

10/29/05

MEN'S CROSS COUNTRY

REGION4-1

AT SCHOOLCRAFT COLLEGE

10/29/05

Men's Cross Country Region 4-1

MEN'S 5K RUN (Team Results) -- Novi 63; Detroit Catholic Central 67; Salem 75; Plymouth 76; Livonia Churchill 101; Northville 146; Canton 178; Livonia Stevenson 215; Wayne Memorial 278; Redford Union 300; Livonia Franklin 333; Garden City 354; Westland John Glenn 396; Detroit Western International 437.

MEN'S 5K RUN (Individuals) -- 1. Timothy Howse, Livonia Churchill, 15:47.1; 2. Dan Kapadia, Salem, 16:05.7; 3. Brandon Grysko, Livonia Churchill, 16:09.4; 4. Patrick Slavens, Plymouth, 16:13.1; 5. Mike Wheat, Novi, 16:14.8; 6. Jason Morad, Detroit Catholic Central, 16:15.5; 7. Anthony Scaparo, Plymouth, 16:17.0; 8. Alex Prasad, Novi, 16:27.6; 9. Jasen Turnbull, Northville, 16:31.3; 10. James Walsh, Salem, 16:33.5; 11. Scott Wagner, Novi, 16:35.5; 12. Alex Toloff, Detroit Catholic Central, 16:37.5; 13. Nick Kolbow, Northville, 16:46.6; 14. Andrew Cassidy, Salem, 16:48.7; 15. David Champine, Detroit Catholic Central, 16:49.5; 16. Zachary Oleski, Detroit Catholic Central, 16:50.2; 17. Lukas Barnes, Novi, 16:50.8; 18. A. J. Huber, Detroit Catholic Central, 16:51.5; 19. Sean Dillon, Plymouth, 16:53.4; 20. Joseph Varilone, Livonia Churchill, 16:54.5; 21. Derek Lax, Plymouth, 17:02.5; 22. Joshua Lumley, Novi, 17:04.2; 23. Cameron Loftus, Salem, 17:06.4; 24. Kenny MacDonough, Novi, 17:07.1; 25. Cristian Chagas, Plymouth, 17:09.6; 26. Craig Cowing, Salem, 17:11.2; 27. Dan Wilson, Livonia Stevenson, 17:11.9; 28. James Holbrook, Wayne Memorial, 17:13.9; 29. Colin McGorey, Salem, 17:15.9; 30. Kevin deBear, Salem, 17:17.0; 31. Derek Hoerman, Canton, 17:17.7; 32. Trey Wolfe, Canton, 17:18.9; 33. Kyle Clinton, Canton, 17:19.9; 34. Duncan Spitz, Canton, 17:20.9; 35. Michael Nienhaus, Detroit Catholic Central, 17:21.7; 36. John Zureck, Northville, 17:22.3; 37. Paul Folk, Livonia Churchill, 17:22.8; 38. Adam Gasior, Detroit Catholic Central, 17:23.5; 39. Justin Huey, Plymouth, 17:24.6; 40. Jim Waterbury, Livonia Churchill, 17:31.3; 41. Tommy Sugawara, Northville, 17:33.2; 42. Mark Pilat, Livonia Churchill, 17:37.4; 43. Justin Black, Livonia Stevenson, 17:40.0; 44. Jeff Niemi, Livonia Stevenson, 17:40.5; 45. Dave Antishin, Livonia Stevenson, 17:42.0; 46. Justin Magill, Plymouth, 17:44.6; 47. Tommy Farrell, Northville, 17:47.7; 48. Aaron McClellan, Canton, 17:49.3; 49. Ricky Manza, Novi, 17:50.7; 50. Keivin Lewis, Wayne Memorial, 17:58.0.

51. Mike Lewis, Redford Union, 17:58.6; 52. Greg Reed, Canton, 18:00.4; 53. Jordan Janowitz, Wayne Memorial, 18:05.6; 54. Matt Macek, Redford Union, 18:06.5; 55. Mike Nordby, Garden City, 18:07.4; 56. Matt Lipsky, Livonia Stevenson, 18:11.9; 57. Evan Sirena, Livonia Franklin, 18:14.3; 58. Neal Das, Northville, 18:22.3; 59. Jake Myers, Northville, 18:24.3; 60. Matthew Hecksel, Livonia Churchill, 18:26.6; 61. Bryan Betke, Livonia Stevenson, 18:33.7; 62. Ronson Webster, Redford Union, 18:34.2; 63. Christian Jemlich, Redford Union, 18:35.4; 64. Pete Walblay, Livonia Franklin, 18:37.0; 65. David Danes, Garden City, 18:46.1; 66. Tim Boes, Westland John Glenn, 18:54.0; 67. Dylan Taylor, Livonia Franklin, 18:57.8; 68. Abraham Mendez, Wayne Memorial, 19:03.5; 69. Josh Walker, Livonia Franklin, 19:07.1; 70. Nick Levinson, Redford Union, 19:18.5; 71. Sean Meixner, Redford Union, 19:36.2; 72. David Catalan, Canton, 19:37.9; 73. Egan O,Callaghan, Garden City, 19:44.3; 74. Ross Holme, Redford Union, 19:45.0; 75. Brandon Coffey, Garden City, 19:46.2; 76. Andrew Kent, Livonia Franklin, 19:55.8; 77. Mike Jacobs, Westland John Glenn, 19:56.5; 78. Nathan Scarlett, Westland John Glenn,

20:00.9; 79. John Robertson, Wayne Memorial, 20:10.1; 80. Stuart Gregory, Livonia Franklin, 20:34.2; 81. Allen Sponenburgh, Livonia Franklin, 20:37.8; 82. Christian Smith, Wayne Memorial, 21:02.2; 83. Steven Benavides, Detroit Western International, 21:30.3; 84. Ruben Ysrael, Detroit Western International, 21:32.8; 85. Demarrio Braxton, Detroit Western International, 21:35.4; 86. Dan Mcdermott, Garden City, 21:47.5; 87. Matt Jarvis, Westland John Glenn, 21:55.1; 88. Brandon Nikula, Westland John Glenn, 22:00.8; 89. Mike Danes, Garden City, 22:35.2; 90. Dustin Ashley, Garden City, 22:45.3; 91. Calvin Taylor, Detroit Western International, 23:06.1; 92. Rob Weck, Westland John Glenn, 23:06.8; 93. Eric Mlynar, Westland John Glenn, 23:22.8; 94. Paul Bidden, Detroit Western International, 25:35.4; 95. Jeffrey Delva, Detroit Western International, 25:35.9; 96. Justin Reyes, Detroit Western International, 25:36.5; 97. Dorrean Nettles, Detroit Western International, 26:47.2; 98. Carlyle Haynes, Detroit Western International, 29:47.1.

10/29/05

WOMEN'S CROSS COUNTRY

REGION4-1

AT SCHOOLCRAFT COLLEGE

10/29/05

Women's Cross Country Region 4-1

WOMEN'S 5K RUN (Team Results) -- Livonia Stevenson 41; Livonia Churchill 45; Salem 85; Northville 126; Plymouth 131; Novi 138; Canton 141; Livonia Franklin 247; Westland John Glenn 274; Garden City 312; Redford Union 313; Wayne Memorial 341.

WOMEN'S 5K RUN (Individuals) -- 1. Courtney Calka, Livonia Stevenson, 18:20.0; 2. Kristen Frey, Livonia Stevenson, 18:28.9; 3. Rachel McFarlane, Livonia Churchill, 18:32.1; 4. Hannah Cavicchio, Salem, 18:41.3; 5. Alyssa Mira, Livonia Churchill, 18:42.3; 6. Lisa Arrowsmith, Livonia Stevenson, 18:45.2; 7. Bryn Smetana, Northville, 18:57.7; 8. Megan Maceratini, Livonia Churchill, 18:59.1; 9. Kylen Cieslak, Livonia Churchill, 19:01.4; 10. Meghan Horgan, Livonia Franklin, 19:05.8; 11. Sarah Thomas, Canton, 19:07.6; 12. Marisa Carpinelli, Salem, 19:08.3; 13. Jenny Murphy, Northville, 19:14.4; 14. Meghan Bannatz, Novi, 19:15.1; 15. Amber Cicala, Livonia Stevenson, 19:16.1; 16. Amy Ostrowski, Plymouth, 19:21.0; 17. Stephanie Perez, Livonia Stevenson, 19:25.3; 18. Beth Heldmeyer, Plymouth, 19:31.1; 19. Allie Vraniak, Salem, 19:33.8; 20. Hannah Otto, Livonia Churchill, 19:40.6; 21. Katherine Galm, Canton, 19:42.0; 22. Denee Meier, Livonia Stevenson, 19:46.5; 23. Allison Janda, Salem, 19:48.6; 24. Kelli Brown, Novi, 19:54.4; 25. Erica Hope, Livonia Churchill, 19:55.1; 26. Amy Drinan, Livonia Churchill, 19:56.6; 27. Sarah Kosteva, Salem, 19:58.4; 28. Pam Bhullar, Plymouth, 20:00.6; 29. Rebecca McCormack, Canton, 20:03.7; 30. Molly Slavens, Plymouth, 20:09.9; 31. Emily Barton, Novi, 20:19.1; 32. Jennifer Thomas, Canton, 20:22.1; 33. Sarah Aquinto, Northville, 20:26.0; 34. Andrea Kramer, Novi, 20:27.3; 35. Erin Haynes, Novi, 20:28.3; 36. Anna Hardenbergh, Northville, 20:30.3; 37. Karina Puskorius, Northville, 20:31.2; 38. Stacey Richardson, Westland John Glenn, 20:32.0; 39. Sarah Sherwood, Plymouth, 20:33.2; 40. Kristen Dondzila, Salem, 20:37.2; 41. Meaghan Keiffer, Northville, 20:45.5; 42. Mary Sprader, Northville, 20:47.1; 43. Jacquie Beeler, Plymouth, 20:50.9; 44. Alexandra Borlace, Garden City, 20:56.4; 45. Courtney Plummer, Garden City, 20:57.1; 46. Erica Howard, Novi, 20:59.8; 47. Meaghan Burke, Livonia Stevenson, 21:22.1; 48. Lisa Clinton, Canton, 21:27.8; 49. Allison Patra, Redford Union, 21:28.5; 50. Nichole McLaughlin, Plymouth, 21:37.2.

51. Laura Sheeran, Novi, 21:39.5; 52. Kari Saarela, Livonia Franklin, 21:43.7; 53. Joslyn DeGroot, Westland John Glenn, 21:46.9; 54. Anne Murphy,

Canton, 21:47.8; 55. Rachel Gizicki, Salem, 21:48.9; 56. Melanie Reece, Redford Union, 22:14.4; 57. Kristin Ward, Canton, 22:17.9; 58. Megan Nikula, Westland John Glenn, 22:18.5; 59. Sarah Miller, Redford Union, 22:19.2; 60. Laura Marshall, Livonia Franklin, 22:21.6; 61. Kelsey Kaplan, Livonia Franklin, 22:25.7; 62. Jessica Savolainen, Westland John Glenn, 22:26.6; 63. Michelle Gutowski, Westland John Glenn, 22:40.1; 64. Elizabeth Reinke, Livonia Franklin, 22:47.9; 65. An' Tonia Scott,, Detroit Cody, 22:52.1; 66. Claire Moro, Wayne Memorial, 22:58.7; 67. Shawnie Baughan, Wayne Memorial, 22:59.3; 68. C Milne, Garden City, 23:28.2; 69. Kathryn Trudeau, Wayne Memorial, 23:34.1; 70. Chelsea Gilbert, Wayne Memorial, 23:34.9; 71. Rebecca Barrett, Westland John Glenn, 23:48.6; 72. Melanie Stawkey, Westland John Glenn, 23:51.3; 73. Megan Wilson, Livonia Franklin, 23:59.8; 74. Melissa Smith, Wayne Memorial, 24:20.3; 75. Stephanie Reamer, Redford Union, 24:21.8; 76. Kari Price, Redford Union, 24:22.5; 77. Meaghan Brownlee, Livonia Franklin, 24:37.8; 78. Nicole Renaud, Garden City, 25:11.2; 79. Amanda Fross, Redford Union, 25:39.6; 80. Alyssa Chambo, Garden City, 25:49.0; 81. Jaimie Williams, Wayne Memorial, 26:02.9; 82. Whitney Spencer, Garden City, 26:16.1; 83. Suzen Vulaj, Redford Union, 26:44.0.