

Sterling 2012

There was a chill in the air but we warmed up in the heat of competition yesterday. The fresh/soph ran well with Stella leading the way in a PR performance (see the conversion using the program found at running times magazine) in a field that featured several varsity runners from other schools. The JV had an outstanding performance despite missing the services of 2 of our top runners. Kate won the individual title in a field of 259 and equaled her PR while several of you ran your best races of the year. Miranda took a whopping 5 minutes off her time from a year ago! It was an impressive performance overall and I congratulate you. I also commend the Varsity who came along to workout and cheer for the JV and FS squads. Let's bring the same determination and enthusiasm to the Divisional meet!

	<i>Fresh/Soph</i>	2012	<i>4k conv</i>	2011	2010	2010
4	Thompson, Stella	19:30	15:56*	20:43		
29	Traore, Fanta	20:33	16:48			
40	Burns, Sarah	21:05	17:14			
42	Lewers, Riley	21:12	17:19			
46	Peterson, Olivia	21:15	17:22	22:02		
43	Parrott, Olivia	21:17	17:24			
55	Cornell, Laura	21:34	17:37			
	Junior Varsity			2011	2010	2009
1	Mendenhall, Kate	19:18	15:46*	20:36	20:34	20:39
8	Perret, Daniella	20:08	16:27	20:37	20:47	
9	Perez, Terra	20:09	16:28			
29	Abbate, Sara	20:46	16:58*			
36	Peterson, Sophie	21:00	17:10	20:48		22:17
43	Rethwisch, Mary	21:23	17:28	21:33	22:02	
52	Greimann, Emma	21:40	17:42*	22:09		
53	Hoelscher, Leah	21:41	17:43*	23:21	24:45	
64	Verdick, Hailey	21:55	17:55			
66	Wang, Juju	21:58	17:57			
77	Holman, Nora	22:19	18:14	23:14	22:15	21:51
84	Cabbage, Micah	22:29	18:22	21:11		
93	Rutherford, Claire	22:41	18:32*			
101	Milefchik, Taylor	22:57	18:45*			
111	Goodman, Lucy	23:20	19:04*			
133	Benson, Ellie	23:46	19:25			

	<i>JV (Cont'd)</i>	2012	<i>4k conv</i>	2011	2010	2009
134	DeBoeck, Cecilia	23:46	19:25			
135	Miller, Aspen	23:49	19:28	25:26		
136	Apolonio, Blanca	23:50	19:29	26:10		
144	Traore, Aminata	24:00	19:37			
145	Reyes, Miranda	24:00	19:37*	29:05	30:56	
156	O'Hara, Emma	24:14	19:48			
159	Alderson, Lauryn	24:17	19:51			
160	Clemons, Ana	24:18	19:51	27:41		
166	Hartley, Kara	24:28	20:00	26:22	27:45	
169	Peters, Oli	24:30	20:01	23:41	23:53	
173	Coelho, Lilitiana	24:43	20:12			
174	Dickson, Abby	24:44	20:13*			
178	Carey, Hannah	24:50	20:18	27:53		
183	Kelly, Mary	24:55	20:22	26:48	25:41	
190	Carroll, Sashay	25:06	20:31*			
203	Cox, Erin	25:37	20:56*			
204	Brown, Mandy	25:38	20:57			
205	Waikel, Hannah	25:44	21:02			
225	Nosted, Anette	26:32	21:42			
227	Gallegos, Rosie	26:38	21:46			
227	Gore, Brianna	26:52	21:57*	27:48		
235	Noack, Claire	27:17	22:18			
238	Heath, Mikayla	27:45	22:41	24:44		
243	Durham, Sonali	28:16	23:06*			
254	Camus, Leia	29:24	24:02*			

Bold Name = Varsity Credit, *=personal record, SB=season's best

Junior Varsity (72-2): Loyola Academy 64, **CHS 89**, Minooka 92, PV 121, Bettendorf 128 and 12 more teams and other partial teams with a total of 259 runners

Fresh/Soph (39-8): Minooka 85, Kaneland 97, Geneseo 104, PV 109, Hoffman Estates, **CHS 158**, Rock Island 158 Oswego 147 and 7 others total of 140 runners

Conversion of times used the tool at:

<http://runningtimes.com/Article.aspx?ArticleID=6765>