

**KENT CITY WOMEN'S ALL-TIME BEST  
5K CROSS COUNTRY TIMES**

1	Ashley Russo	'13	18:18	All-State
2	Lauren Freeland	'17	18:44	All-State
3	Sadie Ringer	'08	18:57	All-State
4	Mollie Ringer	'05	19:13	All-State
5	Jeanne Wilson	'11	19:14	All-State
T6	Kelly Johnson	'98	19:25	All-State
T6	Kaylee Carew	'08	19:25	All-State
8	Heather Postema	'00	19:28	All-State
9	Layla Martini	'17	19:33	All-State
10	Kaitlin Truman	'11	19:34	
11	Leah Busse	'10	19:43	
12	Dani Nowicki	'10	19:52	
13	Ana Swanson	'13	19:54	
14	Leah Roche	'99	19:56	All-State
15	Julie Wheelock	'98	20:02	
16	Eliza Nyblad	'04	20:05	
17	Layla Martini	'17	20:10	
18	Annah Nyblad	'02	20:20	
19	Kaytlynne Kerwin	'09	20:26	
20	Amanda Sizemore	'10	20:27	
21	Kenzie Bowers	'17	20:31	
22	Hannah Ringer	'05	20:33	
T23	Dawn Campbell	'81	20:40	
T23	Maria Nixon	'98	20:40	
25	Kym Shoemaker	'05	20:42	
26	Taylor Nowicki	'09	20:46	
27	Abby Ignasiak	'17	20:47	
28	Amber Holcomb	'03	20:54	
29	Rachael Manne	'01	20:58	
30	Caity Swanson	'14	21:10	
32	Kelsey Peterson	'08	21:12	
33	Ryan Kik	'15	21:15	
34	Nikki Wegrzyn	'08	21:21	
T35	Jodi Barbachyn	'00	21:26	
T35	Jayni Olk	'00	21:26	
37	Emily Manne	'01	21:29	
T38	Melissa Litzenburg	'92	21:34	
T38	Brittany Erbes	'09	21:34	
40	Katrina Shaw	'99	21:37	
41	Meagan Sarachman	'00	21:39	
42	Elizabeth Sible	'16	21:38	

43	Lizzi Dunnuck	'06	21:40	
44	Stephanie Taylor	'00	21:41	
45	Shelby Oostveen	'16	21:42	
46	Kendra Coalter	'11	21:46	
47	Carolina Soto	'05	21:50	
48	Kirsten Carew	'11	21:56	
Updated 11/5/17 (All times below 22:00)				

### KENT CITY MEN'S ALL-TIME BEST 5K CROSS COUNTRY TIMES

1	Alex Wilson	'08	15:30	All-State
2	Fraser Wilson	'15	15:35	All-State
3	Will Wilson	'13	15:50	All-State
4	Kevin Elliot	'91	15:58	All-State
5	Jason Barbachyn	'99	16:04	All-State
6	Mike Holovka	'07	16:18	All-State
7	Jim Emery	'76	16:26	
8	Steve Woltanski	'76	16:29	
9	Ryan Powell	'05	16:31	
10	Brad Kahrs	'76	16:35	
T11	Hunter Nelson	'17	16:36	All-State
T11	Rick Miller	'76	16:36	
13	Brand Koster	'07	16:37	
14	Bryce Ploegstra	'04	16:41	
15	Chris Kent	'03	16:43	
T16	Kyle Busse	'09	16:53	
T16	John Ebers	'98	16:53	
18	Rob Mason	'05	16:56	
T19	Jake Holovka	'09, '10	17:02	
T19	Darryl Sluka	'07	17:02	
21	Cameron Montgomery	'93	17:03	All-State
22	Ryan Busse	'09	17:04	
T23	Casey Carew	'17	17:07	
T23	Andy Kent	'01	17:07	
25	Jim Austin	'76	17:15	
26	Lucas Wisniewski	'95	17:21	
27	Dennis Freeland	'89	17:23	
28	Alex Russo	'17	17:26	
29	James Austin	'02	17:29	
T30	Nick Flegel	'17	17:32	
T30	AJ Herbel	'06	17:32	
T30	Aaron Ortiz	'16	17:32	
33	Hector Morales	'99	17:37	

34	Isaac Austin	'07	17:42	
35	Brad Erbes	'10	17:51	
T36	Ryan Wheeler	'17	17:54	
T36	Tommy Schutter	'12	17:54	
38	Jake DeVoogd	'08	17:55	
T39	Joshua Lee	'16	17:57	
T39	Cody Carew	'05	17:57	
41	Tim Rood	'10	17:59	
Updated 11/5/17 (All times below 18:00)				