

Great Lakes Region  
Short and Long Course Championships  
Lenawee Christian High School, Adrian, Michigan  
October 2nd, 2009

Mens 5k Race

| Place | Name               | Year | School         | Time     | Pace |
|-------|--------------------|------|----------------|----------|------|
| 1     | Deion Pruitt       | FR   | Albion         | 16:44.62 | 5:24 |
| 2     | Jay Yockey         | SR   | Adrian College | 16:49.88 | 5:26 |
| 3     | Greg Whittle       | FR   | Calvin College | 16:54.68 | 5:27 |
| 4     | Jake Baker         | SO   | Calvin College | 16:56.25 | 5:28 |
| 5     | Joseph Hart        | SR   | Adrian College | 16:57.26 | 5:28 |
| 6     | Tim Storm          | SR   | Adrian College | 16:57.94 | 5:28 |
| 7     | Job Christiansen   | FR   | Calvin College | 16:59.42 | 5:29 |
| 8     | Peter Konieczki    | SO   | Adrian College | 17:03.17 | 5:30 |
| 9     | Matt Melvin        | FR   | Albion         | 17:06.89 | 5:31 |
| 10    | Kevin Peterson     | FR   | Calvin College | 17:11.72 | 5:33 |
| 11    | Carl Wharam        | SO   | Albion         | 17:12.18 | 5:33 |
| 12    | Luke Dejong        | SO   | Calvin College | 17:23.13 | 5:36 |
| 13    | Nicolas Schuck     | JR   | Calvin College | 17:27.80 | 5:38 |
| 14    | Mihkey Maves       | JR   | Adrian College | 17:33.47 | 5:40 |
| 15    | Paul Versluis      | JR   | Goshen         | 17:40.73 | 5:42 |
| 16    | Nolan Gillespie    | JR   | Adrian College | 17:44.41 | 5:43 |
| 17    | Kyle Mack          | FR   | Adrian College | 17:53.58 | 5:46 |
| 18    | Dietrich Eitzen    | SR   | Goshen         | 18:15.25 | 5:53 |
| 19    | Brock Gunderkline  | FR   | Goshen         | 18:16.85 | 5:54 |
| 20    | Mark Alanson       | SO   | Albion         | 18:33.38 | 5:59 |
| 21    | Isaac Veysey-White | FR   | Albion         | 18:36.34 | 6:00 |
| 22    | Alex Van Haitsma   | FR   | Calvin College | 18:40.72 | 6:01 |
| 23    | Eric Doornbos      | FR   | Calvin College | 18:53.98 | 6:05 |
| 24    | Nick Handrich      | FR   | Goshen         | 18:58.36 | 6:07 |
| 25    | Jonathan Stuckey   | SR   | Goshen         | 19:09.98 | 6:11 |
| 26    | Chris Pokladek     | FR   | Adrian College | 19:26.04 | 6:16 |
| 27    | Dal McInnis        | JR   | Albion         | 20:01.35 | 6:27 |
| 28    | Joe St. John       | SO   | Adrian College | 20:12.98 | 6:31 |
| 29    | Jonathan Koerner   | FR   | Goshen         | 20:14.00 | 6:31 |
| 30    | Zac Miller         | SR   | Goshen         | 20:19.48 | 6:33 |
| 31    | Phil Hosler        | SR   | Goshen         | 20:47.10 | 6:42 |
| 32    | Patrick Sliwinski  | FR   | Adrian College | 20:56.54 | 6:45 |
| 33    | Chris Kimball      | FR   | Adrian College | 21:45.95 | 7:01 |
| 34    | Ben Sutter         | FR   | Goshen         | 24:05.08 | 7:46 |

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

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===== MENS TEAM SCORE =====

===== 5k Race =====

1. 35 Adrian College ( 17:05 1:25:24)

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|   |       |                 |    |       |
|---|-------|-----------------|----|-------|
| 1 | 2     | Jay Yockey      | SR | 16:50 |
| 2 | 5     | Joseph Hart     | SR | 16:58 |
| 3 | 6     | Tim Storm       | SR | 16:58 |
| 4 | 8     | Peter Konieczki | SO | 17:04 |
| 5 | 14    | Mihkey Maves    | JR | 17:34 |
| 6 | ( 16) | Nolan Gillespie | JR | 17:45 |
| 7 | ( 17) | Kyle Mack       | FR | 17:54 |

2. 36 Calvin College ( 17:06 1:25:28)

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|   |       |                  |    |       |
|---|-------|------------------|----|-------|
| 1 | 3     | Greg Whittle     | FR | 16:55 |
| 2 | 4     | Jake Baker       | SO | 16:57 |
| 3 | 7     | Job Christiansen | FR | 17:00 |
| 4 | 10    | Kevin Peterson   | FR | 17:12 |
| 5 | 12    | Luke DeJong      | SO | 17:24 |
| 6 | ( 13) | Nicolas Schuck   | JR | 17:28 |
| 7 | ( 22) | Alex Van Haitsma | FR | 18:41 |

3. 62 Albion ( 17:40 1:28:16)

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|   |       |                    |    |       |
|---|-------|--------------------|----|-------|
| 1 | 1     | Deion Pruitt       | FR | 16:45 |
| 2 | 9     | Matt Melvin        | FR | 17:07 |
| 3 | 11    | Carl Wharam        | SO | 17:13 |
| 4 | 20    | Mark Alanson       | SO | 18:34 |
| 5 | 21    | Isaac Veysey-White | FR | 18:37 |
| 6 | ( 25) | Dal McInnis        | JR | 20:02 |

4. 99 Goshen ( 18:29 1:32:23)

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|   |       |                   |    |       |
|---|-------|-------------------|----|-------|
| 1 | 15    | Paul Versluis     | JR | 17:41 |
| 2 | 18    | Dietrich Eitzen   | SR | 18:16 |
| 3 | 19    | Brock GunderKline | FR | 18:17 |
| 4 | 23    | Nick Handrich     | FR | 18:59 |
| 5 | 24    | Jonathan Stuckey  | SR | 19:10 |
| 6 | ( 26) | Jonathan Koerner  | FR | 20:14 |
| 7 | ( 27) | Zac Miller        | SR | 20:20 |