

Time Trial 2016

Many great events happened tonight at IC Kickers. First the weather cooperated by the sun hiding in the clouds. Where last year we had nearly a minute between Mary and our next runner, today we had only 10 seconds. Where last year we had more than 2 minutes between Mary and our fifth runner, today we had less than 1 minute. The time between our 2nd and 7th runners was 68 seconds, last year nearly twice that. The benefits of off season training and multi-season training were clearly in evidence by people many who showed spectacular improvement from a year ago. And from those who didn't train much in the summer, I saw outstanding effort and I applaud you as well. I temper my enthusiasm knowing that the conditions this year were better (less hot) than last, and the course faster. But outstanding effort is difficult to conceal in a 5k race, and it was revealed tonight. As a team you pushed yourselves and in so doing you brought your teammates along. In many different ways you were there for each other. Now we move onto racing against other uniforms. Thus far we have proven that we are better than a year ago. Now it is time to prove it against competition. It is time to bring the beast!

		2016	2015			2016	2015
1	Arch, Mary	19:52	19:49	36	Miller, Zoe	26:21	27:02
2	Lindower, Anna	20:02	20:46	37	Gidal, Sylvia	26:22*	
3	Bywater, Emily	20:14	20:45	38	Hennager, Ella	26:34	28:00
4	Brady, Esti	20:40*		39	Sarsfield, Liza	26:36*	
5	Brown, Bridget	20:46		40	Marsh, Alex	26:57*	
6	Chadwick, Celeste	20:57	21:31	41	Damhorst, Drew	27:10	27:41
7	Rummelhart, Annie	21:10*	25:06	42	Cooper, Emma	27:23*	
8	McCormick, Gabriel	21:33	22:00	43	Chapnick-Sorokin, S	27:31	28:25
9	Jones, Izzy	21:33	22:27	44	Meurice, Nova	27:36	29:15
10	Brands, Kinsee	21:40*		45	McMahon, Delaney	27:40	25:44
11	Hansen, Mollie	21:43	23:00	46	O'Malley, Shawna	28:31	27:39
12	Hecker, Aly	21:59	23:30	47	Bender, Lilly	28:31	28:39
13	Veit, Julie	23:00*		48	Corbin, Georgia	28:32*	
14	Chapnick-Sorokin, P	23:07*	28:48	49	Nunez, Sarah	29:07*	
15	Carey, Morgan	23:16	24:38	50	Lie, Sofie	29:19	28:44
16	Parrott, Grace	23:21*		51	Dancile, Ntihebuwayo	29:22	36:12
17	Parrott, Lindsey	23:30	24:18	52	Kaine, Aubryn	29:26*	
18	Smith, Addy	24:02		53	McGehee, Lucy	29:36	
19	Sartini-Rideout, Azzurra	24:26*		54	Hansen, Isabel	30:05*	
20	Gidal, Lottie	24:32	27:06	55	Lyons-Macatee, Elena	30:40	
21	Meurice, Naomi	24:33	26:01	56	Lusala, Julia	32:10*	
22	Strang, Rachel	24:34	24:33	57	Hansen, Emma	32:11*	
23	Pugh, Madeline	24:40	27:30	58	Reineke, Jameson	33:08*	
24	Fellows, Sydney	24:41*		59	Easley, Alyssa	33:53*	
25	Bounds, Mary	24:56*		60	Hartwig, Grace	34:29	39:27
26	Trom, Sophia	24:56*		61	Hartwig, Emma	34:49	41:29
27	Chadwick, Maya	25:28*		62	Hefley, Kayla	34:55	41:35
28	Swanson, Anna	25:29	28:48	63	Taylor-Butcher, Nyah	35:20*	
29	Denniston, Anna	25:48	27:56	64	McDonough, Abby	35:32	27:44
30	Samuelson, Irene	25:48*		65	Kelly, Claire	35:33	36:20
31	Hoang, Mai	25:54*		66	Traore, Saye	35:38	
32	Brown, Muriel	26:00*		67	Collins, Serena	35:44	35:03
33	Jennings, Michelle	26:10*		68	Durham, Maya	35:44	36:02
34	Mwenemkamba, A	26:18*		69	Nugyen, Binh	48:48	43:20
35	James, Biohtza	26:18*					