

2008 SHAMROCK 5K
 KALAMAZOO, MICHIGAN
 SATURDAY, MARCH 29, 2008

 5K RUN AGE-GROUP RESULTS

~~~~~ Male OVERALL WINNER ~~~~~

| Place | Bib | Name          | Age | Sex | City      | St | Time  | Pace |
|-------|-----|---------------|-----|-----|-----------|----|-------|------|
| 1     | 146 | Andrew Breyer | 17  | M   | Kalamazoo | MI | 16:04 | 5:11 |

~~~~~ Female OVERALL WINNER ~~~~~

| Place | Bib | Name | Age | Sex | City | St | Time | Pace |
|-------|-----|------------------------|-----|-----|-----------|----|-------|------|
| 1 | 120 | Deb Buchholtz-Hiemstra | 41 | F | Kalamazoo | MI | 21:33 | 6:57 |

~~~~~ Male 9 & Under Division ~~~~~

| Place | Bib | Name             | Age | Sex | City    | St | Time  | Pace  |
|-------|-----|------------------|-----|-----|---------|----|-------|-------|
| 1     | 171 | Michael Orwin    | 9   | M   | Portage | MI | 24:02 | 7:44  |
| 2     | 178 | Kyle Downard     | 8   | M   | Paw Paw | MI | 24:46 | 7:59  |
| 3     | 76  | Jacob Niesen     | 8   | M   |         |    | 29:53 | 9:37  |
| 4     | 11  | Connor Cavanaugh | 6   | M   |         |    | 29:53 | 9:38  |
| 5     | 14  | Ronald Cavanaugh | 8   | M   |         |    | 37:36 | 12:06 |

~~~~~ Female 9 & Under Division ~~~~~

| Place | Bib | Name | Age | Sex | City | St | Time | Pace |
|-------|-----|------------------|-----|-----|-----------|----|-------|-------|
| 1 | 79 | Rachel Niesen | 9 | F | | | 30:32 | 9:50 |
| 2 | 39 | Allyson Gatewood | 9 | F | Kalamazoo | MI | 34:29 | 11:06 |
| 3 | 153 | Eliana Kozal | 9 | F | Portage | MI | 37:11 | 11:58 |
| 4 | 18 | Molly Clark | 7 | F | | | 37:31 | 12:05 |
| 5 | 47 | Lauren Hybels | 9 | F | Kalamazoo | MI | 39:42 | 12:47 |
| 6 | 117 | Rachel Zook | 9 | F | Kalamazoo | MI | 39:43 | 12:47 |

~~~~~ Male 10 - 12 Division ~~~~~

| Place | Bib | Name              | Age | Sex | City      | St | Time  | Pace |
|-------|-----|-------------------|-----|-----|-----------|----|-------|------|
| 1     | 4   | Patrick Beauchamp | 11  | M   | Kalamazoo | MI | 24:02 | 7:44 |
| 2     | 64  | Scott Lenkart     | 11  | M   | Mattawan  | MI | 27:42 | 8:55 |
| 3     | 175 | Chris Hybels      | 10  | M   | Kalamazoo | MI | 30:00 | 9:40 |

~~~~~ Female 10 - 12 Division ~~~~~

| Place | Bib | Name | Age | Sex | City | St | Time | Pace |
|-------|-----|--------------------|-----|-----|-----------|----|-------|-------|
| 1 | 160 | Elizabeth Snyder | 12 | F | Kalamazoo | MI | 26:34 | 8:33 |
| 2 | 139 | Kristen Schnellker | 12 | F | Portage | MI | 27:57 | 9:00 |
| 3 | 182 | Maya Ablao | 10 | F | Portage | MI | 29:28 | 9:29 |
| 4 | 137 | Becca Radomsky | 10 | F | Portage | MI | 29:41 | 9:34 |
| 5 | 16 | Erin Clark | 12 | F | | | 34:12 | 11:01 |
| 6 | 112 | Alexandria Wills | 12 | F | Portage | MI | 34:53 | 11:14 |
| 7 | 123 | Alyssa Kozal | 12 | F | Portage | MI | 34:53 | 11:14 |
| 8 | 138 | Carrie Radomsky | 11 | F | Portage | MI | 35:00 | 11:16 |
| 9 | 56 | Madeleine Kindler | 10 | F | Kalamazoo | MI | 37:13 | 11:59 |

~~~~~ Male 13 - 15 Division ~~~~~

| Place | Bib | Name               | Age | Sex | City      | St | Time  | Pace  |
|-------|-----|--------------------|-----|-----|-----------|----|-------|-------|
| 1     | 72  | Brendan Molony     | 15  | M   | Kalamazoo | MI | 16:56 | 5:27  |
| 2     | 68  | Michael McGregor   | 15  | M   | Kalamazoo | MI | 21:27 | 6:55  |
| 3     | 44  | Alex Hess          | 14  | M   | Kalamazoo | MI | 22:00 | 7:05  |
| 4     | 74  | Michael Myers      | 13  | M   | Kalamazoo | MI | 22:14 | 7:10  |
| 5     | 149 | Philip Herzog      | 14  | M   | Kalamazoo | MI | 22:24 | 7:13  |
| 6     | 150 | Peter Herzog       | 14  | M   | Kalamazoo | MI | 22:51 | 7:21  |
| 7     | 147 | Brandon O'Neil     | 15  | M   | Kalamazoo | MI | 23:49 | 7:40  |
| 8     | 148 | Sam Westra         | 14  | M   | Kalamazoo | MI | 23:51 | 7:41  |
| 9     | 142 | Ben Drudkovich     | 15  | M   | Kalamazoo | MI | 25:08 | 8:06  |
| 10    | 176 | Zachary Eble       | 15  | M   | Kalamazoo | MI | 25:41 | 8:16  |
| 11    | 114 | Brent Yelton       | 13  | M   | Kalamazoo | MI | 26:08 | 8:25  |
| 12    | 168 | Tyler Dilworth     | 14  | M   | Kalamazoo | MI | 27:09 | 8:45  |
| 13    | 163 | Jonah Mathieu      | 14  | M   | Kalamazoo | MI | 27:34 | 8:53  |
| 14    | 143 | Christopher Anglin | 15  | M   | Kalamazoo | MI | 40:59 | 13:12 |

~~~~~ Female 13 - 15 Division ~~~~~

| Place | Bib | Name | Age | Sex | City | St | Time | Pace |
|-------|-----|--------------------|-----|-----|-----------|----|-------|-------|
| 1 | 62 | Allie Lenkart | 15 | F | Mattawan | MI | 25:48 | 8:18 |
| 2 | 135 | Bridget O'Toole | 15 | F | Kalamazoo | MI | 25:49 | 8:19 |
| 3 | 151 | Madison Appleyard | 14 | F | Kalamazoo | MI | 26:17 | 8:28 |
| 4 | 85 | Ashley Peruchietti | 13 | F | Kalamazoo | MI | 26:50 | 8:39 |
| 5 | 91 | Abby Radomsky | 13 | F | Portage | MI | 27:03 | 8:43 |
| 6 | 188 | Monica Kavanaugh | 14 | F | Kalamazoo | MI | 27:51 | 8:58 |
| 7 | 75 | Ally Nickert | 14 | F | Kalamazoo | MI | 28:21 | 9:08 |
| 8 | 172 | Colleen Orwin | 13 | F | Portage | MI | 28:28 | 9:10 |
| 9 | 30 | Maeleah Elzinga | 15 | F | Kalamazoo | MI | 29:39 | 9:33 |
| 10 | 87 | Erin Peruchietti | 15 | F | Kalamazoo | MI | 30:31 | 9:50 |
| 11 | 124 | Hannah Miller | 14 | F | Kalamazoo | MI | 32:51 | 10:35 |
| 12 | 9 | Sarah Britain | 13 | F | Kalamazoo | MI | 34:41 | 11:10 |
| 13 | 181 | Sarah Smith | 13 | F | Portage | MI | 35:32 | 11:27 |
| 14 | 157 | Bridget Saxton | 14 | F | Kalamazoo | MI | 36:50 | 11:52 |
| 15 | 156 | Emily Theis | 14 | F | Kalamazoo | MI | 36:50 | 11:52 |
| 16 | 159 | Anna Horvath | 14 | F | Kalamazoo | MI | 36:50 | 11:52 |
| 17 | 192 | Eric Beyer | 15 | F | Richland | MI | 41:01 | 13:13 |

~~~~~ Male 16 - 19 Division ~~~~~

| Place | Bib | Name            | Age | Sex | City      | St | Time  | Pace |
|-------|-----|-----------------|-----|-----|-----------|----|-------|------|
| 1     | 60  | Nick Kosko      | 18  | M   | Mattawan  | MI | 21:59 | 7:05 |
| 2     | 129 | Brandon Krinock | 16  | M   | Kalamazoo | MI | 23:17 | 7:30 |
| 3     | 96  | Peter Robinson  | 17  | M   | Portage   | MI | 23:20 | 7:31 |
| 4     | 190 | Dylan Cekola    | 16  | M   | Kalamazoo | MI | 23:36 | 7:36 |
| 5     | 134 | Mitch Noonan    | 17  | M   | Kalamazoo | MI | 23:55 | 7:42 |
| 6     | 132 | Bryan McGregor  | 17  | M   | Kalamazoo | MI | 25:03 | 8:04 |
| 7     | 177 | Michael Buday   | 17  | M   | Portage   | MI | 26:07 | 8:25 |

~~~~~ Female 16 - 19 Division ~~~~~

| Place | Bib | Name | Age | Sex | City | St | Time | Pace |
|-------|-----|-------------------|-----|-----|--------------|----|-------|------|
| 1 | 2 | Maggie Bannigan | 16 | F | Kalamazoo | MI | 22:49 | 7:21 |
| 2 | 128 | Alita Caldwell | 17 | F | Kalamazoo | MI | 25:47 | 8:18 |
| 3 | 33 | Brenna Field | 17 | F | Kalamazoo | MI | 25:49 | 8:19 |
| 4 | 145 | Elyse Thompson | 16 | F | Plainwell | MI | 26:06 | 8:24 |
| 5 | 94 | Sarah Rivard | 19 | F | Kalamazoo | MI | 26:54 | 8:40 |
| 6 | 58 | Kate Kosko | 16 | F | Mattawan | MI | 27:26 | 8:50 |
| 7 | 69 | Christie McKenzie | 19 | F | Battle Creek | MI | 29:16 | 9:26 |
| 8 | 98 | Mary Scully | 19 | F | Kalamazoo | MI | 29:33 | 9:31 |

~~~~~ Male 20 - 24 Division ~~~~~

| Place | Bib | Name               | Age | Sex | City        | St | Time  | Pace |
|-------|-----|--------------------|-----|-----|-------------|----|-------|------|
| 1     | 126 | Graham Barker-King | 20  | M   | Schoolcraft | MI | 16:16 | 5:15 |
| 2     | 38  | Ryan Fouty         | 21  | M   |             |    | 21:00 | 6:46 |
| 3     | 81  | Fred Oehmke        | 21  | M   | Kalamazoo   | MI | 22:19 | 7:11 |
| 4     | 111 | Ben Williams       | 20  | M   | Kalamazoo   | MI | 22:33 | 7:16 |
| 5     | 189 | Jordan Wallin      | 22  | M   | Kalamazoo   | MI | 23:22 | 7:32 |

~~~~~ Female 20 - 24 Division ~~~~~

| Place | Bib | Name | Age | Sex | City | St | Time | Pace |
|-------|-----|-----------------|-----|-----|-------------|----|-------|-------|
| 1 | 106 | Jamie Titus | 22 | F | Schoolcraft | MI | 24:14 | 7:48 |
| 2 | 61 | Lisa Krupp | 20 | F | | | 24:44 | 7:58 |
| 3 | 50 | Carolyn Kaluzny | 21 | F | Kalamazoo | MI | 26:33 | 8:33 |
| 4 | 82 | Hannah Olson | 20 | F | Kalamazoo | MI | 26:36 | 8:34 |
| 5 | 52 | Rachael Kaluzny | 22 | F | | | 27:42 | 8:55 |
| 6 | 10 | Anja Burk | 20 | F | Kalamazoo | MI | 28:11 | 9:05 |
| 7 | 6 | Kayla Booher | 21 | F | Kalamazoo | MI | 29:45 | 9:35 |
| 8 | 90 | Sally Pohlman | 22 | F | Kalamazoo | MI | 30:30 | 9:49 |
| 9 | 28 | Megan Dietrich | 24 | F | Portage | MI | 31:37 | 10:11 |

~~~~~ Male 25 - 29 Division ~~~~~

| Place | Bib | Name         | Age | Sex | City      | St | Time  | Pace |
|-------|-----|--------------|-----|-----|-----------|----|-------|------|
| 1     | 140 | Brian Turuta | 26  | M   | Kalamazoo | MI | 21:51 | 7:02 |
| 2     | 53  | Ian Kennedy  | 28  | M   | Kalamazoo | MI | 23:10 | 7:28 |
| 3     | 25  | Derek Dee    | 29  | M   | Kalamazoo | MI | 23:53 | 7:42 |
| 4     | 130 | Rob Lillie   | 28  | M   | Kalamazoo | MI | 24:48 | 7:59 |

~~~~~ Female 25 - 29 Division ~~~~~

| Place | Bib | Name | Age | Sex | City | St | Time | Pace |
|-------|-----|-------------------|-----|-----|--------------|----|-------|-------|
| 1 | 113 | Rachel Wittkowski | 28 | F | Grand Rapids | MI | 24:32 | 7:54 |
| 2 | 70 | Mandy Miller | 29 | F | Vicksburg | MI | 25:58 | 8:22 |
| 3 | 21 | Ashley Dahlke | 25 | F | Battle Creek | MI | 34:53 | 11:14 |

~~~~~ Male 30 - 34 Division ~~~~~

| Place | Bib | Name              | Age | Sex | City        | St | Time  | Pace  |
|-------|-----|-------------------|-----|-----|-------------|----|-------|-------|
| 1     | 41  | Cory Ghiringhelli | 33  | M   | Kalamazoo   | MI | 22:22 | 7:12  |
| 2     | 26  | Sean Gordon       | 33  | M   | Schoolcraft | MI | 27:16 | 8:47  |
| 3     | 1   | Randall Albertson | 31  | M   | Kalamazoo   | MI | 30:43 | 9:53  |
| 4     | 170 | Colleen Cachero   | 30  | M   | Kalamazoo   | MI | 31:57 | 10:17 |

~~~~~ Female 30 - 34 Division ~~~~~

| Place | Bib | Name | Age | Sex | City | St | Time | Pace |
|-------|-----|-----------------|-----|-----|--------------|----|-------|-------|
| 1 | 24 | Cristi Dedoes | 30 | F | Kalamazoo | MI | 27:49 | 8:58 |
| 2 | 97 | April Schalaus | 32 | F | Battle Creek | MI | 29:37 | 9:32 |
| 3 | 131 | Ayron Lowis | 31 | F | Kalamazoo | MI | 30:02 | 9:40 |
| 4 | 102 | Michele Snook | 31 | F | Scotts | MI | 30:13 | 9:44 |
| 5 | 110 | Shani Wertman | 31 | F | Kalamazoo | MI | 31:00 | 9:59 |
| 6 | 165 | Amy German | 30 | F | Kalamazoo | MI | 31:31 | 10:09 |
| 7 | 67 | Sarina McDougal | 33 | F | Portage | MI | 34:03 | 10:58 |
| 8 | 29 | Kristen Dodge | 32 | F | Portage | MI | 36:19 | 11:42 |

~~~~~ Male 35 - 39 Division ~~~~~

| Place | Bib | Name            | Age | Sex | City          | St | Time  | Pace  |
|-------|-----|-----------------|-----|-----|---------------|----|-------|-------|
| 1     | 12  | Jeff Cavanaugh  | 37  | M   | Kalamazoo     | MI | 20:53 | 6:44  |
| 2     | 89  | Jeffrey Pickens | 35  | M   | Augusta       | MI | 23:05 | 7:26  |
| 3     | 71  | Brad Misner     | 38  | M   | Kalamazoo     | MI | 23:48 | 7:40  |
| 4     | 179 | Steve Downard   | 38  | M   | Paw Paw       | MI | 24:47 | 7:59  |
| 5     | 31  | Matthew Elzinga | 38  | M   | Kalamazoo     | MI | 26:44 | 8:37  |
| 6     | 162 | Bob Kozal       | 39  | M   | Whitmore Lake | MI | 28:00 | 9:01  |
| 7     | 154 | Will Moore      | 38  | M   | Kalamazoo     | MI | 29:57 | 9:39  |
| 8     | 108 | Curtis Vreeman  | 39  | M   | Kalamazoo     | MI | 33:48 | 10:53 |

~~~~~ Female 35 - 39 Division ~~~~~

| Place | Bib | Name | Age | Sex | City | St | Time | Pace |
|-------|-----|-----------------------|-----|-----|--------------|----|-------|-------|
| 1 | 20 | Karen Conner-Beck | 39 | F | Parchment | MI | 26:05 | 8:24 |
| 2 | 5 | Karen Blanck | 36 | F | Battle Creek | MI | 28:07 | 9:03 |
| 3 | 43 | Mechelle Grinnell | 37 | F | Scotts | MI | 30:19 | 9:46 |
| 4 | 78 | Jennifer Niesen | 36 | F | Kalamazoo | MI | 30:33 | 9:50 |
| 5 | 183 | Nanay Ablao | 38 | F | Portage | MI | 32:19 | 10:24 |
| 6 | 27 | Tracey Devenney | 39 | F | Schoolcraft | MI | 33:16 | 10:43 |
| 7 | 32 | Jessica Fercho | 36 | F | Kalamazoo | MI | 33:42 | 10:51 |
| 8 | 109 | Tammy Vreeman | 37 | F | Kalamazoo | MI | 34:24 | 11:05 |
| 9 | 191 | Michelle Radomsky | 39 | F | Portage | MI | 35:38 | 11:28 |
| 10 | 116 | Tylina Zimmerman | 35 | F | Kalamazoo | MI | 35:43 | 11:30 |
| 11 | 13 | Lisa Cavanaugh | 37 | F | Kalamazoo | MI | 37:36 | 12:06 |
| 12 | 46 | Carrie Hybels | 39 | F | Kalamazoo | MI | 39:46 | 12:48 |
| 13 | 93 | Suzanne Rhoades Tidey | 35 | F | Portage | MH | 44:31 | 14:20 |

~~~~~ Male 40 - 44 Division ~~~~~

| Place | Bib | Name             | Age | Sex | City      | St | Time  | Pace  |
|-------|-----|------------------|-----|-----|-----------|----|-------|-------|
| 1     | 119 | Michael Northuis | 41  | M   | Portage   | MI | 17:12 | 5:33  |
| 2     | 167 | Peter Post       | 41  | M   | Kalamazoo | MI | 21:43 | 7:00  |
| 3     | 54  | Dean Kindler     | 41  | M   | Kalamazoo | MI | 22:03 | 7:06  |
| 4     | 173 | Vic Moon         | 42  | M   | Portage   | MI | 22:05 | 7:07  |
| 5     | 45  | Joe Hulsebus     | 44  | M   | Oshtemo   | MI | 22:27 | 7:14  |
| 6     | 103 | Aaron Stanley    | 40  | M   | Kalamazoo | MI | 23:01 | 7:25  |
| 7     | 155 | Matthew Cole     | 40  | M   | Kalamazoo | MI | 24:21 | 7:51  |
| 8     | 152 | Scott Appleyard  | 41  | M   | Kalamazoo | MI | 25:28 | 8:12  |
| 9     | 161 | Robert Snyder    | 44  | M   | Kalamazoo | MI | 26:35 | 8:34  |
| 10    | 63  | Kevin Lenkart    | 41  | M   | Mattawan  | MI | 27:20 | 8:48  |
| 11    | 3   | Brian Beauchamp  | 40  | M   | Kalamazoo | MI | 27:48 | 8:57  |
| 12    | 101 | Jeffrey Smith    | 43  | M   | Kalamazoo | MI | 29:38 | 9:33  |
| 13    | 107 | Brian Uridge     | 40  | M   | Kalamazoo | MI | 33:16 | 10:43 |
| 14    | 136 | Alan Radomsky    | 40  | M   | Portage   | MI | 35:00 | 11:16 |
| 15    | 19  | Steve Clark      | 41  | M   |           |    | 37:32 | 12:05 |

~~~~~ Female 40 - 44 Division ~~~~~

| Place | Bib | Name | Age | Sex | City | St | Time | Pace |
|-------|-----|------------------------|-----|-----|-----------|----|-------|-------|
| 1 | 40 | Kimberly Gephart | 44 | F | Scotts | MI | 24:30 | 7:53 |
| 2 | 49 | Kimberly Kalleward-Smi | 43 | F | Kalamazoo | MI | 25:05 | 8:05 |
| 3 | 193 | Laura Britain | 41 | F | Kalamazoo | MI | 25:46 | 8:18 |
| 4 | 187 | Ann Greiner | 40 | F | Portage | MI | 29:23 | 9:28 |
| 5 | 65 | Cindy MacKenzie | 43 | F | Kalamazoo | MI | 32:03 | 10:19 |
| 6 | 105 | Heather Stanley-Sutton | 41 | F | Richland | MI | 33:34 | 10:48 |
| 7 | 17 | Jane Clark | 41 | F | Portage | MI | 34:15 | 11:02 |
| 8 | 55 | Debbie Kindler | 40 | F | Kalamazoo | MI | 37:14 | 11:59 |

~~~~~ Male 45 - 49 Division ~~~~~

| Place | Bib | Name                | Age | Sex | City        | St | Time  | Pace  |
|-------|-----|---------------------|-----|-----|-------------|----|-------|-------|
| 1     | 174 | Glen Kellaw         | 47  | M   | Kalamazoo   | MI | 20:16 | 6:32  |
| 2     | 92  | Joe Reitz           | 45  | M   | Schoolcraft | MI | 22:14 | 7:10  |
| 3     | 121 | Dave Levett         | 46  | M   | Allegan     | MI | 22:32 | 7:15  |
| 4     | 164 | Tom Houser          | 49  | M   | Portage     | MI | 22:41 | 7:18  |
| 5     | 36  | Scott Fitzpatrick   | 46  | M   | Kalamazoo   | MH | 22:56 | 7:23  |
| 6     | 73  | John Myers          | 48  | M   | Kalamazoo   | MI | 23:18 | 7:30  |
| 7     | 23  | Steve Darrell       | 49  | M   | Kalamazoo   | MI | 23:40 | 7:37  |
| 8     | 141 | Gary Druskovich     | 48  | M   | Kalamazoo   | MI | 23:44 | 7:39  |
| 9     | 80  | Dennis O'Donnell    | 48  | M   | Mattawan    | MI | 23:58 | 7:43  |
| 10    | 59  | Mike Kosko          | 49  | M   | Mattawan    | MI | 34:05 | 10:59 |
| 11    | 166 | Edwin Hettinger     | 48  | M   | Portage     | MI | 35:29 | 11:26 |
| 12    | 88  | Patrick Peruchietti | 46  | M   | Kalamazoo   | MI | 39:41 | 12:47 |

~~~~~ Female 45 - 49 Division ~~~~~

| Place | Bib | Name | Age | Sex | City | St | Time | Pace |
|-------|-----|--------------------|-----|-----|--------------|----|-------|-------|
| 1 | 66 | Amal Mansour | 45 | F | Portage | MI | 24:56 | 8:02 |
| 2 | 48 | Susan Juzwiak | 49 | F | Kalamazoo | MI | 25:33 | 8:14 |
| 3 | 118 | Rachel Thayer | 45 | F | Kalamazoo | MI | 25:41 | 8:16 |
| 4 | 186 | Julie Allen | 45 | F | Three Rivers | MI | 26:05 | 8:24 |
| 5 | 184 | Laurie Rodabaugh | 46 | F | Three Rivers | MI | 27:40 | 8:55 |
| 6 | 37 | Phyllis Florian | 49 | F | Kalamazoo | MI | 32:43 | 10:32 |
| 7 | 133 | Eileen McGregor | 48 | F | Kalamazoo | MI | 34:52 | 11:14 |
| 8 | 83 | Tammy Parat | 46 | F | Kalamazoo | MI | 38:41 | 12:27 |
| 9 | 86 | Connie Peruchietti | 48 | F | Kalamazoo | MI | 46:16 | 14:54 |

~~~~~ Male 50 - 54 Division ~~~~~

| Place | Bib | Name         | Age | Sex | City      | St | Time  | Pace |
|-------|-----|--------------|-----|-----|-----------|----|-------|------|
| 1     | 99  | Dale Shugars | 54  | M   | Kalamazoo | MI | 29:06 | 9:22 |

~~~~~ Female 50 - 54 Division ~~~~~

| Place | Bib | Name | Age | Sex | City | St | Time | Pace |
|-------|-----|----------------|-----|-----|-----------|----|-------|-------|
| 1 | 115 | Rochelle Young | 50 | F | Kalamazoo | MI | 31:06 | 10:01 |
| 2 | 158 | Barb Horvath | 52 | F | Kalamazoo | MI | 39:01 | 12:34 |
| 3 | 57 | Deb Kosko | 50 | F | Mattawan | MI | 46:16 | 14:54 |

~~~~~ Male 55 - 59 Division ~~~~~

| Place | Bib | Name           | Age | Sex | City      | St | Time  | Pace |
|-------|-----|----------------|-----|-----|-----------|----|-------|------|
| 1     | 122 | Mark Hammer    | 55  | M   | Kalamazoo | MI | 24:35 | 7:55 |
| 2     | 7   | Eugene Bradley | 55  | M   | Galesburg | MI | 25:20 | 8:09 |
| 3     | 100 | Gene Simmons   | 58  | M   | Vicksburg | MI | 25:21 | 8:10 |
| 4     | 84  | Stephen Penix  | 57  | M   | Kalamazoo | MI | 27:59 | 9:01 |

~~~~~ Female 55 - 59 Division ~~~~~

| Place | Bib | Name | Age | Sex | City | St | Time | Pace |
|-------|-----|--------------|-----|-----|-----------|----|-------|------|
| 1 | 35 | Shon Field | 56 | F | Kalamazoo | MI | 23:15 | 7:29 |
| 2 | 22 | Joan Darrell | 55 | F | Kalamazoo | MI | 27:33 | 8:52 |

~~~~~ Male 60 - 64 Division ~~~~~

| Place | Bib | Name        | Age | Sex | City    | St | Time  | Pace  |
|-------|-----|-------------|-----|-----|---------|----|-------|-------|
| 1     | 125 | Gordon Hare | 64  | M   | Portage | MI | 28:23 | 9:08  |
| 2     | 95  | Ed Robinson | 60  | M   | Portage | MI | 32:16 | 10:24 |

~~~~~ Female 60 - 64 Division ~~~~~

| Place | Bib | Name | Age | Sex | City | St | Time | Pace |
|-------|-----|------|-----|-----|------|----|------|------|
|-------|-----|------|-----|-----|------|----|------|------|

~~~~~ Male 65 & Over Division ~~~~~

| Place | Bib | Name             | Age | Sex | City      | St | Time  | Pace  |
|-------|-----|------------------|-----|-----|-----------|----|-------|-------|
| 1     | 8   | Leon Brantman    | 65  | M   | Kalamazoo | MI | 29:01 | 9:21  |
| 2     | 169 | Michael Ross     | 65  | M   | Paw Paw   | MI | 29:40 | 9:33  |
| 3     | 185 | Richard Phillips | 70  | M   | Kalamazoo | MI | 34:12 | 11:01 |

~~~~~ Female 65 & Over Division ~~~~~

| Place | Bib | Name | Age | Sex | City | St | Time | Pace |
|-------|-----|------|-----|-----|------|----|------|------|
|-------|-----|------|-----|-----|------|----|------|------|