

Bud Williams Invitational

9/28/17

75 degrees and sunny

3.2 miles

P	Athlete	Time
<b>Varsity</b>		
3	Esti Brady	20:22
5	Annie Rummelhart*	20:34
8	Aly Hecker	20:52
9	Amelia Morrow	21:02
10	Kinsee Brands	21:02
11	Bridget Brown	21:08
13	Janet Nyamboneka*	21:34
15	Janie Perrill	21:53
16	Naomi Meurice	22:01
18	Jordan Sekafetz*	22:06
19	Julia Veit	22:07
20	Jae Dancer	22:10
28	CeCe Kelly-Harvey	23:06
29	Rachel Strang	23:15
<b>JV</b>		
1	Paige Rocca	22:17
2	Addy Smith	22:24
3	Lilly Reynolds*	22:47
4	Grace Parrott	22:47
5	Saye Traore	22:52
6	Anna Denniston	22:58
7	Maya Warren	23:11
8	Natalie Green*	23:17
9	Paris Fuller*	23:22
10	Sarah Nunez*	23:28
11	Liza Sarsfield*	23:37

12	Mary Bounds	23:39
13	Harper Denniston*	23:45
14	Kate Wolfe*	23:53
15	Julianne Berry-Stoelzle*	23:55
16	Zoe Hellberg*	23:56
17	Ella Hennager	23:57
19	Ashley Sheehan	24:15
20	Maya Djalali-Gomez*	24:17
21	Sylvia Gidal*	24:20
22	Anastasia Mwenemkamba*	24:29
23	Lottie Gidal	24:52
24	Olivia DeNeice	24:53
26	Alex Marsh	25:06
28	Zoe Meaney	25:14
31	Georgia Corbin	25:41
32	Ana Van Beek*	25:43
33	Ana Koch	25:44
34	Sydney Fellows	25:46
37	Lindsey Parrott	25:54
38	Bihotza James	26:00
39	Lilly Bender	26:15
40	Sophia Friton*	26:18
41	Phoebe Chapnik-Sorokin	26:20
44	Megan Kuennen	27:15
45	Madelyn Hellwig	27:18
46	Melanie Tran-Duong*	27:22
48	Sofie Knudsen*	27:40
49	Lucie Brennan	27:46
50	Ananya Albrecht-Buehler*	27:54
51	Sonja Liebig	27:55

53	Paula Mompio	28:00
54	Jameson Reineke	28:00
60	Shawna O'Malley	28:53
61	Madigan Wallace*	28:55
64	Aubryn Kaine	29:17
66	Katherine Geerdes*	29:54
67	Serena Collins	30:00
72	Claire Kelly	32:27
73	Julia Weiner	32:28
76	Emma Hartwig	33:55
77	Emily Bender*	34:08
79	Harley Werderitsch*	34:22
80	Binh Nguyen	34:50
82	Kayla Hefley	38:01

\*=SB (season best)

Red = PR (personal record)

Team Scores

Varsity

**City High - 29 (Record 58-14)**

Ottumwa - 34

Pekin - 84

CR Jefferson - 108

Durant - 146

IMS - 168

Liberty High - NS

JV

**City High - 15 (Record 29-3)**

CR Jefferson - 60

Pekin - 68

Liberty High - NS

Ottumwa - NS

It was fun watching you all race again and congratulations on two victories tonight! The JV got off to a fast start and established themselves early in the race. You competed well and fed off each other when the race got tough. The varsity team looked very strong through the first mile and you looked hungry and competitive. It appeared as if we let the pace bog down and Ottumwa moved on us and put up a great fight. Our depth helped us like it will need to the rest of the season. An important stat is that the winner of the race ran 20:02 tonight and she is individually ranked 7th in the state. This same athlete placed 7th at the state meet and ran 18:58 beating Mary Arch (City High alum) by 0.5 seconds. Don't focus as much on the time of your 5k and focus in on your ability to compete. One observation made was we allowed competitors to run the same pace as us only 5-10 meters ahead. Complacency in the last half of a 5k will ruin a great race. If we can fix this, we will set our team up for improvement and success during the championship phase of the season.

Keep lifting each other up!

Go Little Hawks!

*- On Your Wind, Do I Fly -*