

## 2015 Bud Williams

It was a beautiful day for a meet on a challenging course. We learned that we are getting better and what it is like to run against the number one team in the state. These are valuable experiences. Now the question is can we learn from this continue to improve within ourselves and against great competition? We have three more meets in the next two weeks to answer the question before we head to District and State. I have shown you how much you have improved on this course since Time Trial and compared your times to those of a week ago on the far less challenging course at Noelridge. Good job girls!

PI	Varsity	2015	EIC	TT	PI	Junior Varsity	2015	EIC	TT
3	<b>Arch, Mary</b>	18:08*	18:35	19:49	25	Damhorst, Drew	24:45	24:32	27:41
9	<b>Lindower, Anna</b>	19:26*	19:32	20:46	26	Hennager, Ella	24:54*	25:36	28:00
10	<b>Bywater, Emily</b>	19:41*	19:52	20:45	27	Noack, Claire	24:59	26:39	27:04
17	<b>Morrow, Amelia</b>	20:28	20:22	22:15	31	Sadewasser, Rose	25:11*	27:04	27:49
18	<b>Hecker, Aly</b>	20:29*	20:38	23:30	33	Swanson, Anna	25:21*	25:50	28:48
19	<b>Hansen, Mollie</b>	20:33	20:05	23:00	35	Lie, Sophie	25:34*	25:57	28:44
22	<b>Chadwick, Celeste</b>	20:43*	21:14	21:31	36	Canin, Ayla	25:35*	26:30	33:38
28	<b>Parrott, Olivia</b>	21:22*	21:31	24:12	37	Chapnick-Sorokin, S	25:35		28:25
29	<b>McCormick, Gabriel</b>	21:22*	21:32	22:00	39	Green, Merryl	25:38	24:33	27:09
31	<b>Jones, Izzy</b>	21:27	20:58	22:27	43	O'Malley, Shawna	25:46	25:36	27:39
32	<b>Shutt, Izzy</b>	21:27*	21:58	22:52	45	Goss, Mackenzie	25:47*	26:13	33:45
35	<b>Verdick, Hailey</b>	21:42	21:22	23:13	46	Chapnick-Sorokin, P	25:48*	26:49	28:48
40	<b>Cornell, Laura</b>	22:01	21:59	23:21	47	Thomas, Charlotte	25:57	24:49	27:11
					48	teDuits, Izzi	26:00	25:10	27:19
	<b>Junior Varsity</b>				51	Bender, Lily	26:27*	26:41	28:39
1	<b>Traore, Fanta</b>	21:23*		23:33	56	Bouska, Katherine	27:12	26:00	29:13
2	<b>Nyamboneka, Janet</b>	21:55*	22:24		58	Lepcin, Anna	27:15*		33:43
3	<b>Parrott, Lindsey</b>	21:56*	22:05	24:18	59	McDonough, Abby	27:18	27:16	27:44
4	<b>Rummelhart, Annie</b>	21:56*	22:47	25:06	61	Coelho, Julia	27:41*	29:10	30:06
5	Brands, Madigan	22:29*	22:42	23:37	62	Lyons-Macatee, Elena	27:42	27:30	30:32
6	Carey, Morgan	22:31*	22:59	24:38	66	Dixon, Abby	28:07		29:39
7	Lewers, Riley	22:33*		24:08	78	Hudachek, Lauren	30:04*	31:57	34:45
8	Gidal, Lottie	22:34*	23:04	27:06	81	Ntihebuwayo, Dancile	30:37	30:56	36:12
9	Denniston, Anna	22:37*		27:56	82	Collins, Serena	31:30*		35:03
10	O'Hara, Emma	22:50	23:28	24:42	85	Hartwig, Grace	31:55*	35:03	39:27
11	Strang, Rachel	23:17	22:58	24:33	88	Bacho, Kate	33:32*		
12	Meurice, Naomi	23:28	23:19	26:01	89	Kelly, Claire	34:11*	35:19	36:20
13	McMahon, Delaney	23:31	23:10	25:44	92	Nishmwe, Esther	35:40*		
19	McGehee, Lucy	24:25*	24:27	27:56	93	Hartwig, Emma	36:04*	37:56	41:29
20	Miller, Zoe	24:27*	24:28	27:02	94	Hefley, Kayla	36:05*		41:33
21	Meurice, Nova	24:40*	25:32	29:15	95	Selemani, Jacquelin	39:15*		
23	Robertson, Amaya	24:41	24:32	26:33	96	Nguyen, Binh	44:16		43:20

**Bold Print=Varsity Credit, \*=personal record**

### Varsity: (54-18)

Urbandale 22, CHS 57, Pekin 86, CR Jefferson 87, Ottumwa 144, DM Lincoln 166 (2 other non-scoring teams, 63 runners)

### Junior Varsity: (48-8)

CHS 15, CR Jefferson 56, Pekin 75, DM Lincoln 116 (2 other non-scoring teams, 95 runners)

