

Ridge Run 5K			
Men	Top 10 Lists	2005-2022	

5K Male 0-10 Years

1	Fraser Wilson	22:43	2009
2	Ian Bannach	22:53	2014
3	Adam Shavaliar	23:15	2022
4	Samuel Martini	23:25	2017
5	Brock Hearth	23:38	2013
6	Fraser Wilson	23:46	2010
7	Spencer Endres	23:59	2005
8	Thomas Swanson	24:34	2013
9	Bronson Mathieu	24:42	2009
10	Quinn Geshele	24:46	2017

5K Male 11-14 Years

1	Samuel Martini	18:13	2021
2	Samuel Martini	18:24	2020
3	Joshua Kersjes	18:48	2009
4	Will Wilson	18:49	2010
5	Jonah Workman	18:51	2020
6	Corey Bowers	18:57	2016
7	Jackson Helmer	18:59	2018
8	Fraser Wilson	19:07	2013
9	Corey Bowers	19:08	2017
10	Enrique Bowman	19:13	2018

5K Male 15-19 Years

1	Corey Bowers	16:09	2021
2	Fraser Wilson	16:18	2018
3	Will Wilson	16:24	2012
4	Simon Reidsma	16:47	2012
5	Kyle Starr	16:51	2012
6	Damien Halverson	16:58	2014
7	Will Wilson	17:03	2013
8	Zachary Nowicki	17:05	2012
9	Matias Korpela	17:06	2006
10	Corey Bowers	17:07	2019

5K Male 20-24 Years

1	Fraser Wilson	15:00	2020
2	Steven Stine	15:20	2020
3	Brenden Allen	15:32	2020
4	Bruce Baker	15:38	2020
5	Brammel Flamson	16:41	2017
6	Trevor Curtis	17:16	2019
7	Millard Fillmore	17:57	2017
8	Josue Vasquez	18:11	2016
9	Josue Vasquez	18:33	2017

10	Josue Vasquez	18:34	2015
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5K Male 25-29 Years

1	Alex Wilson	16:24	2018
2	Hannibal Hamlin	16:30	2021
3	Elbridge Gerry	16:35	2021
4	Deric Garnell	17:27	2021
5	Christof Muller	17:29	2021
6	Matthew Denhof	17:56	2006
7	Justin Jones	18:57	2022
8	Millard Fillmore	19:05	2021
9	Walter Aslakson	19:07	2011
10	Justin VanBeek	19:20	2006

5K Male 30-34 Years

1	Matt Denhof	17:28	2007
2	Sam Darling	17:30	2012
3	Ben Pickel	18:54	2012
4	Brandon Smith	19:08	2011
5	Roland Boller	19:15	2019
6	Jay Leon Bowers	19:37	2005
7	Gerry Verwey	19:47	2009
8	John Pauley	20:18	2016
9	Gerry Verwey	20:21	2010
10	Josh Weston	20:25	2017

5K Male 35-39 Years

1	Samuel Darling	16:54	2016
2	Jay Bowers	18:11	2010
3	Jay Bowers	18:12	2006
4	Jay Bowers	18:18	2009
5	Jay Bowers	19:34	2008
6	Dallas Carter	19:36	2020
7	Robert Hentschel	20:07	2011
8	Josh Weston	20:49	2020
9	Matthew Reynolds	21:30	2007
10	Grant Swinger	21:34	2022

5K Male 40-44 Years

1	Samuel Darling	16:39	2021
2	Kevin Sweeney	17:43	2016
3	Greg Helmer	17:57	2014
4	Jim Kelley	18:23	2007
5	Kevin Sweeney	18:57	2017
6	Chris Niquette	19:03	2005
7	Matt VanderSys	19:09	2008
8	Jay Bowers	19:16	2012
9	Jay Bowers	19:25	2013
10	Marty Hutchinson	19:32	2009

5K Male 45-49 Years

1	Kevin Sweeney	18:42	2019
2	Kevin Sweeney	18:55	2018
3	Kevin Sweeney	18:57	2020
4	Kevin Holmes	19:16	2005
5	James Kelley	19:30	2007
6	Eric Reidsma	20:12	2009
7	Dave Levett	20:34	2009
8	Thomas Mull	20:37	2021
9	Rod Richards	20:51	2015
10	Steve Douglas	20:52	2009

5K Male 50-54 Years

1	Kevin Deyo	17:16	2010
2	Scott Van Strate	18:54	2010
3	Scott Van Strate	19:41	2011
4	Dan Droski	19:47	2016
5	Dan Kelsey	19:50	2006
6	Jerry Malon	19:51	2021
7	Jerry Malon	20:22	2020
8	Bob Shaffer	20:25	2006
9	Dan Kersjes	20:42	2012
10	Steven Fein	20:50	2021

5K Male 55-59 Years

1	Kevin Deyo	18:02	2014
2	Dale Moody	20:01	2012
3	Mike Woodbeck	20:14	2016
4	Dale Moody	20:31	2011
5	Dale Moody	20:33	2010
6	Bob Shaffer	21:00	2009
7	Douglas Lyon	21:12	2022
8	Scott Van Strate	21:16	2017
9	Mark Alistair Cooper	21:18	2012
10	Bob Shaffer	21:42	2010

5K Male 60-64 Years

1	Kevin Deyo	19:24	2021
2	Dave Minier	19:44	2009
3	Kevin Deyo	20:05	2022
4	Scott Vanstrate	20:18	2019
5	Mike Woodbeck	20:18	2020
6	Scott Vanstrate	20:34	2020
7	Jim Cihak	20:36	2011
8	Dale Moody	20:36	2013
9	Mike Woodbeck	20:46	2018
10	Mike Woodbeck	20:47	2019

5K Male 65-69 Years

1	Don Correll	22:07	2017
2	Dan Kelsey	22:13	2019
3	Don Correll	22:31	2018
4	Dan Kelsey	22:33	2020
5	Don Correll	22:38	2015
6	Dan Kelsey	22:39	2018
7	James Hicks	23:19	2007
8	Bob Shaffer	23:55	2021
9	Dan Kelsey	24:08	2021
10	Matt Britton	24:27	2011

5K Male 70-74 Years

1	Gregg Miller	22:25	2020
2	Gregg Miller	23:06	2021
3	Tom Tollefson	25:58	2018
4	Bill Bauman	26:23	2021
5	Tom Tollefson	26:48	2019
6	Gregg Miller	27:36	2022
7	Tom Tollefson	28:11	2020
8	Tim Rose	29:32	2021
9	Matt Britton	30:10	2016
10	William Bont	30:21	2018

5K Male 75-79 Years

1	Don Huizinga	26:35	2022
2	Bill Keller	28:25	2018
3	Harold Plaisier	30:42	2013
4	Rod Smith	31:48	2014
5	Lewis Salisbury	33:18	2007
6	Rob Norris	34:00	2021
7	Rod Smith	34:02	2013
8	Calvin Hekman	34:44	2021
9	Rob Norris	34:49	2019
10	Lewis Salisbury	35:45	2008

5K Male 80+ Years

1	Bill Keller	30:07	2021
2	Harold Plaisier	31:21	2014
3	Harold Plaisier	34:25	2015
4	Lewis Salisbury	35:07	2010
5	Harold Plaisier	35:15	2016
6	Harold Plaisier	41:22	2017
7	Harold Plaisier	40:55	2018

Ridge Run 5K

Women	Top 10 Lists	2005-2022
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5K Female 0-10 Years

1	Kylanna Verrett Kiel	25:13	2018
2	Rachele Schulist	26:49	2005
3	Sadie Ringer	26:53	2005
4	Caitlin Swanson	26:54	2011
5	Kylanna Verrett-Kiel	26:54	2016
6	Audrey Darling	27:00	2015
7	Jeanne Wilson	28:02	2005
8	Ryan Kik	28:06	2011
9	Elizabeth French	28:55	2017
10	Brianne Crofoot	29:29	2005

5K Female 11-14 Years

1	Sinead Noonan	19:09	2021
2	Cianah Budnik-Ramos	19:54	2021
3	Layla Martini	20:33	2018
4	Rachael Steil	21:07	2006
5	Rachael Steil	21:48	2005
6	Lila Volkers	21:59	2020
7	Lila Volkers	22:03	2021
8	Lila Volkers	22:04	2022
9	Jeanne Wilson	22:21	2009
10	Ashley Russo	22:26	2011

5K Female 15-19 Years

1	Katie Weiler	18:49	2011
2	Layla Martini	19:25	2019
3	Sinead Noonan	19:44	2022
4	Layla Martini	19:46	2020
5	Layla Martini	20:10	2021
6	Lindsey Neal	20:13	2010
7	Abby Ignasiak	20:15	2019
8	Jeanne Wilson	20:25	2012
9	Kaitlin Truman	20:33	2012
10	Jeanne Wilson	20:43	2011

5K Female 20-24 Years

1	Nicole Malcolm	19:21	2020
2	Angelina Bauer	20:26	2006
3	Kaylee Carew	21:08	2014
4	Eliza Owens	21:44	2009
5	Sediqa Nedam	22:10	2021
6	Kaytlynne Kerwin	22:31	2017
7	Kaitlin Oele	22:44	2008
8	Kaylee Carew	23:54	2015
9	Kaylee Carew	23:58	2016
10	Kendra Wiley	24:42	2012

5K Female 25-29 Years

1	Kaytlynne Kerwin	22:06	2021
2	Traci Harvey	22:43	2019
3	Brianna Clark	23:15	2015
4	Laura Yon	23:31	2011
5	Michele Miles	23:34	2011
6	Michele Miles	23:38	2010
7	Sherri Hogen	23:55	2011
8	Kendra Wylie	24:10	2016
9	Sara Van Horn	24:36	2012
10	Kendra Wylie	24:45	2018

5K Female 30-34 Years

1	Julia Viel	19:21	2018
2	Julia Viel	19:44	2019
3	Grace Pregent	20:31	2019
4	Amanda Olson	22:55	2015
5	Amanda Olson	23:00	2012
6	Amanda Olson	23:05	2013
7	Laura Robinson	23:06	2016
8	Johene Fuller	23:40	2015
9	Amanda Olson	24:18	2014
10	Keri Kuiper	24:27	2006

5K Female 35-39 Years

1	Kristen Brown	19:23	2010
2	Sharon Becker	20:21	2009
3	Becky Jacquemin	23:38	2015
4	Carrie Cowdry	23:40	2010
5	Amanda Olson	23:41	2017
6	Tricia Turowski	24:01	2010
7	Tiffany Ohman	24:30	2021
8	Sara Sposaro	25:03	2009
9	Tessa Brosseau	25:32	2021
10	Wendy Knight	25:50	2013

5K Female 40-44 Years

1	Jill Evers-Bowers	20:35	2010
2	Jill Evers-Bowers	21:06	2009
3	Jill Evers-Bowers	21:16	2011
4	Marisa Bramer	21:23	2022
5	Jill Evers-Bowers	22:00	2008
6	Kathleen Poel	23:27	2007
7	Ali Swanson	26:19	2013
8	Elizabeth Geshel	26:38	2019
9	Kristen Verrett	26:46	2018
10	Jennifer Badgero	26:55	2017

5K Female 45-49 Years

1	Jill Evers-Bowers	21:23	2012
2	Jill Evers-Bowers	22:08	2015
3	Jill Evers-Bowers	22:34	2016
4	Jill Evers-Bowers	22:56	2014
4	Jill Evers-Bowers	23:01	2013
6	Susan Fein	23:06	2021
7	Kristen Verrett	24:20	2020
8	Barbara Oseland	24:33	2005
9	Sharon Becker	24:38	2019
10	Kristen Verrett	24:42	2021

5K Female 50-54 Years

1	Laurel Dawson	21:18	2007
2	Laurel Dawson	22:24	2009
3	Jill Evers-Bowers	23:07	2020
4	Laurel Dawson	23:13	2008
5	Andrea Boot	23:23	2019
6	Andrea Boot	23:32	2018
7	Jill Evers-Bowers	23:50	2021
8	Jill Evers-Bowers	24:03	2019
9	Ellen Dykstra Wilcox	24:40	2010
10	Sarah Allison	24:48	2010

5K Female 55-59 Years

1	Linda Borck	22:32	2005
2	Linda Borck	23:34	2006
3	Linda Borck	24:09	2008
4	Jill Evers-Bowers	25:41	2022
5	Kimberly Kronke	26:24	2017
6	Barb Oseland	27:19	2015
7	Joan Ludtke	27:54	2007
8	Jane Cramer	28:20	2016
9	Kimberly Kronke	28:31	2018
10	Barb Oseland	28:30	2014

5K Female 60-64 Years

1	Laurel Dawson	24:18	2019
2	Linda Borck	24:19	2009
3	Linda Borck	24:28	2012
4	Linda Borck	24:32	2011
5	Linda Borck	24:47	2010
6	Linda Borck	25:37	2013
7	Linda Borck--bday this week!	26:23	2014
8	Tamara Steil	26:43	2015
9	Diane Arbanas	26:55	2007
10	Diane Arbanas	27:12	2005

5K Female 65-69 Years

1	Linda Borck	26:05	2016
2	Linda Borck	26:13	2017
3	Linda Borck	26:36	2015
4	Linda Borck	27:59	2019
5	Cora Hill	28:37	2010
6	Carla Schut	29:00	2016
7	Diana Arbanas	29:21	2012
8	Nancy Babcock	29:35	2018
9	Linda Borck	29:53	2018
10	Diana Arbanas	30:26	2013

5K Female 70-74 Years

1	Linda Borck	28:05	2020
2	Linda Borck	30:08	2021
3	Linda Borck	32:47	2022
4	Nancy Babcock	33:32	2022
5	Kathy Haase	35:02	2021
6	Susan Merizon	36:25	2019
7	Molly Van Slooten	36:39	2017
8	Molly Van Slooten	39:00	2018
9	Judith Henson	39:21	2018
10	Judith Henson	41:01	2019

5K Female 75+ Years

1	Molly Van Slooten	34:57	2020
2	Molly Van Slooten	38:38	2022
3	Gail Brophy	46:18	2011
4	Gail Brophy	47:00	2012
5	Gail Brophy	50:55	2013
	Glenda Borowski	51:01	2021

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