

5 K Run

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>
1	Karyn Butler	Middleville	36	337	20	20:34.1	6:38/M

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>
1	Greta Johnson	Fremont	50	892	87	28:11.1	9:05/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>
1	Calla Miller	Fremont	10	1300	45	24:12.4	7:48/M
2	Mackenzie Stitt	Fremont	10	319	49	25:08.5	8:06/M
3	Zaida Hoogerhyde	Allendale	9	370	136	32:29.1	10:29/M
4	Ava Parsons	Utica	9	360	159	38:03.0	12:16/M

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>
1	Brooke Carrier	Spring Lake	14	344	30	22:40.0	7:19/M
2	Allison Frank	Hudsonville	13	879	37	23:42.8	7:39/M
3	Katelyn Fowler	Grant	14	340	41	24:02.7	7:45/M
4	Megan Walker	Fremont	12	518	42	24:08.2	7:47/M
5	Kendra Fowler	Grant	12	341	53	25:46.9	8:19/M
6	Brianna Norris	Grant	14	348	64	26:20.7	8:30/M
7	Kayli Holmes	Fremont	13	887	71	26:49.3	8:39/M
8	Larkin Hoogerhyde	Allendale	12	369	95	28:55.1	9:20/M
9	Heidi Crain	Coopersville	14	869	99	29:16.1	9:26/M
10	Lauryn Fairchild	Clare	14	876	100	29:19.3	9:27/M
11	Samantha Wheeler	Fremont	14	309	102	29:32.5	9:32/M
12	Remington Ringlever	Mattawan	14	371	120	30:45.1	9:55/M
13	Madeleine Dodson-Garrett	Fremont	14	872	141	32:49.7	10:35/M

Female 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>
1	Hannah Rainey	Newaygo	16	339	23	20:58.2	6:46/M
2	Brooke Wahl	Fremont	16	517	26	21:19.5	6:53/M
3	Corrine Stevens	Newaygo	15	508	39	23:51.2	7:42/M
4	Cassandra McAllister	Muskegon	18	1295	40	23:55.5	7:43/M
5	Samantha Eely	Muskegon	18	327	48	25:08.0	8:06/M
6	Katelyn Moore	Fremont	17	480	54	25:47.4	8:19/M
7	Hannah McDowell	Newaygo	18	1298	63	26:18.5	8:29/M
8	Kaitlyn Vanderkooi	Fremont	19	516	77	27:15.3	8:47/M
9	Colleen Hall	Holton	17	884	79	27:37.6	8:55/M
10	Kara Deuling	Fremont	18	536	103	29:34.8	9:32/M
11	Carlota Nunez-B Vallejo	Fremont	17	485	124	31:00.3	10:00/M
12	Taylor Miller	Bailey	18	347	125	31:00.3	10:00/M
13	Whitney Grant	White Cloud	18	883	134	31:59.4	10:19/M
14	Amanda Bunce	Fremont	19	864	137	32:38.2	10:32/M

5 K Run**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>
1	Sarah Echsner	Longmont	22	392	34	23:34.4	7:36/M
2	Bethany Bacheller	Fremont	24	375	67	26:41.5	8:36/M
3	Kate Miller	Cadillac	23	380	84	27:54.1	9:00/M
4	Briann Redinger	Fremont	24	381	88	28:25.8	9:10/M
5	Sara Eden	La Crosse	23	391	107	30:11.6	9:44/M
6	Sonia Van Ens	Grant	24	511	133	31:49.0	10:16/M
7	Jessica Saum	Fremont	23	384	138	32:39.2	10:32/M
8	Rachelle Kroll	Newaygo	24	1286	154	36:34.5	11:48/M
9	Amber Bull	Fremont	23	863	161	38:06.8	12:17/M
10	Sarah Kolk	Fremont	23	1285	172	44:32.2	14:22/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>
1	Jessica Clark	Hesperia	25	317	32	23:06.1	7:27/M

Female 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>
1	Jesse Prentiss	Stow	34	332	78	27:17.9	8:48/M
2	Laura Sparks	Hesperia	33	505	90	28:40.5	9:15/M
3	Nicole Gillette	Frisco	31	356	104	29:55.7	9:39/M
4	Erin Rottier	Fremont	31	500	105	29:56.1	9:39/M
5	Rebecca Robeck	Grant	32	498	116	30:39.3	9:53/M
6	Liz Lillibridge	Marne	30	354	122	30:46.1	9:55/M
7	Sarah Cosens	Twin Lake	31	321	127	31:08.4	10:03/M
8	Beth Myers	Fremont	30	481	128	31:25.0	10:08/M
9	Amy Olds	Newaygo	31	487	132	31:48.8	10:15/M
10	Reida Osterman	Fremont	31	488	139	32:39.6	10:32/M
11	Toni Rich	Fremont	31	496	140	32:46.2	10:34/M
12	Miranda Hilton	Grant	32	330	160	38:06.2	12:17/M
13	Amanda Parsons	Utica	32	361	162	38:08.1	12:18/M
14	Teresa Lathrop	Fremont	31	1287	167	41:58.8	13:32/M

Age Group Results

5 K Run

Female 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>
1	Michelle Bordeaux	Fremont	36	862	61	26:10.6	8:26/M
2	Karen Frankhouser	Grand Rapids	37	880	74	26:59.0	8:42/M
3	Jennifer Stitt	Fremont	39	320	85	28:00.6	9:02/M
4	Monica Swanland	Caledonia	37	367	101	29:26.7	9:30/M
5	Brandy Miller	Bailey	38	346	123	31:00.0	10:00/M
6	Vicki Sparks	Fremont	39	506	143	33:11.3	10:42/M
7	Shannon Jansma	Sparta	37	315	144	33:19.2	10:45/M
8	Claudia Hallberg	Newaygo	36	885	151	34:16.6	11:03/M
9	Jennifer McAlister	Grant	38	1294	156	37:41.5	12:09/M
10	Heidi Cosens-Hofstra	Holland	36	868	165	41:41.5	13:27/M
11	Alison Hannahs	White Cloud	39	886	171	44:31.8	14:22/M

Female 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>
1	Leanne Roesler	Fremont	41	378	96	28:59.8	9:21/M
2	Shelly Moon	Fremont	41	479	142	33:11.2	10:42/M
3	Carrie Vandenberg	White Cloud	40	514	145	33:19.4	10:45/M
4	Cindy Fuller	Hart	44	314	147	33:22.4	10:46/M
5	Tammy David	Clare	43	353	149	33:45.1	10:53/M

Female 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>
1	Julie Sidlauskas	Fremont	45	503	117	30:40.1	9:54/M
2	Deede Petz	Fremont	49	493	118	30:42.3	9:54/M
3	Caryn Kersey	Caledonia	45	1276	131	31:43.7	10:14/M
4	Luanne Warfield	Fremont	47	521	148	33:39.8	10:51/M
5	Cindy Nienhuis	Holland	49	484	169	43:27.6	14:01/M

Female 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>
1	Carmen Delong	White Cloud	54	870	98	29:14.3	9:26/M
2	Mary Houston	Fremont	54	333	114	30:32.1	9:51/M
3	Theresa Weller	Holland	54	352	168	43:27.2	14:01/M
4	Maria Klahre	Fremont	53	376	170	44:00.0	14:12/M

5 K Run

Female 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>
1	Kathy MacHuta	Fremont	56	1290	108	30:12.1	9:45/M
2	Patti Duflo	Newaygo	58	875	111	30:24.6	9:48/M
3	Paula Pranger	White Cloud	58	494	152	34:25.5	11:06/M
4	Mickey Conklin	Fremont	57	866	164	41:16.9	13:19/M

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>
1	Christine Lehman	Fremont	61	1288	166	41:47.9	13:29/M

5 K Run

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>
1	Alex Wilson	Kent City	21	522	1	15:31.0	5:00/M

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>
1	Rod Richards	Fremont	43	497	16	20:17.6	6:33/M

5 K Run**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>
1	Nathan Walker	Fremont	9	519	22	20:46.4	6:42/M
2	Zak Grabill	Newaygo	10	882	57	25:59.4	8:23/M
3	Elijah Miller	Caledonia	10	476	68	26:42.8	8:37/M
4	Nathan Johnson	Fremont	10	895	112	30:24.8	9:48/M
5	Eli Kersey	Caledonia	10	1283	130	31:30.9	10:10/M
6	Landry Ringlever	Mattawan	10	372	135	32:21.1	10:26/M
7	Aidan McAlister	Grant	9	1292	158	37:42.0	12:10/M

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>
1	Matthew Zerfas	Fremont	14	525	7	18:43.4	6:02/M
2	Fraser Wilson	Kent City	14	523	8	18:47.9	6:04/M
3	Samuel Stitt	Fremont	14	509	10	18:59.9	6:07/M
4	Cole Hamilton	Hesperia	14	307	29	22:18.3	7:12/M
5	Lucas Johnson	Fremont	12	893	44	24:10.8	7:48/M
6	Wyatt Kaastra	Fremont	12	900	70	26:47.9	8:38/M
7	Spencer Kaastra	Fremont	11	899	106	30:06.9	9:43/M
8	Austin Wisniewski	Fremont	11	322	163	40:09.3	12:57/M
9	Gabe Schwartz	Holton	12	382	174	49:23.0	15:56/M

Male 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>
1	Nick Vander Kooi	Fremont	18	515	2	16:20.5	5:16/M
2	Will Wilson	Kent City	17	524	3	17:11.9	5:33/M
3	Damien Halverson	Hesperia	16	363	4	17:31.2	5:39/M
4	Max Smith	Newaygo	16	504	5	18:04.3	5:50/M
5	Andrew Polasek	Newaygo	16	343	11	19:19.0	6:14/M
6	Sam Kaastra	Fremont	15	898	12	19:24.1	6:15/M
7	Aaron Frank	Hudsonville	16	878	14	19:39.2	6:20/M
8	Austin Nicholas	Fremont	16	483	17	20:25.2	6:35/M
9	Curtis Jewett	Fremont	16	889	21	20:44.8	6:41/M
10	Andrew Goodspeed	Fremont	16	310	27	21:43.3	7:00/M
11	Joshua Clark	Spring Lake	18	316	36	23:39.8	7:38/M
12	Benjamin Deuling	Fremont	15	871	38	23:51.1	7:42/M
13	Ian Klahre	Fremont	15	546	81	27:41.3	8:56/M
14	Dan Pearce	Fremont	16	490	91	28:45.3	9:16/M
15	Michael Bruce	Holton	16	324	126	31:02.7	10:01/M

Age Group Results

July 20, 2013

5 K Run**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>
1	Aaron Stenberg	Whitehall	24	318	6	18:14.1	5:53/M
2	Tommy Jewett	Fremont	20	890	9	18:52.7	6:05/M

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>
1	Grant Swinger	Fremont	29	510	25	21:10.6	6:50/M
2	Rob Parker	Holton	28	368	55	25:47.7	8:19/M
3	Jason O'Conell	Fremont	29	486	155	36:34.7	11:48/M

Male 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>
1	Justin Patten	Fremont	34	489	13	19:27.1	6:16/M
2	Ty Manchip	Fremont	33	1291	15	19:57.3	6:26/M
3	Brad Myers	Fremont	32	482	35	23:38.5	7:37/M
4	Reed Wolf	Frisco	32	357	51	25:33.2	8:15/M
5	Jason Stariha	Fremont	32	507	56	25:55.2	8:22/M
6	Adam Rich	Fremont	34	495	65	26:30.1	8:33/M
7	Doug Knight	Fremont	30	1284	69	26:43.2	8:37/M
8	Brandon Huisman	Newaygo	30	888	73	26:56.4	8:41/M
9	Ryan Lillibridge	Marne	30	355	82	27:42.2	8:56/M
10	Ryan Boike	Fremont	33	323	93	28:47.6	9:17/M
11	Marcus Ringnalda	Caledonia	31	364	109	30:17.3	9:46/M
12	Ron Maynard	New Era	34	377	173	49:08.4	15:51/M

Male 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>
1	Gus Salto	Grant	38	390	28	22:17.3	7:11/M
2	Jason Best	Fremont	37	861	47	24:57.2	8:03/M
3	William Petersen	Fremont	39	492	52	25:45.7	8:18/M
4	Matt Grabill	Newaygo	37	881	58	25:59.4	8:23/M
5	Darrin Robeck	Fremont	37	362	66	26:36.1	8:35/M
6	Joe Baldes	Fremont	36	860	80	27:40.5	8:55/M
7	Jason Seaman	White Cloud	37	358	94	28:48.5	9:17/M
8	Eric Schwartz	Holton	35	383	129	31:26.0	10:08/M
9	Chris McAlister	Grant	39	1293	157	37:41.9	12:09/M

5 K Run**Male 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>
1	Ty Miller	Fremont	41	477	18	20:26.9	6:35/M
2	Troy Gebhart	Hart	43	313	19	20:28.3	6:36/M
3	Matty Feldpausch	White Cloud	42	336	33	23:08.3	7:28/M
4	Dewey Ackerman	Fremont	43	858	50	25:22.1	8:11/M
5	Brian Pumford	Fremont	43	342	59	26:02.3	8:24/M
6	Alan Tubbergen	Fremont	44	311	62	26:11.7	8:27/M
7	Kevin Kaastra	Fremont	42	896	72	26:54.6	8:41/M
8	Jim Ferris	Fremont	42	312	86	28:08.3	9:05/M
9	Dan Albrecht	Fremont	41	859	92	28:46.9	9:17/M

Male 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>
1	Erich Heger	Fremont	49	350	43	24:10.4	7:48/M
2	Wayne Kauffman	Newaygo	46	374	76	27:05.4	8:44/M
3	Joe Flickema	Holton	49	877	97	29:04.1	9:23/M
4	Dean Johnson	Fremont	45	891	113	30:25.2	9:49/M
5	Dan Sidlauskas	Fremont	46	502	121	30:45.4	9:55/M

Male 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>
1	Steve Douglas	Muskegon	50	873	24	21:07.1	6:49/M
2	Randy McDonald	Fremont	52	1297	83	27:45.1	8:57/M
3	Peter McAllister	Muskegon	53	1296	89	28:30.8	9:12/M
4	James Stickney	Bailey	54	326	119	30:44.0	9:55/M
5	Michael Klahre	Fremont	53	547	146	33:21.1	10:45/M

Male 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>
1	John MacHuta	Fremont	58	1289	150	33:45.2	10:53/M

5 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>
1	Don Correll	Muskegon	63	867	31	23:03.7	7:26/M
2	Don Moon	Holton	64	478	60	26:08.5	8:26/M
3	Doug Duflo	Newaygo	60	874	110	30:23.1	9:48/M
4	Bud Elve	Newaygo	63	366	115	30:36.9	9:52/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>
1	Tom Owczarski	New Era	67	335	46	24:37.3	7:56/M
2	Dave Rottier	Fremont	66	499	75	27:03.2	8:44/M

Male 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>
1	Gordon Carpenter	Comstock Park	71	865	153	35:49.3	11:33/M

10 Mile Run

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>
1	Kaytlynne Kerwin	Casnovia	19	545	12	1:18:04.0	7:48/M

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>
1	Laurel Dawson	Muskegon	57	534	10	1:17:38.2	7:46/M

10 Mile Run

Female 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>
1	Mackenzie Lounsbery	Fremont	17	308	13	1:18:15.4	7:50/M
2	Kayla Deuling	Fremont	19	537	28	1:33:49.0	9:23/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>
1	Katie Houston	Fremont	29	334	15	1:18:52.0	7:53/M

Female 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>
1	Diane Smith	Howard City	32	351	18	1:20:21.9	8:02/M
2	Kristi Vandop	Coopersville	33	557	29	1:35:07.7	9:31/M
3	Emily Seaman	White Cloud	30	552	35	1:42:40.2	10:16/M
4	Susan Pell	Howard City	33	349	38	1:48:34.7	10:51/M

Female 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>
1	Esther Jiran	Fremont	36	544	26	1:30:16.2	9:02/M

Female 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>
1	Tracey Crowley	Fremont	43	533	16	1:19:46.3	7:59/M

Female 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>
1	Elizabeth Crandell	Fremont	46	532	31	1:36:16.0	9:38/M

10 Mile Run

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>
1	Scott Evans	Kalamazoo	30	541	1	1:00:15.8	6:02/M

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>
1	Jim Lanciaux	Fremont	51	548	3	1:04:18.1	6:26/M

10 Mile Run**Male 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>
1	Tyler Green	Fremont	18	542	2	1:03:26.5	6:21/M
2	Luke Boulter	Plainwell	18	328	5	1:07:43.4	6:46/M
3	Dillon Cook	Hesperia	18	373	19	1:23:45.4	8:23/M
4	Zachary Bull	Sand Lake	18	529	36	1:43:38.1	10:22/M

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>
1	Jacob Bull	Fremont	23	528	32	1:37:19.3	9:44/M
2	Jacob Kralej	Hesperia	24	345	33	1:42:32.4	10:15/M

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>
1	Thomas Elmer	Fremont	29	538	11	1:18:03.7	7:48/M
2	Tim Elmet	Fremont	29	539	41	1:59:48.2	11:59/M

Male 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>
1	Benji Walker	Fremont	38	558	4	1:05:56.6	6:36/M
2	Jamie Holcomb	Muskegon	39	359	17	1:20:01.1	8:00/M

Male 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>
1	Chris Cook	Fremont	42	531	6	1:12:36.1	7:16/M
2	Robert Van Dyken	Byron Center	43	555	8	1:16:14.2	7:37/M
3	Arnold Guikema	Ypsilanti	42	543	20	1:26:59.9	8:42/M
4	Jon Vanden Berg	Fremont	40	556	23	1:28:12.5	8:49/M
5	John Moore	Morley	44	325	24	1:28:53.3	8:53/M

Age Group Results

July 20, 2013

10 Mile Run**Male 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>
1	Curt Emenhiser	Fremont	47	540	25	1:29:43.3	8:58/M

Male 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>
1	John Adams	Muskegon	52	379	7	1:14:06.0	7:25/M
2	Ed Spier	Muskegon	53	331	14	1:18:29.8	7:51/M
3	Dale Magoon	Fremont	54	550	22	1:27:22.9	8:44/M
4	Doug Rainey	Newaygo	53	338	27	1:31:33.0	9:09/M
5	Ron Nienhuis	Holland	50	551	30	1:36:00.8	9:36/M
6	Glenn Long	Rockford	50	549	39	1:50:59.4	11:06/M

Male 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>
1	Larry Smalligan	Fremont	56	553	21	1:27:15.7	8:44/M
2	Patrick Conklin	Fremont	57	530	37	1:47:19.9	10:44/M

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>
1	Ken Abbott	Fremont	61	526	9	1:17:12.8	7:43/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>
1	Matt Britton	Rothbury	68	527	34	1:42:32.9	10:15/M
2	Tim Morrow	Spring Lake	69	329	40	1:53:42.1	11:22/M
3	Glen Sparks	Fremont	66	554	42	2:27:25.8	14:45/M

5K Walk

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>
1	Emily Ringnalda	Caledonia	30	365	1	30:17.4	9:46/M

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>
1	Beth McDonald	Fremont	50	564	2	35:55.5	11:35/M

5K Walk

Female 0-99

<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>
1	Kerrie Welch	White Cloud	48	565	3	51:14.8	16:32/M
2	Jeniffer Witteveen	Fremont	32	566	4	51:16.1	16:32/M
3	Mary Folkema	Fremont	53	561	5	57:20.4	18:30/M
4	Jennifer Folkema	Fremont	30	560	6	59:49.0	19:18/M
5	Diane Manino	Fremont	54	563	7	1:02:23.0	20:07/M
6	Amanda Drake	Grand Rapids	33	386	9	1:07:40.0	21:50/M
7	Susan Mansfield	Bailey	55	388	10	1:07:40.8	21:50/M

5K Walk

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>
1	Darien Drake	Grand Rapids	42	385	8	1:07:15.1	21:42/M

5K Walk

Male 0-99

<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>
1	Jim Mansfield	Bailey	53	387	11	1:07:43.1	21:51/M

Bandits

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>
1	Unknown Partic.	1152		1152	1	31:27.4	10:09/M