

2004 Eastern Iowa Cross Country Classic

It was a great night to be a Little Hawk. We took individual and team titles in all three races. The Fresh/Soph and Junior Varsity completely dominated the fields. Congratulations to Eva and Ruhee on your victories. There weren't a lot of PRs or SBs because of the wind and the many sharp turns of the course but the effort put forth by the two squads was admirable. The wind died down along with the temperatures for the Varsity race and they took advantage. They also raced as intensely as I have seen at City High. Special kudos to Sam for her victory. We needed the effort of all seven to beat a quality Kennedy team which very nearly beat us at Cedar Rapids 2 weeks ago. Congratulations to all! Now we start another tough stretch of hard work up until Super Meet week. That will set us up for some great racing in October. The best is yet to come girls!!

<u>Place</u>	<u>Varsity</u>	<u>time</u>		<u>Place</u>	<u>Junior Varsity</u>	<u>time</u>	
1	Sidwell, Samantha	15:33		1	Arora, Ruhee	16:12	SB
7	Lumpa, Katie	15:56	SB	2	Foreman, Drew	16:48	
9	Anciaux, Clair	16:00		3	Funk, Emily	16:58	
10	Ziegenhorn, Sarah	16:06	SB	4	Van Natta, Meredith	16:59	
11	McKay, Annie	16:10		5	Diggelmann, Lindsey	17:16	
15	Leyendecker, Maggie	16:16		6	Dietz, Sara	17:20	
16	McCue, Tamika	16:16		9	Gill, Emily	18:04	
	<u>Fresh/Soph</u>			10	Schallau, Tiffany	18:05	
1	Adderly, Eva	17:23		11	Bross, Kera	18:07	
3	Dlhy, Brittany	17:44		12	Hugill, Clara	18:08	
4	Zimmerman, Nicki	17:50		14	Lawry, Molly	18:15*	
5	Mims, Kelsey	17:52		15	Russo, Becky	18:15	
6	Panther, Cassie	18:06		16	Spencer, Laura	18:16*	
8	Smith, Megan	18:14		17	Sobaski, Kelly	18:20	
9	Grady, Claire	18:17		18	Pringle, Jessica	18:23	SB
10	Henson, Megan	18:19		20	Gnade, Allie	18:28	
13	Riley, Alyse	18:30		24	Herlein, Abby	18:33	
17	Molly Sabers	18:49	SB	26	Paulsen, Jess	18:35	
18	Skay, Jessica	18:52		30	Wiegert, Krista	18:54	
25	Sobaski, Courtney	18:59		33	Ovrom, Katie	19:05	
27	Pham, An	19:00		35	Rodriguez, Elena	19:10	
28	Bricker, Alina	19:01*		42	Fredericks, Libby	19:29	
29	Kidwell, Katrina	19:09		47	Olson, Anna	19:43	
31	Meyer, Leslie	19:14		48	Wisely, Becky	19:44	SB
33	Waters, Anna	19:22		49	Hichwa, Megan	19:48	
39	Randleman, Libby	19:50		52	Tippe, Ally	19:52	
40	Paulson, Claire	19:59		56	Clemens, Monica	20:11	
42	Hobart, Jaye	20:03		58	Cmiel, Cordy	20:23	
43	Fosse, Emily	20:06		60	Plaughner, Lucy	20:42	
47	Fuller, Libby	20:09		61	Roush, Elisabeth	20:43	
59	McDonough, Stephanie	20:40		68	Gerig-Sickles, Analisa	21:29	SB
73	Triplett, Melissa	21:40		72	Armbruster, Danielle	22:15	
85	Gelder, Kristi	22:49		73	Honemann, Lindsey	22:16	
				76	Beyer, Stacy	22:30	SB
				77	Lithimane, Amy	23:00	

Varsity (7-0)

CHS 38

Kennedy 45

Washington 93

Regina 124 (3 others)

JV (5-0)

CHS 15

Kennedy 116

Washington 156

Hempstead 194

Xavier 274

Fresh/Soph (5-0)

CHS 19

Wahlert 95

Hempstead 99

Clinton 101

Xavier 178

***=personal record**

SB=season's best

bold name=varsity

credit

from divisional 2003