

2013 Little Hawk Invitational

Yesterday tested our resolve to deal with heat and humidity as well as a change in plans (combining Varsity and races). We can do better at both. In situations like this we cannot be worried about PRs and SBs but need to focus on being the best possible competitors we can be. In the end, we had some very good developments. Our 4-6 runners were closer to our third than they have been all year. That is progress. For us to continue to improve relative to the competition (and we did yesterday against Bettendorf) we need everyone to push those ahead and pull those behind. Yesterday there were some just being pulled. The bottom line is, we continue to improve. We have had days of work this week that will help lay the groundwork for more improvement in the future, if we show the resolve or what Bud Williams referred to as intestinal fortitude—that inner strength and mental toughness that complements physical fitness of training.

Place	Name	2012	2011	2010	2009	Place	Name	Times	2012	2011	2010
Varsity						Junior Varsity					
2	Carman, Ellen	15:31	15:03	15:18	15:45	97	Carey, Hannah	22:20	21:17	22:38	
3	Shepherd, Molly	15:37	15:25	16:47		105	Noack, Claire	22:56	26:17		
4	Arch, Mary	15:43				107	Ntihebuwayo, Dancile	23:04			
9	Traore, Fanta	16:22	16:59			108	Kelly, Mary	23:06	20:22	20:15	19:58
13	Traore, Soumba	16:40	16:12	16:09	16:23	109	Meurice, Nova	23:13			
20	Peterson, Olivia	16:52	17:26	17:39		110	Gralnek, Rachel	23:17			
29	Sammons, Morgan	17:21	15:52			114	Traore, Tabara	23:24*			
Junior Varsity						Varsity (34-10)					
3	Crew, Hazel	17:23	2012	2011	2010	115	Goss, Mackenzie	23:30			
4	Parrott, Olivia	17:26	17:29			119	Smith, Sarah	23:46			
5	Deninger, Maddie	17:41				121	Durham, Sonali	24:02			
6	Rethwisch, Mary	17:57	17:04	17:14		122	Bouska, Katherine	24:10			
7	Shutt, Izzy	18:01	16:25			123	Cox, Erin	24:24	21:34		
8	Verdick, Hailey	18:06	17:37			125	Kealey, Emma	24:28	21:12		
17	Thompson, Stella	18:25	16:13	18:31		126	Lyons-Macatee, Elena	24:44			
18	Appleby, Gina	18:29				128	Schumm, Lexine	25:27			
23	Cabbage, Micah	18:39				City High 31					
24	Chadwick, Celeste	18:46				Bettendorf 59					
25	Carroll, Sashay	18:50				SE Polk 74					
26	Cornell, Laura	18:51	17:16			Dub. Hemp. 101					
28	Bywater, Emily	18:53				Davenport Cent 132					
34	Hoelscher, Leah	19:05	18:24	19:04	18:35	Newton 134					
35	Langenfeld, Hannah	19:06	21:58			JV (20-10)					
36	Jennings, Michelle	19:18				City High 27					
42	Traore, Aminata	19:53	19:53			Bettendorf 34					
44	Canin, Ayla	19:58				Hempstead 75					
45	Apolonio, Blanca	19:59	19:23	20:48		SE Polk 100					
50	Milefchek, Taylor	20:15				Dav. Central 155					
56	Alderson, Lauryn	20:36	18:52	19:07		Newton 3 runners					
59	Reyes, Miranda	20:38	20:26	23:41	26:31	118 runners					
61	Andersen, Anya	20:40				BoldName=V.Credit					
62	Rutherford, Claire	20:42	19:39			*=PR SB=S. Best					
67	Mcdonough, Abby	20:59									
70	Clemons, Ana	21:04SB	19:37	21:16							
71	Sadewasser, Rose	21:04									
74	Goodman, Lucy	21:06SB	19:17	20:03							
77	Benson, Ellie	21:16	19:07	19:06							
78	Juon, Seraina	21:16									
86	Lusala, Julia	21:45									
88	Thomas, Charlotte	21:52									