

10/28/06

MEN'S CROSS COUNTRY

REGIONAL 23-3

AT SPARTA

10/28/06

MEN'S 5K RUN (Team Results) -- Grand Rapids West Catholic 56; Allendale 80; Kent City 85; Grant 86; Whitehall 123; Grandville Calvin Christian 157; Delton Kellogg 169; Newaygo 173; Vermontville Maple Valley 229; Hopkins 264; White Cloud 317

MEN'S 5K RUN (Individuals) -- 1. Trenton Denhof, Grant, 16:47.7; 2. Mike. Gravelyn, Grand Rapids West Catholic, 17:07.6; 3. Isaiah Vandoorne, Grant, 17:13.6; 4. Mike Hall, Vermontville Maple Valley, 17:18.7; 5. Jeff Bassett, Whitehall, 17:21.3; 6. Edwin Wainaina, Grandville Calvin Christian, 17:28.7; 7. Paul Jasperse, Grandville Calvin Christian, 17:34.5; 8. Mike. Holovka, Kent City, 17:35.7; 9. Ryan. Scott, Grand Rapids West Catholic, 17:39.8; 10. Justin Durbin, Delton Kellogg, 17:53.6; 11. Alex Macdonald, Allendale, 17:57.0; 12. Iam Quam, Grand Rapids West Catholic, 18:08.5; 13. Matt. Borst, Allendale, 18:12.4; 14. Alex. Wilson, Kent City, 18:12.6; 15. Devin. Vandermolen, Allendale, 18:15.2; 16. Joe. Sullivan, Grand Rapids West Catholic, 18:17.2; 17. Matt Woronke, Grand Rapids West Catholic, 18:17.6; 18. Zach Potgeter, Muskegon Oakridge, 18:18.8; 19. Brand. Koster, Kent City, 18:21.8; 20. Darryl. Sluka, Kent City, 18:23.4; 21. Jess. Paauwe, Allendale, 18:24.5; 22. Zach. Berridge, Allendale, 18:26.5; 23. Jason. Triplett, Grant, 18:31.2; 24. Kevin Squire, Whitehall, 18:33.0; 25. Evan Farinosi, Newaygo, 18:33.4; 26. Dan Roberts, Delton Kellogg, 18:33.8; 27. Aj Herbel, Kent City, 18:36.1; 28. Kolin. Stickney, Grant, 18:39.2; 29. Colin. Valliere, Grand Rapids West Catholic, 18:39.8; 30. Loren Haughn, Whitehall, 18:40.5; 31. Mark Williams, Newaygo, 18:44.2; 32. Andrew Ketchum, Whitehall, 18:47.0; 33. Mitch. Smith, Grand Rapids West Catholic, 18:47.2; 34. Brian. Greenhoe, Grant, 18:52.3; 35. Craig. Graham, Montague, 18:53.0; 36. Josh. Moskalewski, Allendale, 18:54.8; 37. Zac Anderson, Whitehall, 18:56.9; 38. Nick Renden, Delton Kellogg, 18:58.3; 39. Kyle Vaneerden, Grandville Calvin Christian, 19:05.2; 40. Keith Pearson, Newaygo, 19:06.2; 41. Dan Ford, Newaygo, 19:09.0; 42. Anthony. Prentice, Allendale, 19:10.7; 43. Corey Green, Grant, 19:11.2; 44. Jerry Gonzalez, Newaygo, 19:15.0; 45. Joe Klimowicz, Whitehall, 19:17.0; 46. Corey. Bakker, Wyoming Kelloggsville, 19:19.3; 47. Nate Kroeze, Grandville Calvin Christian, 19:23.4; 48. Pete Hoezee, Wyoming Godwin Heights, 19:25.3; 49. Jake Devoogd, Kent City, 19:26.0; 50. Morgan Hennessey, Delton Kellogg, 19:28.3.

51. Will Nelson, Hopkins, 19:32.1; 52. Josh Hewitt, Hopkins, 19:33.2; 53. John Fockler, White Cloud, 19:36.5; 54. Matt Hamilton, Vermontville Maple Valley, 19:37.6; 55. Jacob. Curtis, Grant, 19:38.8; 56. Cory. Cook, Delton Kellogg, 19:40.9; 57. Justin Robillard, Whitehall, 19:41.7; 58. Bill Napier, Hopkins, 19:45.7; 59. R.j. Raines, Vermontville Maple Valley, 19:47.4; 60. Isaac Vandentoorn, Hopkins, 19:47.7; 61. Jon. Thebo, Kent City, 20:04.8; 62. Kaleb Root, Vermontville Maple Valley, 20:12.2; 63. Leland. Soper, Hopkins, 20:15.5; 64. Michael Dewaters, Delton Kellogg, 20:24.3; 65. Josh Snyder, White Cloud, 20:40.2; 66. Adam Cook, Vermontville Maple Valley, 20:42.5; 67. Brian Clark, Grandville Calvin Christian, 20:45.0; 68. Matt Zuverink, Grandville Calvin Christian, 20:48.2; 69. Brian VanEck, Grandville Calvin Christian, 20:58.9; 70. Jorge. Jaramillo, Montague, 21:02.9; 71. B.j. Postma, Wyoming Kelloggsville, 21:14.3; 72. Ryan. Slagter, Hopkins, 21:22.7; 73. Jeremy. Cook, Hopkins, 21:25.2; 74. Brandon Stewart, White Cloud, 21:29.6;

75. Aaron Kennedy, Muskegon Oakridge, 21:30.2; 76. Scot Jenkins, White Cloud, 21:38.9; 77. John Clark, White Cloud, 21:43.5; 78. Luis Marin, Montague, 21:46.0; 79. Brett Reath, Delton Kellogg, 21:47.0; 80. Derek Sharps, Muskegon Heights, 21:50.6; 81. Austin French, Vermontville Maple Valley, 21:57.3; 82. David Vincent, Newaygo, 22:08.1; 83. Robert Dixon, White Cloud, 22:43.6; 84. Tyrone Rufus, Muskegon Heights, 22:44.0; 85. Kyle McClain, Newaygo, 23:04.4; 86. Terrance Paige, Muskegon Heights, 25:45.2; 87. Anton Keys, Muskegon Heights, 26:14.2; 88. Kevin Holtz, Muskegon Oakridge, 28:26.5; 89. Ben Schmier, Wyoming Kelloggsville, 31:06.2.

10/28/06

WOMEN'S CROSS COUNTRY

REGIONAL 23-3

AT SPARTA

10/28/06

WOMEN'S 5K RUN (Team Results) -- Allendale 45; Whitehall 71; Grand Rapids West Catholic 96; Hopkins 157; Delton Kellogg 162; Grandville Calvin Christian 170; White Cloud 171; Montague 175; Grant 204; Kent City 255; Muskegon Oakridge 274; Vermontville Maple Valley 285.

WOMEN'S 5K RUN (Individuals) -- 1. Mikal Beckman, Newaygo, 19:51.3; 2. Kassie Graves, White Cloud, 20:04.5; 3. Camille. Borst, Allendale, 20:10.3; 4. Devan. John, Allendale, 20:19.3; 5. Nicole Hill, Wyoming Godwin Heights, 20:40.5; 6. Aubree Danielson, Whitehall, 20:43.3; 7. Katie Gigowski, Hopkins, 20:48.9; 8. Amanda Graves, White Cloud, 20:51.9; 9. Monica. Kinney, Grand Rapids West Catholic, 20:59.1; 10. Olivia. Sydow, Grand Rapids West Catholic, 20:59.8; 11. Chelsea. Wackernagel, Montague, 21:09.6; 12. Deanna Pineda, Montague, 21:12.4; 13. Sam Schmiedekenecht, Whitehall, 21:13.7; 14. Kaylee. Jeurink, Allendale, 21:14.6; 15. Nikki. Wiers, Allendale, 21:15.6; 16. Rachel Powers, Whitehall, 21:24.8; 17. Brittany. Andres, Allendale, 21:28.0; 18. Alisha Kikkert, Grandville Calvin Christian, 21:32.7; 19. Melissa Tenkate, Grandville Calvin Christian, 21:36.2; 20. Susie Klimowicz, Whitehall, 21:45.4; 21. Karla. Martinez, Grant, 21:47.5; 22. Rebecca. Symons, Montague, 21:50.9; 23. Olivia. Quam, Grand Rapids West Catholic, 21:54.6; 24. Amanda Strick, Delton Kellogg, 22:06.7; 25. Heather Millard, Delton Kellogg, 22:09.3; 26. Rebecca Hyatt, Whitehall, 22:16.2; 27. Theresa Wolter, Whitehall, 22:17.4; 28. Jessica. Saunders, Hopkins, 22:17.7; 29. Katie. Sochacki, Grand Rapids West Catholic, 22:20.5; 30. Emily Delange, Grant, 22:21.9; 31. Mandy Dye, Delton Kellogg, 22:30.5; 32. Rachael. Pineiro, Allendale, 22:40.7; 33. Courtney. Jensen, Grant, 22:41.4; 34. Marisa. Bauman, Hopkins, 22:42.2; 35. Abby. Ostrowski, Grand Rapids West Catholic, 22:46.6; 36. Mary kate Harpold, Grand Rapids West Catholic, 22:47.4; 37. Hannah. Ringer, Kent City, 22:47.9; 38. Alysha Silverthorn, White Cloud, 22:49.3; 39. Taylor. Mattson, Allendale, 22:51.1; 40. Lindy Browand, Whitehall, 22:55.8; 41. Kelli Kuiper, Grandville Calvin Christian, 23:01.7; 42. Megan. Debri, Grand Rapids West Catholic, 23:05.5; 43. Lizzi. Dunnuck, Kent City, 23:08.0; 44. Kelsey. Williams, Hopkins, 23:08.4; 45. Shawn Schut, Delton Kellogg, 23:12.1; 46. Lindsey Vanderwel, Grandville Calvin Christian, 23:16.7; 47. Lauren Knollenberg, Delton Kellogg, 23:27.0; 48. Angelina Mosher, Muskegon Oakridge, 23:32.1; 49. Angela Weeks, Muskegon Oakridge, 23:39.6; 50. Rachel Stewart, Muskegon Oakridge, 23:47.4.

51. Kayla Shaw, Vermontville Maple Valley, 23:50.5; 52. Kaytlin Furlong, Vermontville Maple Valley, 23:50.7; 53. Jill Newton, Delton Kellogg, 23:54.7; 54. Samantha Schooley, Newaygo, 23:55.5; 55. Alisha. Kloska, Hopkins, 24:05.1; 56. Lauren Trumble, Vermontville Maple Valley, 24:18.9; 57. Sam

Vanderberg, Grandville Calvin Christian, 24:23.6; 58. Shannon. Gorton, Kent City, 24:32.4; 59. Erin Shoemaker, Vermontville Maple Valley, 24:32.8; 60. Brittany. Erbes, Kent City, 24:42.7; 61. Jade Mcgowen, White Cloud, 24:47.4; 62. Rachel Vandyken, Grandville Calvin Christian, 24:50.6; 63. Brittnee. Breuker, Grant, 24:58.1; 64. Sarah. Schrottenboer, Hopkins, 24:59.9; 65. Candace Vandyk, Delton Kellogg, 25:01.6; 66. Heather Bartman, Grandville Calvin Christian, 25:05.5; 67. Nikki. Smit, Montague, 25:13.9; 68. Marcella Zimmer, Muskegon Oakridge, 25:21.4; 69. Chelsea. Jensen, Grant, 25:30.5; 70. Chelsea. Ringer, Kent City, 25:43.2; 71. Alicia Levernier, Muskegon Oakridge, 25:50.9; 72. Shantel. Gardner, Grant, 25:54.1; 73. Jordan Mcgowen, White Cloud, 26:14.5; 74. Jazmin Ledezma, White Cloud, 26:18.9; 75. Elsha. Gibbs, Montague, 26:21.6; 76. Amber. Hilbrand, Grant, 26:37.6; 77. Tricia Schmiede, Muskegon Oakridge, 27:11.9; 78. Julianna Sherwood, Newaygo, 27:14.8; 79. Arriel Kaczanowski, Hopkins, 27:45.1; 80. Jessica Calton, Wyoming Kelloggsville, 27:56.8; 81. Kristine Calton, Wyoming Kelloggsville, 28:03.9; 82. Stefanie Ackerman, Muskegon Oakridge, 28:09.1; 83. Krista Stevens, Vermontville Maple Valley, 28:11.1; 84. Lara. Goehner, Kent City, 28:17.5; 85. Kendra. Pryczynski, Montague, 28:17.8; 86. Mary Harrington, Newaygo, 28:48.7.