

10/30/04

MEN'S CROSS COUNTRY

L.P. DIV. 3 REG. 23 AT

10/30/04

MEN'S 5K RUN (Team Results) -- Grand Rapids West Catholic 37; Allendale 57; Kent City 95; Grand Rapids Forest Hills Eastern 103; Whitehall 147; Grant 191; Saranac 207; Wyoming Godwin Heights 232; Ravenna 241; Wyoming Kelloggsville 241; Grandville Calvin Christian 271; Shelby 330; Montague 366.

MEN'S 5K RUN (Individuals) -- 1. Mitchell Zost, Allendale, 16:51.5; 2. Andrew Bissonette, Grand Rapids West Catholic, 17:16.5; 3. Robert Klingeman, Allendale, 17:23.5; 4. Seth Bjorlie, Grand Rapids Forest Hills Eastern, 17:39.4; 5. Kelvin Shuneson, Grand Rapids Forest Hills Eastern, 17:42.5; 6. Sam Passenger, Grand Rapids West Catholic, 17:42.7; 7. Ryan Scott, Grand Rapids West Catholic, 17:43.0; 8. Chris Leikert, Grand Rapids West Catholic, 17:44.7; 9. Bryce Ploegstra, Kent City, 17:45.1; 10. Ryan Powell, Kent City, 17:45.6; 11. Trent Denhof, Grant, 17:46.1; 12. Scott Deprekel, Whitehall, 17:47.3; 13. Kent Jones, Saranac, 17:49.1; 14. Ed Devries, Grand Rapids West Catholic, 17:49.5; 15. Nick Preston, Grand Rapids West Catholic, 17:49.8; 16. Alex Macdonald, Allendale, 18:05.3; 17. Loren Haughn, Whitehall, 18:09.4; 18. Jacob Betts, Allendale, 18:21.3; 19. David Taylor, Allendale, 18:26.4; 20. Mike Holovka, Kent City, 18:27.3; 21. Matt Borst, Allendale, 18:27.6; 22. Matt Turne!

r, Wyoming Kelloggsville
, 18:35.3; 23. Eric Zoodsma, Grandville Calvin Christian, 18:35.8; 24. Clinton Vandermolten, Allendale, 18:36.0; 25. Josh Cook, Grand Rapids Forest Hills Eastern, 18:41.8; 26. Joe Sullivan, Grand Rapids West Catholic, 18:42.1; 27. Rob Mason, Kent City, 18:42.5; 28. Jeff Bassett, Whitehall, 18:43.9; 29. AJ Herbel, Kent City, 18:46.1; 30. Adam Fiebig, Wyoming Kelloggsville, 18:48.9; 31. Matt Grudzinskas, Wyoming Godwin Heights, 18:49.6; 32. Roland Martinez, Wyoming Godwin Heights, 18:49.8; 33. Isaiah VanDoorne, Grant, 18:54.0; 34. Alex Bergquist, Grand Rapids Forest Hills Eastern, 18:54.7; 35. Louis Albertini, Grand Rapids Forest Hills Eastern, 18:56.4; 36. Rick Roesly, Grant, 19:00.2; 37. Marcus Diaz, Saranac, 19:03.9; 38. Nick Kubilius, Ravenna, 19:09.7; 39. Andrew Augustin, Whitehall, 19:16.8; 40. Allen Wong, Grand Rapids Forest Hills Eastern, 19:20.3; 41. Jim Gawron, Muskegon Catholic Central, 19:21.2; 42. David Gaddy, Grand Rapids Forest Hills Eastern, 19:23.9; 43. Scott W!

ard, Ravenna, 19:27.3; 4
4. Dan Nash, Saranac, 19:30.6; 45. Nick LaChappelle, Wyoming Godwin Heights, 19:31.6; 46. Lance Beaudry, Saranac, 19:33.5; 47. Warren Schuitema, Shelby, 19:36.3; 48. Brand Koster, Kent City, 19:37.1; 49. Joel Arends, Ravenna, 19:39.0; 50. Joe Holtrop, Grandville Calvin Christian, 19:39.2.

51. Jeff Bakos, Grant, 19:40.3; 52. Kevin Squire, Whitehall, 19:47.8; 53. Cody Carew, Kent City, 19:50.3; 54. Corey Bakker, Wyoming Kelloggsville, 19:53.3; 55. Joseph Chol, Wyoming Godwin Heights, 19:57.0; 56. Kyle Stafford, Whitehall, 20:00.1; 57. Brandon Kosheba, Ravenna, 20:07.4; 58. KC Punter, Ravenna, 20:10.6; 59. Josh Huls, Shelby, 20:11.7; 60. JuYoung Deems, Ravenna, 20:12.0; 61. Josh Rhines, Ravenna, 20:18.1; 62. Mike Smith, Grant, 20:19.1; 63. Craig Graham, Montague, 20:22.7; 64. Joe Brown, Whitehall, 20:23.1; 65. Nate Kroeze, Grandville Calvin Christian, 20:27.7; 66. Mike VanSickle, Shelby, 20:39.7; 67. Brandon Postma, Wyoming Kelloggsville, 20:40.7; 68. Matt Zuverink, Grandville Calvin Christian, 20:44.7; 69. Jonathan Sportel,

Grandville Calvin Christian, 20:47.7; 70. Robert Westover, Saranac, 20:57.7; 71. Anthony Hemmer, Wyoming Kelloggsville, 20:58.9; 72. Addison West, Wyoming Godwin Heights, 21:07.4; 73. Jorge Jaramillo, Montague, 21:12.8; 74. Jared Gerard, Mo!

Montague, 21:25.8; 75. Andy Steenstra, Grandville Calvin Christian, 21:34.4; 76. Zach Talcott, Saranac, 21:48.6; 77. Keith Diebel, Muskegon Oakridge, 21:53.7; 78. Justin Smith, Fennville, 22:06.5; 79. Brian VanEck, Grandville Calvin Christian, 22:11.4; 80. Troy McLouth, Montague, 22:18.5; 81. Ryan Brown, Shelby, 22:25.1; 82. Ryan Sexton, Fennville, 22:26.8; 83. Nick. Smith, Saranac, 22:28.4; 84. Nathan Turner, Wyoming Kelloggsville, 22:32.1; 85. Khoung Nguyen, Wyoming Godwin Heights, 22:36.1; 86. Matt Taylor, Fennville, 22:41.4; 87. Greg Crippen, Fennville, 22:49.7; 88. Randy Hodits, Montague, 22:55.7; 89. David Sponhauer, Shelby, 23:00.6; 90. Robert Near, Shelby, 23:24.4; 91. Jerrame Essenberg, Montague, 23:26.6; 92. Mike Wall, Shelby, 24:13.6; 93. Ryan Benedict, Fennville, NF; 94. Tyler Busscher, Fennville, NF; 95. Daniel Denks, Fennville, NF; 96. David Koza, Grant, NF; 97. RJ McLeod, Grant, NF; 98. Paul Vermaire, Muskegon Catholic Central, NF; 99. Mike Majersky, Muskegon Oakridge, NF; 100. Jameson!

Paauwe, Wyoming Godwin Heights, NF.

101. Lance Terpstra, Wyoming Kelloggsville, NF.

10/30/04

WOMEN'S CROSS COUNTRY

L.P. DIV. 3 REG. 23 AT

10/30/04

WOMEN'S 5K RUN (Team Results) -- Allendale 63; Whitehall 67; Kent City 81; Grandville Calvin Christian 130; Grand Rapids Forest Hills Eastern 150; Grant 158; Saranac 171; Grand Rapids West Catholic 177; Shelby 212; Muskegon Oakridge 271; Ravenna 286.

WOMEN'S 5K RUN (Individuals) -- 1. Jaime Watson, Allendale, 19:23.4; 2. Mollie Ringer, Kent City, 20:19.5; 3. Karla Martinez, Grant, 20:36.1; 4. Rachel Powers, Whitehall, 20:38.3; 5. Teresa Sabin, Saranac, 21:15.5; 6. Breanne Zost, Allendale, 21:16.4; 7. Rebecca Hyatt, Whitehall, 21:19.8; 8. Eliza Nyblad, Kent City, 21:32.2; 9. Kathleen Ryan, Grand Rapids West Catholic, 21:35.4; 10. Lauren Schoenborn, Grandville Calvin Christian, 21:39.1; 11. Nikki Weirs, Allendale, 21:46.3; 12. Ashley Botham, Grand Rapids Forest Hills Eastern, 21:47.4; 13. Emily DeLange, Grant, 21:49.6; 14. Abby Ostrowski, Grand Rapids West Catholic, 21:56.3; 15. Rachel Keillor, Whitehall, 21:58.4; 16. Judi Jaekel, Montague, 22:18.1; 17. Nina Rubante, Wyoming Kelloggsville, 22:24.1; 18. Samantha Gorman, Allendale, 22:29.6; 19. Amber Holcomb, Kent City, 22:30.4; 20. Theresa Dow, Whitehall, 22:31.2; 21. Tonya Martinez, Shelby, 22:32.8; 22. Sarah Ross, Grandville Calvin Christian, 22:36.9; 23. Erica Huizinga, !

Grand Rapids Forest Hills Eastern, 22:38.0; 24. Debbie Oudbier, Grandville Calvin Christian, 22:40.1; 25. Hannah Bush, Whitehall, 22:40.6; 26. Megan Eriickson, Whitehall, 22:42.5; 27. Kelsie Sullivan, Grand Rapids Forest Hills Eastern, 22:46.4; 28. Hannah Ringer, Kent City, 22:51.6; 29. Bethany Horning, Whitehall, 22:55.3; 30. Kym Shoemaker, Kent City, 22:59.2; 31. Chelsea Wackernagel, Montague, 23:01.5; 32. Rachel McIntyre, Allendale, 23:22.6; 33. Jessi Theisen, Saranac, 23:24.4;

34. Rachel Pinero, Allendale, 23:34.9; 35. Melissa TenKate, Grandville Calvin Christian, 23:37.9; 36. Kelly Krcmarik, Grand Rapids Forest Hills Eastern, 23:54.4; 37. Alyssa Peterson, Muskegon Oakridge, 23:57.0; 38. Arie Witt, Kent City, 24:07.4; 39. Stephanie Nawrocki, Grand Rapids West Catholic, 24:09.7; 40. Danielle Thomas, Saranac, 24:20.0; 41. Angela Weeks, Muskegon Oakridge, 24:28.1; 42. Becca Putans, Wyoming Kelloggsville, 24:28.4; 43. Stacy Jeurink, Allendale, 24:32.1; 44. Amanda Maile, Kent City, 24:43.3; 45. Lore!
tta England, Ravenna, 24
:47.7; 46. Katie Bosch, Shelby, 24:48.1; 47. Jenny Daily, Shelby, 25:00.7;
48. Sara Rinehart, Ravenna, 25:04.3; 49. Stephanie Larson, Grant, 25:13.7;
50. Rachel VanDyken, Grandville Calvin Christian, 25:30.2.

51. Cassidy Warner, Saranac, 25:43.0; 52. Laura Herwyer, Fennville, 25:49.2;
53. Jaclynn Workman, Muskegon Catholic Central, 25:51.2; 54. Samantha Hanlon,
Grant, 25:55.9; 55. Morghan Vargo, Grant, 26:01.4; 56. Laura Sarmiento,
Grant, 26:01.8; 57. Anna Brooks, Shelby, 26:06.5; 58. Katie Minard, Saranac,
26:06.8; 59. Carah Schalow, Saranac, 26:09.8; 60. Kelsey Perow, Saranac,
26:15.7; 61. Kim Holtrop, Grandville Calvin Christian, 26:19.8; 62. Nicole
Galdeen, Muskegon Oakridge, 26:33.9; 63. Alexandra Walborn, Shelby, 26:36.2;
64. Jessica Gutowski, Grand Rapids West Catholic, 27:06.8; 65. Allison Bryan,
Grand Rapids Forest Hills Eastern, 27:11.0; 66. Stephanie Pindar, Grand
Rapids West Catholic, 27:12.1; 67. Suz Wilder, Grand Rapids Forest Hills
Eastern, 27:20.9; 68. Jenny Zaverl, Shelby, 27:26.6; 69. Michaela Brooks,
Shelby, 27:26.9; 70. Nina Jacobs, Grand Rapids Forest Hills Eastern, 27:49.0;
71. Nicole Syrek, Grand Rapids West Catholic, 27:50.3; 72. Dana Ingalls,
Ravenna, 27!
:55.3; 73. Jorie Paprock
i, Ravenna, 28:17.7; 74. Ellen Badgerow, Ravenna, 29:25.2; 75. Hillary
Neinhouse, Ravenna, 29:51.7; 76. Kaylee Dombrowski, Grand Rapids West
Catholic, 30:04.6; 77. Veronica Garza, Montague, 30:57.0; 78. Nicholle
Taurins, Wyoming Kelloggsville, 30:59.7; 79. Christa Wilson, Muskegon
Oakridge, 32:33.8; 80. Michelle Burdick, Wyoming Kelloggsville, 37:21.0; 81.
Bobbie Dausman, Muskegon Oakridge, 41:28.0; 82. Amanda Triplett, Grant, NF;
83. Erica Annis, Ravenna, NF.