

Race Date
September 07, 24

2024 Grape Lake 5K
Age Group Results

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	Hayden Lemieux	Paw Paw MI	15	8684	9	20:18.4	6:33/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	Christopher Vogt	Paw Paw MI	15	8840	1	18:32.1	5:59/M

2024 Grape Lake 5K

Age Group Results

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 *	Liliana Johnson	Paw Paw MI	7	8654	88	26:40.6	8:36/M
2 *	Reese Kirshman	Richland MI	9	8663	177	34:53.3	11:15/M
3 *	Collins Marsh	Decatur MI	10	8713	185	35:26.3	11:26/M
4	Anniston Curry	Mattawan MI	10	8537	223	39:39.2	12:47/M

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 *	Kasyn Davis		10	8543	102	28:16.5	9:07/M
2 *	Jase Welburn	Mattawan MI	10	8849	141	31:50.5	10:16/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 *	Cayla Buss	Decatur MI	14	8507	18	21:13.5	6:51/M
2 *	Avery Huff	Mattawan MI	14	8641	26	21:41.8	7:00/M
3 *	Chloe Kirshman	Richland MI	11	8660	65	24:51.8	8:01/M
4	Kelsey Hubbell	Paw Paw MI	14	8640	66	24:59.4	8:04/M
5	Emma Deuel		14	4492	98	27:56.4	9:01/M
6	Lillian Cobb		13	8518	123	29:42.3	9:35/M
7	Zoey Barnett		12	8459	180	34:58.9	11:17/M
8	Lyla Curry	Mattawan MI	13	8539	210	37:59.3	12:15/M
9	Elizabeth Manning	Hartford MI	12	8708	211	38:20.8	12:22/M
10	Josielyn Resseguie		12	4499	246	45:49.1	14:47/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 *	Landon Lindsay	Lawton MI	14	8694	4	19:30.6	6:18/M
2 *	Grant Krause	Paw Paw MI	14	8672	6	20:00.2	6:27/M
3 *	Jacob Doody		13	4503	15	21:07.6	6:49/M
4	Jack Woodward	Lawton MI	14	8871	28	21:48.7	7:02/M
5	Levi Lemmer	Paw Paw MI	14	8687	34	22:15.5	7:11/M
6	Cohen Kirshman	Richland MI	13	8661	41	22:47.4	7:21/M
7	Jacob Daniel	Eau Claire MI	14	8541	57	24:08.4	7:47/M
8	Gavin Krause	Paw Paw MI	12	8671	87	26:40.0	8:36/M
9	Jackson Moore		11	4511	101	28:15.5	9:07/M
10	Tate Fraser	Paw Paw MI	12	8587	171	34:37.0	11:10/M
11	Ezekiel Garcia		13	8596	259	59:38.9	19:15/M

2024 Grape Lake 5K

Age Group Results

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 *	Lauren Shaffer	Gobles MI	15	8789	10	20:33.9	6:38/M
2 *	San Juanita Vargas	Paw Paw MI	15	8834	21	21:25.6	6:55/M
3 *	Ava Boling	Paw Paw MI	15	8472	45	22:59.4	7:25/M
4	Lillian Wolf		16	8868	62	24:40.7	7:58/M
5	Kylee Barrett	Paw Paw MI	16	8460	92	27:19.6	8:49/M
6	Kylie Fouch	Kalamazoo MI	16	8585	93	27:19.9	8:49/M
7	Sophia Lemieux	Paw Paw MI	15	8685	109	28:38.1	9:14/M
8	Calamity Gott	Remington IN	16	8605	217	38:36.4	12:27/M
9	Emily Dorr	Paw Paw MI	17	8562	257	58:54.7	19:00/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 *	David Sager	Gobles MI	16	8777	2	18:35.5	6:00/M
2 *	Liam O'Neill	Indianapolis IN	15	8748	3	18:53.0	6:06/M
3 *	Frankie Wunderlich	Paw Paw MI	16	8873	12	20:49.6	6:43/M
4	Edward Charron	Paw Paw MI	18	8512	25	21:38.8	6:59/M
5	Brodie Daam	Mattawan MI	16	8540	27	21:43.9	7:01/M
6	Adrian Dudeck		15	4514	32	22:10.4	7:09/M
7	Haydn Perkins	Lawton MI	16	8756	48	23:02.7	7:26/M
8	Deven Hitchcock		17	8635	74	25:53.8	8:21/M
9	Mason Wittman	Mattawan MI	19	8866	139	31:20.1	10:06/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 *	Kendal Schmitt	Mattawan MI	23	8779	100	28:13.8	9:06/M
2 *	Abby Guimond	Kalamazoo MI	24	8608	111	28:48.7	9:18/M
3 *	Zara Noonan	Kalamazoo MI	23	8745	113	28:49.8	9:18/M
4	Jackie Van Humbergh		23	4509	140	31:25.8	10:08/M
5	Anna Knowles	Kalamazoo MI	24	8666	192	36:01.4	11:37/M
6	Alissa Waite	Kalamazoo MI	24	8843	202	36:55.4	11:55/M
7	Alexia Nickrent	Kalamazoo MI	23	8742	203	36:56.0	11:55/M
8	Lindsey Fredericks	Kalamazoo MI	24	8590	209	37:27.7	12:05/M
9	Jenna Werthman	Mattawan MI	24	8853	213	38:22.4	12:23/M
10	Jenna Audette	Climax MI	24	8456	231	41:21.0	13:20/M

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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 *	Rolando Munoz	Bangor MI	21	8734	7	20:04.0	6:28/M
2 *	Camden Schmitt		21	4504	11	20:39.9	6:40/M
3 *	Landyn Vanwyk	Paw Pawpaw Paw MI	22	8833	31	22:07.5	7:08/M
4	Vance Locker		22	8697	35	22:18.4	7:12/M
5	Steven Lockwood	Mattawan MI	23	8701	59	24:29.2	7:54/M
6	Karsen Tackett		22	4505	79	26:14.8	8:28/M
7	Eric Randall		20	4520	250	48:12.3	15:33/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 *	Anna Jansen	Stevensville MI	26	8648	19	21:17.4	6:52/M
2 *	Alissa Johnson	Dorr MI	28	8652	50	23:31.3	7:35/M
3 *	Abbie Rice	Mattawan MI	29	8767	95	27:46.3	8:58/M
4	Alicia Lindsey	Paw Paw MI	29	8696	130	30:28.7	9:50/M
5	Ashley Jewell	Paw Paw MI	25	8650	137	31:06.8	10:02/M
6	Ignacia Lopez	Paw Paw MI	29	8703	144	32:04.9	10:21/M
7	Rachel Netz	Portage MI	25	8741	164	34:14.7	11:03/M
8	Hannah Sybil So Henning	Dowagiac MI	29	8800	181	34:58.9	11:17/M
9	Jess Porter		25	4497	186	35:42.2	11:31/M
10	Victoria Simpson	Paw Paw MI	26	8797	194	36:16.0	11:42/M
11	Megan Watkins	Kalamazoo MI	25	8847	204	36:56.9	11:55/M
12	Savannah McDowell	Kalamazoo MI	25	8721	205	36:58.4	11:56/M
13	Aubrey Rolston	Paw Paw MI	27	8773	207	37:01.5	11:57/M
14	Jade Schultz	Mattawan MI	25	8785	220	39:08.1	12:37/M
15	Kaylie Moon	Paw Paw MI	27	8730	230	40:51.9	13:11/M
16	Pia Vollmers	Gobles MI	27	8841	237	42:17.1	13:38/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 Jansen	Stevensville MI	28	8649	14	20:57.4	6:46/M
2 *	Israel Robles	Lawrence MI	25	8771	22	21:26.2	6:55/M
3 *	Daniel Stickney	Portage MI	27	8809	43	22:48.1	7:21/M
4	Wyatt Newman		29	4495	63	24:42.6	7:58/M
5	Samuel Rice	Mattawan MI	29	8768	76	26:01.5	8:24/M
6	Jorge Garcia Mejia	Bangor MI	25	8598	86	26:34.3	8:34/M
7	Jack Noonan	Kalamazoo MI	26	8744	112	28:49.2	9:18/M
8	Blake Maclas	Kalamazoo MI	26	8705	163	34:14.6	11:03/M
9	Cameron Newman		25	4496	187	35:42.5	11:31/M

2024 Grape Lake 5K

Age Group Results

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>
1	* Ashley Atwood	Kalamazoo MI	34	8455	47	23:01.3	7:26/M
2	* Kimberly O'Leary	Kalamazoo MI	32	8747	67	25:06.4	8:06/M
3	* Amanda Clements	Paw Paw MI	34	8515	69	25:15.6	8:09/M
4	Cara Frazee	Dorr MI	30	8588	106	28:24.0	9:10/M
5	Adalynn Brouwer	Portage MI	30	8484	129	30:14.3	9:45/M
6	Rachel Floyd	Paw Paw MI	34	8584	134	30:48.4	9:56/M
7	Presley Cardenas	Portage MI	31	8509	162	34:06.6	11:00/M
8	Morgan Evick		30	8570	173	34:45.2	11:13/M
9	Lexie Starkweather	Watervliet MI	30	8804	190	35:46.6	11:32/M
10	Hannah Devall	Mattawan MI	31	8551	232	41:29.5	13:23/M
11	Maggie Hostetler	Paw Paw MI	34	8638	233	42:02.4	13:34/M
12	Abigail Solitro	Kalamazoo MI	33	8801	235	42:06.8	13:35/M
13	Caitlyn Rakowski	Delton MI	33	8761	238	42:18.7	13:39/M
14	Veronica Wolf		34	8870	256	53:54.0	17:23/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	* John McCormack	Coloma MI	33	8720	13	20:50.0	6:43/M
2	* David Frazee	Wyoming MI	32	8589	17	21:10.2	6:50/M
3	* Victor Pan	Grand Rapids MI	32	8752	75	25:54.6	8:21/M
4	Shannon Chellapermal	Portage MI	33	8513	84	26:32.0	8:34/M
5	Samuel Devall	Mattawan MI	30	8552	115	28:52.5	9:19/M
6	Marco Levy		33	8690	221	39:33.7	12:46/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	* Kristen Devisser	Allegan MI	35	8553	44	22:51.4	7:22/M
2	* Lisa Ebenhoeh	Kalamazoo MI	36	8566	53	23:39.5	7:38/M
3	* Kari Vaughn	Coloma MI	38	8837	55	23:41.8	7:39/M
4	Liz Schneider	Benton Harbor MI	35	8783	99	28:01.1	9:02/M
5	Jessie Evink	Paw Paw MI	37	8572	105	28:23.9	9:10/M
6	Alexia Mullen	Watervliet MI	35	8733	147	32:23.6	10:27/M
7	Ashley Middleton	Kalamazoo MI	38	8725	159	33:47.6	10:54/M
8	Brittany Gregory	Decatur MI	35	8607	172	34:43.9	11:12/M
9	Jill Kirshman	Richland MI	38	8662	178	34:53.5	11:15/M
10	Samantha Barnett		35	8458	179	34:58.7	11:17/M
11	Jamie Harmon	Mount Pleasant MI	37	8617	182	35:05.6	11:19/M
12	Melissa Williams	Paw Paw MI	35	8858	189	35:45.4	11:32/M

2024 Grape Lake 5K

Age Group Results

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>
13	Chelsey Curry	Mattawan MI	39	8538	222	39:38.5	12:47/M
14	Beth Guminski	Gobles MI	39	8610	226	39:58.0	12:54/M
15	Susan Brigrance	Portage MI	39	8482	227	39:59.0	12:54/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	* Dave Ortiz	Berrien Springs MI	39	8749	5	19:47.8	6:23/M
2	* Robert Chalmers	Paw Paw MI	37	8511	23	21:26.4	6:55/M
3	* Adam Atwood	Kalamazoo MI	39	8454	30	22:05.4	7:08/M
4	Dan Hoyt	Portage MI	36	8639	85	26:34.3	8:34/M
5	Derek Beach	Mattawan MI	39	8461	131	30:36.6	9:52/M
6	Francisco Lopez		37	8702	145	32:09.3	10:22/M
7	Joshua Hines	Decatur MI	37	8633	155	33:22.6	10:46/M
8	Matthew Nesbitt	Kalamazoo MI	38	8738	156	33:25.4	10:47/M
9	Joshua Gordy	Paw Paw MI	37	8603	183	35:10.1	11:21/M
10	Dan Marsh	Decatur MI	38	8715	184	35:26.2	11:26/M
11	Brad Manning	Hartford MI	39	8707	212	38:22.0	12:23/M
12	Sean Solitro	Kalamazoo MI	37	8802	236	42:06.9	13:35/M
13	Anthony Brewer		35	8479	260	1:03:59.8	20:39/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	* Jessica Burton	Kalamazoo MI	44	8504	107	28:27.6	9:11/M
2	* Melissa Cummins	Valparaiso IN	43	8536	114	28:50.0	9:18/M
3	* Courtney Huff	Mattawan MI	44	8642	126	29:51.6	9:38/M
4	Kara Corniel	Kalamazoo MI	43	8522	152	33:04.9	10:40/M
5	Shawn Detamore	Kalamazoo MI	44	8550	161	34:06.4	11:00/M
6	Rachel Nye	Lawton MI	40	8746	170	34:25.9	11:06/M
7	Elizabeth Walters	Marshall MI	41	8846	191	35:56.3	11:36/M
8	Jane Woodward	Lawton MI	40	8872	193	36:10.8	11:40/M
9	Christa Gott	Remington IN	42	8606	197	36:28.3	11:46/M
10	Lisa Schneider		43	8782	198	36:35.8	11:48/M
11	Melissa Shultz	Paw Paw MI	42	8793	214	38:35.1	12:27/M
12	Kim Lenza	Hartford MI	44	8688	216	38:35.3	12:27/M
13	Ginger Tiffany	Kalamazoo MI	41	8824	219	39:03.5	12:36/M
14	Joanna Arnett	Niles MI	40	8452	224	39:48.3	12:50/M
15	Natalie Resseguie		43	4498	244	44:23.7	14:19/M

2024 Grape Lake 5K

Age Group Results

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	* Brian Clements	Paw Paw MI	42	8516	8	20:09.0	6:30/M
2	* Marvin Smith		42	4506	16	21:07.8	6:49/M
3	* Andy Kiel	Paw Paw MI	42	8659	49	23:28.3	7:34/M
4	Majid Al-Faihani		41	8442	60	24:31.3	7:55/M
5	Jesse Hilton	Galesburg MI	40	8632	82	26:27.3	8:32/M
6	Adam Knight	Mattawan MI	41	8665	94	27:36.0	8:54/M
7	Dave Hoexum	Mattawan MI	42	8636	125	29:49.7	9:37/M
8	Andy Bitely	Plainwell MI	44	8470	128	29:58.6	9:40/M
9	Michael Middleton	Kalamazoo MI	44	8726	143	31:51.6	10:17/M
10	Matthew Krause	Paw Paw MI	40	8673	160	34:04.7	11:00/M
11	Dolan Paris	Decatur MI	42	8753	225	39:48.6	12:51/M
12	Kevin Theisen	Kalamazoo MI	40	8823	241	43:36.6	14:04/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	* Jody Brown	Plymouth IN	49	8487	29	21:55.2	7:04/M
2	* Molly Zygadlo	Kalamazoo MI	46	8877	36	22:27.0	7:15/M
3	* Kate Huff	Kzoo MI	49	8643	89	26:50.7	8:40/M
4	Jody Lemmer	Paw Paw MI	47	8686	104	28:18.2	9:08/M
5	Tricia Devries	South Haven MI	47	8554	146	32:20.3	10:26/M
6	Melissa Corona	Grand Jcnctn MI	49	8523	148	32:29.6	10:29/M
7	Leslie Vandam	Paw Paw MI	45	8829	149	32:35.7	10:31/M
8	Lisa Heeter	Mattawan MI	45	8624	153	33:08.4	10:41/M
9	Amanda Gott	Demotte IN	45	8604	157	33:36.8	10:51/M
10	Enedelia Cruz	Bangor MI	47	8534	169	34:24.1	11:06/M
11	Jaime Lehto	Paw Paw MI	49	8683	218	38:40.6	12:29/M
12	Sarah Steiner	Mattawan MI	48	8806	247	45:50.4	14:47/M
13	Carolynne Ozanich	Willowbrook IL	46	8751	253	49:04.8	15:50/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	* Andrzej Dudek		49	4513	51	23:31.7	7:35/M
2	* Matthew Kovach	Paw Paw MI	48	8668	71	25:28.5	8:13/M
3	* Ryan Flesher	Mount Pleasant MI	48	8583	90	27:13.1	8:47/M
4	Scott Overton	Apex NC	45	8750	110	28:41.1	9:15/M
5	Christopher Porter	Portage MI	49	8760	124	29:45.9	9:36/M
6	Andrew Welburn	Mattawan MI	46	8848	142	31:50.8	10:16/M
7	Joe Beddoes		49	8462	175	34:45.8	11:13/M

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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>
8	John Schneider		45	8781	188	35:44.9	11:32/M
9	Rob Steiner	Mattawan MI	48	8805	200	36:47.1	11:52/M
10	Jason Schrier	Paw Paw MI	45	8784	229	40:48.4	13:10/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 *	Karen Hancox	Gobles MI	50	8614	117	29:06.3	9:23/M
2 *	Suzy Buss	Decatur MI	53	8508	119	29:27.7	9:30/M
3 *	Dawn Gillispie	Niles MI	54	8601	121	29:33.0	9:32/M
4	Danyelle Cross		51	8530	201	36:49.7	11:53/M
5	Gina Manning	Hartford MI	52	8709	215	38:35.1	12:27/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 *	Greg Engel		52	4500	20	21:24.7	6:54/M
2 *	Craig Burton	Kalamazoo MI	52	8503	42	22:48.1	7:21/M
3 *	Drew Clark	Mattawan MI	54	8514	56	23:44.4	7:39/M
4	Marc Kline	Mattawan MI	54	8664	58	24:14.9	7:49/M
5	Derek Vanwyk		52	4502	77	26:01.6	8:24/M
6	Ben Brown	Kalamazoo MI	51	8486	96	27:50.4	8:59/M
7	Kenneth Diggs	Mattawan MI	53	8559	167	34:18.4	11:04/M
8	David Cummins	Valparaiso IN	51	8535	196	36:23.7	11:44/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 *	Tricia Marks	Chicago IL	56	8711	38	22:36.4	7:18/M
2 *	Sherry Glenn		56	4512	122	29:38.8	9:34/M
3 *	Donna Strouse	Saint Joseph MI	57	8813	127	29:52.6	9:38/M
4	Kimberly McGowan	Kalamazoo MI	56	8722	136	31:03.7	10:01/M
5	Carie Faul	Mattawan MI	58	8574	154	33:08.6	10:42/M
6	Dawn Duggs		57	4501	166	34:18.0	11:04/M
7	Kala Moynihan	Chicago IL	55	8732	174	34:45.8	11:13/M
8	Joanne Heyer	Oak Park IL	55	8630	176	34:46.6	11:13/M
9	Elizabeth Terrill	Kalamazoo MI	55	8819	242	43:37.6	14:04/M
10	Glenda Damaske		59	4507	258	58:55.5	19:01/M

2024 Grape Lake 5K

Age Group Results

Run

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 *	Langley Gibson	Richland MI	56	8600	37	22:29.4	7:15/M
2 *	Douglas Babcock	Saint Joseph MI	56	8457	39	22:43.3	7:20/M
3 *	Marc Vaughn	Coloma MI	55	8838	40	22:47.2	7:21/M
4	Paul Redmond	Kalamazoo MI	59	8762	61	24:33.0	7:55/M
5	Brian Brusach	Paw Paw MI	55	8490	73	25:45.1	8:18/M
6	Scott Hojara	Dowagiac MI	58	8637	80	26:26.8	8:32/M
7	Barry Bowman		59	8477	91	27:15.0	8:47/M
8	Craig Williams	Portage MI	55	8857	97	27:54.7	9:00/M
9	Andy Brotebeck	Paw Paw MI	55	8483	108	28:33.5	9:13/M
10	Bob Dean		59	8547	132	30:43.2	9:55/M
11	Dennis Cross		56	8531	234	42:06.2	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 *	Donna Vanderbor		62	8831	46	23:00.3	7:25/M
2 *	Leslie Scheffers	Portage MI	60	8778	54	23:41.8	7:39/M
3 *	Pam Winke	Solon IA	62	8865	78	26:13.7	8:28/M
4	Pam Stek	Iowa City IA	60	8807	103	28:18.1	9:08/M
5	Margaret Flannery	Paw Paw MI	60	8578	116	29:00.8	9:22/M
6	Rita Kowalski	Milford MI	61	8669	133	30:48.4	9:56/M
7	Mary Todas	Portage MI	62	8825	206	36:59.8	11:56/M
8	Margie Stone		61	8811	228	40:04.2	12:56/M
9	Roxann Brouwer	Lawrence MI	62	8485	239	42:59.3	13:52/M
10	Dede Lewis		63	8691	255	51:22.0	16:34/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 *	Craig Miller	Elkhart IN	61	8728	24	21:33.8	6:57/M
2 *	Paul Guimond	Portage MI	61	8609	52	23:32.2	7:36/M
3 *	James Hartwell	Paw Paw MI	64	8620	64	24:47.9	8:00/M
4	Anthony Van Den	Kalamazoo MI	60	8828	70	25:19.6	8:10/M
5	Steven Kowalski	Jensen Beach FL	64	8670	72	25:40.0	8:17/M
6	Chris Conrad	Iowa City IA	61	8521	83	26:30.9	8:33/M
7	Dave Kondor		64	4493	135	31:02.5	10:01/M
8	Greg Midkiff	Mattawan MI	61	8727	165	34:17.0	11:04/M
9	Ray Lewis		64	8692	245	44:52.6	14:29/M

2024 Grape Lake 5K

Age Group Results

Race Date
September 07, 24

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 *	Kathy Farrow	Kalamazoo MI	66	8573	81	26:27.1	8:32/M
2 *	Gloria Theisen	Portage MI	67	8822	240	43:35.6	14:04/M
3 *	Mary Corstange	Paw Paw MI	69	8525	249	46:16.1	14:56/M
4	Debbie Founé		67	8586	254	51:20.9	16:34/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 *	John Brady	Mattawan MI	65	8478	33	22:11.1	7:09/M
2 *	Red Rocket	Elburn IL	67	8772	120	29:28.5	9:31/M
3 *	Doug Haverkamp	Grand Rapids MI	65	8622	158	33:41.7	10:52/M
4	Phillip Netz	Portage MI	67	8740	168	34:22.7	11:05/M
5	John Faul	Mattawan MI	66	8575	208	37:05.4	11:58/M
6	Bob Corstange	Paw Paw MI	65	8524	248	46:14.8	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 *	Morningsun Kelly	Burr Oak IN	72	8657	243	43:49.7	14:08/M
2 *	Cheryl Evick		74	8569	252	48:51.5	15:46/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 *	Matthew Moulds	Kalamazoo MI	71	8731	68	25:06.8	8:06/M
2 *	Andrew Hagenbuch	Kalamazoo MI	70	8611	118	29:07.4	9:24/M
3 *	Roger Bentley	Coloma MI	74	8464	150	32:36.9	10:31/M

Female 75 to 79

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
	* No Finishers						

Male 75 to 79

<u>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 Tollefson	South Haven MI	76	8826	138	31:08.6	10:03/M
2 *	Bill Garrity	Saugatuck MI	76	8599	151	32:37.8	10:32/M

2024 Grape Lake 5K

Age Group Results

Run

Male 75 to 79

<u>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 *	Lyndon Wolf	Mattawan MI	79	8869	195	36:23.7	11:44/M
4	Ray Hendriksma	Schoolcraft MI	77	8626	199	36:41.1	11:50/M

Female 80 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>
* No Finishers							

Male 80 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 Hare	Portage MI	80	8616	251	48:17.0	15:35/M