

0/30/04

MEN'S CROSS COUNTRY

L.P. DIV. 2 REGIONAL 13 AT CARSON CITY

10/30/04

at Fish Creek Sportsman's Club

MEN'S 5K RUN (Team Results) -- Fremont 53; Grand Rapids Forest Hills Northern 83; Sparta 87; Grand Rapids Northview 118; Cedar Springs 147; Grand Rapids Kenowa Hills 188; Belding 217; St. Johns 227; Greenville 228; Ionia 229; Coopersville 230; Muskegon Orchard View 282; Comstock Park 341; Spring Lake 406; Muskegon Heights 464.

MEN'S 5K RUN (Individuals) -- 1. Riley Klingel, Fremont, 15:53.1; 2. Dan Cramer, Cedar Springs, 16:14.9; 3. Mitchell Hoffman, St. Johns, 16:43.5; 4. Peter Ruei, Grand Rapids Kenowa Hills, 16:44.5; 5. Simon Nyang, Grand Rapids Forest Hills Northern, 16:48.9; 6. Doug Richards, Ionia, 16:54.4; 7. Ross Faasse, Grand Rapids Forest Hills Northern, 17:02.9; 8. Tyler Emmorey, Cedar Springs, 17:06.4; 9. Zach Ripley, Grand Rapids Northview, 17:08.8; 10. Erik Westbrook, Fremont, 17:09.2; 11. Eric Stouten, Sparta, 17:12.4; 12. Alex Donaghy, Greenville, 17:18.8; 13. James Lanciaux, Fremont, 17:21.2; 14. Devin Modert, Fremont, 17:22.7; 15. Derrick Hanna, Fremont, 17:24.3; 16. Adam Yost, Sparta, 17:26.8; 17. Mike Morgan, Fremont, 17:31.3; 18. Alex Green, Grand Rapids Northview, 17:39.7; 19. Aidan Fairman, Sparta, 17:43.6; 20. Zach Kurek, Sparta, 17:44.1; 21. Brad Dauber, Sparta, 17:44.9; 22. Andrew Sisson, Grand Rapids Forest Hills Northern, 17:45.8; 23. Ryan Winks, Grand Rapids Forest Hills Northern, 17:46.9; 24. Calvin Baker, Grand Rapids Northview, 17:48.1; 25. Nick Bignall, Belding, 17:49.0; 26. Scott Hillier, Grand Rapids Forest Hills Northern, 17:49.5; 27. Nate Kober, Sparta, 17:49.9; 28. Brandon Beltz, Belding, 17:50.8; 29. Scott Sedgley, Muskegon Orchard View, 17:59.7; 30. Chris Shepherd, Coopersville, 18:03.4; 31. Pat Flanders, Ionia, 18:03.8; 32. Brendon Delger, Grand Rapids Northview, 18:04.5; 33. Gabriel Moses, Grand Rapids Kenowa Hills, 18:05.9; 34. Justin Hentemann, St. Johns, 18:09.2; 35. Mike Toman, Grand Rapids Northview, 18:12.5; 36. Sean Townshend, Grand Rapids Forest Hills Northern, 18:13.5; 37. David Sernick, Coopersville, 18:18.8; 38. Ryan Johnson, Cedar Springs, 18:19.9; 39. Kurtis Dickinson, Fremont, 18:23.9; 40. Josh Emmons, Belding, 18:24.4; 41. Joey Krussell, Grand Rapids Northview, 18:25.5; 42. Marcus Mander, Coopersville, 18:26.6; 43. Alex Gould, Comstock Park, 18:28.5; 44. Chris Curtis, Grand Rapids Kenowa Hills, 18:30.9; 45. Andy Schafer, St. Johns, 18:31.6; 46. Randy Jacobsen, Sparta, 18:40.2; 47. Logan McIntyre, Cedar Springs, 18:49.5; 48. Ryan Ayala, Coopersville, 18:49.8; 49. Ben Edwards, Greenville, 18:52.5; 50. Jordan Bugg, Grand Rapids Kenowa Hills, 18:53.2.

51. Steven Calhoun, Grand Rapids Forest Hills Northern, 18:55.5; 52. Mike Empie, Cedar Springs, 18:58.4; 53. Peter Hansen, Greenville, 18:59.7; 54. Jon Sepanik, Ionia, 19:04.2; 55. Robert Gale, Greenville, 19:08.6; 56. Isaiah Stone, Muskegon Orchard View, 19:09.3; 57. Adam Trausch, Grand Rapids Kenowa Hills, 19:12.4; 58. Zac MacLeod, Spring Lake, 19:15.1; 59. Mike Mulholland, Greenville, 19:17.3; 60. Jason Arrell, Ionia, 19:19.2; 61. Andy Quillan, Belding, 19:23.2; 62. Brandon Kleeves, Comstock Park, 19:32.9; 63. Ethan Jonker, Belding, 19:33.2; 64. Geoff Sedgley, Muskegon Orchard View, 19:37.6; 65. Kyle Darcy, Muskegon Orchard View, 19:41.1; 66. Kirk Rykse, Grand Rapids Kenowa Hills, 19:42.9; 67. Jake Peacock, Greenville, 19:45.8; 68. Cody Carpenter, Muskegon Orchard View, 19:49.0; 69. Elijah Troost, Comstock Park, 19:52.3; 70. Keegan Bean, St. Johns, 19:55.2; 71. Joey Barth, Grand Rapids Northview, 19:57.5; 72. Jacob Gebhardt, Cedar Springs, 19:59.5; 73. Ryan

Muniz, Coopersville, 20:07.9; 74. Scott Fiser, Belding, 20:12.3; 75. Matt Robinson, St. Johns, 20:15.2; 76. Nick Shelley, Spring Lake, 20:16.1; 77. Jerry Ilar, Coopersville, 20:18.5; 78. Cody Stebbins, Ionia, 20:20.9; 79. David Ringnalda, Coopersville, 20:24.2; 80. Kellie Strandberg, Greenville, 20:26.8; 81. Drake Middlecamp, Muskegon Orchard View, 20:27.4; 82. Nate Tafelsky, Comstock Park, 20:29.1; 83. Tim Rafferty, Cedar Springs, 20:29.9; 84. Steve Gowell, Fruitport, 20:35.9; 85. Nathan Weeks, Belding, 20:39.6; 86. Jacob Boone, Fruitport, 20:46.9; 87. Chris Patterson, Comstock Park, 20:47.0; 88. Cory Vollmer, Fruitport, 20:59.3; 89. Lou Williams, Muskegon Heights, 21:23.1; 90. Edward Sanders, Muskegon Heights, 21:32.7; 91. Zack Nachazel, St. Johns, 21:33.1; 92. Mitch MacLeod, Spring Lake, 21:36.5; 93. Jon Sneller, Spring Lake, 21:36.7; 94. Scott Troost, Comstock Park, 21:45.9; 95. Robert Foster, Muskegon Heights, 21:57.5; 96. Jared Devitt, Spring Lake, 22:05.1; 97. Dan Reichardt, Spring Lake, 22:07.9; 98. Adam Norbotten, Muskegon Orchard View, 22:08.2; 99. Travis Smith, St. Johns, 22:11.4; 100. Jack Bice, Comstock Park, 22:31.8.

101. Tyler Tidswell, Spring Lake, 22:41.3; 102. Justin Massey, Fruitport, 22:58.5; 103. Darrius Burns, Muskegon Heights, 25:25.0; 104. Jerrod Jefferson, Muskegon Heights, 25:39.7.

10/30/04

WOMEN'S CROSS COUNTRY

L.P. DIV. 2 REGIONAL 13 AT CARSON CITY

10/30/04

at Fish Creek Sportsman's Club

WOMEN'S 5K RUN (Team Results) -- Grand Rapids Forest Hills Northern 70; Spring Lake 100; Sparta 119; Grand Rapids Kenowa Hills 125; Fremont 138; Cedar Springs 150; Ionia 162; Greenville 175; Belding 201; Fruitport 222; Grand Rapids Northview 247; Coopersville 261; Comstock Park 302.

WOMEN'S 5K RUN (Individuals) -- 1. Stephanie McCarthy, Grand Rapids Kenowa Hills, 19:33.4; 2. Katherine McCarthy, Grand Rapids Kenowa Hills, 19:33.7; 3. Rachel Swaney, Fremont, 19:34.5; 4. Cheal Prah, Greenville, 19:56.3; 5. Jennifer Boven, Spring Lake, 20:00.2; 6. Lauren Kessler, Ionia, 20:02.2; 7. Ashley Bowen, Sparta, 20:14.1; 8. Leah Elenbaas, Greenville, 20:29.1; 9. Danielle Hockstra, Grand Rapids Forest Hills Northern, 20:31.4; 10. Brittany Colley, Ionia, 20:36.8; 11. Erin Fedewa, St. Johns, 20:42.3; 12. Danelle Underwood, Grand Rapids Forest Hills Northern, 20:42.9; 13. Megan Josey, Spring Lake, 20:43.8; 14. Katy Cramer, Cedar Springs, 20:48.9; 15. Hayley Beauregard, Spring Lake, 20:54.1; 16. Lauren Calhoun, Grand Rapids Forest Hills Northern, 20:54.7; 17. Sarah Muylle, St. Johns, 20:55.6; 18. Kathleen Ciosek, Grand Rapids Forest Hills Northern, 20:57.6; 19. Katie Yahrmarkt, Sparta, 21:12.8; 20. Ann Bolton, Belding, 21:16.9; 21. Stephanie Malburg, Grand Rapids Forest Hills Northern, 21:19.6; 22. Heather Helbling, Cedar Springs, 21:20.9; 23. Naomi Ingell, Fremont, 21:24.9; 24. Kendra Mason, Fruitport, 21:39.1; 25. Rebecca May, Sparta, 21:44.8; 26. Paige Bennett, Grand Rapids Forest Hills Northern, 21:49.1; 27. Rachel Weeks, Belding, 21:53.4; 28. Chelsea Miller, Sparta, 22:02.8; 29. Shannon Potter, Cedar Springs, 22:05.3; 30. Erika Nichols, Greenville, 22:05.8; 31. Anna Pitney, Spring Lake, 22:07.9; 32. Jennifer Piccard, Grand Rapids Kenowa Hills, 22:09.4; 33. Holly Anderson, Fruitport, 22:14.9; 34. Katie Modert, Fremont, 22:17.9; 35. Casey Lott, Ionia, 22:18.3; 36. Amanda Murphy, Grand Rapids Northview, 22:24.5; 37. Christina Baylis, Belding, 22:25.8; 38. Marian Young, Coopersville, 22:27.6; 39. Amanda Cochrane, Grand Rapids Northview, 22:28.5;

40. Ally Coucke, Fremont, 22:34.0; 41. Katelyn Bajema, Grand Rapids Kenowa Hills, 22:37.2; 42. Julie Jackson, Spring Lake, 22:38.6; 43. Jazmine Ford, Comstock Park, 22:40.0; 44. Amanda Vandenheuvel, Fruitport, 22:45.1; 45. Cassie Yeo, Cedar Springs, 22:47.1; 46. Caylee Fias, Fremont, 22:49.3; 47. Jaci McCarthy, Coopersville, 22:51.5; 48. Dana DeBoer, Sparta, 22:53.8; 49. Julie Kieling, Cedar Springs, 22:54.7; 50. Tonya Videan, Belding, 22:56.0.

51. Molly Nyboer, Spring Lake, 23:01.3; 52. Rebecca Diefenbacher, Fruitport, 23:01.7; 53. Lisa Vaughan, Comstock Park, 23:02.6; 54. Emily VanSlooten, Grand Rapids Northview, 23:04.1; 55. Teracia Shillinger, Grand Rapids Kenowa Hills, 23:07.7; 56. Katy Ranville, Grand Rapids Northview, 23:08.4; 57. Gina Fyneweaver, Coopersville, 23:10.8; 58. Courtney Dickinson, Ionia, 23:11.8; 59. Tara Charles, Ionia, 23:13.1; 60. Liz Kolbe, Fremont, 23:13.8; 61. Lisa Wooning, Coopersville, 23:16.7; 62. Rachel Jeltema, Spring Lake, 23:20.8; 63. Alison Manciu, Ionia, 23:25.0; 64. Sarah Barber, St. Johns, 23:31.8; 65. Justine Todd, Sparta, 23:34.2; 66. Lindsey Bigney, Cedar Springs, 23:37.6; 67. Natalie Cotela, Cedar Springs, 23:38.4; 68. Kara Apodaca, Comstock Park, 23:39.1; 69. Hannah Gish, Coopersville, 23:43.4; 70. Katie Kimble, Greenville, 23:43.9; 71. Allison Francis, St. Johns, 23:50.2; 72. Lisa VanHoose, Greenville, 24:01.5; 73. Winnie Perla, Fremont, 24:03.1; 74. Sarah Jones, Grand Rapids Northview, 24:03.9; 75. Kaileigh Russo, Sparta, 24:11.8; 76. Heather Post, Comstock Park, 24:14.9; 77. Kelsey Smith, Comstock Park, 24:15.4; 78. Katherine Brown, Coopersville, 24:26.8; 79. Christine Kemme, Belding, 24:29.8; 80. Emily VanDusen, Grand Rapids Northview, 24:44.2; 81. Rachel Hoffman, Fruitport, 24:44.6; 82. Amber Peeples, Ionia, 24:48.0; 83. Brittany Chorman, Grand Rapids Kenowa Hills, 24:57.4; 84. Mary Becker, Comstock Park, 25:07.1; 85. Hannah Edwards, Greenville, 25:14.1; 86. Kelsey Legate, Grand Rapids Northview, 25:19.7; 87. Nikki Turnbull, Greenville, 25:38.1; 88. Kelcie Daniels, Grand Rapids Forest Hills Northern, 25:59.0; 89. Alicia Bigelow, Coopersville, 26:09.4; 90. Lindsay Bo, Fruitport, 26:12.8; 91. Kayla Mccarthy, Comstock Park, 27:00.6; 92. Tonya Ollervidez, Fruitport, 27:21.9; 93. Heidi Videan, Belding, 32:15.6.