

Race Date  
June 17, 2016

# 2016 Spring Lake Heritage Festival 5K

## Age Group Results

### 5K 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	Maria Kuiper	Zeeland MI	19	6575	14	21:21.1	6:53/M
2	Jessica Sevarns	Spring Lake MI	21	6619	19	22:20.8	7:12/M
3	Amanda Montambo		31	6798	20	22:21.9	7:13/M

#### 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	Andrew Hysten	Nunica MI	16	6565	1	17:15.8	5:34/M
2	William Hewitt	Grand Haven MI	25	6560	2	17:50.1	5:45/M
3	Benjamin Hysten	Nunica MI	16	6566	3	18:11.9	5:52/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	Shelly Mattson	Grand Haven MI	53	6587	22	22:32.8	7:16/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	Aaron Zuelke	Nunica MI	40	6646	5	18:36.6	6:00/M

#### Female Grand 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	Brenda Penland	Grand Haven MI	50	6603	50	26:01.1	8:24/M

#### Male Grand 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	John Adams	MUSKEGON MI	55	6501	16	22:03.6	7:07/M

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### 5K Run

#### Female 9 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>
1	Taylor Pokorski		9	6656	165	51:55.6	16:45/M

#### Male 9 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>
1	Issac Rasmussen		9	6671	73	27:52.8	8:59/M
2	Levi Minnerick		9	6668	92	29:24.2	9:29/M

#### Female 10 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	Ainsley Workman	Grand Rapids MI	12	6638	38	24:37.4	7:56/M
2	Natalie Sawyer	spring lake MI	14	6617	44	25:42.6	8:17/M
3	Savanna Bayes	Spring lake MI	12	6509	80	28:12.3	9:06/M
4	Reese Workman	Grand Rapids MI	10	6637	100	30:04.4	9:42/M
5	Alayna Metzger	Fremont MI	10	6593	159	45:46.9	14:46/M

#### Male 10 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	Caleb Slager		11	6658	79	28:11.3	9:05/M
2	Gerrit Lyyski	Spring Lake MI	11	6581	84	28:33.2	9:13/M
3	Samuel Sipe	Spring Lake MI	11	6623	87	28:50.8	9:18/M
4	Branden Hannah		13	6669	144	36:22.3	11:44/M
5	Carter Pokorski	Grand Haven MI	10	6606	163	48:44.6	15:43/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	Andie Young	Grand Haven MI	19	6642	25	23:11.9	7:29/M
2	Makayla Boyink	Spring Lake MI	19	6520	96	29:44.1	9:35/M
3	Hannah Jones	MUSKEGON MI	18	6573	115	32:11.5	10:23/M
4	Hannah Metzger	Fremont MI	16	6594	136	35:22.6	11:25/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	Kyle Messerschmidt	MUSKEGON MI	16	6569	10	20:03.4	6:28/M

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### 5K 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>
2	Matthew Jones	MUSKEGON MI	15	6572	15	21:52.9	7:03/M
3	Nathan Peterson	Spring Lake MI	17	6604	17	22:07.5	7:08/M
4	Zach Herder	Muskegon MI	17	6557	149	39:23.9	12:42/M
5	Matthew Tucker	Spring Lake MI	15	6627	157	44:49.3	14:27/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	Sara Jacobs	Grand Haven MI	20	6567	59	26:41.3	8:36/M
2	Emily Blahnik	Spring Lake MI	21	6515	70	27:46.9	8:57/M
3	Samantha Dalman	Spring Lake MI	24	6537	127	33:58.3	10:57/M
4	Kate Fisher		23	6660	128	34:03.3	10:59/M
5	Katie Mcelhaney	spring lake MI	23	6589	143	36:07.1	11:39/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	Justin Pippel		21	6800	4	18:17.8	5:54/M
2	Dominic Flores		21	6670	24	23:01.1	7:25/M
3	Katie Boven	Spring lake MI	24	6518	41	24:45.5	7:59/M
4	Zachary Diephouse	Grand Haven MI	21	6540	42	24:52.6	8:01/M
5	Evan Drumm	Spring Lake MI	20	6541	53	26:23.7	8:31/M
6	Dan Smith		24	6803	60	27:09.3	8:45/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	Celeste Hibler		26	6795	57	26:33.8	8:34/M
2	Nicole Collins	Grand Haven MI	29	6533	58	26:33.8	8:34/M
3	Sarah Orleskie		26	6651	62	27:18.6	8:48/M
4	Laura Pastotnik	Spring Lake MI	27	6600	112	31:47.5	10:15/M
5	Jessie Riley	ALLENDALE MI	29	6614	125	33:34.6	10:50/M
6	Danielle Martin	Spring Lake MI	27	6586	135	35:09.5	11:20/M
7	Mary Wolters		27	6805	137	35:30.3	11:27/M
8	Amanda Phillips		26	6799	138	35:33.8	11:28/M
9	Jessi Reuwer	Grand haven MI	26	6612	153	41:44.9	13:28/M

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### 5K 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>
1	Bobby Chapman	Spring Lake MI	25	6530	11	20:29.8	6:36/M
2	Christopher Reuwer	Grand haven MI	29	6613	124	32:51.8	10:36/M
3	Timothy Rettinhouse	Grand Haven MI	27	6611	150	41:06.1	13:15/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	Lauren L'Huillier		30	6797	23	22:35.3	7:17/M
2	Sara Paffhausen	Spring Lake MI	30	6599	45	25:49.4	8:20/M
3	Eliana Mendez	Grand Haven MI	30	6592	65	27:23.5	8:50/M
4	Rosemary Orleskie		31	6650	102	30:21.4	9:47/M
5	Lynsey Zona	Spring Lake MI	34	6643	106	30:37.3	9:53/M
6	Ivy DeWitt	Spring Lake MI	30	6539	119	32:27.5	10:28/M
7	Stacey McManus	SPRING LAKE MI	34	6591	133	34:58.1	11:17/M
8	Katlyn Johnson	Holland MI	33	6568	139	35:34.4	11:28/M
9	Kimberly McLaughlin	49456 MI	31	6590	152	41:40.1	13:26/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	Matt Frymire	Grand haven MI	33	6547	6	18:44.3	6:03/M
2	John Pauley	Grand Rapids MI	31	6602	9	19:39.3	6:20/M
3	Mario Kyriakides		32	6661	12	21:03.5	6:47/M
4	Kevin Collins	Grand Haven MI	31	6532	26	23:14.9	7:30/M
5	Greg Wagner		34	6666	28	23:18.8	7:31/M
6	Marco Gonzalez		33	6665	78	28:10.9	9:05/M
7	Bob Cowles	Muskegon MI	34	6534	97	29:53.6	9:38/M
8	Matt Pastotnik	Spring Lake MI	30	6601	123	32:51.4	10:36/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	Jennifer Butcher		38	6654	32	23:39.3	7:38/M
2	Jessica Rogalski	Nunica MI	36	6616	85	28:48.2	9:17/M
3	Jennifer Bytwerk	Spring Lake MI	39	6523	86	28:49.4	9:18/M
4	Ann Haaksma	spring lake MI	38	6553	93	29:25.9	9:29/M
5	Rashel Workman	Grand Rapids MI	37	6640	98	30:02.9	9:41/M
6	Eme Helms	Holland MI	36	6556	120	32:31.4	10:29/M
7	Samantha Sipe	Spring Lake MI	36	6624	142	36:06.3	11:39/M

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## Age Group Results

### 5K 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>
1	Richard Stevens		36	6653	7	19:08.6	6:10/M
2	Keith Shoemaker	Zeeland MI	39	6622	8	19:35.3	6:19/M
3	Donald West		39	6664	27	23:16.6	7:30/M
4	Barry Rice		35	6801	29	23:24.9	7:33/M
5	Jason Sundell	Nunica MI	35	6625	34	23:57.8	7:44/M
6	Greg Workman	Grand Rapids MI	37	6639	39	24:37.7	7:56/M
7	Justin Johnson		35	6796	46	25:53.1	8:21/M
8	Mark Slagle		37	6802	47	25:55.7	8:22/M
9	Benjamin Gapczynski	Nunica MI	38	6548	49	25:59.8	8:23/M
10	Michael Verstraete	Muskegon MI	39	6629	76	28:05.4	9:04/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	Sandy Boven	Spring lake MI	42	6517	40	24:41.9	7:58/M
2	Jill Dewitt	SPRING LAKE MI	44	6538	68	27:39.2	8:55/M
3	Joanna Shoemaker	Zeeland MI	43	6621	69	27:46.7	8:57/M
4	Christine Slater		40	6657	82	28:20.8	9:08/M
5	Michelle Minnerick		42	6667	114	32:00.7	10:19/M
6	Angela Herder	Muskegon MI	40	6558	118	32:15.1	10:24/M
7	Cece Caruso	Spring Lake MI	44	6525	122	32:44.3	10:34/M
8	Traci Jones	MUSKEGON MI	42	6571	147	39:13.1	12:39/M
9	Heidi Tucker	Spring Lake MI	41	6628	158	44:51.9	14:28/M
10	Sara Pokorski	Grand Haven MI	40	6608	162	48:39.1	15:42/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	Anthony Lang	Zeeland MI	43	6580	43	25:16.7	8:09/M
2	Dean Bettendorf		42	6791	52	26:10.5	8:26/M
3	Brad Bayes	Spring Lake MI	40	6510	77	28:10.9	9:05/M
4	Matt Jones	MUSKEGON MI	42	6570	116	32:11.5	10:23/M
5	Jesse Bruce		40	6792	164	49:31.7	15:58/M
6	Timothy Pokorski	Grand Haven MI	41	6607	166	51:59.6	16:46/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	Jennifer Hardman		48	6647	61	27:11.8	8:46/M

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## Age Group Results

### 5K 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>
2	Terri Majeski	Grand Haven MI	47	6584	72	27:51.6	8:59/M
3	Kimm Mayer	Portage MI	49	6588	75	27:57.2	9:01/M
4	Erin Japenga		46	6663	101	30:18.6	9:46/M
5	Christy Prins	Spring Lake MI	45	6609	108	30:56.2	9:59/M
6	Kristin March	Nunica MI	46	6585	121	32:35.1	10:31/M
7	Dawn Clark		48	6793	126	33:42.5	10:52/M
8	Gail Harries	LEXINGTON MI	49	6554	129	34:03.4	10:59/M
9	Mary Piper	Grand haven MI	47	6605	134	35:07.6	11:20/M
10	Rose Dunlap	Spring Lake MI	46	6542	148	39:17.4	12:40/M
11	Karyn Houser	Fremont MI	46	6562	154	42:37.2	13:45/M
12	Pam Obrien	Grand haven MI	47	6597	155	42:48.7	13:48/M
13	Kaitlin Boyink	Spring Lake MI	45	6521	161	48:29.4	15:38/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	Bryan Harries	LEXINGTON SC	49	6555	13	21:18.5	6:52/M
2	Derek VanMeurs		46	6652	18	22:07.6	7:08/M
3	Jason Boyink	Spring Lake MI	47	6522	21	22:28.9	7:15/M
4	Aaron Baxter	Coopersville MI	46	6508	35	24:14.9	7:49/M
5	Tim Kval	Spring Lake MI	48	6578	54	26:26.3	8:32/M
6	Marc Benigni	MUSKEGON MI	48	6512	55	26:30.4	8:33/M
7	Erik Rasmussen		48	6672	71	27:49.6	8:58/M
8	Steve Bandyk	49525 MI	48	6507	74	27:56.2	9:01/M
9	Gene bettendorf	whitehall MI	45	6514	83	28:23.1	9:09/M
10	Andrew Blahnik	Spring Lake MI	45	6516	94	29:26.1	9:30/M
11	Jon Albert	Spring Lake MI	45	6502	104	30:33.6	9:51/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	Sheila Goodman	GRAND HAVEN MI	54	6551	64	27:23.5	8:50/M
2	Jodie Kurburski	Grand Haven MI	50	6576	90	29:03.9	9:22/M
3	Ann LaCroix	Spring Lake MI	54	6579	109	31:23.9	10:07/M
4	Carol Reens		53	6649	110	31:38.6	10:12/M
5	Julie Ferguson	spring lake MI	50	6546	117	32:12.6	10:23/M
6	Elizabeth Lyyski	Spring Lake MI	50	6582	141	35:58.3	11:36/M
7	Vicki Weerstra	Spring Lake MI	51	6636	170	52:52.6	17:03/M

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## Age Group Results

### 5K 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	Dennis Clark		52	6794	30	23:29.4	7:35/M
2	Pete Young		50	6807	66	27:25.7	8:51/M
3	Ronald Thompson	Grand Haven MI	50	6626	91	29:12.6	9:25/M
4	David Hudson	Fruitport MI	53	6563	111	31:39.3	10:13/M
5	Jim Smith		54	6804	145	38:36.6	12:27/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	Barb Gibbons	Allendale MI	55	6549	95	29:30.1	9:31/M
2	Robin Payne		59	6655	103	30:24.6	9:48/M
3	Tammy Walker	Grand Haven MI	57	6635	107	30:44.8	9:55/M
4	Eileen Ashley	Spring Lake MI	58	6504	130	34:27.5	11:07/M
5	Linda Benjamin	Wyoming MI	57	6513	131	34:40.5	11:11/M
6	Sabrina Zoppa	SPRING LAKE MI	59	6645	140	35:51.6	11:34/M
7	Nancy Crane	spring lake MI	55	6536	168	52:51.3	17:03/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	Tim Ashley	Spring Lake MI	59	6505	31	23:39.1	7:38/M
2	Tom Woznicki		59	6806	37	24:34.4	7:55/M
3	joseph hibler	spring lake MI	58	6561	56	26:33.5	8:34/M
4	Steve Goodman	GRAND HAVEN MI	57	6550	63	27:19.9	8:49/M
5	David Epplert	SPRING LAKE MI	59	6544	67	27:28.8	8:52/M
6	Ron Kurburski	Grand Haven MI	57	6577	99	30:04.4	9:42/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	6595	88	28:56.1	9:20/M
2	Mary Anderson	Grand Haven MI	61	6503	151	41:07.1	13:16/M
3	Judy Wagenmaker	Norton Shores MI	64	6630	156	43:44.4	14:06/M
4	Pat Yonker	Spring Lake MI	62	6641	167	52:47.6	17:02/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>
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## Age Group Results

### 5K 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	Bruce Terbeek		64	6659	33	23:49.9	7:41/M
2	Dale Mosher	Anderson SC	63	6596	36	24:32.1	7:55/M
3	Phil Magnan	Spring Lake MI	62	6583	51	26:07.8	8:25/M
4	Thomas Zoppa	SPRING LAKE MI	62	6644	81	28:15.9	9:07/M
5	Mark Herman	Spring Lake MI	60	6559	89	28:56.4	9:20/M
6	Kirby Chittenden	Spring Lake MI	63	6531	105	30:35.7	9:52/M
7	Mark Verstaete		61	6648	113	31:50.5	10:16/M
8	John Karafa	Grand Haven MI	60	6574	132	34:54.1	11:15/M
9	James Crane	spring lake MI	60	6535	169	52:52.3	17:03/M

#### 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	Judy Ball	Spring Lake MI	66	6506	160	46:13.1	14:55/M

#### Female 70 to 74

<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 Erickson	Ferrysburg MI	73	6545	146	38:53.8	12:33/M

#### Male 70 to 74

<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	Tim Rose		70	6662	48	25:58.8	8:23/M