

Bud & Bonnie Williams Invitational

Ashton Course

5000m

9/28/23

76 degrees, 10 mph NE wind

Place	VARSITY	Time	Grade
4	Ani Wedemeyer	18:57	11
7	Abigail Burns	19:13	10
19	Nicole Peterson	20:05	11
31	Claire Locher	20:39	10
37	Grace Hamann	20:49	9
38	Naomi Downing-Sherer	20:50	9
45	Madeline Fischer	21:11	9
47	Nina Peterson	21:22	11
48	Ella Romero	21:24	9
62	Josie LeClair	22:23	11
Place	JUNIOR VARSITY	Time	Grade
5	Nina Kuhlmann	21:28	11
6	Elizabeth Asklof	21:34	10
7	Brooklyn Riley-Poma	21:45	9
9	Elim Michael	21:50	11
10	Sophia Romero	21:55	12
14	Addi Schultes	22:17	10
19	Alma Bhandary-Narayanan	22:35	10
31	Nadia Spragg	23:05	9
32	Addison Klein	23:06	9
35	Willow Schultz	23:22	9
60	Nina Torkelson	24:23	12
61	Jolie Evans	24:34	9
63	Martha Willard	24:44	9
66	Nora Ziehr	24:54	11
75	Rachel Matel	25:22	11
82	Joelle Haas	25:52	12
84	Cassie Swisher	25:57	9
100	Maddie Gunderson	26:29	10

105	Ava Brewer	26:51	12
118	Harper Bailey	27:19	10
138	Elise Good	28:05	9
139	Noe Richman	28:12	11
154	Maya Hoffman	29:40	11
161	Ada Gilchrist	30:20	12
162	Liz Degner	30:23	10
172	Quinn Price*	31:21	12
181	Amari Casto	32:51	9
184	Avery Nace	33:19	9
186	Ania Naso	33:57	11
190	Georgia Hellwig	47:01	12
191	Evelyn Powers	47:01	12

~On Your Wind, Do I Fly~

Highlighted name = PR (personal record)

* = SB (season best time)

Varsity race had 106 finishers, JV race had 191 finishers

Team ScoresVarsity

1. Dubuque Senior - 45
2. Pleasant Valley - 50
3. Ankeny Centennial - 87
4. City High - 93
5. Cedar Rapids Prairie - 153
6. Des Moines Roosevelt - 184
7. Clear Creek-Amana - 189
8. Pekin - 200
9. Ottumwa - 252
10. Cedar Rapids Jefferson - 318

JV

1. Ankeny Centennial - 18
2. City High - 37
3. Dubuque Senior - 77
4. Iowa City Liberty - 125
5. Cedar Rapids Prairie - 138
6. Clear Creek-Amana - 201
7. Des Moines Roosevelt - 206
8. Pleasant Valley - 215
9. Ottumwa - 293
10. Cedar Rapids Jefferson - 316

Season Record

Varsity: 75-15

JV: 48-9

F/S: 15-1

Time Improvements from 2022 to 2023

Ani Wedemeyer - 7 sec

Abigail Burns - 1 min 38 sec

Nicole Peterson - 25 sec

Claire Locher - 38 sec

Josie LeClair - 33 sec

Elim Michael - 2 min 27 sec

Addi Schultes - 1 min 24 sec

Alma Bhandary-Narayanan - 1 min 11 sec

Harper Bailey - 3 min 15 sec

Evelyn Powers - 2 min 26 sec

Congratulations to our Varsity Medalists

Ani Wedemeyer

Abigail Burns

Congratulations to our JV Medalists

Nina Kuhlmann

Elizabeth Asklof

Brooklyn Riley-Poma

Elim Michael

Sophia Romero

Varsity all-time at City High at Ashton Course

Ani Wedemeyer is #2

Abigail Burns is #3

Nicole Peterson is #7

JV & F/S all-time at City High at Ashton Course

Nina Kuhlmann #2