         |  |
|----|-----|------------|---------|----|---|-----------------|---------|---------|--|
| 1  | 128 | Squire     | Mark    | 40 | M | Seaside, OR     | 0:36:02 | 0:05:49 |  |
| 2  | 134 | Floyd      | Mike    | 50 | M | Gearhart, OR    | 0:36:42 | 0:05:55 |  |
| 3  | 119 | Wadley     | Cory    | 40 | M | Astoria, OR     | 0:47:52 | 0:07:43 |  |
| 4  | 104 | Weston     | Randy   | 61 | M | Carlton, OR     | 0:48:38 | 0:07:51 |  |
| 5  | 105 | Sampson    | Bob     | 61 | M | Gearhart, OR    | 0:48:45 | 0:07:52 |  |
| 6  | 125 | Stefanelli | Mark    | 63 | M | Seaside, OR     | 0:51:17 | 0:08:16 |  |
| 7  | 129 | Hess       | Scott   | 57 | M | Aloha, OR       | 0:53:37 | 0:08:39 |  |
| 8  | 122 | Dugan      | Tim     | 56 | M | Lake Oswego, OR | 0:55:55 | 0:09:01 |  |
| 9  | 123 | Potter     | Sam 5K  | 56 | M | Vernonia, OR    | 0:56:49 | 0:09:10 |  |
| 10 | 121 | O'Neill    | Patrick | 54 | M |                 | 1:02:12 | 0:10:02 |  |

##### Masters Women - 40 and over

|   |     |            |           |    |   |                  |         |         |  |
|---|-----|------------|-----------|----|---|------------------|---------|---------|--|
| 1 | 131 | Watts      | Laura     | 40 | F | Lake Oswego, OR  | 0:43:42 | 0:07:03 |  |
| 2 | 110 | Craig      | Deanna    | 44 | F | La Ronge, SK     | 0:54:16 | 0:08:45 |  |
| 3 | 101 | Khaw       | Maria     | 52 | F | Hillsboro, OR    | 0:56:18 | 0:09:05 |  |
| 4 | 108 | Windhorn   | Lisa      | 53 | F | Liberty Lake, WA | 0:57:07 | 0:09:13 |  |
| 5 | 109 | Rittenberg | Rosalinda | 63 | F | Astoria, OR      | 0:57:18 | 0:09:15 |  |
| 6 | 133 | Ford       | Liz       | 54 | F | Seattle, WA      | 0:57:54 | 0:09:20 |  |
| 7 | 120 | Mcmahon    | Kerry     | 53 | F | Lakewood, WA     | 1:02:13 | 0:10:02 |  |

#### MENS AGE GROUPS

##### 20 to 29 years old - 20 to 29

|   |     |           |        |    |   |               |         |         |  |
|---|-----|-----------|--------|----|---|---------------|---------|---------|--|
| 1 | 102 | Scherding | Julian | 25 | M | Portland, OR  | 0:37:16 | 0:06:01 |  |
| 2 | 106 | Lyda      | Jacob  | 25 | M | Hillsboro, OR | 0:48:23 | 0:07:48 |  |
| 3 | 118 | Tackett   | Eric   | 23 | M | Aberdeen, NC  | 0:50:56 | 0:08:13 |  |

##### 30 to 39 years old - 30 to 39

|   |     |          |        |    |   |                  |         |         |  |
|---|-----|----------|--------|----|---|------------------|---------|---------|--|
| 1 | 103 | Windhorn | Kyle   | 30 | M | Liberty Lake, WA | 0:39:48 | 0:06:25 |  |
| 2 | 127 | Tomolson | Austin | 31 | M | Seaside, OR      | 0:40:06 | 0:06:28 |  |

##### 40 to 49 years old - 40 to 49

|   |     |        |      |    |   |             |         |         |  |
|---|-----|--------|------|----|---|-------------|---------|---------|--|
| 1 | 128 | Squire | Mark | 40 | M | Seaside, OR | 0:36:02 | 0:05:49 |  |
| 2 | 119 | Wadley | Cory | 40 | M | Astoria, OR | 0:47:52 | 0:07:43 |  |

##### 50 to 59 years old - 50 to 59

|   |     |         |         |    |   |                 |         |         |  |
|---|-----|---------|---------|----|---|-----------------|---------|---------|--|
| 1 | 134 | Floyd   | Mike    | 50 | M | Gearhart, OR    | 0:36:42 | 0:05:55 |  |
| 2 | 129 | Hess    | Scott   | 57 | M | Aloha, OR       | 0:53:37 | 0:08:39 |  |
| 3 | 122 | Dugan   | Tim     | 56 | M | Lake Oswego, OR | 0:55:55 | 0:09:01 |  |
| 4 | 123 | Potter  | Sam 5K  | 56 | M | Vernonia, OR    | 0:56:49 | 0:09:10 |  |
| 5 | 121 | O'Neill | Patrick | 54 | M |                 |         | 0:00:00 |  |

##### 60 to 69 years old - 60 to 69

|   |     |            |       |    |   |              |         |         |  |
|---|-----|------------|-------|----|---|--------------|---------|---------|--|
| 1 | 104 | Weston     | Randy | 61 | M | Carlton, OR  | 0:48:38 | 0:07:51 |  |
| 2 | 105 | Sampson    | Bob   | 61 | M | Gearhart, OR | 0:48:45 | 0:07:52 |  |
| 3 | 125 | Stefanelli | Mark  | 63 | M | Seaside, OR  | 0:51:17 | 0:08:16 |  |

#### WOMENS AGE GROUPS

##### 20 to 29 years old - 20 to 29

|   |     |         |         |    |   |               |         |         |  |
|---|-----|---------|---------|----|---|---------------|---------|---------|--|
| 1 | 130 | Frazier | Devon   | 29 | F | Beaverton, OR | 0:46:54 | 0:07:34 |  |
| 2 | 117 | Blachly | Kerri   | 28 | F | Gresham, OR   | 0:52:46 | 0:08:31 |  |
| 3 | 115 | Lyda    | Jessica | 25 | F | Hillsboro, OR | 0:57:06 | 0:09:13 |  |

##### 30 to 39 years old - 30 to 39

|   |     |            |         |    |   |             |         |         |  |
|---|-----|------------|---------|----|---|-------------|---------|---------|--|
| 1 | 126 | Stefanelli | Alyssa  | 31 | F | Seaside, OR | 0:43:00 | 0:06:56 |  |
| 2 | 114 | Payne      | Amanda  | 35 | F | Seaside, OR | 0:47:21 | 0:07:38 |  |
| 3 | 132 | Kelso      | Kelsey  | 34 | F | Salado, TX  | 0:50:36 | 0:08:10 |  |
| 4 | 112 | Watson     | Katie   | 39 | F | Astoria, OR | 0:55:13 | 0:08:54 |  |
| 5 | 107 | Owens      | Rebekah | 33 | F | Newport, OR | 0:59:57 | 0:09:40 |  |
| 6 | 124 | Wakefield  | Cecelia | 33 | F | Hammond, OR | 1:00:51 | 0:09:49 |  |
| 7 | 116 | Wadley     | Jessica | 36 | F | Astoria, OR | 1:05:11 | 0:10:31 |  |

##### 40 to 49 years old - 40 to 49

|   |     |       |        |    |   |                 |         |         |  |
|---|-----|-------|--------|----|---|-----------------|---------|---------|--|
| 1 | 131 | Watts | Laura  | 40 | F | Lake Oswego, OR | 0:43:42 | 0:07:03 |  |
| 2 | 110 | Craig | Deanna | 44 | F | La Ronge, SK    | 0:54:16 | 0:08:45 |  |

| Place                                | Race# | LastName   | FirstName | Age | Gender | City, State      | Overall Time | Pace(min/mi) | Group %-Rank |
|--------------------------------------|-------|------------|-----------|-----|--------|------------------|--------------|--------------|--------------|
| <b>50 to 59 years old - 50 to 59</b> |       |            |           |     |        |                  |              |              |              |
| 1                                    | 101   | Khaw       | Maria     | 52  | F      | Hillsboro, OR    | 0:56:18      | 0:09:05      |              |
| 2                                    | 108   | Windhorn   | Lisa      | 53  | F      | Liberty Lake, WA | 0:57:07      | 0:09:13      |              |
| 3                                    | 133   | Ford       | Liz       | 54  | F      | Seattle, WA      | 0:57:54      | 0:09:20      |              |
| 4                                    | 120   | Mcmahon    | Kerry     | 53  | F      | Lakewood, WA     | 1:02:13      | 0:10:02      |              |
| <b>60 to 69 years old - 60 to 69</b> |       |            |           |     |        |                  |              |              |              |
| 1                                    | 109   | Rittenberg | Rosalinda | 63  | F      | Astoria, OR      | 0:57:18      | 0:09:15      |              |
| -----                                |       |            |           |     |        |                  |              |              |              |
| MISSING DATA                         |       |            |           |     |        |                  |              |              |              |
| -----                                |       |            |           |     |        |                  |              |              |              |
| DNF                                  |       |            |           |     |        |                  |              |              |              |
| <b>Unfinished Participants</b>       |       |            |           |     |        |                  |              |              |              |
| 1                                    | 111   | Colson     | Susie     | 57  | F      | Boise, ID        |              |              |              |
| 2                                    | 113   | Labich     | Kaitlyn   | 24  | F      | Portland, OR     |              |              |              |