

10 K Run

Overall Female Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Tracey Allers	White Cloud	23	69	18	47:01.5	7:35/M	

Overall Male Open Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Nathan Meeuwenberg	Hudsonville	18	50	1	34:02.7	5:29/M	

Overall Female Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Julie Kraley	Fremont	44	219	22	49:56.7	8:03/M	

Overall Male Masters Winners

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Jim Lanciaux	Fremont	48	189	10	39:54.8	6:26/M	

Age Group Results

July 24, 2010

10 K Run**Men 15 to 19**

Record:

Year:

Time: 99:99:99.9

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Matthew Peacock	Hesperia	17	383	3	35:24.4	5:43/M	
2	Seph Dabrowski	Okemos	16	102	4	37:16.8	6:01/M	1:52.4
3	Jacob Featherstone	Fremont	17	291	6	37:34.6	6:04/M	2:10.2
4	Max Morrison	Fremont	19	321	8	38:42.0	6:15/M	3:17.6
5	Devon Joslin	Muskegon	17	98	9	39:10.8	6:19/M	3:46.4

Women 20 to 29

Record:

Year:

Time: 99:99:99.9

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Courtney Jones	Fremont	20	147	19	48:23.4	7:48/M	
2	Karyn McCollum	Muskegon	27	340	29	55:45.5	9:00/M	7:22.0
3	Katie Houston	Fremont	26	112	30	55:45.6	9:00/M	7:22.2
4	Megan Tyler	Twin Lake	23	90	34	57:50.8	9:20/M	9:27.4
5	Hilary Sepe	Twin Lake	29	170	37	58:56.9	9:30/M	10:33.5
6	Emily Seaman	White Cloud	27	123	42	1:01:42.1	9:57/M	13:18.6
7	Erica Thomas	Whitehall	21	125	45	1:04:50.9	10:27/M	16:27.4

Men 20 to 29

Record:

Year:

Time: 99:99:99.9

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Michael Morgan	Fremont	20	331	2	34:35.9	5:35/M	
2	Aaron Stenberg	Ravenna	21	301	5	37:23.4	6:02/M	2:47.5
3	Brett Allen	Radcliff	26	304	11	42:12.2	6:48/M	7:36.2
4	James Bacon	Fremont	21	97	15	44:38.1	7:12/M	10:02.2
5	Brian Wilk	Fremont	25	373	16	45:51.0	7:24/M	11:15.0
6	Robert Cronk	Newaygo	24	380	24	52:37.6	8:29/M	18:01.6
7	Adam Mercer	Howard City	28	381	40	1:00:52.9	9:49/M	26:17.0
8	Matt Tanis	Grand Rapids	29	78	46	1:05:17.4	10:32/M	30:41.4

Women 30 to 34

Record:

Year:

Time: 99:99:99.9

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Jeana Castenholz	Coopersville	32	325	43	1:02:18.8	10:03/M	
2	Abbie Koopman	Grand Rapids	31	156	51	1:20:03.7	12:55/M	17:44.8

Age Group Results

July 24, 2010

10 K Run**Men 30 to 34**

Record:

Year:

Time: 99:99:99.9

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Joe Baldes	Fremont	33	15	31	56:00.0	9:02/M	

Women 35 to 39

Record:

Year:

Time: 99:99:99.9

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Kristin Laning	Hudsonville	35	104	44	1:04:26.6	10:24/M	
2	Melissa Eastland	Ada	35	155	50	1:19:42.5	12:51/M	15:15.8

Men 35 to 39

Record:

Year:

Time: 99:99:99.9

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Benji Walker	Fremont	35	36	7	38:13.8	6:10/M	
2	Jason Sweet	North Muskegon	38	288	13	44:22.4	7:09/M	6:08.5
3	Jonathan Laning	Hudsonville	35	105	14	44:27.0	7:10/M	6:13.1
4	Ryan Rademacher	Fremont	38	80	20	48:42.3	7:51/M	10:28.4
5	Ryan Dekuiper	Rockford	36	75	26	55:10.1	8:54/M	16:56.2
6	Kevin Kaastra	Fremont	39	328	28	55:32.4	8:57/M	17:18.5
7	William Nemcek	Fremont	35	164	32	56:39.0	9:08/M	18:25.1

Men 40 to 44

Record:

Year:

Time: 99:99:99.9

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Rich Kralej	Fremont	43	228	21	49:49.6	8:02/M	
2	Rodney Lewis	Shelby	41	278	49	1:12:27.5	11:41/M	22:37.8

Women 45 to 49

Record:

Year:

Time: 99:99:99.9

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Lauri Cherry	Fremont	49	161	39	1:00:21.9	9:44/M	

Men 45 to 49

Record:

Year:

Time: 99:99:99.9

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Aaron Brock	North Muskegon	46	319	12	42:39.7	6:53/M	
2	Timothy Cygeirt	Fremont	49	300	17	46:15.4	7:28/M	3:35.7

Age Group Results

10 K Run

Men 50 to 54

Record:

Year:

Time: 99:99:99.9

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Larry Smalligan	Fremont	53	226	47	1:05:49.3	10:37/M	

Women 55 to 59

Record:

Year:

Time: 99:99:99.9

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Jackie Olsen	Riverview	56	138	35	58:04.6	9:22/M	
2	Kris Cadwell	Okemos	58	103	41	1:01:07.8	9:51/M	3:03.1

Men 55 to 59

Record:

Year:

Time: 99:99:99.9

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Loyd Milliron	Muskegon	56	282	23	51:00.9	8:14/M	
2	Jack Hendon	Fremont	55	266	33	56:56.8	9:11/M	5:55.9
3	Ken Abbott	Fremont	58	194	36	58:07.1	9:22/M	7:06.2

Male 60 to 64

Record:

Year:

Time: 99:99:99.9

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Ken Osterman	Fremont	61	11	25	53:20.5	8:36/M	
2	Ken Hoersten	Fremont	60	207	27	55:23.6	8:56/M	2:03.0
3	John Patrick	Hesperia	64	135	38	59:07.5	9:32/M	5:46.9
4	Glen Sparks	Fremont	63	65	52	1:31:09.9	14:42/M	37:49.3

Men 70 and over

Record:

Year:

Time: 99:99:99.9

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	<u>Time Back</u>
1	Roger Mulder	Holland	70	332	48	1:06:12.0	10:41/M	