

2008 Hawkeye Invitational

“The key is not how fast you can run but how fast you can run tired” --- Cassidy in Once a runner

It ended up being a bit warmer and more humid than planned but that didn't stop you from proving that there really is no place like home. There were a lot of prs and season's bests but just as importantly you competed well. The expanded varsity all showed all finished in the top half of that race. Congratulations to Emily on your win and to Katie dropping a full minute off her pr! Jordan ran a strong race pushing herself the whole way and Maureen also dropped nearly a minute off her pr. I applaud you all for getting back out on the course after your races to encourage one another. *Girls, keep our eyes on the prize and bring your best to the workouts and meets ahead.* Divisional, District and State Championship meets lie ahead and West High was within 15 points of Dowling Catholic yesterday.

Place	Name	Time	
	Varsity		
1	Fagan, Emily	15:23	
3	Rethwisch, Rebecca	15:29	*
5	Langenfeld, Katie	15:47	*
6	Kregel, Hannah	15:47	SB
7	Holman, Melanie	15:49	*
8	White, Cassidy	15:53	SB
10	McFarland, Lindsay	15:56	
13	Bruns, Anna	16:17	*
14	Abrams, Abby	16:32	
15	Harris, Mercedes	16:35	SB
16	Stephenson, Jill	16:36	
17	Hudachek, Danielle	16:44	*
24	Rethwisch, Amanda	17:02	SB
27	ShinnickGordon, Izzy	17:16	SB
	Junior Varsity		
1	Sullivan, Jordan	16:40	*
2	Richardson, Meg	17:19	*
3	Beasley, Harper	17:23	*
4	Opheim, Britney	17:26	SB
5	Scoblic, Izzy	17:33	*
6	Tamerius, Alexandra	17:44	
7	Agassandian, Alice	17:50	*
8	Wolf, Taylor	17:54	*
9	Fleener, Lauren	17:58	SB
10	Lines, Lori	18:19	
11	Mahaffa, Maggie	18:21	
12	Mead, Mackenzie	18:21	*
13	Bodnarek, Kennedy	18:30	*
14	Sotelo, Emily	18:41	*
15	Howard, Susanna	19:00	
16	Peterson, Breanne	19:00	
17	Aguilar-Rosales, Yorik	19:03	
18	Wilkinson, Ashley	19:10	SB
19	Klabo, Haily	19:14	*

Place	Name	Time	
24	Gathua, Maureen	19:48	*
26	Vanderwoude, Katie	19:57	*
28	Verhoef, Chloe	20:04	
30	Gessner, Lelia	20:14	SB
32	Kaiser, Victoria	20:27	
33	Kealy, Ellen	20:29	
37	DeMoss, Makenzie	20:38	SB
43	Rodriguez, Destiny	20:59	SB
51	Titus, Katie	21:23	SB
52	Ruele, Luise	21:25	
55	Schumm, Magill	21:46	*
56	Heasley, Elizabeth	21:58	*
57	Razavi, Nadia	21:58	*
60	Davis, Erica	22:13	*
61	Mallampalli, Mary	22:43	
64	Ringen, Megan	23:19	*
66	Moore, Bethine	23:30	*
67	Triplett, Elizabeth	23:38	
68	Jordan, Mariah	23:49	*
69	Nunez, Araceli	23:50	*
70	Sandoval-Bell, Alicia	23:51	*
75	Hubbard, Claire	24:51	
76	Siegfried, Hannah	24:56	*
77	Myers, Claire	24:57	*
79	Goff, Jessica	26:33	

Varsity Team Scores

City	22
Marshalltown	71
Regina	84
Bettendorf	91
Davenport Central	107

JV Team Scores

City High	15
Davenport Central	60

Bold Name=V. Credit
***=PR SB=S. Best**

Marshalltown 65