

Race Date  
July 23, 2016

2016 Chris Cook Memorial  
Age Group Results

**5 K Run/Walk**

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	Matthew Zerfas	Fremont MI	17	565	1	16:55	5:27/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	Makenna Veen	Kalamazoo MI	14	698	9	19:20	6:14/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	Benji Walker	Fremont MI	41	572	4	18:27	5:57/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 MI	60	579	46	24:09	7:47/M

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**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 *	Mason Sparks	Fremont MI	9	629	52	25:21	8:11/M
2 *	Max Stitt	Fremont MI	8	563	70	27:41	8:56/M
3 *	Aaron Robbins	Muskegon MI	7	674	101	32:10	10:23/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 *	Katie Ackerman	Fremont MI	10	576	66	27:38	8:55/M
2 *	Morgan Best	Fremont MI	10	618	96	31:22	10:07/M
3 *	Jaelyn Kiesgen	Twin Lake MI	8	615	133	50:32	16:18/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 *	Carter Moon	Fremont MI	14	554	5	18:35	6:00/M
2 *	Nathan Walker	Fremont MI	12	570	7	18:44	6:03/M
3 *	Cy Frankhouser	Fremont MI	14	548	10	19:23	6:15/M
4	Seven La Roue	Fremont MI	14	577	12	19:42	6:21/M
5	Gavin Orcutt	Fremont MI	14	556	18	21:00	6:46/M
6	Callen Carrier	Spring Lake MI	13	680	23	21:45	7:01/M
7	Conor Somers	Fremont MI	12	658	24	21:54	7:04/M
8	Christopher Stapel	Walkerville MI	13	706	38	23:27	7:34/M
9	Adrian Frank	Hudsonville MI	12	694	44	23:56	7:43/M
10	Jared Pell	Howard City MI	11	716	78	28:55	9:20/M
11	Owen Vanden Berg	Fremont MI	11	686	81	29:18	9:27/M
12	Paxton Borgman	Fremont MI	11	688	115	35:25	11:25/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 *	Mackenzie Stitt	Fremont MI	13	562	20	21:17	6:52/M
2 *	Hannah Hamilton	Hesperia MI	14	664	30	22:28	7:15/M
3 *	Abby Vander Kooi	Fremont MI	11	696	53	25:25	8:12/M
4	Annika Tuls	Fremont MI	14	580	82	29:31	9:31/M
5	Meleyna Winterstein	Hanoi Vietnam	12	665	94	31:07	10:02/M
6	Alivia Roth	Belmont MI	12	623	106	33:48	10:54/M

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**5 K Run/Walk**

**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 *	Sam Kaastra	Fremont MI	18	655	3	17:50	5:45/M
2 *	Ben Devries	Fremont MI	16	707	6	18:39	6:01/M
3 *	Wyatt Kaastra	Fremont MI	15	656	15	20:14	6:32/M
4	Colton Christoffersen	Fremont MI	16	675	17	20:56	6:45/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 *	Mya Veen	Kalamazoo MI	16	699	16	20:20	6:34/M
2 *	Riley Sweet	Fremont MI	16	573	21	21:29	6:56/M
3 *	Sarah Vander Kooi	Fremont MI	15	697	22	21:37	6:58/M
4	Allison Frank	Hudsonville MI	16	695	26	22:05	7:07/M
5	Kendra Fowler	Grant MI	15	584	29	22:27	7:15/M
6	Brooke Carrier	Spring Lake MI	17	679	33	22:44	7:20/M
7	Brooke Wahl	Fremont MI	19	578	42	23:47	7:40/M
8	Megan Walker	Fremont MI	15	571	49	25:09	8:07/M
9	Melody Perrin	Grant MI	17	714	89	30:27	9:49/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 *	Joe Kotecki	Fremont MI	22	692	28	22:20	7:12/M
2 *	Luke Vanboxel	Fremont MI	20	710	31	22:38	7:18/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 *	Kaitlyn Van Boven	Fremont MI	23	653	98	31:35	10:11/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 *	Jacob Bull	Fremont MI	26	684	120	37:51	12:13/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 MI	28	682	35	23:01	7:25/M

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**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>
2 *	Lisa Sisco	Stanwood MI	28	700	71	27:42	8:56/M
3 *	Leah Vanboxel	Grand Rapids MI	25	708	86	30:00	9:41/M
4	Autumn Fimbinger	Bitely MI	25	586	97	31:31	10:10/M
5	Jordan Bouwkamp	Grant MI	29	569	102	32:42	10:33/M
6	Carina Shope	Alden MI	27	691	108	34:09	11:01/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 MI	33	693	2	17:41	5:42/M
2 *	Rob Atwood	Big Rapids MI	31	633	8	19:15	6:13/M
3 *	Grant Swinger	Fremont MI	32	581	11	19:28	6:17/M
4	Ryan Sisco	Stanwood MI	32	701	25	22:04	7:07/M
5	Brian Starlin	Zeeland MI	33	668	34	22:52	7:23/M
6	Rob Parker	Holton MI	31	568	67	27:38	8:55/M
7	Dan Gibson	Fremont MI	34	640	103	32:51	10:36/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 *	Kristel Green	White Cloud MI	31	587	36	23:17	7:31/M
2 *	Emily Seaman	White Cloud MI	33	609	58	25:44	8:18/M
3 *	Michelle Westcomb	White Cloud MI	30	621	62	26:51	8:40/M
4	Stephanie Price	Fremont MI	31	604	116	35:30	11:27/M
5	Sarah Cosens	Twin Lake MI	34	705	118	36:18	11:43/M
6	Teresa Howe	Fremont MI	34	598	137	1:00:48	19:37/M
7	Kate Spaulding	Newaygo MI	34	703	138	1:03:46	20:34/M
8	Jennifer Folkema	Fremont MI	33	620	139	1:03:46	20:34/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 MI	37	611	13	20:05	6:29/M
2 *	Jason Dekuiper	Fremont MI	37	663	14	20:09	6:30/M
3 *	Carl Miller	White Cloud MI	36	552	54	25:25	8:12/M
4	Ty Manchip	Fremont MI	36	630	56	25:40	8:17/M
5	Rick Bolhuis	Hudsonville MI	35	631	65	27:26	8:51/M

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**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 *	Crystal Hollander	Littleton CO	35	601	32	22:42	7:19/M
2 *	Mary Seifferlein	Grand Rapids MI	36	657	41	23:41	7:38/M
3 *	Jenne Bush	Grant MI	37	704	64	27:20	8:49/M
4	Rebecca Robeck	Grant MI	35	585	74	27:46	8:57/M
5	Sue Pell	Howard City MI	36	715	79	29:04	9:23/M
6	Laura Sparks	Hesperia MI	36	596	80	29:04	9:23/M
7	Amy Pumford	Fremont MI	39	717	84	29:55	9:39/M
8	Hilary Sepe	Twin Lake MI	35	593	99	31:42	10:14/M
9	Shawn Miller	White Cloud MI	38	553	112	35:05	11:19/M
10	Claudia Hallberg	Newaygo MI	39	595	127	40:27	13:03/M
11	Amanda Kiesgen	Twin Lake MI	37	614	132	50:32	16:18/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 *	Greg Lynn Jr.	Muskegon MI	41	550	19	21:12	6:50/M
2 *	Jason Roesler	Montague MI	40	712	43	23:53	7:42/M
3 *	Shawn Roth	Belmont MI	42	624	57	25:42	8:17/M
4	Kory Borgman	Fremont MI	42	687	60	26:20	8:30/M
5	Jon Vanden Berg	Fremont MI	43	685	68	27:41	8:56/M
6	Nathan Sparks	Fremont MI	40	628	85	29:57	9:40/M
7	Jason Best	Fremont MI	40	616	121	37:51	12:13/M
8	Andrew Black	Fremont MI	41	612	122	37:52	12:13/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 *	Lisa Orcutt	Fremont MI	44	555	50	25:21	8:11/M
2 *	Cheri Visscher	Fremont MI	41	702	63	27:14	8:47/M
3 *	Teresa Winterstein	Hanoi Vietnam MI	41	667	95	31:10	10:03/M
4	Bridget Ulrey	Montague MI	43	589	119	36:27	11:45/M
5	Amy Merdzinski	Fremont MI	41	632	124	38:51	12:32/M
6	Leanne Black	Fremont MI	40	613	128	41:55	13:31/M
7	Michelle Heyboer	Newaygo MI	40	597	134	59:03	19:03/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 *	Rob Vandyken	Byron Center MI	46	677	27	22:07	7:08/M

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**5 K Run/Walk**

**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>
2 *	Dewey Ackerman	Fremont MI	46	575	59	25:51	8:20/M
3 *	Brian Pumford	Fremont MI	46	718	69	27:41	8:56/M
4	Kevin Kaastra	Fremont MI	45	654	73	27:43	8:56/M
5	Ed Cook	Fremont MI	47	600	123	37:52	12:13/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 *	Rhonda Collins	Muskegon MI	49	549	88	30:20	9:47/M
2 *	Koni Howell	Fremont MI	48	713	91	30:46	9:55/M
3 *	Dawn Clark	Spring Lake MI	48	557	104	33:11	10:42/M
4	Christine Lauer	Rockford MI	45	683	126	39:53	12:52/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 *	Dennis Clark	Spring Lake MI	52	558	37	23:23	7:33/M
2 *	Rick Foster	White Cloud MI	52	602	45	23:59	7:44/M
3 *	Lindsay Hager	Fremont MI	51	559	48	24:41	7:58/M
4	Dan De Kam	Muskegon MI	50	678	76	27:52	8:59/M
5	James Churchill	Grant MI	52	660	125	39:43	12:49/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 *	Carrie Vanboven	Fremont MI	54	599	77	27:52	8:59/M
2 *	Sara Bouwkamp	Grant MI	53	574	83	29:42	9:35/M
3 *	Deede Petz	Fremont MI	52	608	100	31:43	10:14/M
4	Vicki Foster	White Cloud MI	54	603	109	34:13	11:02/M
5	Dewana Shope	Boyne City MI	51	690	130	49:46	16:03/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 *	Greg Vanboxel	Fremont MI	57	711	47	24:10	7:48/M
2 *	Joe Bauer	Fremont MI	55	666	55	25:31	8:14/M
3 *	Randy McDonald	Fremont MI	55	551	75	27:46	8:57/M

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**5 K Run/Walk**

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 *	Lori Vanboxel	Fremont MI	55	709	87	30:11	9:44/M
2 *	Kathy MacHuta	Fremont MI	59	619	90	30:41	9:54/M
3 *	Melinda Starlin	Hudsonville MI	56	669	111	34:59	11:17/M
4	Billie Perry	Fremont MI	57	607	135	59:04	19:03/M
5	Lezlie Cook	White Cloud MI	55	719	136	59:07	19:04/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 *	Dale Mosher	Anderson SC	63	606	39	23:27	7:34/M
2 *	Loyd Milliron	Muskegon MI	62	670	51	25:21	8:11/M
3 *	Joe Moon	Fremont MI	62	625	107	33:56	10:57/M
4	John MacHuta	Fremont MI	61	681	110	34:44	11:12/M
5	Steven Conklin	Saint Joseph MI	62	564	117	36:00	11:37/M
6	Chuck Yonker	Muskegon MI	63	566	129	44:30	14:21/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 *	Carol Mosher	Anderson SC	62	605	72	27:42	8:56/M
2 *	Faith Fishman	Fremont MI	61	592	92	30:52	9:57/M
3 *	Patti Duflo	Newaygo MI	61	626	93	30:55	9:58/M
4	Mary Robart	Newaygo MI	64	689	113	35:06	11:19/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 *	Don Correll	Muskegon MI	66	567	40	23:41	7:38/M
2 *	Richard Cornwell	Shelby MI	67	662	61	26:34	8:34/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 *	Matt Britton	Rothbury MI	71	560	105	33:17	10:44/M
2 *	Rob Norris	Bailey MI	74	659	114	35:23	11:25/M

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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 *	Glenda Borowski	Muskegon MI	72	582	131	49:54	16:06/M



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**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	Samuel Stitt	Fremont MI	17	561	1	1:01:18	6:08/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	Corrie Hillary	Valrico FL	35	638	7	1:16:55	7:42/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 MI	54	641	3	1:04:55	6:30/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	Lisa Kemmis	Belding MI	48	646	15	1:29:01	8:54/M

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**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 *	Blake Voshel	Fremont MI	15	643	11	1:21:36	8:10/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 MI	28	673	5	1:11:34	7:09/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 *	Allison Warsinske	Fremont MI	26	676	13	1:26:41	8:40/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 *	Joel Deltaan	Fremont MI	30	672	2	1:02:03	6:12/M
2 *	Benjamin Semeyn	Fremont MI	34	661	4	1:05:41	6:34/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 *	Daniel Conklin	Alden MI	36	671	6	1:14:34	7:27/M
2 *	Phil Hillary	Valrico FL	36	639	8	1:17:48	7:47/M
3 *	David Pinkston	Fremont MI	35	642	12	1:21:36	8:10/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 *	Brian Hillary	Grand Rapids MI	41	645	9	1:18:36	7:52/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 *	Arnold Guikema	Ypsilanti MI	45	636	16	1:31:26	9:09/M

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**10 Mile Run**

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 *	Ronald Nienhuis	Holland MI	53	634	18	1:38:50	9:53/M
2 *	Barry Kemmis	Belding MI	50	647	20	1:55:38	11:34/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 *	Victoria Kavanaugh	Zeeland MI	51	649	17	1:38:49	9:53/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 MI	59	650	14	1:28:56	8:54/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 *	Patrick Conklin	Fremont MI	60	637	19	1:39:46	9:59/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 *	Dean Denman	Sarasota FL	69	651	10	1:19:28	7:57/M

Race Date  
July 23, 2016

2016 Chris Cook Memorial  
Age Group Results

**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	Participant Number	9000		9000	1	57:56	18:41/M

Race Date  
July 23, 2016

2016 Chris Cook Memorial  
Age Group Results

**Bandits**

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	Participant Number	9001		9001	2	1:03:57	20:38/M