

**17th Annual Rock River Run - 8/12/2023****8/12/2023****Results****Event 1 Women 18&U 5000 Meter Run**

Name	Age Team	Finals	Points
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## Results - Women 18 &amp; Under

1 Miller, Olivia	17 Unattached	24:52.40	
2 Vande Waerdt, Ava	14 Unattached	26:30.60	
3 Engbers, Olivia	14 Unattached	32:46.10	
4 Engbers, Clara	12 Unattached	33:25.10	
5 Riebeling, Brooklyn	10 Unattached	36:54.00	

**Event 1 Men 18&U 5000 Meter Run**

Name	Age Team	Finals	Points
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## Results - Men 18 &amp; Under

1 Vant Hul, Ethan	18 Unattached	22:14.50	
2 Pollems, Dawson	10 Unattached	25:26.00	
3 Blankespoor, Jonah	14 Unattached	27:08.30	
4 Vlastuin, Ian	12 Unattached	27:23.80	
5 Pickner, Jaxon	10 Unattached	28:39.90	
6 Kanoblock, Micah	12 Unattached	30:36.30	
7 Vlastuin, Asher	11 Unattached	36:54.90	

**Event 1 Women 19-29 5000 Meter Run**

Name	Age Team	Finals	Points
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## Results - Women 19-29

1 Vreugdenhil, Katlyn	23 Unattached	26:21.50	
2 Spaans, Melissa	25 Unattached	27:47.10	
3 Anderson, Makayla	28 Unattached	28:43.90	
4 Vander Waal, Kayla	27 Unattached	30:29.70	
5 Klaassen, Shanae	29 Unattached	30:37.60	
6 Knoblock, Adrienne	19 Unattached	30:41.60	
7 Vande Hoef, Kaylee	21 Unattached	30:58.20	
8 Van Roekel, Haley	21 Unattached	31:13.00	
9 Fick, Kalli	24 Unattached	33:37.80	
10 Huyser, Whitney	22 Unattached	38:05.60	
11 Van Beek, Amanda	26 Unattached	55:44.00	

**Event 1 Men 19-29 5000 Meter Run**

Name	Age Team	Finals	Points
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## Results - Men 19-29

1 Elbers, Carson	20 Unattached	18:44.30	
2 Zevenbergen, Cole	21 Unattached	19:53.80	
3 Palma, Julian	20 Unattached	21:53.20	
4 Vande Griend, Nolan	24 Unattached	23:58.20	
5 Post, Evan	27 Unattached	27:08.80	

**17th Annual Rock River Run - 8/12/2023****8/12/2023****Results****Event 1 Women 30-39 5000 Meter Run**

Name	Age Team	Finals	Points
Results - Women 30-39			
1 Rummel, Gina	36 Unattached	22:02.80	
2 TenClay, Megan	35 Unattached	26:40.80	
3 Van Den Top, Joanna	32 Unattached	27:43.20	
4 Pickner, Shawna	39 Unattached	29:30.60	
5 Seivert, Lyndsay	35 Unattached	29:48.00	
6 Fluit, Krysta	34 Unattached	30:29.70	
7 Moser, Kara	34 Unattached	32:17.10	
8 Van Roekel, Katlyn	33 Unattached	33:01.20	
9 Bakker, Kelsi	30 Unattached	34:08.30	
10 Van Hill, Jill	33 Unattached	36:15.50	

**Event 1 Men 30-39 5000 Meter Run**

Name	Age Team	Finals	Points
Results - Men 30-39			
1 Lyon, Blake	36 Unattached	23:44.20	
2 Engbers, Jon	39 Unattached	24:07.80	
3 Vande Waerdt, Paul	37 Unattached	26:40.90	
4 Vlastuin, Jason	36 Unattached	42:43.00	

**Event 1 Women 40-49 5000 Meter Run**

Name	Age Team	Finals	Points
Results - Women 40-49			
1 Blankespoor, Wendy	43 Unattached	26:28.00	
2 Netten, Dawn	42 Unattached	28:24.00	
3 Van Der Weide, Laura	40 Unattached	36:16.20	

**Event 1 Men 40-49 5000 Meter Run**

Name	Age Team	Finals	Points
Results - Men 40-49			
1 Vande Waerdt, Nick	40 Unattached	27:35.00	

**Event 1 Women 50-59 5000 Meter Run**

Name	Age Team	Finals	Points
Results - Women 50-59			
1 Van Heuvelen, Lisa	53 Unattached	26:17.70	
2 Post, Ruth	52 Unattached	27:55.10	
3 Vanden Bos, Rachelle	52 Unattached	29:30.10	
4 Kuiper, Deb	53 Unattached	1:01:41.00	

**17th Annual Rock River Run - 8/12/2023****8/12/2023****Results****Event 1 Men 50-59 5000 Meter Run**

Name	Age Team	Finals	Points
Results - Men 50-59			
1 Baker, Jeff	51 Unattached	29:23.70	

**Event 1 Women 60+ 5000 Meter Run**

Name	Age Team	Finals	Points
Results - Women 60+			
1 Spaans, Shirley	62 Unattached	55:44.00	
2 Wesselink, Doris	85 Unattached	1:01:41.00	

**Event 1 Men 60+ 5000 Meter Run**

Name	Age Team	Finals	Points
Results - Men 60+			
1 Burns, Daniel	65 Unattached	30:19.80	