

Great Lakes Region  
Short and Long Course Championships  
Lenawee Christian High School, Adrian, Michigan  
October 3rd, 2008

Womens 3k

Place	Name	Year	School	Time	Pace
1	Irene Kirathi	Fr.	Bethel	11:05.46	5:57
2	Laura Harnish	Sr.	Goshen	11:12.82	6:01
3	Rebecca Hiemstra	Fr.	Calvin	11:24.48	6:08
4	Breanna Korson	Fr.	Adrian	11:27.55	6:09
5	Eva Kort	Fr.	Calvin	11:36.00	6:14
6	Kristin Fletcher	So.	Calvin	11:36.01	6:14
7	Megan McClowry	Jr.	Saint Mary's	11:36.84	6:14
8	Jessica Scott	Fr.	Bethel	11:38.08	6:15
9	Kaitlin Diemer	Fr.	Calvin	11:38.21	6:15
10	Michelle Grossman	So.	John Carroll	11:39.69	6:16
11	Victoria Alexander	Fr.	Adrian	11:39.78	6:16
12	Amber Segal			11:46.82	6:20
13	Ashley Wray	Jr.	Bethel	11:46.92	6:20
14	Amanda Send	Fr.	Calvin	11:48.73	6:21
15	Katie Heisey	Jr.	Bethel	11:50.83	6:22
16	Jamie Wick	Fr.	Schoolcraft	11:51.79	6:22
17	Megan Lutz	Fr.	John Carroll	11:53.60	6:23
18	Sarah Fennema	Fr.	Calvin	11:54.99	6:24
19	Courtney Plummer	Fr.	Schoolcraft	11:58.44	6:26
20	Andrea Brown	Fr.	John Carroll	11:58.47	6:26
21	Brianna Atkins	Fr.	Bethel	12:08.04	6:31
22	Hanna Vicary	Fr.	Saint Mary's	12:08.60	6:31
23	Clare McVey	So.	Saint Mary's	12:09.68	6:32
24	Mozy Thiel	Sr.	Bethel	12:09.93	6:32
25	Krista Anderson	Fr.	Calvin	12:12.72	6:34
26	Erica Stalengaeve			12:13.58	6:34
27	Tara Ford	Sr.	John Carroll	12:14.26	6:34
28	Arianne Rodriguez	Fr.	Saint Mary's	12:14.48	6:35
29	Lauren Stayer	Jr.	John Carroll	12:15.05	6:35
30	Tracy Dykstra	Sr.	Cornerstone	12:19.02	6:37
31	Becca Prieb	Jr.	Bethel	12:20.37	6:38
32	Lauren Baldarelli	Jr.	John Carroll	12:21.30	6:38
33	Chelsea Myers	Fr.	Macomb Community	12:24.58	6:40
34	Lauren Ahearn	Fr.	Schoolcraft	12:29.22	6:42
35	Janey Sluka	Jr.	Cornerstone	12:30.47	6:43
36	Molly Gorie	Fr.	John Carroll	12:32.03	6:44
37	Samantha Hartsough	So.	Bethel	12:36.67	6:46
38	Chelsea Mata	Fr.	Adrian	12:39.52	6:48
39	Tara O'Connor	Fr.	John Carroll	12:39.63	6:48
40	Sarah Plebanski	Fr.	Macomb Community	12:41.14	6:49
41	Melissa Vinci	Fr.	John Carroll	12:42.04	6:49
42	Stacey Richardson	Fr.	Schoolcraft	12:43.24	6:50
43	Kaitlyn Kreger	Fr.	Macomb Community	12:49.30	6:53
44	Kristy Kucharski	So.	Saint Mary's	12:54.55	6:56
45	Oliva Tweten	Fr.	Macomb Community	12:58.25	6:58
46	Stephanie Shively	Fr.	Bethel	13:02.27	7:00
47	Ryann Smith	Jr.	John Carroll	13:10.11	7:04
48	Erin Seidelmann	Sr.	Saint Mary's	13:14.38	7:07
49	Katie Malinowski	Jr.	Cornerstone	13:15.99	7:08
50	Brittany Replogle	So.	Bethel	13:16.49	7:08

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Place	Name	Year	School	Time	Pace
51	Amy Ortmann	So.	Bethel	13:18.69	7:09
52	Ellen Pfister	Jr.	Saint Mary's	13:21.29	7:10
53	Aileen Mayack	Fr.	Macomb Community	13:22.31	7:11
54	Britni Strong	So.	Schoolcraft	13:24.55	7:12
55	Angie Bronicki	So.	Saint Mary's	13:25.05	7:12
56	Kelsey Miller	So.	Adrian	13:25.06	7:12
57	Renee Miller	Jr.	Goshen	13:25.91	7:13
58	Katie Skelly	So.	John Carroll	13:28.75	7:14
59	Courtney Swabb	Fr.	Defiance	13:34.21	7:17
60	Christine Kemme	Fr.	Davenport	13:39.79	7:20
61	Laura Winningham	Jr.	Bethel	13:43.84	7:22
62	Jen Monroe	Fr.	John Carroll	13:44.30	7:23
63	Allison York	So.	Schoolcraft	13:50.77	7:26
64	Courtney Naveken	So.	Trine	14:10.16	7:37
65	Ellie Maloney	So.	Goshen	14:14.46	7:39
66	Carrie Lucas	Sr.	Bethel	14:18.55	7:41
67	Rachel Versluis	Sr.	Goshen	14:22.19	7:43
68	Taylor Flaherty	Jr.	Saint Mary's	14:23.85	7:44
69	Megan Daw	Jr.	John Carroll	14:25.32	7:45
70	Cassandra Figueroa	Fr.	John Carroll	14:26.05	7:45
71	Hayley Verdieck	Fr.	Trine	14:36.20	7:51
72	Kate Peters	Jr.	Saint Mary's	14:39.02	7:52
73	Megan Rowe	Jr.	Trine	14:45.33	7:55
74	Kristina Goodson	Jr.	Defiance	15:11.57	8:10
75	Amanda Cunningham	Fr.	Adrian	15:15.21	8:11
76	Aubrie Ridinger	Fr.	Defiance	15:22.21	8:15
77	Caitlin Dickerson	Jr.	Adrian	16:13.28	8:43
78	Mercy Karanja	Sr.	Bethel	17:26.10	9:22

Timing & Results by PrimeTime Race & Event Management, LLC. [www.pttiming.com](http://www.pttiming.com)

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===== WOMENS TEAM SCORE =====

===== 3k Race =====

1. 31 Calvin ( 11:38 58:06)

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1	2	Rebecca Hiemstra	Fr.	11:25
2	4	Eva Kort	Fr.	11:36
3	5	Kristin Fletcher	So.	11:37
4	8	Kaitlin Diemer	Fr.	11:39
5	12	Amanda Send	Fr.	11:49
6	( 16)	Sarah Fennema	Fr.	11:55
7	( 23)	Krista Anderson	Fr.	12:13

2. 51 Bethel ( 11:43 58:32)

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1	1	Irene Kirathi	Fr.	11:06
2	7	Jessica Scott	Fr.	11:39
3	11	Ashley Wray	Jr.	11:47
4	13	Katie Heisey	Jr.	11:51
5	19	Brianna Atkins	Fr.	12:09
6	( 22)	Mozy Thiel	Sr.	12:10
7	( 27)	Becca Prieb	Jr.	12:21

3. 92 John Carroll ( 12:01 1:00:04)

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1	9	Michelle Grossman	So.	11:40
2	15	Megan Lutz	Fr.	11:54
3	18	Andrea Brown	Fr.	11:59
4	24	Tara Ford	Sr.	12:15
5	26	Lauren Stayer	Jr.	12:16
6	( 28)	Lauren Baldarelli	Jr.	12:22
7	( 31)	Molly Gorie	Fr.	12:33

4. 108 Saint Mary's ( 12:14 1:01:06)

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1	6	Megan McClowry	Jr.	11:37
2	20	Hanna Vicary	Fr.	12:09
3	21	Clare McVey	So.	12:10
4	25	Arianne Rodriguez	Fr.	12:15
5	36	Kristy Kucharski	So.	12:55
6	( 38)	Erin Seidelmann	Sr.	13:15
7	( 39)	Ellen Pfister	Jr.	13:22

5. 131 Adrian ( 12:54 1:04:30)

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1	3	Breanna Korson	Fr.	11:28
2	10	Victoria Alexander	Fr.	11:40
3	32	Chelsea Mata	Fr.	12:40
4	42	Kelsey Miller	So.	13:26
5	44	Amanda Cunningham	Fr.	15:16
6	( 45)	Caitlin Dickerson	Jr.	16:14

6. 136 Schoolcraft ( 12:30 1:02:30)

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1	14	Jamie Wick	Fr.	11:52
2	17	Courtney Plummer	Fr.	11:59

3	30	Lauren Ahearn	Fr.	12:30
4	34	Stacey Richardson	Fr.	12:44
5	41	Britni Strong	So.	13:25
6	( 43)	Allison York	So.	13:51

7. 174 Macomb Community ( 12:52 1:04:19)

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1	29	Chelsea Myers	Fr.	12:25
2	33	Sarah plebanski	Fr.	12:42
3	35	Kaitlyn Kreger	Fr.	12:50
4	37	Oliva Tweten	Fr.	12:59
5	40	Aileen Mayack	Fr.	13:23