



of Starters
15

2019 WESTERN WA SENIOR GAMES
Presented by Puget Sound Senior Games
Sunday - July 28, 2019 - Olympia, WA
5K Time Trial - All Categories
Finish Results
All Categories - Combined

-	
-	
Start Time = 9:00 AM	-
Race Distance 3.1 miles	Avg. Speed of Winner
FINAL	20.8 mph

PLACE	BIB	AGE BRACKET	RIDERS NAME	CITY	STATE	AGE	RACE TIME	TIME BACK
1	453	Men-60-64	CLAUSEN, Mark	Seattle	WA	61	08:56.99	00:00
2	30	Men-55-59	HOUSLER, Dan	Mountlake Terrace	WA	57	09:08.40	00:12
3	29	Men-50-54	PETERSON, Zqwan	Kirkland	WA	53	09:12.11	00:16
4	456	Men-60-64	KODIN, John	Bellingham	WA	64	09:23.13	00:27
5	463	Men-70-74	MATTHEWS, Mike	Rosburg	WA	73	09:57.15	01:01
6	470	Women-60-64	GRAFF, Beth	Gig Harbor	WA	63	10:03.04	01:07
7	452	Men-55-59	CASTRO, Roberto	Chelan	WA	59	10:04.40	01:08
8	455	Men-60-64	NILSSEN, John	Bainbridge Island	WA	63	10:33.31	01:37
9	459	Men-65-69	SILVER, Glenn	Waitsburg	WA	68	10:37.52	01:41
10	461	Men-70-74	AUSTAD, Dan	Port Ludlow	WA	73	10:40.83	01:44
11	454	Men-60-64	BYRNE, Mark	Lacey	WA	62	11:04.82	02:08
12	464	Men-70-74	JESKY, Gary	Vancouver	WA	73	11:39.74	02:43
13	462	Men-70-74	NOONAN, James	Vancouver	WA	73	12:51.87	03:55
14	469	Men-75-79	COTLER, Sherwin	Olympia	WA	78	14:47.04	05:51
15	466	Men-75-79	ROWE, Edward	Portland	OR	75	19:31.98	10:35



2019 WESTERN WA SENIOR GAMES
Presented by Puget Sound Senior Games
Sunday - July 28, 2019 - Olympia, WA

5K Time Trial - All Categories

Finish Results

All Categories - Sorted

of Starters
15

-	
-	
Start Time = 9:00 AM	-
Race Distance 3.1 miles	Avg. Speed of Winner
FINAL	20.2 mph

PLACE	BIB	AGE BRACKET	RIDERS NAME	CITY	STATE	AGE	RACE TIME	TIME BACK
1	29	Men-50-54	PETERSON, Zqwan	Kirkland	WA	53	09:12.11	00:00
1	30	Men-55-59	HOUSLER, Dan	Mountlake Terrace	WA	57	09:08.40	00:00
2	452	Men-55-59	CASTRO, Roberto	Chelan	WA	59	10:04.40	00:56
1	453	Men-60-64	CLAUSEN, Mark	Seattle	WA	61	08:56.99	00:00
2	456	Men-60-64	KODIN, John	Bellingham	WA	64	09:23.13	00:26
3	455	Men-60-64	NILSSEN, John	Bainbridge Island	WA	63	10:33.31	01:36
4	454	Men-60-64	BYRNE, Mark	Lacey	WA	62	11:04.82	02:08
1	459	Men-65-69	SILVER, Glenn	Waitsburg	WA	68	10:37.52	00:00
1	463	Men-70-74	MATTHEWS, Mike	Rosburg	WA	73	09:57.15	00:00
2	461	Men-70-74	AUSTAD, Dan	Port Ludlow	WA	73	10:40.83	00:44
3	464	Men-70-74	JESKY, Gary	Vancouver	WA	73	11:39.74	01:43
4	462	Men-70-74	NOONAN, James	Vancouver	WA	73	12:51.87	02:55
1	469	Men-75-79	COTLER, Sherwin	Olympia	WA	78	14:47.04	00:00
2	466	Men-75-79	ROWE, Edward	Portland	OR	75	19:31.98	04:45
1	470	Women-60-64	GRAFF, Beth	Gig Harbor	WA	63	10:03.04	00:00



2019 WESTERN WA SENIOR GAMES
Presented by Puget Sound Senior Games
Sunday - July 28, 2019 - Olympia, WA

of Starters
13

10K Time Trial - All Categories
Finish Results
All Categories - Combined

-	
-	
Start Time = 10:30 AM	-
Race Distance 6.2 miles	Avg. Speed of Winner
FINAL	22.3 mph

PLACE	BIB #	AGE BRACKET	RIDERS NAME	CITY	STATE	AGE	RACE TIME	TIME BACK
1	30	Men-55-59	HOUSLER, Dan	Mountlake Terrace	WA	57	16:42.60	00:00
2	453	Men-60-64	CLAUSEN, Mark	Seattle	WA	61	16:52.86	00:10
3	29	Men-50-54	PETERSON, Zqwan	Kirkland	WA	53	17:30.79	00:48
4	456	Men-60-64	KODIN, John	Bellingham	WA	64	17:30.99	00:48
5	455	Men-60-64	NILSSEN, John	Bainbridge Island	WA	63	18:06.72	01:24
6	463	Men-70-74	MATTHEWS, Mike	Rosburg	WA	73	18:39.30	01:57
7	452	Men-55-59	CASTRO, Roberto	Chelan	WA	59	18:41.73	01:59
8	470	Women-60-64	GRAFF, Beth	Gig Harbor	WA	63	18:43.34	02:01
9	454	Men-60-64	BYRNE, Mark	Lacey	WA	62	18:48.52	02:06
10	461	Men-70-74	AUSTAD, Dan	Port Ludlow	WA	73	19:53.65	03:11
11	462	Men-70-74	NOONAN, James	Vancouver	WA	73	20:03.91	03:21
12	457	Men-65-69	RUDY, Kenneth	Millwood	WA	67	24:26.62	07:44
13	469	Men-75-79	COTLER, Sherwin	Olympia	WA	78	29:55.45	13:13



of Starters
13

2019 WESTERN WA SENIOR GAMES
Presented by Puget Sound Senior Games
Sunday - July 28, 2019 - Olympia, WA
10K Time Trial - All Categories
Finish Results
All Categories - Combined

-	
-	
Start Time = 10:30 AM	-
Race Distance 6.2 miles	Avg. Speed of Winner
FINAL	21.2 mph

PLACE	BIB #	AGE BRACKET	RIDERS NAME	CITY	STATE	AGE	RACE TIME	TIME BACK
1	29	Men-50-54	PETERSON, Zqwan	Kirkland	WA	53	17:30.79	00:00
1	30	Men-55-59	HOUSLER, Dan	Mountlake Terrace	WA	57	16:42.60	00:00
2	452	Men-55-59	CASTRO, Roberto	Chelan	WA	59	18:41.73	01:59
1	453	Men-60-64	CLAUSEN, Mark	Seattle	WA	61	16:52.86	00:00
2	456	Men-60-64	KODIN, John	Bellingham	WA	64	17:30.99	00:38
3	455	Men-60-64	NILSSEN, John	Bainbridge Island	WA	63	18:06.72	01:14
4	454	Men-60-64	BYRNE, Mark	Lacey	WA	62	18:48.52	01:56
1	457	Men-65-69	RUDY, Kenneth	Millwood	WA	67	24:26.62	00:00
1	463	Men-70-74	MATTHEWS, Mike	Rosburg	WA	73	18:39.30	00:00
2	461	Men-70-74	AUSTAD, Dan	Port Ludlow	WA	73	19:53.65	01:14
3	462	Men-70-74	NOONAN, James	Vancouver	WA	73	20:03.91	01:25
1	469	Men-75-79	COTLER, Sherwin	Olympia	WA	78	29:55.45	00:00
1	470	Women-60-64	GRAFF, Beth	Gig Harbor	WA	63	18:43.34	00:00



2019 WESTERN WA SENIOR GAMES
 Presented by Puget Sound Senior Games
 Sunday - July 28, 2019 - Olympia, WA
40k Road Race - All Categories
Finish Results
All Categories - Combined

of Starters
24

-	
-	
Start Time = 12:30 PM	
-	
Race Distance	Avg. Speed of Winner
24.85 miles	21.9 mph
FINAL	21.9 mph

PLACE	BIB #	AGE BRACKET	RIDERS NAME	CITY	STATE	AGE	RACE TIME	TIME BACK
1	32	Men-50-54	STRONG, Richie	Kenmore	WA	51	1:07:58	00:00
2	453	Men-60-64	CLAUSEN, Mark	Seattle	WA	61	1:08:00	00:01
3	28	Men-55-59	MCGRANAGHAN, Lou	Lake Tapps	WA	58	1:09:37	01:38
4	34	Men-60-64	HALEY, Chris	Kennewick	WA	62	1:09:43	01:44
5	31	Men-50-54	RASANEN, John	Seattle	WA	53	1:09:43	01:45
6	33	Men-60-64	MERNANGH, Paul	Gig Harbor	WA	61	1:09:48	01:50
7	30	Men-55-59	HOUSLER, Dan	Mountlake Terrace	WA	57	1:09:57	01:59
8	456	Men-60-64	KODIN, John	Bellingham	WA	64	1:10:04	02:06
9	29	Men-50-54	PETERSON, Zqwan	Kirkland	WA	53	1:11:54	03:55
10	463	Men-70-74	MATTHEWS, Mike	Rosburg	WA	73	1:15:18	07:19
11	455	Men-60-64	NILSSEN, John	Bainbridge Island	WA	63	1:15:18	07:19
12	452	Men-55-59	CASTRO, Roberto	Chelan	WA	59	1:15:18	07:19
13	458	Men-65-69	FOLLMER, Mark	Renton	WA	67	1:15:54	07:55
14	36	Men-70-74	HERBIN, Richard	Portland	OR	71	1:15:54	07:56
15	454	Men-60-64	BYRNE, Mark	Lacey	WA	62	1:19:22	11:23
16	465	Men-75-79	SILLS, Steve	Graham	WA	75	1:21:10	13:11
17	468	Men-75-79	STAVERS, Robert	Friday Harbor	WA	76	1:21:13	13:15
18	37	Women-55-59	TOPPING, Stacy	Tacoma	WA	57	1:23:11	15:12
19	461	Men-70-74	AUSTAD, Dan	Port Ludlow	WA	73	1:25:27	17:28
20	467	Men-75-79	NELSON, Jerry	Lynnwood	WA	75	1:25:51	17:52
21	459	Men-65-69	SILVER, Glenn	Waitsburg	WA	68	1:25:51	17:52
22	460	Men-70-74	MERCIER, John	Seattle	WA	71	1:33:57	25:59
23	471	Women-60-64	ROGERS, Patricia	Everett	WA	64	1:47:40	39:41
DNF	35	Men-55-59	GERSON, Roger	Medfield	MA	59	DNF	-
DNS	451	Men-55-59	CUMMINS, Gary	Kent	WA	57	DNS	-



2019 WESTERN WA SENIOR GAMES
Presented by Puget Sound Senior Games
Sunday - July 28, 2019 - Olympia, WA
40k Road Race - All Categories

of Starters
24

Finish Results
All Categories - Combined

-	
-	
Start Time = 12:30 PM	-
Race Distance 24.85 miles	Avg. Speed of Winner
FINAL	21.9 mph

PLACE	BIB #	AGE BRACKET	RIDERS NAME	CITY	STATE	AGE	RACE TIME	TIME BACK
1	32	Men-50-54	STRONG, Richie	Kenmore	WA	51	1:07:58	00:00
2	31	Men-50-54	RASANEN, John	Seattle	WA	53	1:09:43	01:45
3	29	Men-50-54	PETERSON, Zqwan	Kirkland	WA	53	1:11:54	03:55
1	28	Men-55-59	MCGRANAGHAN, Lou	Lake Tapps	WA	58	1:09:37	00:00
2	30	Men-55-59	HOUSLER, Dan	Mountlake Terrace	WA	57	1:09:57	00:21
3	452	Men-55-59	CASTRO, Roberto	Chelan	WA	59	1:15:18	05:41
DNF	35	Men-55-59	GERSON, Roger	Medfield	MA	59	DNF	-
DNS	451	Men-55-59	CUMMINS, Gary	Kent	WA	57	DNS	-
1	453	Men-60-64	CLAUSEN, Mark	Seattle	WA	61	1:08:00	00:00
2	34	Men-60-64	HALEY, Chris	Kennewick	WA	62	1:09:43	01:43
3	33	Men-60-64	MERNANGH, Paul	Gig Harbor	WA	61	1:09:48	01:49
4	456	Men-60-64	KODIN, John	Bellingham	WA	64	1:10:04	02:05
5	455	Men-60-64	NILSSEN, John	Bainbridge Island	WA	63	1:15:18	07:18
6	454	Men-60-64	BYRNE, Mark	Lacey	WA	62	1:19:22	11:22
1	458	Men-65-69	FOLLMER, Mark	Renton	WA	67	1:15:54	00:00
2	459	Men-65-69	SILVER, Glenn	Waitsburg	WA	68	1:25:51	09:57
1	463	Men-70-74	MATTHEWS, Mike	Rosburg	WA	73	1:15:18	00:00
2	36	Men-70-74	HERBIN, Richard	Portland	OR	71	1:15:54	00:37
3	461	Men-70-74	AUSTAD, Dan	Port Ludlow	WA	73	1:25:27	10:09
4	460	Men-70-74	MERCIER, John	Seattle	WA	71	1:33:57	18:39
1	465	Men-75-79	SILLS, Steve	Graham	WA	75	1:21:10	00:00
2	468	Men-75-79	STAVERS, Robert	Friday Harbor	WA	76	1:21:13	00:04
3	467	Men-75-79	NELSON, Jerry	Lynnwood	WA	75	1:25:51	04:41
1	37	Women-55-59	TOPPING, Stacy	Tacoma	WA	57	1:23:11	00:00
1	471	Women-60-64	ROGERS, Patricia	Everett	WA	64	1:47:40	00:00