

Race Date  
July 19, 2014

2014 Chris Cook Memorial  
Age Group Results

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	Jeff Cherry	Fremont	20	652	1	16:09	5:13/M

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	Sierra Albus	Hesperia	15	643	28	21:03	6:47/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	Ty Miller	Fremont	42	513	22	20:15	6:32/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	Heidi Systema	Muskegon	42	675	70	25:15	8:09/M

Race Date  
July 19, 2014

2014 Chris Cook Memorial  
Age Group Results

5 K Run

Male 10 & 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>
1 *	Nathan Walker	Fremont	10	511	19	19:51	6:24/M
2 *	Adrian Frank	Hudsonville	10	64	32	21:27	6:55/M
3 *	Enrique Bowman	White Cloud	10	598	77	26:18	8:29/M
4	Chaz Miller	Fremont	8	517	80	26:31	8:33/M
5	Jared Pell	Howard City	9	674	135	30:41	9:54/M
6	Luke Hinton	Fremont	10	656	168	34:32	11:08/M

Female 10 & 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>
1 *	Zaida Hoogerhyde	Allendale	10	694	79	26:29	8:33/M
2 *	Ava Parsons	Utica	10	690	115	29:23	9:29/M
3 *	Emma Merkel	Grand Rapids	9	633	120	29:39	9:34/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 Lipka	Montague	14	74	17	19:48	6:23/M
2 *	Wyatt Kaastra	Fremont	13	596	25	20:26	6:35/M
3 *	Christian Lipka	Montague	14	73	37	22:04	7:07/M
4	Benjamin Paige	Fremont	11	504	38	22:07	7:08/M
5	Daniel Lipka	Montague	14	75	40	22:12	7:10/M
6	Caden Collins	Fowlerville	14	568	41	22:12	7:10/M
7	Lucas Johnson	Fremont	13	600	42	22:12	7:10/M
8	Joshua Zerfas	Fremont	11	140	44	22:19	7:12/M
9	Carter Moon	Fremont	12	947	45	22:20	7:12/M
10	Tyler Yonker	Fremont	14	69	51	23:01	7:25/M
11	Jacob Pung	Portland	13	680	63	24:40	7:57/M
12	Elijah Miller	Caledonia	11	548	72	25:34	8:15/M
13	Cody Moon	Fremont	12	948	76	26:10	8:26/M
14	Jaxx Miller	Fremont	12	516	83	26:56	8:41/M
15	Cameron Karnes	White Cloud	14	546	85	27:11	8:46/M
16	Matthew Johnson	Fremont	11	601	94	27:39	8:55/M
17	Brock Dylan	Muskegon	11	689	100	28:06	9:04/M
18	Kyle Irvine	Muskegon	11	687	102	28:09	9:05/M
19	Asa Hinton	Fremont	12	655	114	29:21	9:28/M
20	Nathan Johnson	Fremont	11	602	121	29:47	9:36/M
21	Eli Kersey	Caledonia	11	552	149	31:51	10:16/M
22	Nikolas Lipka	Montague	12	41	161	33:31	10:49/M

Race Date  
July 19, 2014

2014 Chris Cook Memorial  
Age Group Results

5 K Run

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 *	Megan Walker	Fremont	13	510	30	21:16	6:52/M
2 *	Allison Frank	Hudsonville	14	63	50	23:00	7:25/M
3 *	Emily Vandyken	Byron Center	13	649	52	23:03	7:26/M
4	Calla Miller	Fremont	11	515	53	23:04	7:26/M
5	Hannah Hamilton	Hesperia	12	71	58	23:59	7:44/M
6	Mackenzie Stitt	Fremont	11	938	61	24:06	7:46/M
7	Lili Kaastra	Fremont	14	654	64	24:43	7:58/M
8	Hannah David	Clare	14	699	67	24:54	8:02/M
9	Larkin Hoogerhyde	Allendale	13	693	107	28:43	9:16/M
10	Eryn Belleman	Fremont	14	559	125	30:08	9:43/M
11	Ellie Dekam	Muskegon	14	670	132	30:39	9:53/M
12	Eoen Holcomb	Fremont	11	613	175	37:20	12:03/M
13	Reese Frankhouser	Grand Rapids	12	526	180	42:10	13:36/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 *	Damien Halverson	Hesperia	17	943	2	16:26	5:18/M
2 *	Matthew Zervas	Fremont	15	266	3	16:42	5:23/M
3 *	Samuel Stitt	Fremont	15	760	4	17:24	5:37/M
4	Arik Lafave	Hesperia	16	631	5	17:25	5:37/M
5	Sam Kaastra	Fremont	16	597	6	17:52	5:46/M
6	Luke Boulter	Plainwell	19	626	7	18:13	5:53/M
7	Cole Hamilton	Hesperia	15	72	8	18:35	6:00/M
8	Jan Castle	White Cloud	18	651	9	18:44	6:03/M
9	Aaron Frank	Hudsonville	17	522	10	18:52	6:05/M
10	Kyle Venne	Hesperia	15	647	11	18:58	6:07/M
11	Andrew Goodspeed	Fremont	17	661	12	19:02	6:08/M
12	Maverick Stitt	Fremont	17	762	23	20:20	6:34/M
13	Isaiah Brown	Fremont	15	648	26	20:49	6:43/M
14	Benjamin Deuling	Fremont	16	68	33	21:31	6:56/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 *	Brooke Wahl	Fremont	17	668	35	21:54	7:04/M
2 *	Mackenzie Lounsbery	Fremont	18	669	36	21:54	7:04/M
3 *	Brooke Carrier	Spring Lake	15	261	46	22:27	7:15/M
4	Becca Wolffis	Fremont	17	553	54	23:08	7:28/M
5	Colleen Hall	Holton	18	615	66	24:53	8:02/M

Race Date  
July 19, 2014

2014 Chris Cook Memorial  
Age Group Results

**5 K 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>
6	Corrine Stevens	Newaygo	16	567	69	25:13	8:08/M
7	Brianna Norris	Grant	15	520	75	26:09	8:26/M
8	Whitney James	Fremont	19	639	84	27:04	8:44/M
9	Melody Perrin	Grant	15	505	88	27:14	8:47/M
10	India Hager	Fremont	19	523	95	27:46	8:57/M
11	Taylor McDonald	White Cloud	18	462	112	29:16	9:26/M
12	Sage Hager	Fremont	17	950	160	33:26	10:47/M
13	Kasey Belleman	Fremont	16	558	174	36:34	11:48/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 *	Tommy Jewett	Fremont	21	803	20	19:56	6:26/M
2 *	Aj Reinhold	Holton	21	178	82	26:52	8:40/M

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 *	Megan Dickinson	White Cloud	22	641	71	25:25	8:12/M
2 *	Hannah Slattery	Fremont	24	612	87	27:14	8:47/M
3 *	Mary Harris	Hart	23	551	117	29:26	9:30/M
4	Rebecca Harris	Lapeer	20	547	123	30:00	9:41/M
5	Janice Stitt	Holton	23	593	130	30:30	9:50/M
6	Emily Wolffis	Fremont	24	555	164	34:01	10:58/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 *	Josh Alderink	Holton	26	692	27	20:50	6:43/M
2 *	Rob Parker	Holton	29	696	93	27:39	8:55/M
3 *	Geoff Bunce	Fremont	25	581	134	30:41	9:54/M
4	Scott Teusink	Fremont	29	554	165	34:02	10:59/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 *	Kristel Green	White Cloud	29	614	48	22:37	7:18/M
2 *	Amanda Hill	Ravenna	29	660	98	28:05	9:04/M

Race Date  
July 19, 2014

2014 Chris Cook Memorial  
Age Group Results

**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>
3 *	Carlie Parks	Fremont	27	638	99	28:05	9:04/M
4	Abigail Davis	Fremont	28	637	109	28:54	9:19/M
5	Kaitlyn Lounsbery	Wyoming	27	801	116	29:24	9:29/M
6	Jennie Hendon	Northville	25	684	118	29:30	9:31/M
7	Tanya Miller	Fremont	27	514	124	30:00	9:41/M
8	Angie Bouwsma	Holton	29	580	167	34:24	11:06/M
9	Rachelle O'Connell	Newaygo	25	550	172	36:02	11:37/M
10	Kara Beck	Mount Pleasant	28	663	184	44:49	14:27/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 *	Grant Swinger	Fremont	30	65	14	19:29	6:17/M
2 *	Ty Manchip	Fremont	34	590	18	19:50	6:24/M
3 *	Mike Segaar	Spring Lake	34	658	21	20:02	6:28/M
4	Carl Miller	White Cloud	34	332	55	23:18	7:31/M
5	Jason Stariha	Fremont	33	512	60	24:00	7:45/M
6	Brandon Huisman	Newaygo	31	539	90	27:27	8:51/M
7	Jason O'Connell	Fremont	30	549	171	36:02	11:37/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 *	Mary Seifferlein	Grand Rapids	34	608	62	24:26	7:53/M
2 *	Jen Johnson	Muskegon	32	685	78	26:18	8:29/M
3 *	Laura Sparks	Hesperia	34	566	86	27:14	8:47/M
4	Rebecca Robeck	Grant	33	527	91	27:27	8:51/M
5	Emily Seaman	White Cloud	31	941	92	27:30	8:52/M
6	Amanda Parsons	Utica	33	691	129	30:26	9:49/M
7	Sue Pell	Howard City	34	673	138	30:50	9:57/M
8	Beth Myers	Fremont	31	591	139	30:51	9:57/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 *	Justin Patten	Fremont	35	592	13	19:20	6:14/M
2 *	Nathan Puna	Arvada	39	679	15	19:31	6:18/M
3 *	Robert Hentschel	Whitehall	38	628	16	19:46	6:23/M
4	Gus Salto	Kentwood	39	653	31	21:23	6:54/M

Race Date  
July 19, 2014

2014 Chris Cook Memorial  
Age Group Results

**5 K Run**

**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>
5	Darrin Robeck	Fremont	38	562	103	28:15	9:07/M
6	Jason Seaman	White Cloud	38	666	137	30:48	9:56/M
7	David Utzinger	Twin Lake	35	565	166	34:18	11:04/M
8	Scott Johnson	Holton	35	940	181	42:10	13:36/M
9	Eric Pell	Howard City	35	672	183	42:37	13:45/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 *	Donna Hendrie	Fremont	36	671	59	24:00	7:45/M
2 *	Karen Frankhouser	Grand Rapids	38	525	68	25:05	8:05/M
3 *	Cathy Gragg	Grant	36	585	89	27:22	8:50/M
4	Jennifer Merkel	Grand Rapids	38	644	119	29:39	9:34/M
5	Wendy Robeck	Fremont	36	561	136	30:44	9:55/M
6	Andrea Wood	Grand Rapids	39	629	140	30:51	9:57/M
7	Carrie Miller-Terveer	Fremont	38	630	141	30:52	9:57/M
8	Lisa Reichle	Fremont	38	542	144	31:06	10:02/M
9	Shawn Miller	White Cloud	36	418	158	32:57	10:38/M
10	Jennifer Utzinger	Twin Lake	36	564	169	35:10	11:21/M
11	Amy Merdzinski	Fremont	39	557	173	36:30	11:46/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 *	Rod Richards	Fremont	44	698	24	20:24	6:35/M
2 *	Rob Vandyken	Byron Center	44	650	29	21:10	6:50/M
3 *	Link Ludtke	Middleville	43	676	49	22:39	7:18/M
4	Dewey Ackerman	Fremont	44	506	65	24:52	8:01/M
5	Kevin Kaastra	Fremont	43	595	97	27:53	9:00/M
6	Charles Buhl	Grand Rapids	42	659	131	30:34	9:52/M
7	Steve Hannahs	White Cloud	42	586	142	30:54	9:58/M
8	Jay Hoogerhyde	Allendale	40	695	155	32:34	10:30/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 *	Stephanie Karnes	White Cloud	40	545	104	28:17	9:07/M
2 *	Leanne Roesler	Fremont	42	697	105	28:25	9:10/M
3 *	Jennifer Stitt	Fremont	40	939	106	28:26	9:10/M

Race Date  
July 19, 2014

2014 Chris Cook Memorial  
Age Group Results

**5 K Run**

**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>
4	Kristin Pung	Arvada	40	677	113	29:17	9:27/M
5	Leigh Higgins	Grant	40	587	127	30:10	9:44/M
6	Tammy David	Clare	44	802	146	31:17	10:05/M
7	Dawn Hansen	Fremont	42	625	153	32:26	10:28/M
8	Alison Hannahs	White Cloud	40	500	154	32:32	10:30/M
9	Shelly Moon	Fremont	42	949	156	32:52	10:36/M
10	Vicki Sparks	Fremont	40	683	157	32:54	10:37/M
11	Jaci Wismar	Newaygo	40	563	162	33:33	10:49/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 *	Doug Drake	Greenville	49	556	39	22:09	7:09/M
2 *	Dan Dekam	Muskegon	48	667	47	22:34	7:17/M
3 *	Lindsay Hager	Fremont	49	524	57	23:33	7:36/M
4	Joe Lohman	Rothbury	47	560	74	26:01	8:24/M
5	Pete Zerfas	Fremont	45	146	101	28:07	9:04/M
6	Dean Johnson	Fremont	46	66	152	31:59	10:19/M
7	Ed Cook	Fremont	45	70	182	42:32	13:43/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 *	Ann Arnold	Fernandina Beach	49	678	147	31:36	10:12/M
2 *	Julie Sidlauskas	Fremont	46	945	148	31:50	10:16/M
3 *	Linda Ackerman	Fremont	47	507	163	33:50	10:55/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 *	Aaron Brock	Muskegon	50	688	43	22:16	7:11/M
2 *	David Landheer	Fremont	51	234	56	23:30	7:35/M
3 *	Craig Suchner	Newaygo	50	606	96	27:49	8:58/M
4	Randy McDonald	Fremont	53	541	150	31:55	10:18/M
5	Dean Wheeler	Fremont	51	594	185	50:52	16:25/M

Race Date  
July 19, 2014

2014 Chris Cook Memorial  
Age Group Results

5 K Run

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 *	Lori Vanboxel	Fremont	53	700	111	29:09	9:24/M
2 *	Jodi Bunce	Fremont	51	582	133	30:41	9:54/M
3 *	Alecia Clark	White Cloud	52	624	145	31:12	10:04/M
4	Beth McDonald	Fremont	51	540	151	31:55	10:18/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 *	William Ebert	Fremont	55	665	34	21:41	7:00/M
2 *	Phillip Anderson	Whitehall	55	501	81	26:38	8:35/M
3 *	David Cappadonia	Decatur	57	662	108	28:44	9:16/M
4	John MacHuta	Fremont	59	258	159	33:20	10:45/M

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 *	Patti Duflo	Newaygo	59	230	122	29:58	9:40/M
2 *	Kathy MacHuta	Fremont	57	589	143	31:04	10:01/M
3 *	Mickey Conklin	Fremont	58	244	170	35:46	11:32/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 Hoersten	Fremont	64	470	73	25:58	8:23/M
2 *	Doug Duflo	Newaygo	61	182	110	29:08	9:24/M
3 *	Bud Elve	Newaygo	64	657	128	30:20	9:47/M
4	Chuck Yonker	Holland	61	946	179	42:05	13:35/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 *	Shirley Harris	Fairbanks	60	627	176	38:51	12:32/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	69	518	126	30:09	9:44/M
2 *	Richard Carlson	Fremont	65	583	177	39:51	12:51/M



Race Date  
July 19, 2014

2014 Chris Cook Memorial  
Age Group Results

**5 K Run**

Female 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 *	Carole Vanagtmael	Fremont	66	538	178	39:58	12:54/M

Race Date  
July 19, 2014

2014 Chris Cook Memorial  
Age Group Results

**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	James Lanciaux	Grand Rapids	23	645	1	56:44	5:40/M

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	Jessica Clark	Hesperia	26	605	13	1:17:51	7:47/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	52	576	4	1:02:20	6:14/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	Melissa Bergeron	Muskegon	49	632	9	1:11:55	7:12/M

Race Date  
July 19, 2014

2014 Chris Cook Memorial  
Age Group Results

**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 *	Ian Klahre	Fremont	16	611	27	1:27:44	8:46/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 *	Cara Atwood	White Cloud	15	533	30	1:32:38	9:16/M
2 *	Katie Atwood	White Cloud	15	534	32	1:33:44	9:22/M

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 *	Trisha Ermatinger	Belleair	24	530	41	1:42:38	10:16/M
2 *	Dana Rumsey	Belleair	23	531	43	1:46:32	10:39/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 *	Travis Reid	Fremont	29	603	7	1:07:08	6:43/M
2 *	Matt Devreugd	Belding	29	634	26	1:27:19	8:44/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 *	Rebekah Thompson	Newaygo	25	646	44	1:48:27	10:51/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 *	Scott Evans	Kalamazoo	31	942	2	58:08	5:49/M
2 *	Benjamin Semeyn	Fremont	32	604	3	1:00:04	6:00/M
3 *	Jason Los	Holland	30	616	18	1:19:48	7:59/M
4	Zachary Lienau	Fremont	30	619	23	1:25:57	8:36/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 *	Corrie Hillary	Valrico	33	519	16	1:18:48	7:53/M

Race Date  
July 19, 2014

2014 Chris Cook Memorial  
Age Group Results

**10 Mile Run**

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>
2 *	Teresa Winterstein	Toledo	34	622	35	1:34:44	9:28/M
3 *	Kristi Vandop	Coopersville	34	508	36	1:35:16	9:32/M
4	Hilary Sepe	Twin Lake	33	578	37	1:39:58	10:00/M
5	Amanda Van Sickle	Whitehall	32	528	46	1:53:40	11:22/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	39	509	6	1:03:51	6:23/M
2 *	Tony Reichle	Fremont	39	529	19	1:20:39	8:04/M
3 *	Thomas Palmer	Whitehall	39	617	28	1:30:30	9:03/M
4	Matt Carlson	Twin Lake	35	618	31	1:33:42	9:22/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	37	535	24	1:26:31	8:39/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	43	575	8	1:11:21	7:08/M
2 *	Scott Sherman	Fremont	41	686	14	1:18:31	7:51/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 *	Holly Shoemaker	Grand Rapids	40	623	10	1:13:33	7:21/M
2 *	Tracey Crowley	Fremont	44	642	22	1:23:56	8:24/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 *	Mark Paulson	White Lake	46	635	5	1:03:35	6:22/M

Race Date  
July 19, 2014

2014 Chris Cook Memorial  
Age Group Results

**10 Mile Run**

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 Kralej	Fremont	48	640	21	1:23:56	8:24/M
2 *	Andrea Atwood	White Cloud	45	532	39	1:41:29	10:09/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 *	Ron Nienhuis	Holland	51	664	33	1:34:08	9:25/M
2 *	Michael Klahre	Fremont	54	610	48	2:19:07	13:55/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 *	Deede Petz	Fremont	50	577	38	1:40:00	10:00/M
2 *	Maria Klahre	Fremont	54	609	47	2:19:06	13:55/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 *	Bill Leibfritz	Midland	57	621	20	1:21:02	8:06/M
2 *	Larry Smalligan	Fremont	57	579	25	1:26:33	8:39/M
3 *	Patrick Conklin	Fremont	58	574	34	1:34:23	9:26/M

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 *	Stephanie Leibfritz	Midland	57	620	40	1:42:16	10:14/M
2 *	Paula Pranger	White Cloud	59	67	45	1:53:17	11:20/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	62	573	12	1:16:24	7:38/M
2 *	Timothy Sneller	Grand Rapids	61	636	15	1:18:37	7:52/M

Race Date  
July 19, 2014

2014 Chris Cook Memorial  
Age Group Results

**10 Mile Run**

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 *	Dean Denman	Shelby	67	537	11	1:15:49	7:35/M
2 *	Don Huizinga	Grand Rapids	67	607	17	1:19:30	7:57/M
3 *	Robert Palmer	Whitehall	66	536	29	1:30:30	9:03/M
4	Glen Sparks	Fremont	67	503	49	2:34:59	15:30/M

Female 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	Jerry Johncock	Shelbyville	86	521	42	1:44:09	10:25/M

Race Date  
July 19, 2014

2014 Chris Cook Memorial  
Age Group Results

**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	Jenifer Witteveen	Fremont	33	572	2	50:52	16:25/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	Kerrie Welch	White Cloud	49	571	1	50:50	16:24/M

Race Date  
July 19, 2014

2014 Chris Cook Memorial  
Age Group Results

**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	Mary Folkema	Fremont	54	944	3	58:44	18:57/M
2	Diane Manino	Fremont	55	570	4	1:00:31	19:31/M