

**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	Karyn Butler	Middleville	34	489	23	20:33.0	6:38/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	John Lipa	Ludington	36	537	1	16:07.6	5:12/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	Jill Evers-Bowers	Kent City	44	331	31	21:24.3	6:54/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	49	453	5	18:00.8	5:48/M	

**5 K Run****Female 1 to 10**

<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	Calla Miller	Fremont	8	319	65	24:05.6	7:46/M	
2	Taylor Crowley	Montague	10	362	110	26:53.3	8:40/M	2:47.6
3	Sarah Vanderkooi	Fremont	10	386	188	34:22.6	11:05/M	10:16.9
4	Leah Meeuwenberg	Hudsonville	9	573	195	36:01.0	11:37/M	11:55.3
5	Zaida Hoogerhyde	Allendale	7	314	199	36:58.9	11:55/M	12:53.2
6	Riley Thompson	Rockford	9	475	204	37:58.1	12:15/M	13:52.4
7	Larkin Hoogerhyde	Allendale	10	313	206	38:05.2	12:17/M	13:59.5
8	Olivia Bowman	White Cloud	8	575	207	39:00.3	12:35/M	14:54.6

**Male 1 to 10**

<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	Lucas Johnson	Fremont	10	477	69	24:13.4	7:49/M	
2	Nathan Walker	Fremont	7	339	84	25:06.2	8:06/M	0:52.7
3	Wyatt Kaastra	Fremont	10	464	95	25:54.6	8:21/M	1:41.1
4	Eli Kersey	Caledonia	8	305	166	32:10.4	10:23/M	7:56.9
5	Brevin Byrne	Fremont	9	316	183	34:11.7	11:02/M	9:58.2
6	Landry Ringlever	Mattawan	8	567	198	36:27.9	11:45/M	12:14.4
7	Cole Miller	Fremont	10	405	210	39:34.3	12:46/M	15:20.8

**Female 11 to 14**

<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	14	309	41	22:16.6	7:11/M	
2	Hannah Rainey	Fremont	14	506	45	22:38.0	7:18/M	0:21.4
3	Katy Ferris	Fremont	13	337	109	26:52.7	8:40/M	4:36.0
4	Jaiden Van Doornik	Holland	11	292	121	27:54.9	9:00/M	5:38.2
5	Sage Hager	Fremont	14	283	141	29:24.1	9:29/M	7:07.5
6	Hannah Roberts	Shelby	13	365	149	30:07.5	9:43/M	7:50.9
7	Kailey McCloud	Fremont	13	582	151	30:25.5	9:49/M	8:08.9
8	Samantha Wheeler	Fremont	12	521	179	33:59.6	10:58/M	11:42.9
9	Remi Ringlever	Mattawan	12	568	200	37:14.4	12:01/M	14:57.8
10	Graison Ringlever	Mattawan	14	565	216	49:12.5	15:52/M	26:55.9

**5 K Run****Male 11 to 14**

<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	Damien Halverson	Hesperia	14	330	10	18:35.5	6:00/M	
2	Brady Cramer		14	509	18	20:07.0	6:29/M	1:31.5
3	Brode Breuker	Fremont	14	494	19	20:19.5	6:33/M	1:44.0
4	Brandon Snippe	Fremont	14	404	24	20:36.8	6:39/M	2:01.3
5	Curtis Jewett	Fremont	14	394	30	21:18.3	6:52/M	2:42.8
6	Max Smith	Newaygo	14	347	39	21:59.9	7:05/M	3:24.4
7	Seth Vanderkooi	Fremont	11	384	50	22:58.9	7:25/M	4:23.3
8	Austin Nicholas	Fremont	14	469	61	23:50.6	7:41/M	5:15.1
9	Alex Dennis	Whitehall	13	478	73	24:27.2	7:53/M	5:51.7
10	Nick Roberts	Shelby	13	364	81	24:57.7	8:03/M	6:22.2
11	Matthew Zerfas	Fremont	12	530	90	25:42.4	8:17/M	7:06.9
12	Dominick Byrne	Fremont	11	317	99	26:00.0	8:23/M	7:24.5
13	Sam Kaastra	Fremont	13	463	134	28:41.8	9:15/M	10:06.3
14	Aaron Leszczynski	Fort Wayne	13	503	137	28:57.7	9:20/M	10:22.2
15	Chase Sidlauskas	Fremont	11	360	169	32:21.4	10:26/M	13:45.8

**Women 15 to 19**

<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	Kathy Middaugh	Newaygo	15	456	46	22:38.0	7:18/M	
2	Trinity Holmes	Muskegon	16	512	48	22:43.3	7:20/M	0:05.2
3	Mckenna Van Doornik	Holland	15	293	49	22:45.2	7:20/M	0:07.1
4	Colleen Hall	Holton	15	284	80	24:56.3	8:03/M	2:18.3
5	Keagan Maxson	Holland	15	398	113	27:07.9	8:45/M	4:29.8
6	Tarah Bourke	Newaygo	17	333	114	27:08.2	8:45/M	4:30.1
7	Brittany Williams	White Cloud	15	388	115	27:08.5	8:45/M	4:30.4
8	Taylor Moon	Fremont	19	579	130	28:32.7	9:12/M	5:54.6
9	Whitney Grant	White Cloud	16	511	138	29:04.7	9:23/M	6:26.6
10	Jenn Powers	White Cloud	16	497	139	29:18.7	9:27/M	6:40.6
11	Marlene Zimmer	Grant	17	561	150	30:18.5	9:46/M	7:40.5
12	Cassie Dexter	Howard City	15	581	155	30:41.0	9:54/M	8:02.9
13	Shayna Pattison	Alto	19	500	196	36:02.7	11:37/M	13:24.6
14	Jennifer Slager	Fremont	15	361	214	42:14.6	13:37/M	19:36.5
15	Chase Burtch	Kalamazoo	15	566	217	49:13.3	15:53/M	26:35.2

Age Group Results

## 5 K Run

## Men 15 to 19

<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	Jeff Cherry	Fremont	17	549	2	16:45.6	5:24/M	
2	Nick Vanderkooi	Fremont	16	385	3	17:09.5	5:32/M	0:23.8
3	Matt Lopez	Newaygo	16	356	6	18:01.0	5:49/M	1:15.3
4	Kevin Hintz	Hart	17	310	7	18:09.0	5:51/M	1:23.3
5	Sam Schuiteman	Fremont	18	570	8	18:20.8	5:55/M	1:35.2
6	Tyler Green	Fremont	16	491	9	18:29.2	5:58/M	1:43.5
7	Leo Botello	Fremont	17	492	11	18:45.9	6:03/M	2:00.2
8	Christian Seaver	Montague	17	554	12	18:54.2	6:06/M	2:08.5
9	Nicholas Huisingh	Muskegon	18	515	16	19:55.2	6:25/M	3:09.6
10	Tommy Jewett	Fremont	18	393	17	20:06.8	6:29/M	3:21.1
11	Josh Kreslins	Fremont	16	583	28	21:08.3	6:49/M	4:22.6
12	Aj Reinhold	Holton	18	493	36	21:51.1	7:03/M	5:05.4
13	Jordan Marsh	Grand Haven	19	591	55	23:38.7	7:37/M	6:53.1
14	Conor Mulcahy	Cedarburg	19	590	74	24:28.3	7:54/M	7:42.6

## Female 20 to 24

<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	24	367	29	21:10.0	6:50/M	
2	Katie Brookhouse	Fremont	20	508	44	22:37.8	7:18/M	1:27.7
3	Maureen O'Lonegan	Muskegon	22	345	119	27:44.8	8:57/M	6:34.7
4	Megan Schuiteman	Grant	22	402	122	27:57.5	9:01/M	6:47.4
5	Kelse Moon	Fremont	20	577	131	28:33.7	9:13/M	7:23.6
6	Jessica Johnson	Montague	23	527	136	28:57.6	9:20/M	7:47.5
7	Ann Nelson	Montague	22	525	146	29:45.5	9:36/M	8:35.4
8	Brieann Redinger	Fremont	22	348	154	30:29.7	9:50/M	9:19.6
9	Jordan Perry	Whitehall	21	458	202	37:19.3	12:02/M	16:09.2

## Male 20 to 24

<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	Kyle Walch	Hesperia	20	560	43	22:22.6	7:13/M	
2	Richard Haeusschen	Fredericksburg	24	532	52	23:26.2	7:34/M	1:03.5
3	James Bacon	Fremont	22	369	60	23:47.8	7:40/M	1:25.1
4	Nicholas Bowne	Twin Lake	22	519	133	28:35.4	9:13/M	6:12.7

**5 K Run****Female 25 to 29**

<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	Emily Seamon	White Cloud	28	308	120	27:47.5	8:58/M	
2	Erin Redinger-Rottier	Fremont	29	410	125	28:09.2	9:05/M	0:21.7
3	Amanda Van Sickle	Whitehall	29	418	161	31:01.6	10:00/M	3:14.1
4	Jessica Bull	Fremont	29	374	163	31:20.7	10:06/M	3:33.2
5	Carrie Crosley	Fremont	25	353	171	32:26.4	10:28/M	4:38.9
6	Christy Huisjen	Saint Joseph	28	471	174	32:57.9	10:38/M	5:10.4
7	Taleah Grere	Montague	28	441	218	53:02.7	17:06/M	25:15.2

**Male 25 to 29**

<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	29	546	14	19:07.5	6:10/M	
2	Sean Seabolt	Twin Lake	29	556	47	22:39.8	7:18/M	3:32.2
3	Curt Smalligan	Big Rapids	29	413	58	23:42.8	7:39/M	4:35.2
4	Rob Parker	Shelby	26	555	64	24:00.1	7:45/M	4:52.5
5	Adam Kokx	Fremont	26	548	67	24:08.3	7:47/M	5:00.7
6	Doug Knight	Fremont	28	411	127	28:27.2	9:11/M	9:19.6

**Women 30 to 34**

<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	Diane Smith	Howard City	30	523	57	23:42.0	7:39/M	
2	Esther Jiran	Fremont	34	585	85	25:06.7	8:06/M	1:24.6
3	Heather Clark	Muskegon	33	487	96	25:56.0	8:22/M	2:13.9
4	Jean Knapp	Hesperia	34	406	98	25:59.6	8:23/M	2:17.6
5	Sarah Coville	Allendale	30	578	102	26:06.9	8:25/M	2:24.8
6	Jeanne Weiden	Fremont	34	495	104	26:32.5	8:34/M	2:50.5
7	Michelle Bordeaux	Fremont	34	587	107	26:36.5	8:35/M	2:54.4
8	Jessica Stroven	Fremont	32	376	118	27:37.9	8:55/M	3:55.9
9	Missy Schuiteman	Grant	30	401	123	27:57.6	9:01/M	4:15.6
10	Andrea Dumbrell	Grand Haven	34	335	144	29:41.5	9:35/M	5:59.5
11	Susan Pell	Howard City	31	533	147	29:58.6	9:40/M	6:16.5
12	Rebecca Robeck	Grant	30	350	152	30:26.3	9:49/M	6:44.2
13	Hilary Sepe	Twin Lake	30	449	156	30:43.2	9:55/M	7:01.1
14	Shauna Lowery	Newaygo	30	286	175	33:15.9	10:44/M	9:33.8
15	Jonice Walters	Grant	31	454	181	34:07.1	11:00/M	10:25.0
16	Lindsay Reynolds	Twin Lake	32	510	182	34:11.6	11:02/M	10:29.5
17	Rose Ward	Muskegon	30	586	197	36:23.0	11:44/M	12:41.0
18	Aimee Lavette	Newaygo	30	427	201	37:18.8	12:02/M	13:36.7
19	Heidie Snyder	Fremont	32	351	203	37:48.4	12:12/M	14:06.3
20	Crystal Zandvliet	Fremont	31	439	215	48:22.1	15:36/M	24:40.0

**5 K Run****Men 30 to 34**

<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 Przybylek	Fruitport	34	501	4	17:47.5	5:44/M	
2	Jason De Kuiper	Fremont	32	517	21	20:31.3	6:37/M	2:43.8
3	David Dobb	Zeeland	33	334	37	21:53.6	7:04/M	4:06.0
4	Jason Rabe	New Era	32	543	51	23:14.7	7:30/M	5:27.2
5	Eric Roossinck	Fremont	32	288	68	24:12.6	7:48/M	6:25.0
6	Daniel Tornow	Twin Lake	31	528	111	27:00.5	8:43/M	9:12.9

**Women 35 to 39**

<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	Karen Frankhouser	Grand Rapids	35	281	100	26:00.3	8:23/M	
2	Cheri Visscher	Fremont	36	520	106	26:36.2	8:35/M	0:35.8
3	Leanne Roesler	Fremont	39	377	116	27:12.2	8:46/M	1:11.8
4	Amy Ekkel	Newaygo	38	485	140	29:19.3	9:27/M	3:18.9
5	Jennifer Stitt	Fremont	37	297	148	30:01.4	9:41/M	4:01.0
6	Shelly Moon	Fremont	39	371	158	30:51.2	9:57/M	4:50.8
7	Vicki Sparks	Fremont	37	370	159	30:51.4	9:57/M	4:51.0
8	Carrie Vandenberg	White Cloud	38	372	170	32:24.3	10:27/M	6:23.9
9	Evelyn Rodriguez	White Cloud	38	382	173	32:49.5	10:35/M	6:49.1
10	Joy Hoogerhyde	Allendale	37	312	185	34:14.4	11:03/M	8:14.0
11	Alison Hannahs	White Cloud	37	415	190	34:28.1	11:07/M	8:27.7
12	Holly Bowman	White Cloud	37	574	208	39:00.6	12:35/M	13:00.2
13	Mistie Miller	Fremont	36	343	209	39:34.2	12:46/M	13:33.8
14	Kimberly Carney	Twin Lake	39	278	212	40:41.6	13:07/M	14:41.2

**Men 35 to 39**

<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	Ty Miller	Fremont	39	446	22	20:33.0	6:38/M	
2	Jon Vanden Berg	Fremont	38	571	27	20:45.7	6:42/M	0:12.7
3	Mark Latsch	Muskegon	35	387	40	22:13.3	7:10/M	1:40.2
4	Gus Salto	Grant	36	498	53	23:27.5	7:34/M	2:54.4
5	Dean Bettendorf	Muskegon	37	564	72	24:24.2	7:52/M	3:51.2
6	William Nemcek	Fremont	36	380	83	25:04.3	8:05/M	4:31.3
7	Lonnie Rodriguez	White Cloud	39	381	86	25:13.5	8:08/M	4:40.5
8	Jason Best	Fremont	35	375	87	25:15.3	8:09/M	4:42.2
9	Ken Clark Jr	Muskegon	35	488	91	25:43.9	8:18/M	5:10.9
10	Dirk Fuller	Muskegon	38	499	97	25:58.0	8:23/M	5:24.9
11	Bill Petersen	Fremont	37	516	105	26:32.6	8:34/M	5:59.6
12	Ryan De Kuiper	Rockford	37	545	117	27:34.9	8:54/M	7:01.9
13	Steve Hannahs	White Cloud	39	443	191	34:28.2	11:07/M	13:55.2
14	Jason Miller	Fremont	36	342	192	34:33.4	11:09/M	14:00.4

Age Group Results

July 23, 2011

## 5 K Run

## Men 35 to 39

<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	Scott Thompson	Rockford	35	474	205	37:59.7	12:15/M	17:26.6

## Women 40 to 44

<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	Denise Hudson	Fremont	41	467	160	30:54.7	9:58/M	
2	Caryn Kersey	Caledonia	43	304	168	32:19.1	10:25/M	1:24.3
3	Julie Sidlauskas	Fremont	43	358	172	32:31.5	10:29/M	1:36.7
4	Linda Ackerman	Fremont	44	275	176	33:32.6	10:49/M	2:37.8
5	Rhoni Kaastra	Fremont	40	461	178	33:46.3	10:54/M	2:51.5
6	Rhonda Byrne	Fremont	43	315	187	34:16.1	11:03/M	3:21.4
7	Dawn Vanderkooi	Fremont	42	383	189	34:24.5	11:06/M	3:29.7

## Men 40 to 44

<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	Jay Shillinger	Ludington	42	536	15	19:44.2	6:22/M	
2	Rod Richards	Fremont	41	470	20	20:25.0	6:35/M	0:40.8
3	Donald Snippe	Fremont	40	403	32	21:34.8	6:57/M	1:50.5
4	Dean Johnson	Fremont	43	476	33	21:35.8	6:58/M	1:51.6
5	Chris Cook	Fremont	40	422	59	23:45.1	7:40/M	4:00.8
6	Michael Postema	Ravenna	41	502	63	23:58.6	7:44/M	4:14.4
7	Jim Ferris	Fremont	40	336	71	24:18.9	7:50/M	4:34.6
8	Dewey Ackerman	Fremont	41	274	78	24:49.0	8:00/M	5:04.7
9	Alan Tubbergen	Fremont	42	542	82	25:03.5	8:05/M	5:19.3
10	Kevin Kaastra	Fremont	40	462	89	25:35.8	8:15/M	5:51.6
11	Mitch Veldheer	Holland	41	407	92	25:46.4	8:19/M	6:02.1
12	David Byrne	Fremont	43	318	93	25:49.6	8:20/M	6:05.4
13	Dale Bull	Fremont	41	373	103	26:07.3	8:25/M	6:23.1
14	Brett Crowley	Montague	42	363	112	27:02.4	8:43/M	7:18.1
15	Matt Feldpausch	White Cloud	40	544	142	29:34.3	9:32/M	9:50.1
16	Dan Sidlauskas	Fremont	44	359	145	29:44.6	9:35/M	10:00.3
17	Brian Kersey	Caledonia	44	303	167	32:17.9	10:25/M	12:33.7

Age Group Results

July 23, 2011

## 5 K Run

## Women 45 to 49

<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	Carrie Van Boven	Fremont	49	444	135	28:43.8	9:16/M	
2	Leigh Van Doornik	Holland	48	322	153	30:27.4	9:49/M	1:43.6

## Men 45 to 49

<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	48	569	25	20:41.9	6:40/M	
2	Mark Hyrns	White Cloud	47	429	26	20:43.9	6:41/M	0:02.0
3	Craig Suchner	Newaygo	47	524	42	22:17.1	7:11/M	1:35.2
4	Dean Wheater	Fremont	48	423	66	24:08.0	7:47/M	3:26.1
5	Lindsay Hagar	Fremont	46	282	70	24:16.8	7:50/M	3:34.8
6	Jeff Beecham	Saint Paul	49	486	108	26:46.3	8:38/M	6:04.3
7	Jim Dennis	Whitehall	49	479	126	28:26.1	9:10/M	7:44.2
8	Steve Moon	Fremont	45	576	132	28:33.8	9:13/M	7:51.9
9	Dan Roberts	Shelby	46	366	177	33:42.9	10:52/M	13:01.0
10	Doug Wheater	Fremont	46	522	180	33:59.8	10:58/M	13:17.8

## Women 50 to 54

<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	52	390	56	23:41.8	7:38/M	
2	Carol Jones	Fremont	53	480	79	24:52.3	8:01/M	1:10.4
3	Terri Clink	Fremont	51	580	101	26:04.8	8:25/M	2:23.0
4	Jane Wright	Fremont	52	344	124	28:00.5	9:02/M	4:18.6
5	Carmen Delong	White Cloud	52	438	129	28:29.1	9:11/M	4:47.3
6	Kathy MacHuta	Fremont	54	421	143	29:35.5	9:33/M	5:53.7
7	Deb Jones	Twin Lake	51	341	157	30:46.9	9:55/M	7:05.0
8	Raene Redinger	Fremont	52	349	164	31:24.4	10:08/M	7:42.6

## Men 50 to 54

<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 Adams	Muskegon	50	584	13	18:56.8	6:06/M	
2	Don Klingel	Grant	51	518	34	21:41.1	7:00/M	2:44.3
3	Chris Hudson	Fremont	51	468	35	21:47.8	7:02/M	2:51.0
4	Bill Ebert	Fremont	52	531	54	23:32.7	7:35/M	4:35.9
5	Joe Bauer	Fremont	50	490	62	23:52.5	7:42/M	4:55.7
6	Larry Smalligan	Fremont	54	447	76	24:31.8	7:55/M	5:35.0
7	Dave Kuck	Fremont	53	481	88	25:25.1	8:12/M	6:28.3
8	Aaron Parrish	White Cloud	52	391	94	25:50.4	8:20/M	6:53.6
9	Phillip Anderson	Whitehall	52	420	162	31:01.8	10:00/M	12:04.9



Age Group Results

July 23, 2011

**5 K Run****Women 55 to 59**

<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	Faith Fishman	Fremont	56	442	184	34:13.4	11:02/M	
2	Mary Huisjen	Fremont	56	472	193	34:40.6	11:11/M	0:27.1

**Men 55 to 59**

<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	James O Therrian	Holton	57	396	38	21:59.1	7:05/M	
2	Randy Maxson	Holland	57	400	75	24:30.4	7:54/M	2:31.3
3	Dan Gomez	Ludington	56	535	165	31:33.7	10:11/M	9:34.6

**Female 60 to 64**

<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	Pat Wills	Fremont	60	368	194	35:43.0	11:31/M	
2	Paulette Maxson	Fremont	61	430	211	40:40.0	13:07/M	4:56.9

**Male 60 to 64**

<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 Hoersten	Fremont	61	424	77	24:38.8	7:57/M	

**Male 65 to 69**

<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	Gordon Carpenter	Comstock Park	69	279	186	34:16.0	11:03/M	

**Men 70 and over**

<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	Ed Yob	Hesperia	75	558	128	28:29.0	9:11/M	
2	Richard Van Lente	Allendale	71	294	213	41:26.6	13:22/M	12:57.6

**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	Melissa Morgan	Fremont	18	507	12	42:35.9	6:52/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	James Lanciaux	Fremont	20	547	1	33:49.6	5:27/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	Kris Cadwell	Okemos	59	277	38	56:58.9	9:11/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	Cliff Somers	Fremont	40	457	9	41:37.5	6:43/M	

**10 K Run****Men 14 and Under**

<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	Brayden Law	Fort Wayne	13	504	7	40:27.6	6:31/M	
2	Samuel Stitt	Fremont	12	299	18	47:06.8	7:36/M	6:39.2
3	Justin Threatt	Newaygo	13	378	39	57:25.8	9:16/M	16:58.2
4	Ian Klahre	Fremont	13	588	49	1:02:36.0	10:06/M	22:08.3

**Women 15 to 19**

<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	Kaytlynne Kerwin	Kent City	17	332	22	49:19.0	7:57/M	

**Men 15 to 19**

<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	19	572	2	34:07.6	5:30/M	
2	Greg Madendorp	Whitehall	18	287	3	35:36.5	5:45/M	1:28.8
3	Seph Dabrowski	Okemos	17	280	4	36:02.6	5:49/M	1:54.9
4	Kyle Starr	Sand Lake	18	290	5	36:03.5	5:49/M	1:55.9
5	Jonathon Castle	White Cloud	15	550	8	41:09.9	6:38/M	7:02.2
6	Joshua Clark	Fremont	16	326	21	49:11.5	7:56/M	15:03.9

**Female 20 to 24**

<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	Alexandra Oosse	Grand Rapids	21	296	29	54:33.7	8:48/M	
2	Jessica Clark	Fremont	23	325	32	55:42.0	8:59/M	1:08.3

**Male 20 to 24**

<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	Andy Degraff	Belmont	23	514	28	54:33.0	8:48/M	

**Female 25 to 29**

<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	Katie Houston	Fremont	27	551	13	44:27.9	7:10/M	
2	Jennifer Seabolt	Twin Lake	28	557	26	53:05.3	8:34/M	8:37.4
3	Jana Shavaliar	Grand Rapids	25	346	30	55:11.0	8:54/M	10:43.1
4	Jame Stray	Grant	26	395	44	1:00:14.7	9:43/M	15:46.8

**10 K Run****Male 25 to 29**

<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	Prince Aleem	Holton	29	553	35	56:33.2	9:07/M	

**Women 30 to 34**

<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	Becky Content	Fremont	30	465	46	1:02:00.7	10:00/M	
2	Nichole Bennett	Grant	30	379	50	1:05:42.4	10:36/M	3:41.7
3	Amanda Parsons	Utica	30	357	51	1:06:47.6	10:46/M	4:46.9

**Men 30 to 34**

<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	Stephen Waite	White Cloud	32	589	14	44:44.8	7:13/M	
2	Joe Baldes	Fremont	34	389	33	56:07.4	9:03/M	11:22.6
3	Heath Warren	Fremont	31	459	36	56:45.8	9:09/M	12:01.0

**Women 35 to 39**

<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	Becky Thompson	Rockford	37	473	17	47:00.5	7:35/M	
2	Kristin Laning	Hudsonville	36	306	34	56:33.2	9:07/M	9:32.6

**Men 35 to 39**

<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	36	338	6	37:34.3	6:04/M	
2	Jonathan Laning	Hudsonville	36	307	10	41:57.8	6:46/M	4:23.4
3	Sam Rice	Sparta	37	526	11	42:20.1	6:50/M	4:45.7
4	Sam Stitt	Fremont	38	300	19	47:31.6	7:40/M	9:57.3
5	Jamie Holcomb	Muskegon	37	534	27	53:48.0	8:41/M	16:13.7
6	Tim Brown	Montague	35	460	45	1:01:12.6	9:52/M	23:38.3

Age Group Results

July 23, 2011

**10 K Run****Women 40 to 44**

<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	Molly Kidner	Twin Lake	43	328	54	1:10:29.0	11:22/M	
2	Jackie Oosse	Fremont	44	562	56	1:11:59.0	11:37/M	1:30.0

**Men 40 to 44**

<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 Moore	Morley	42	592	25	52:57.8	8:32/M	
2	Todd Holmberg	Greenville	41	559	41	58:48.9	9:29/M	5:51.1
3	Brian Kidner	Twin Lake	43	329	53	1:10:28.9	11:22/M	17:31.0

**Women 45 to 49**

<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	Kim Bentley	Fremont	48	552	48	1:02:14.2	10:02/M	

**Men 45 to 49**

<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	Daniel Hintz	Hart	47	311	31	55:20.8	8:55/M	
2	Joe Flickema	Holton	47	452	47	1:02:10.3	10:02/M	6:49.5

**Men 50 to 54**

<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	Timothy Cygert	Fremont	50	505	15	45:45.4	7:23/M	
2	William Oosse	Grand Rapids	50	513	16	46:41.4	7:32/M	0:55.9
3	Jim Jones	Twin Lake	52	340	37	56:53.7	9:10/M	11:08.3
4	Michael Klahre	Fremont	51	541	52	1:07:25.6	10:52/M	21:40.1

**Men 55 to 59**

<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 Abbott	Fremont	59	426	23	50:19.7	8:07/M	
2	Loyd Milliron	Muskegon	57	496	24	52:01.4	8:23/M	1:41.6
3	John MacHuta	Fremont	56	419	55	1:11:30.0	11:32/M	21:10.2

**10 K Run**

**Male 60 to 64**

<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	Dean Denman	Shelby	64	321	20	47:34.2	7:40/M	
2	Glen Sparks	Fremont	64	455	57	1:15:30.0	12:11/M	27:55.8

**Male 65 to 69**

<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	66	276	40	57:58.7	9:21/M	
2	David Theule	Ada	66	529	42	59:34.4	9:36/M	1:35.7
3	John Patrick	Hesperia	65	320	43	1:00:05.7	9:41/M	2:07.0