

**Race Results
Age Divisions**

**MELD 8K -
Rockford, IL**

July 4, 2011

Division	Place	Name	Time	Pace	City, State
1st Female		Ring, Shannon	28:43.27	5:47	Belvidere, IL
1st Male		Kremske, Dan	24:12.73	4:52	Woodstock, IL
2nd Female		Langford, Jessica	30:01.02	6:02	Rockford, IL
2nd Male		Zeman, Paul	26:05.63	5:15	Belvidere, IL
3rd Female		Aubert, Jacqui	30:11.84	6:04	Crystal Lake, IL
3rd Male		Jacobs, Kevin	26:08.72	5:16	Roscoe, IL
1st F-Master		Heaslett, Ann	33:00.47	6:38	Madison, WI
1st M-Master		Nuccio, Carl	27:47.58	5:35	Machesney Park, IL
9-10 F	1	Recendez, Chelsey	40:24.15	8:08	Belvidere, IL
9-10 M	1	Crull, Joshua	36:21.36	7:19	Roscoe, IL
11-12 F	1	Kovarik, Madelyn	36:45.91	7:24	Davis Junction, IL
11-12 M	1	Mchesney, Nicholas	44:46.80	9:00	Roscoe, IL
13-14 F	1	Carlson, Andrea	41:44.29	8:24	Rockford, IL
13-14 M	1	Freund, Russell	48:59.54	9:51	Rockford, IL
13-14 M	2	Frey, Lucas	51:13.73	10:18	Machesney Park, IL
15-19 F	1	Raffety, Leah	31:40.31	6:22	Machesney Park, IL
15-19 F	2	Macdowell, Rachel	33:30.69	6:44	Rockton, IL
15-19 F	3	Droessler, Kayla	35:55.90	7:14	Rockton, IL
15-19 F	4	Morrow, Ally	36:19.04	7:18	Roscoe, IL
15-19 F	5	Johnson, Bethany	48:39.48	9:47	Davis, IL
15-19 F	6	Fish, Julia	50:33.23	10:10	Belvidere, IL
15-19 F	7	Yanik, Kayla	55:31.71	11:10	Rockford, IL
15-19 M	1	Kremer, Jordan	27:11.95	5:28	Belvidere, IL
15-19 M	2	Melloch, Matthew	27:45.49	5:35	Cherry Valley, IL
15-19 M	3	Meyer, Alex	29:01.04	5:50	Poplar Grove, IL
15-19 M	4	Snyder, Alexander	30:02.64	6:03	Caledonia, IL
15-19 M	5	Black, Ben	30:37.01	6:10	Rockford, IL
15-19 M	6	Kortze, Matthew	33:12.04	6:41	Rockford, IL
15-19 M	7	Sheehan, Bryce	33:58.51	6:50	Rockford, IL
15-19 M	8	Robinson, Jacob	35:54.87	7:13	Rockford, IL
15-19 M	9	Kerestes, Jason	36:27.88	7:20	Loves Park, IL

**Race Results
Age Divisions**

**MELD 8K -
Rockford, IL**

July 4, 2011

Division	Place	Name	Time	Pace	City, State
15-19 M	10	Moore, Ryan	40:37.82	8:10	Rockford, IL
15-19 M	11	Todd, Austin	41:08.95	8:17	Rockford, IL
15-19 M	12	Ellenberger, Jacob	41:36.76	8:22	Rockford, IL
15-19 M	13	Hoffman, Alex	43:15.54	8:42	Rockford, IL
15-19 M	14	Ignacio, Cedric	55:53.04	11:14	Rockford, IL
20-24 F	1	Harner, Kathryn	39:22.67	7:55	Rockford, IL
20-24 F	2	Ware, Katie	41:47.54	8:24	Wheeling, IL
20-24 F	3	Recendiz, Ana	43:20.97	8:43	Belvidere, IL
20-24 F	4	Rasanen, Krista	43:38.41	8:47	Rockford, IL
20-24 F	5	Lang, Sarah	45:23.92	9:08	Rockford, IL
20-24 F	6	Garthwaite, Danielle	48:35.55	9:46	Rockford, IL
20-24 F	7	Jimenez, Julieta	1:00:50.55	12:14	Rockford, IL
20-24 F	8	Marriett, Elizabeth	1:02:17.90	12:32	Loves Park, IL
20-24 F	9	Schandelmeier, Rhianno	1:07:26.31	13:34	Rockford, IL
20-24 M	1	Dilts, Devin	26:36.84	5:21	Roscoe, IL
20-24 M	2	Liddell, John	27:27.55	5:31	Rockford, IL
20-24 M	3	Erspamer, Eric	28:31.31	5:44	Roscoe, IL
20-24 M	4	Revis, Edward	32:48.37	6:36	Rockford, IL
20-24 M	5	Magnuson, Grant	37:17.16	7:30	Belvidere, IL
20-24 M	6	Yanik, John	38:52.72	7:49	Rockford, IL
20-24 M	7	Todd, Paul	39:00.52	7:51	Rockford, IL
20-24 M	8	Brown, John	39:52.49	8:01	Loves Park, IL
20-24 M	9	Schwartz, Jason	43:23.58	8:44	Belvidere, IL
25-29 F	1	Loner, Amy	36:00.32	7:15	Rockford, IL
25-29 F	2	Woestman, Jenna	38:58.65	7:50	Madison, WI
25-29 F	3	Fielder, Emile	39:22.26	7:55	Belvidere, IL
25-29 F	4	Virtue, Emily	43:06.33	8:40	Minneapolis, MN
25-29 F	5	Harrison, Jeannie	47:23.39	9:32	Rockford, IL
25-29 F	6	Knoll, Theresa	49:30.15	9:57	Machesney Park, IL
25-29 F	7	Genz, Whitney	50:15.69	10:07	Loves Park, IL
25-29 F	8	Ratkovic, Jennifer	52:57.39	10:39	Loves Park, IL
25-29 F	9	Yanik, Lisa	55:28.42	11:10	Chicago, IL
25-29 F	10	Spears, Jamie	57:38.55	11:36	Roscoe, IL
25-29 F	11	Koroll, Erin	58:36.01	11:47	Rockton, IL
25-29 F	12	Havens, Heidi Sue	1:06:04.52	13:17	Chicago, IL
25-29 M	1	Kamindo, Charles	27:49.20	5:36	Sun Prairie, WI
25-29 M	2	Ebert, Randy	29:49.54	6:00	Belvidere, IL
25-29 M	3	Camiliere, Scott	29:55.14	6:01	Roscoe, IL

**Race Results
Age Divisions**

**MELD 8K -
Rockford, IL**

July 4, 2011

Division	Place	Name	Time	Pace	City, State
25-29 M	4	Rogers, Nicolas	31:29.93	6:20	Rockford, IL
25-29 M	5	Miller, Mike	32:50.54	6:36	Loves Park, IL
25-29 M	6	Schwartz, Andrew	33:58.81	6:50	Belvidere, IL
25-29 M	7	Rybarski, Edward	34:00.11	6:50	Rockford, IL
25-29 M	8	Hernandez, Jose	35:33.07	7:09	Rockford, IL
25-29 M	9	Thinggaard, Flemming	39:10.16	7:53	Rockford, IL
25-29 M	10	Rollins, Joshua	42:55.47	8:38	Belvidere, IL
25-29 M	11	Spears, Ryan	47:29.73	9:33	Roscoe, IL
25-29 M	12	Gallegos, Gustavo	48:29.70	9:45	Rockford, IL
25-29 M	13	Knoll, Adam	49:28.23	9:57	Machesney Park, IL
25-29 M	14	Marriett, Paul	56:42.58	11:24	Loves Park, IL
25-29 M	15	Spencer, Josh	1:07:26.55	13:34	Rockford, IL
30-34 F	1	Arando, Olivia	31:16.56	6:17	Rockford, IL
30-34 F	2	Petrousek, Nicole	32:50.28	6:36	Belvidere, IL
30-34 F	3	Johnson, Megan	40:00.29	8:03	Loves Park, IL
30-34 F	4	Galluzzo, Kelly	40:28.37	8:08	Loves Park, IL
30-34 F	5	Hansen, Deanna	40:56.88	8:14	Rockford, IL
30-34 F	6	Hardy, Libby	41:41.09	8:23	Rockford, IL
30-34 F	7	Stubbe, Amanda	42:00.99	8:27	Roscoe, IL
30-34 F	8	Hansen, Aimee	42:48.87	8:37	Garden Prairie, IL
30-34 F	9	Rollins, Kate	43:34.65	8:46	Belvidere, IL
30-34 F	10	Jahn, Elyce	44:01.31	8:51	Byron, IL
30-34 F	11	Hatch, Julie	44:10.26	8:53	Loves Park, IL
30-34 F	12	Beierle, Elisabeth	45:33.23	9:10	Nyc, NY
30-34 F	13	Grafton, Amy	47:37.48	9:35	Belvidere, IL
30-34 F	14	Romaniv, Natalya	48:58.02	9:51	Rockford, IL
30-34 F	15	Frederick, Lisa	51:49.50	10:26	Roscoe, IL
30-34 F	16	Dashner, Jennifer	51:52.85	10:26	Rockford, IL
30-34 F	17	Carter, Susanna	52:02.03	10:28	Rockford, IL
30-34 F	18	Juno, Taci	52:02.39	10:28	Roscoe, IL
30-34 F	19	Finocchio, Antonia	52:55.52	10:39	Rockford, IL
30-34 F	20	Schoon, Karen	54:18.70	10:56	Belvidere, IL
30-34 F	21	Christy, Rebecca	1:02:31.47	12:35	Roscoe, IL
30-34 F	22	Pronko, Amanda	1:06:44.83	13:26	Machesney Park, IL
30-34 M	1	Young, Zack	33:39.61	6:46	Rockford, IL
30-34 M	2	Currin, Jeremy	34:28.55	6:56	Rockford, IL
30-34 M	3	Ignacio, Ray	35:06.09	7:04	Rockford, IL
30-34 M	4	Bois, Jeremy	38:23.77	7:43	Rockford, IL
30-34 M	5	Stehman, James	39:18.88	7:55	Rockford, IL
30-34 M	6	Karvelius, Paul	41:10.52	8:17	Rockford, IL

**Race Results
Age Divisions**

**MELD 8K -
Rockford, IL**

July 4, 2011

Division	Place	Name	Time	Pace	City, State
30-34 M	7	Suleiman, Ali	42:18.73	8:31	Rockford, IL
30-34 M	8	Austin, Tim	45:36.54	9:10	Rockford, IL
35-39 F	1	Ferry, Tiffanie	36:42.20	7:23	Rockford, IL
35-39 F	2	Marsili, Lisa	40:00.26	8:03	Machesney Park, IL
35-39 F	3	Lausten, Pernille	42:18.92	8:31	Sonderborg, DE
35-39 F	4	Tropp, Emily	42:20.55	8:31	Rockford, IL
35-39 F	5	Engelbrecht, Terie	42:51.39	8:37	Herbert, IL
35-39 F	6	Wedgbury, Paula	43:04.63	8:40	Rockford, IL
35-39 F	7	Remer, Carrie	43:20.75	8:43	Winnebago, IL
35-39 F	8	Visser, Susan	43:24.19	8:44	Marengo, IL
35-39 F	9	Dibenedetto, Stephanie	43:38.87	8:47	Rockford, IL
35-39 F	10	Bakey, Jessica	43:51.03	8:49	Machesney Park, IL
35-39 F	11	Markert, Tonya	44:04.89	8:52	Rockford, IL
35-39 F	12	Riggle, Rachel	45:16.59	9:06	Rockford, IL
35-39 F	13	Stirlen, Selena	45:51.77	9:14	Chicago, IL
35-39 F	14	Stehman, Jodi	46:03.05	9:16	Chicago, IL
35-39 F	15	Ruckman, Heidi	46:40.57	9:23	Cherry Valley, IL
35-39 F	16	Ropp, Wendy	46:50.72	9:25	Rockford, IL
35-39 F	17	Cook, Teresa	47:29.97	9:33	Roscoe, IL
35-39 F	18	Mcgee, Connie	47:41.88	9:36	Byron, IL
35-39 F	19	Berg, Jennifer	48:37.35	9:47	South Beloit, IL
35-39 F	20	Graves, Melany	48:41.57	9:48	Madison, WI
35-39 F	21	Hayes, Karen	51:26.62	10:21	Loves Park, IL
35-39 F	22	Irwin, Michelle	54:05.07	10:53	Rockford, IL
35-39 F	23	Austin, Laura	55:06.41	11:05	Rockford, IL
35-39 F	24	Rosenlund, Lene	58:42.87	11:49	Roscoe, IL
35-39 F	25	Carlson, Karen	1:00:14.66	12:07	Belvidere, IL
35-39 F	26	Stevens, Shelly	1:00:40.30	12:12	Rockford, IL
35-39 F	27	Lee, Jill	1:02:32.61	12:35	Rockford, IL
35-39 M	1	Yaun, Kevin	32:01.42	6:27	Freeport, IL
35-39 M	2	Rosenlund, Jorn	36:30.87	7:21	Roscoe, IL
35-39 M	3	Konrad, Daniel	38:37.95	7:46	Gurnee, IL
35-39 M	4	Wallace, Eddie	38:51.80	7:49	Rockford, IL
35-39 M	5	Ross, Adam	41:35.36	8:22	Rockford, IL
35-39 M	6	Petrousek, Dan	42:02.08	8:27	Belvidere, IL
35-39 M	7	Bathje, George	42:17.36	8:30	Rockford, IL
35-39 M	8	Ozbuan, Michael	44:37.52	8:59	Atlanta, GA
35-39 M	9	Gugliuzza Jr., Louie	44:46.09	9:00	Machesney Park, IL
35-39 M	10	Carroll, Russell	44:52.54	9:02	Rockford, IL

**Race Results
Age Divisions**

**MELD 8K -
Rockford, IL**

July 4, 2011

Division	Place	Name	Time	Pace	City, State
40-44 F	1	Bingley, Carol	38:41.85	7:47	Rockford, IL
40-44 F	2	Peterson, Deb	40:18.70	8:07	Roscoe, IL
40-44 F	3	Bleide, Jennifer	41:25.86	8:20	Roscoe, IL
40-44 F	4	Trenhaile, Therese	41:31.92	8:21	Belvidere, IL
40-44 F	5	Bolin, Kim	42:38.30	8:35	S Belloit, IL
40-44 F	6	Bittle, Michelle	42:41.66	8:35	Seattle, WA
40-44 F	7	Jones, Jodie	43:36.29	8:46	Caledonia, IL
40-44 F	8	Ekern, Vicki	43:51.16	8:49	Machesney Park, IL
40-44 F	9	Schnack, Sara	44:22.51	8:56	Chicago, IL
40-44 F	10	Anderson, Suzanne	45:16.96	9:07	Rockford, IL
40-44 F	11	Fry, Lori	45:47.19	9:13	Poplar Grove, IL
40-44 F	12	Behselich, Annette	46:35.00	9:22	Rockford, IL
40-44 F	13	Bergstrom, Kaarina	46:47.24	9:25	Evanston, IL
40-44 F	14	Kruger, Teresa	47:04.47	9:28	Rockford, IL
40-44 F	15	Diaz, Amy	47:22.82	9:32	Rockford, IL
40-44 F	16	Paris, Stacy	49:12.49	9:54	Winnebago, IL
40-44 F	17	Sullivan, Kathleen	50:20.12	10:08	Rockford, IL
40-44 F	18	Pfluger, Dawn	51:41.62	10:24	Rockford, IL
40-44 F	19	Cunningham, Amy	51:41.74	10:24	Winnebago, IL
40-44 F	20	Fray, Lisa	53:02.22	10:40	Oak Park, IL
40-44 F	21	Holifield, Dannette	53:29.25	10:46	Rockford, IL
40-44 F	22	Wiltshire, Bethany	58:06.85	11:41	Oregon, IL
40-44 F	23	Huber, Julie	1:00:38.39	12:12	Rockford, IL
40-44 F	24	Choppi, Tracy	1:02:41.55	12:37	Rockford, IL
40-44 M	1	Parks, David	33:34.40	6:45	Cherry Valley, IL
40-44 M	2	Downing Jr, Rob	34:41.33	6:59	Topeka, KS
40-44 M	3	Holen, Larry	35:05.34	7:04	Rockford, IL
40-44 M	4	Langley, Steve	38:33.14	7:45	Rockford, IL
40-44 M	5	Trenhaile, Scott	38:41.79	7:47	Belvidere, IL
40-44 M	6	Lopez, Arnie	38:42.79	7:47	Rockford, IL
40-44 M	7	Fox, Brian	38:51.53	7:49	Freeport, IL
40-44 M	8	Conner, Patrick	39:24.92	7:56	Rockford, IL
40-44 M	9	Parker, Jim	40:08.55	8:05	Belvidere, IL
40-44 M	10	Withington, Stephen	40:11.64	8:05	Freeport, IL
40-44 M	11	Berg, Jason	40:12.14	8:05	South Belloit, IL
40-44 M	12	Almazan, Gerry	41:20.76	8:19	Rockford, IL
40-44 M	13	Bolin, Nathan	42:38.41	8:35	S Belloit, IL
40-44 M	14	Spencer, Randy	43:24.60	8:44	Rockford, IL
40-44 M	15	Ramsby, Scott	43:26.27	8:44	Winnebago, IL
40-44 M	16	Weightman, Philip	44:27.35	8:57	Rockford, IL
40-44 M	17	Meyer, William	45:01.33	9:03	Loves Park, IL

**Race Results
Age Divisions**

**MELD 8K -
Rockford, IL**

July 4, 2011

Division	Place	Name	Time	Pace	City, State
40-44 M	18	Graham, Larry	45:43.60	9:12	Rockford, IL
40-44 M	19	Carlson, Ron	45:51.09	9:13	Belvidere, IL
40-44 M	20	Rowald, William	49:25.03	9:56	Roscoe, IL
40-44 M	21	Hohn, Jeffrey	51:52.48	10:26	Rockford, IL
40-44 M	22	Niedermann, Paul	53:43.57	10:48	Rockford, IL
45-49 F	1	Moore, Kristy	44:42.76	9:00	Rockford, IL
45-49 F	2	Johannes, Laura	46:11.25	9:17	Rockford, IL
45-49 F	3	Fish, Susan	47:57.55	9:39	Belvidere, IL
45-49 F	4	Manning, Anne	51:51.67	10:26	Rockford, IL
45-49 F	5	Boehle, Kelli	53:13.41	10:42	Rockford, IL
45-49 F	6	Tanner, Stephanie	54:49.82	11:02	Rockford, IL
45-49 F	7	Henning, Robin	56:50.22	11:26	Rockford, IL
45-49 F	8	Dimario, Pamela	1:08:51.40	13:51	Rockford, IL
45-49 M	1	Willging, Pete	31:46.14	6:23	Freeport, IL
45-49 M	2	Kazmerski, Greg	32:55.09	6:37	Loves Park, IL
45-49 M	3	Nuedling, Brian	32:55.87	6:37	Elkhorn, WI
45-49 M	4	Edgren, Bill	35:46.42	7:12	Rockford, IL
45-49 M	5	Kunde, John	36:21.14	7:19	Machesney Park, IL
45-49 M	6	Graceffa, Paul	37:47.83	7:36	Rockford, IL
45-49 M	7	Furness, Steve	39:35.91	7:58	Cherry Valley, IL
45-49 M	8	Jaconette, Richard	41:24.06	8:20	Rockford, IL
45-49 M	9	Liddell, Patrick	42:25.57	8:32	Rockford, IL
45-49 M	10	Nielsen, John	43:03.97	8:40	Rockford, IL
45-49 M	11	Rottman, Edward	43:37.80	8:47	South Beloit, IL
45-49 M	12	Beets, Dwayne	43:48.64	8:49	Rockford, IL
45-49 M	13	Bolin, Mark	44:34.05	8:58	Machesney Park, IL
45-49 M	14	Smith, Darius	46:59.22	9:27	Rockford, IL
45-49 M	15	Hilbert, Tom	47:33.41	9:34	Rockford, IL
45-49 M	16	Weightman, Peter	47:39.37	9:35	Pickering, OH
45-49 M	17	Lewinski, Erik	49:05.92	9:53	Rockford, IL
45-49 M	18	Spencer, Ross	54:01.28	10:52	Rockford, IL
45-49 M	19	Edgren, Idalis	1:05:45.48	13:14	Rockford, IL
50-54 F	1	Koster, Donna	40:28.76	8:09	Sterling, IL
50-54 F	2	Kortze, Joyce	40:54.27	8:14	Rockford, IL
50-54 F	3	Bielkas, Regina	44:12.51	8:54	Rockford, IL
50-54 F	4	Zickert, Patty	48:48.11	9:49	Belvidere, IL
50-54 F	5	Granneman, Linda	53:20.27	10:44	Cherry Valley, IL
50-54 F	6	Yanik, Gail	1:15:11.12	15:07	Rockford, IL
50-54 F	7	Swenson, Constance	1:20:45.51	16:15	Rockford, IL

**Race Results
Age Divisions**

**MELD 8K -
Rockford, IL**

July 4, 2011

Division	Place	Name	Time	Pace	City, State
50-54 M	1	Sage, Tim	31:02.18	6:15	Roscoe, IL
50-54 M	2	Fry, Mark	31:32.88	6:21	Poplar Grove, IL
50-54 M	3	Prieve, John	32:46.25	6:36	Roscoe, IL
50-54 M	4	Woolbright, Alan	34:10.95	6:53	Roscoe, IL
50-54 M	5	Burke, Bernard	35:01.47	7:03	Poplar Grove, IL
50-54 M	6	Giuliano, Jerry	35:49.15	7:12	Sycamore, IL
50-54 M	7	Rehfeldt, Rick	36:16.79	7:18	Rockford, IL
50-54 M	8	Zickert, Adam	37:42.22	7:35	Belvidere, IL
50-54 M	9	Zickert, Matthew	37:52.64	7:37	Rockton, IL
50-54 M	10	Berchiolly, Kris	38:11.00	7:41	Machesney Park, IL
50-54 M	11	Schroepfer, Dave	38:12.95	7:41	Belvidere, IL
50-54 M	12	Keating, Phillip	38:13.09	7:41	Rockford, IL
50-54 M	13	Reiter, David	38:29.47	7:45	Rockford, IL
50-54 M	14	Delaney, Mark	40:33.10	8:09	Rockford, IL
50-54 M	15	Spencer, Rick	41:33.92	8:22	Rockford, IL
50-54 M	16	Castree, Sam	42:09.46	8:29	Rockford, IL
50-54 M	17	Murphy, Tom	42:24.87	8:32	Roscoe, IL
50-54 M	18	Revis, Paul	43:07.06	8:40	Rockford, IL
50-54 M	19	Bowen, Scott	44:37.09	8:59	Freeport, IL
50-54 M	20	Burrows, Lew	46:28.25	9:21	Belvidere, IL
50-54 M	21	Larson, Russell	46:28.70	9:21	Rockford, IL
50-54 M	22	Kellerman, Roger	46:36.74	9:23	Rockford, IL
50-54 M	23	Black, Jim	48:01.12	9:40	Rockford, IL
50-54 M	24	Barr, Vic	48:20.17	9:43	Rockford, IL
50-54 M	25	Walden, Dave	49:17.91	9:55	Winnebago, IL
50-54 M	26	Hinkle, Larry	50:45.82	10:13	Rockford, IL
50-54 M	27	Harrison, Brian	53:30.47	10:46	Rockford, IL
50-54 M	28	Hranka, John	54:58.69	11:04	Rockford, IL
50-54 M	29	Quast, Bruce	58:01.03	11:40	Rockford, IL
50-54 M	30	Kiefer, David	1:02:43.82	12:37	Rockford, IL
50-54 M	31	Yanik, Tom	1:15:11.12	15:07	Rockford, IL
55-59 F	1	Wilson, Carol	42:57.14	8:38	Rockford, IL
55-59 F	2	Namoff, Diane	44:04.68	8:52	Rockford, IL
55-59 F	3	Walter, Jean	46:40.19	9:23	Rockford, IL
55-59 F	4	Beatty, Kathy	46:47.66	9:25	Rockford, IL
55-59 F	5	Mueller, Anne	50:47.83	10:13	Rockford, IL
55-59 F	6	Lundberg, Teresa	52:41.67	10:36	Pecatonica, IL
55-59 M	1	Bowers, Richard	34:10.37	6:52	Stillman Valley, IL
55-59 M	2	Mc Ilvanie, Daniel	36:12.68	7:17	Rock City, IL

**Race Results
Age Divisions**

**MELD 8K -
Rockford, IL**

July 4, 2011

Division	Place	Name	Time	Pace	City, State
55-59 M	3	Wilson, Doug	36:40.79	7:23	Rockford, IL
55-59 M	4	Miller, Jeff	38:01.75	7:39	Rockford, IL
55-59 M	5	Jacob, Bill	38:16.46	7:42	Sycamore, IL
55-59 M	6	Hallman, Dave	41:45.98	8:24	Rockford, IL
55-59 M	7	Irwin, Ken	54:05.27	10:53	Rockford, IL
55-59 M	8	Best, Phil	55:06.84	11:05	Byron, IL
55-59 M	9	Schurr, Dan	57:50.11	11:38	Coupville, WA
60-64 F	1	Williams, Kathleen	42:01.81	8:27	Springfield, IL
60-64 F	2	Erickson, Sharon	58:24.03	11:45	Rockford, IL
60-64 F	3	Goepfert, Marilyn	1:20:45.41	16:15	Rockford, IL
60-64 M	1	Mueller, Jerald	37:04.01	7:27	Rockford, IL
60-64 M	2	Schwitters, Steve	38:53.97	7:49	Rockford, IL
60-64 M	3	Namoff, Joe	39:03.13	7:51	Rockford, IL
60-64 M	4	Korn, Steve	42:25.64	8:32	Winnebago, IL
60-64 M	5	Wholey, Rick	44:39.48	8:59	Rockford, IL
60-64 M	6	Scheurich, Michael	48:33.82	9:46	Rockford, IL
60-64 M	7	Yanacheck, Tim	1:04:23.75	12:57	Oregon, WI
65-69 F	1	Yarger, Joyce	1:05:39.24	13:12	Belvidere, IL
65-69 M	1	Leaf, Dennis	39:07.79	7:52	Rockford, IL
65-69 M	2	Baker, Tom	43:29.60	8:45	Machesney Park, IL
65-69 M	3	Antczak, Jerry	44:17.65	8:55	Rockford, IL
65-69 M	4	Clucas, Edward	49:18.65	9:55	Rockford, IL
65-69 M	5	Wilson, James	1:05:47.54	13:14	Rockford, IL
70-74 M	1	Yarger, Norm	47:10.39	9:29	Belvidere, IL
70-74 M	2	Gallenz, Henry	56:30.83	11:22	Rockford, IL
75-79 M	1	Barrett, Jim	46:29.55	9:21	Rockford, IL
75-79 M	2	Peterson, Paul	52:48.45	10:37	Rockford, IL