

**5 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	Jessica Graf	Holton	29	167	5	17:47.7	5:44/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	Kolin Stickney	Bailey	21	322	1	16:35.1	5:21/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	Jeanne Dykman	Montague	41	342	6	18:21.3	5:55/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	Jack Meeuwenberg	Hudsonville	45	52	13	19:35.0	6:19/M	

Age Group Results

July 24, 2010

## 5 K Run

## No Age Provided

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	Lori Vanboxel	Fremont		386	249	34:20.9	11:05/M	

## Female 1 to 10

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	Jaiden Van Doornik	Holland	10	5	106	25:58.2	8:23/M	
2	Megan Walker	Fremont	9	37	110	26:07.2	8:25/M	0:09.0
3	Claudia Vonda	Fremont	10	335	135	27:25.6	8:51/M	1:27.3
4	Taylor Crowley	Montague	9	71	189	30:54.9	9:58/M	4:56.6
5	Calla Miller	Fremont	7	247	213	32:07.1	10:22/M	6:08.8
6	Sarah Vanderkooi	Fremont	9	120	223	32:44.8	10:34/M	6:46.6
7	Lyndsey Leegwater	Zeeland	8	47	239	33:33.2	10:49/M	7:34.9
8	Sydney Leegwater	Zeeland	8	44	242	33:52.0	10:55/M	7:53.8
9	Mckenna Speed	Washington	8	143	265	37:16.8	12:01/M	11:18.6
10	Larkin Hoogerhyde	Allendale	9	169	273	38:23.9	12:23/M	12:25.6
11	Jill Arends	Grant	9	388	286	48:24.5	15:37/M	22:26.2

## Male 1 to 10

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	Seth Vanderkooi	Fremont	10	119	51	22:53.4	7:23/M	
2	Cole Hudson	Fremont	10	85	52	22:55.0	7:24/M	0:01.6
3	Lucas Johnson	Fremont	9	165	155	28:46.0	9:17/M	5:52.5
4	Dylan Brock	North Muskegon	7	318	278	39:40.0	12:48/M	16:46.6

## Female 11 to 14

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	Brooke Wahl	Fremont	13	54	55	23:01.9	7:25/M	
2	Lauren Zeerip	Fremont	14	151	65	23:47.9	7:40/M	0:45.9
3	Colleen Hall	Holton	14	1	74	24:25.4	7:53/M	1:23.5
4	Mckenna Van Doornik	Holland	14	4	77	24:27.9	7:53/M	1:26.0
5	Hannah Maat	Fremont	13	150	91	24:54.9	8:02/M	1:53.0
6	Molly Patton	Muskegon	11	357	133	27:19.7	8:49/M	4:17.8
7	Alyssa Bouwknecht	Newaygo	11	292	154	28:44.8	9:16/M	5:42.8
8	Julia David	Clare	13	14	174	29:50.6	9:37/M	6:48.7
9	Graison Ringlever	Mattawan	13	353	186	30:52.7	9:57/M	7:50.8
10	Katy Ferris	Fremont	12	272	207	31:43.3	10:14/M	8:41.4
11	Kailey McCloud	Fremont	12	406	214	32:07.7	10:22/M	9:05.7
12	Hannah Rodenberger	Fremont	13	334	215	32:14.3	10:24/M	9:12.3
13	Jennifer Slager	Fremont	14	241	225	32:53.3	10:36/M	9:51.3
14	Briana Leegwater	Zeeland	11	46	241	33:50.6	10:55/M	10:48.7

Age Group Results

July 24, 2010

**5 K Run****Female 11 to 14**

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>
15	Amanda Veldheer	Holland	11	277	252	34:54.6	11:15/M	11:52.7
16	Remington Ringlever	Mattawan	11	352	253	35:04.4	11:19/M	12:02.5
17	Sage Hager	Fremont	13	30	257	35:39.1	11:30/M	12:37.1

**Male 11 to 14**

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	Kaj Althaus	Saline	14	134	12	19:34.6	6:19/M	
2	Jonathon Castle	White Cloud	14	280	28	21:33.6	6:57/M	1:59.0
3	Damien Halverson	Hesperia	13	355	33	22:08.2	7:08/M	2:33.6
4	Samuel Stitt	Fremont	11	314	34	22:08.4	7:08/M	2:33.8
5	Curtis Jewett	Fremont	13	297	48	22:34.2	7:17/M	2:59.6
6	Andrew Haid	Belmont	11	398	72	24:23.2	7:52/M	4:48.6
7	Max Smith	Newaygo	13	21	97	25:07.3	8:06/M	5:32.7
8	Samuel Kaastra	Fremont	12	389	123	26:38.7	8:35/M	7:04.0
9	Michael Rock	Chelsea	12	238	131	27:15.9	8:47/M	7:41.2
10	Ryan Arends	Grant	12	307	146	28:26.9	9:10/M	8:52.3
11	Conor Tibbe	Grant	12	317	197	31:24.6	10:08/M	11:50.0
12	Jesse English	North Muskegon	13	320	277	39:39.2	12:47/M	20:04.5

**Women 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	Melissa Morgan	Fremont	17	303	18	20:13.8	6:31/M	
2	Devin Vandornik	Holland	18	326	26	21:11.0	6:50/M	0:57.2
3	Megan Dickinson	White Cloud	18	88	29	21:33.9	6:57/M	1:20.1
4	Paige Tibbe	Grant	15	145	30	21:51.5	7:03/M	1:37.7
5	Katie Brookhouse	Fremont	19	284	37	22:11.8	7:09/M	1:58.0
6	Claire Schaar	Fremont	15	18	56	23:05.6	7:27/M	2:51.8
7	Trinity Holmes	Muskegon	15	128	102	25:23.8	8:11/M	5:10.0
8	Nicole Dummer	Fremont	19	86	108	26:02.3	8:24/M	5:48.5
9	Michaelia Breuker	Fremont	19	28	109	26:06.0	8:25/M	5:52.2
10	Kaitlyn Vanderkooi	Fremont	16	118	116	26:23.6	8:31/M	6:09.8
11	Kaitlyn Van Boven	Fremont	17	254	161	29:02.9	9:22/M	8:49.1
12	Heidi Meeuwenberg	Hudsonville	15	51	183	30:32.2	9:51/M	10:18.4
13	Jenn Powers	White Cloud	15	64	210	32:04.3	10:21/M	11:50.5
14	Whitney Grant	White Cloud	15	333	211	32:04.5	10:21/M	11:50.7
15	Madelynne Sargent	White Cloud	15	296	226	32:58.7	10:38/M	12:44.9
16	India Hager	Fremont	15	31	236	33:28.8	10:48/M	13:15.0
17	Leah Vanboxel	Fremont	19	385	248	34:15.2	11:03/M	14:01.4
18	Sammie Eely	Muskegon	15	252	291	55:34.6	17:55/M	35:20.8

**5 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	Greg Madendorp	Whitehall	17	33	2	16:50.0	5:26/M	
2	Nick Vanderkooi	Fremont	15	117	3	17:27.4	5:38/M	0:37.3
3	Jeff Cherry	Fremont	16	162	7	18:34.9	5:59/M	1:44.9
4	Kevin Hintz	Hart	16	89	8	18:35.1	6:00/M	1:45.1
5	Charlie Fias	Fremont	17	410	9	18:58.9	6:07/M	2:08.9
6	Sam Schuiteman	Fremont	17	289	15	19:48.2	6:23/M	2:58.2
7	Tommy Jewett	Fremont	17	372	19	20:13.9	6:31/M	3:23.9
8	Calvin Crowley		16	405	22	20:57.5	6:45/M	4:07.5
9	Dillon Cook	Hesperia	15	384	23	20:59.4	6:46/M	4:09.4
10	Colt Thompson	Fremont	16	279	36	22:09.6	7:09/M	5:19.5
11	A J Reinhold	Holton	17	276	43	22:28.4	7:15/M	5:38.3
12	Joseph Gilbert	Whitehall	16	310	45	22:31.0	7:16/M	5:41.0
13	Daniel Muntz	Zeeland	15	346	47	22:32.0	7:16/M	5:41.9
14	Nicholas Boltz	Fremont	16	312	50	22:45.8	7:20/M	5:55.8
15	Caleb Arends	White Cloud	17	274	54	22:59.0	7:25/M	6:09.0
16	Jj Clark	White Cloud	15	157	68	24:07.1	7:47/M	7:17.1
17	Tim Arendsen	Zeeland	17	122	70	24:15.4	7:49/M	7:25.4
18	Zackery Binkley	Muskegon	18	329	82	24:36.1	7:56/M	7:46.1
19	Tyler Franks	Newaygo	15	43	262	35:54.3	11:35/M	19:04.2

**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	Lacy Shavalier	White Cloud	24	141	59	23:27.5	7:34/M	
2	Diane Smith	Howard City	29	365	75	24:25.9	7:53/M	0:58.3
3	Jana Shavalier	Grand Rapids	24	158	94	25:02.5	8:05/M	1:34.9
4	Annette Henry	Fremont	24	350	107	25:58.6	8:23/M	2:31.0
5	Esther Jiran	Fremont	22	344	111	26:12.1	8:27/M	2:44.5
6	Melissa MacHuta	Westerville	20	232	117	26:25.5	8:31/M	2:57.9
7	Kiley Goorhouse	Fremont	20	249	126	26:52.3	8:40/M	3:24.7
8	Traci Rottier	Fremont	21	392	128	27:03.1	8:44/M	3:35.5
9	Megan Pell	Grand Rapids	27	99	139	27:42.6	8:56/M	4:15.0
10	Tiffany Decheney	Twin Lake	20	41	152	28:42.5	9:15/M	5:15.0
11	Rachel Baker	Twin Lake	29	129	160	29:01.8	9:22/M	5:34.2
12	Billie Hall	Gallup	28	305	165	29:15.2	9:26/M	5:47.6
13	Angela Anderson	Elk River	20	376	177	30:00.2	9:41/M	6:32.7
14	Crystal Gillette	Saint Paul	22	375	178	30:00.4	9:41/M	6:32.8
15	Krystal Boluyt	Grand Rapids	25	402	190	30:57.2	9:59/M	7:29.6
16	Kim Mulder	Grand Rapids	24	48	191	30:58.4	9:59/M	7:30.8
17	Katie McKinley	Grand Rapids	24	59	192	30:58.9	9:59/M	7:31.3
18	Tanya Romanosky	Fremont	23	225	216	32:14.3	10:24/M	8:46.8
19	Carolina Azcarate	Spring Lake	29	174	218	32:16.1	10:25/M	8:48.5
20	Jessica Bhibert	Ann Arbor	22	370	233	33:16.9	10:44/M	9:49.4

**5 K Run****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>
21	Danielle MacHuta	Royal Oak	25	237	234	33:26.4	10:47/M	9:58.8
22	Lindsey McAinsh	Blanchard	25	26	246	34:08.3	11:01/M	10:40.7
23	Jessica Olsen	Fremont	22	387	247	34:08.6	11:01/M	10:41.0
24	Karrie Phillips	Fremont	27	267	251	34:36.8	11:10/M	11:09.2
25	Liz Roossink	Fremont	28	81	254	35:07.3	11:20/M	11:39.8
26	Rebekah Thompson	Newaygo	21	323	259	35:47.7	11:33/M	12:20.1
27	Angie Bouwsma	Holton	25	187	264	36:32.4	11:47/M	13:04.8
28	Cassie Nemastil	Fremont	25	192	267	37:27.8	12:05/M	14:00.2
29	Mary Weinman	Newaygo	27	269	269	37:45.6	12:11/M	14:18.0
30	Jordan Perry	Whitehall	20	96	281	40:12.1	12:58/M	16:44.6
31	Jeniffer Witteveen	Fremont	29	175	290	52:33.0	16:57/M	29:05.5

**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	Walter Aslakson	Holton	28	115	4	17:37.6	5:41/M	
2	Eric Ashack	Caledonia	26	114	10	19:10.6	6:11/M	1:33.0
3	James Kochler	Montague	21	42	24	21:05.0	6:48/M	3:27.3
4	Christopher Smith	Fremont	20	286	40	22:20.3	7:12/M	4:42.7
5	Andrew Harrington	Fremont	20	348	44	22:29.6	7:15/M	4:52.0
6	Nick Wheeler	Grand Rapids	21	299	46	22:31.9	7:16/M	4:54.2
7	Sean Seabolt	Twin Lake	28	337	58	23:20.9	7:32/M	5:43.3
8	David Brookhouse	Fremont	22	283	66	23:49.6	7:41/M	6:12.0
9	Jon Borton	Fremont	28	146	69	24:12.9	7:48/M	6:35.3
10	Kevin Kolk	Fremont	22	397	71	24:21.6	7:51/M	6:44.0
11	Adam Kokx	Fremont	25	315	81	24:32.7	7:55/M	6:55.1
12	Jon Lowery	Newaygo	29	281	84	24:37.9	7:56/M	7:00.2
13	Joseph Booker	Newaygo	20	408	89	24:53.6	8:02/M	7:15.9
14	Nicholas Bowne	Twin Lake	21	68	104	25:51.6	8:20/M	8:13.9
15	Curtis Smalligan	Fremont	28	243	140	27:54.7	9:00/M	10:17.0
16	Curtis Franks	Grant	25	382	170	29:34.6	9:32/M	11:57.0
17	Troy Grove	Howard City	26	73	231	33:12.9	10:43/M	15:35.2
18	Christian Althaus	Ann Arbor	23	371	232	33:16.5	10:44/M	15:38.8
19	Brian Spicer	Newaygo	28	265	268	37:45.5	12:11/M	20:07.9

Age Group Results**5 K Run****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	Sarah Delong	Fremont	32	258	101	25:23.5	8:11/M	
2	Melanie Pell	Grand Rapids	34	100	125	26:50.7	8:39/M	1:27.2
3	Melissa Hirsch	Itasca	30	57	141	27:55.4	9:00/M	2:31.9
4	Cari Taylor	Fremont	32	24	153	28:43.2	9:16/M	3:19.7
5	Karen Frankhouser	Grand Rapids	34	77	158	28:56.2	9:20/M	3:32.7
6	Stephanie Dekuiper	Fremont	30	110	172	29:45.6	9:36/M	4:22.1
7	Tammy Sullivan	Grand Rapids	32	268	179	30:12.4	9:45/M	4:48.9
8	Amy Fekken	Whitehall	33	139	195	31:12.8	10:04/M	5:49.3
9	Kelly Baker	Allendale	33	107	199	31:26.2	10:08/M	6:02.7
10	Darlene Davis	Fremont	33	364	200	31:29.0	10:09/M	6:05.5
11	Brandy Bergman	Fremont	30	362	201	31:31.2	10:10/M	6:07.7
12	Danelle Fuhrman	Newaygo	33	126	203	31:32.5	10:10/M	6:09.0
13	Liz Luchies	Fremont	31	200	212	32:06.8	10:21/M	6:43.3
14	Ekaternia Finley	Plymouth	31	347	220	32:34.7	10:30/M	7:11.2
15	Lisa Beichle	Fremont	34	351	235	33:27.4	10:47/M	8:03.8
16	Kristin Tanis	Grand Rapids	30	34	245	34:08.1	11:01/M	8:44.6
17	Katie Yuhasz	Findlay	30	394	261	35:51.8	11:34/M	10:28.3
18	Crystal Zandvliet	Fremont	30	172	272	38:18.1	12:21/M	12:54.6
19	Kortnie Karp	Muskegon	30	12	280	40:10.7	12:57/M	14:47.1
20	Susan Pell	Howard City	30	197	284	45:16.0	14:36/M	19:52.4
21	Manda Smith	Fremont	31	390	289	51:00.8	16:27/M	25:37.3

**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	Robert Hentschel	Whitehall	34	298	11	19:12.6	6:12/M	
2	J.b. Meeuwenberg	Fruitport	33	56	16	19:49.2	6:24/M	0:36.6
3	Eric Ringnald	Rockford	30	377	20	20:22.9	6:34/M	1:10.3
4	Jason Dekuiper	Fremont	31	109	21	20:40.3	6:40/M	1:27.7
5	Jason Yuhasz	Findlay	33	395	57	23:15.5	7:30/M	4:02.9
6	Nathan Smith	Howard City	34	366	76	24:26.2	7:53/M	5:13.5
7	Daniel Rubio	Spring Lake	32	173	92	24:55.5	8:02/M	5:42.9
8	Eric Roossinck	Fremont	31	82	103	25:30.6	8:14/M	6:17.9
9	Joshua Callison	Newaygo	30	193	113	26:17.7	8:29/M	7:05.1
10	Stephen Waite	White Cloud	31	396	114	26:17.8	8:29/M	7:05.1
11	Jason Seaman	White Cloud	34	124	168	29:26.7	9:30/M	10:14.1
12	Brett Koch	Morley	32	248	270	37:57.0	12:15/M	18:44.4
13	Eric Pell	Howard City	31	230	285	45:24.0	14:39/M	26:11.4

Age Group Results**5 K Run****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	Shellee Ensing	Sugar Land	39	295	95	25:03.9	8:05/M	
2	Rachel Dekuiper	Rockford	36	76	124	26:49.3	8:39/M	1:45.4
3	Cheri Visscher	Fremont	35	404	148	28:36.5	9:14/M	3:32.6
4	Melanie Baden	Fremont	35	39	150	28:39.5	9:15/M	3:35.6
5	Cammie Swiathowski	Hudsonville	36	349	175	29:51.5	9:38/M	4:47.6
6	Patricia Burke	White Cloud	38	273	176	29:53.7	9:38/M	4:49.7
7	Dana Crowley	Montague	37	70	188	30:54.6	9:58/M	5:50.6
8	Joy Hoogerhyde	Allendale	36	168	193	30:59.6	10:00/M	5:55.7
9	Jennifer Rottier	Lansing	38	136	196	31:19.1	10:06/M	6:15.2
10	Cheri Smith	Rockford	38	182	209	31:50.1	10:16/M	6:46.2
11	Shan Bonjernoer	Twin Lake	35	358	217	32:14.4	10:24/M	7:10.5
12	Jennifer Hendrie	Holland	37	116	221	32:35.4	10:31/M	7:31.5
13	Rhonda Richards	Fremont	36	221	224	32:53.2	10:36/M	7:49.3
14	Valerie Leegwater	Zeeland	36	45	240	33:43.1	10:53/M	8:39.2
15	Bobbie Arends	Grant	38	308	243	33:54.3	10:56/M	8:50.4
16	Sherry Wright	Muskegon	38	140	250	34:26.9	11:06/M	9:23.0
17	Jill Speed	Washington	39	142	266	37:16.9	12:01/M	12:13.0
18	Carol Springstead	Fremont	39	29	282	40:18.2	13:00/M	15:14.3
19	Vera Stack	Northville	37	235	287	48:56.1	15:47/M	23:52.2

**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	John Burt	Pierson	39	191	14	19:48.0	6:23/M	
2	Donald Snippe	Fremont	39	163	31	21:57.9	7:05/M	2:09.8
3	Ty Miller	Fremont	38	186	32	22:04.5	7:07/M	2:16.4
4	Michael Kane	South Haven	38	401	38	22:13.6	7:10/M	2:25.6
5	Matt Feldpausch	Sparta	39	363	62	23:41.7	7:38/M	3:53.7
6	Tracy Bonjernoer	Twin Lake	35	359	63	23:43.7	7:39/M	3:55.7
7	Robert Richardson	Fremont	37	327	79	24:30.1	7:54/M	4:42.1
8	Dean Bettendorf	Muskegon	36	111	80	24:30.7	7:54/M	4:42.6
9	Steve Wagenmaker	Fremont	37	101	86	24:47.2	8:00/M	4:59.1
10	Lonnie Rodriguez	White Cloud	38	16	90	24:54.0	8:02/M	5:06.0
11	John Young	Twin Lake	35	391	134	27:24.4	8:50/M	7:36.4
12	Andrew Black	Fremont	35	369	144	28:18.9	9:08/M	8:30.9
13	Patrick Baker	Allendale	36	106	198	31:26.2	10:08/M	11:38.1
14	Chad Fuhrman	Newaygo	36	127	204	31:32.7	10:10/M	11:44.7

Age Group Results**5 K Run****Women 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	Tracey Crowley	Fremont	40	338	60	23:36.3	7:37/M	
2	Elizabeth Crandell	Fremont	43	287	78	24:28.4	7:54/M	0:52.1
3	Brooke Tibbe	Grant	42	144	119	26:32.2	8:34/M	2:55.8
4	Julie Ringlever	Mattawan	41	354	136	27:29.9	8:52/M	3:53.5
5	Debra Thompson	Fremont	40	246	137	27:30.8	8:52/M	3:54.4
6	Julie Sidlauskus	Fremont	42	20	157	28:53.5	9:19/M	5:17.1
7	Denise Hudson	Fremont	40	83	163	29:06.2	9:23/M	5:29.8
8	Kris Trygstad	Twin Lake	44	35	167	29:23.4	9:29/M	5:47.0
9	Michelle Kinzbach	Belmont	43	217	180	30:14.6	9:45/M	6:38.3
10	Susan Haid	Belmont	44	400	182	30:15.2	9:45/M	6:38.8
11	Melissa Seelye	Fruitport	41	38	184	30:36.5	9:52/M	7:00.1
12	Terri Springstead	Fremont	40	10	206	31:42.6	10:14/M	8:06.2
13	Jackie Oosse	Fremont	43	311	228	33:05.3	10:40/M	9:29.0
14	Linda Ackerman	Fremont	43	271	230	33:12.1	10:43/M	9:35.7
15	Dawn Vanderkooi	Fremont	41	121	237	33:30.1	10:48/M	9:53.7
16	Kelly Willson	Muskegon	44	185	238	33:30.8	10:48/M	9:54.4
17	Ann Moreen	Twin Lake	40	270	244	34:00.9	10:58/M	10:24.6
18	Debbie Veldheer	Holland	40	95	255	35:11.0	11:21/M	11:34.7
19	Tammy David	Clare	40	13	260	35:50.3	11:34/M	12:13.9
20	Vicki Hall	Holton	42	2	263	36:20.9	11:43/M	12:44.5

**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	Rod Richards	Fremont	40	222	17	20:02.0	6:28/M	
2	Shane Crowley	Fremont	43	339	27	21:16.3	6:52/M	1:14.3
3	Lonn Ensing	Sugar Land	40	294	35	22:08.7	7:08/M	2:06.6
4	Daniel Bolles	North Muskegon	40	324	41	22:22.0	7:13/M	2:19.9
5	Matt Arends	Grant	40	306	73	24:25.4	7:53/M	4:23.3
6	Christopher Haid	Belmont	41	399	83	24:37.7	7:56/M	4:35.6
7	Ron Miller	Ludington	43	336	85	24:46.3	7:59/M	4:44.3
8	Curt Emenhiser	Fremont	44	196	88	24:52.0	8:01/M	4:49.9
9	Andrew Smith	Rockford	40	181	105	25:57.0	8:22/M	5:54.9
10	Mitch Veldheer	Holland	40	94	112	26:13.1	8:27/M	6:11.0
11	Dewey Ackerman	Fremont	40	263	130	27:15.0	8:47/M	7:13.0
12	Rick Bouwknecht	Newaygo	44	293	143	28:13.4	9:06/M	8:11.3
13	Ted Vanderkooi	Fremont	41	316	151	28:40.2	9:15/M	8:38.1
14	Dean Johnson	Fremont	42	166	156	28:46.1	9:17/M	8:44.1
15	Brad Wells	Decatur	42	360	162	29:03.2	9:22/M	9:01.2
16	Jeff Romani	Itasca	40	58	173	29:48.0	9:37/M	9:45.9
17	Eric Bergman	Fremont	41	361	202	31:31.4	10:10/M	11:29.3
18	Robert Springstead	Fremont	42	9	205	31:42.4	10:14/M	11:40.3
19	Al Tubergen	Grand Rapids	41	264	208	31:43.4	10:14/M	11:41.3

Age Group Results

July 24, 2010

## 5 K Run

## 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>
20	Phillip Green	Grant	40	257	227	33:00.3	10:39/M	12:58.2

## 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	Mary Jo Jones	Fremont	47	66	118	26:27.7	8:32/M	
2	Terri Wahl	Fremont	48	55	145	28:26.3	9:10/M	1:58.6
3	Leigh Van Doornik	Holland	47	3	169	29:32.5	9:32/M	3:04.7
4	Lisa Maynard	Fremont	48	17	219	32:25.5	10:27/M	5:57.7
5	Brenda Gilliland	Fremont	47	368	229	33:06.4	10:41/M	6:38.6
6	Jodi Bunce	Fremont	47	215	279	39:44.1	12:49/M	13:16.4
7	Tara Meeuwenberg	Hudsonville	45	53	283	43:11.2	13:56/M	16:43.5

## 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	Steve Douglas	Muskegon	47	72	39	22:14.3	7:10/M	
2	Joseph Bauer	Fremont	49	275	64	23:46.8	7:40/M	1:32.5
3	David Landheer	Fremont	47	130	87	24:47.3	8:00/M	2:33.0
4	Ed Stack	Hartland	45	239	93	25:01.1	8:04/M	2:46.8
5	Michael Horstman	Fremont	48	256	96	25:05.5	8:05/M	2:51.2
6	Lindsay Hager	Fremont	45	32	99	25:08.7	8:06/M	2:54.3
7	Joe Wollos	Morley	47	290	120	26:33.4	8:34/M	4:19.1
8	Glenn Long	Rockford	47	204	122	26:35.3	8:35/M	4:20.9
9	Joe Flickema	Holton	46	393	138	27:39.2	8:55/M	5:24.9
10	Neal Tedford	Fremont	46	195	185	30:50.7	9:57/M	8:36.4
11	Scott Crandell	Fremont	47	356	187	30:54.2	9:58/M	8:39.9
12	Andy Spencer	Cayuga	46	313	222	32:42.7	10:33/M	10:28.4
13	Patrick Stack	Northville	47	236	271	38:13.8	12:20/M	15:59.5

## Women 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	Susan Johnson	Fremont	51	379	61	23:41.7	7:38/M	
2	Carmen Delong	White Cloud	51	6	142	28:01.4	9:02/M	4:19.6
3	Raene Redinger	Fremont	51	229	164	29:06.6	9:23/M	5:24.9
4	Kathy MacHuta	Fremont	53	220	166	29:21.8	9:28/M	5:40.1
5	Sara Boluyt	Grand Rapids	53	403	194	31:07.0	10:02/M	7:25.3
6	Becky Wilk	Fremont	54	374	258	35:40.0	11:30/M	11:58.2
7	Cheryl Ross	Fremont	50	63	274	38:45.9	12:30/M	15:04.1
8	Deb Pell	Fremont	52	409	288	49:53.4	16:05/M	26:11.7

Age Group Results

July 24, 2010

**5 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	Don Klingel	Grant	50	302	25	21:09.1	6:49/M	
2	Bill Ebert	Fremont	51	341	42	22:25.8	7:14/M	1:16.7
3	Chris Hudson	Fremont	50	84	53	22:56.1	7:24/M	1:46.9
4	Paul Donohue	North Muskegon	52	345	67	23:51.9	7:42/M	2:42.8
5	Nick Meyers	Florham Park	51	343	115	26:19.7	8:29/M	5:10.6
6	Robert Ross	Fremont	52	62	121	26:34.6	8:34/M	5:25.5
7	Rich Kallenbach	Fremont	54	285	132	27:18.3	8:48/M	6:09.1
8	Randy Gillette	Muskegon	54	330	147	28:28.2	9:11/M	7:19.1
9	Jeff Kinzbach	Belmont	52	216	181	30:14.8	9:45/M	9:05.7

**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	Bonnie Hoffman	Fremont	55	113	171	29:40.8	9:34/M	
2	Faith Fishman	Fremont	55	177	256	35:31.0	11:27/M	5:50.1
3	Marietta Bratton	Buffalo	59	309	275	38:50.6	12:32/M	9:09.7

**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	Garry Ringnalda	Alto	59	154	49	22:36.6	7:17/M	
2	John Machuta	Fremont	55	231	159	29:00.8	9:21/M	6:24.1

**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	Dave Rottier	Fremont	63	74	100	25:12.9	8:08/M	
2	Steve Breuker	Fremont	63	137	129	27:07.8	8:45/M	1:54.8

**Male 65 to 69**

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	Matt Britton	Rothbury	65	7	98	25:08.5	8:06/M	

**5 K Run**

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	Richard Harris	Fremont	71	242	127	26:57.7	8:42/M	
2	Cedric Stressman	Fremont	70	79	149	28:37.4	9:14/M	1:39.7
3	Richard Vanlente	Allendale	70	8	276	39:11.1	12:38/M	12:13.3