

Bud Williams 2013

I continue to be pleased with our progress especially with our first year runners. But the gap in our varsity continues to be a concern. We need everyone to take it up a notch. Each practice and each race must be approached with intensity and determination in order for us to be wearing the new uniforms in November. Excuses won't do, only the execution and unleashing of our full potential will get us to Fort Dodge.

Varsity					Junior Varsity (cont'd)					
	2013	2012	EIC	LHInv		2013	2012	EIC	LHInv	
1	Shepherd, Molly	14:58	15:17		15:37	21	Sadewasser, Rose		20:45	21:04
2	Arch, Mary	15:31	15:30		15:43	22	Greimann, Emma	17:52	20:22	18:25
9	Peterson, Olivia	16:31	17:13		16:52	23	Clemons, Ana	20:00SB	20:08	21:04
11	Traore, Soumba	16:36	16:19		16:40	26	Reyes, Miranda	20:17	21:00	20:38
12	Traore, Fanta	16:36	16:55		16:22	27	Milefchek, Taylor	20:20		20:15
						28	Juon, Seraina	20:33		20:12
13	Sammons, Mogan	16:42	16:01		17:21	30	Lusala, Julia	20:35		21:25
14	Crew, Hazel	16:42*			17:23	32	Goodman, Lucy	20:40SB	19:58	20:57
15	Thompson, Stella	16:43SB	16:04		18:25	34	Benson, Ellie	21:00	18:49	21:16
16	Chadwick, Celeste	16:46*		17:11	18:46	37	LyonsMacatee, Elena	21:02		21:56
14	Deninger, Maddie	16:57*		17:24	17:41	38	Alderson, Lauryn	21:09	19:59	19:42
19	Hansen, Mollie	17:00*		17:03		40	Noack, Claire	21:14	22:21	21:51
21	Verdick, Hailey	17:25*	18:27	17:44	18:06	40	Thomas, Charlotte	21:28		21:54
24	Appleby, Gina	17:39		17:57	18:29	43	Smith, Sarah	21:31	20:32	22:56
						46	Durham, Sonali	21:39	25:32	22:31
						47	Nova, Meurice	21:41		21:52
						49	Schumm, Lexine	22:05	20:03	22:14
						50	Goss, Mackenzie	22:06		22:33
1	Traore, Aminata	17:26*	20:15	20:00	19:53	51	Kelly, Mary	22:10	20:32	22:10
2	Rethwisch, Mary	17:30SB	17:03	18:01	17:57	52	Bouska, Katherine	22:17*		24:35
3	Shutt, Izzy	17:33SB	16:29	18:00	18:01	54	Traore, Tabara	22:21*		23:44
4	Bywater, Emily	17:48*		18:05	18:53	55	Waikel, Hannah	22:43	21:51	22:36
5	Cornell, Laura	17:57	17:33	17:58	18:51	56	Cox, Erin	22:59SB	22:15	23:04
6	O'Hara, Emma	18:03	19:22	18:47		57	Ntihebuwayo, Dancile	23:15		22:44
7	McDonough, Mae	18:06*		18:24		52				23:04
8	Hoelscher, Leah	18:19	17:57	18:44	19:05	54				
10	Jennings, Michelle	18:37*		19:55		59				
11	Langenfeld, Hannah	18:42	22:11	18:27	19:06	60				
12	Canin, Ayla	18:47		19:24	19:58	61				
13	Cabbage, Micah	18:58	18:19	19:50	18:39	62				
15	Lyons-Macatee, Emma	19:09		19:19		85				
16	Carroll, Sashay	19:18	21:58		18:50	86				
18	Andersen, Anya	19:26*		20:05	20:40					
19	McDonough, Abby	19:51*		21:41						

Bold Name= Varsity Credit

*= Personal record

SB= Season's Best

Varsity (73-31): **CHS 35**, Pekin 43, CR Jefferson 69, Ottumwa 90 and IMS 196

JV (36-13): **CHS 15**, Pekin 63, Ottumwa 77, CR Jefferson 87