

## Pleasant Valley 2003

As well as we ran at Tipton this was better. We showed a spirited effort in all three races and the results reflect that effort. This was particularly true for those who ran over the summer. The freshmen continue to make great progress. Abby and Drew had particularly strong varsity performances and Maggie and Emily led a spectacular route in the JV race as they earned spots in the Varsity race next week. I counted 16 PRs Saturday on this challenging course. There were 21 varsity credits awarded. Use this experience as a confidence builder as we approach our first major competition at the Cedar Rapids Invitational.

Place	Varsity	Time	2002	Tipton			Junior Varsity	Time	2002	Tipton
1	Jennie Funk*	14:54				1	Maggie Leyendecker*	16:26	16	32
2	Nelle Trefz*	14:54	39			2	Emily Gill*	<b>16:30</b>	89	20
6	Abby Hall*	15:56	25	26		3	Angie Rideout*	<b>17:04</b>	151	12
7	Katie Lumpa*	15:58		4		4	Brittney Zimmerman*	17:41	30	
11	Drew Foreman*	<b>16:10</b>	76	12		5	Kate Rethwisch*	17:44	67	
14	Ruhee Arora*	16:30	54			6	Paige Towers*	<b>17:51</b>		17
16	Lindsey Diggelmann*	16:41	114	0		7	Kelly Sobaski	18:13	42	5
	<b>Fresh/Soph</b>					9	Jessica Pringle	18:39	35	23
2	Clair Anciaux*	16:50				10	Megan Hichwa	18:49	13	
3	Emily Funk*	17:00	46	25		11	Hanna Meyer	18:51	38	
4	Samantha Sidwell*	<b>17:11</b>		4		16	Jess Paulsen	19:11	70	
5	Kelsey Mims*	<b>17:19</b>		54		19	Julie Snider	19:18		
7	Annie McKay*	<b>17:27</b>		44		22	Zara Torosyan	19:26	15	110
9	Kera Bross*	17:33	14	12		23	Genny Countryman	19:27	25	9
10	Elise Mozena*	<b>17:39</b>		14		24	Lesley Keely	19:44	70	
12	Sarah Zigenhorn*	<b>17:46</b>		12		27	Rachel Wilhelm	20:08	84	
13	Alyse Riley*	17:52				31	Mollie Pratt	20:12		
19	Jesse Gerot	<b>18:16</b>		7		33	Abby Herlein	20:17	10	
20	Ally Tippe	18:17	55			34	Rebecca Barloon	20:18		
24	Clara Hugill	18:28		12		36	Rachel Manuel	20:25		
27	Jessica Skay	<b>18:45</b>		10		37	Shannon Triplett	20:32		
31	Tiffany Schallau	18:56				38	Lara Voigt	20:38		
32	Nicki Zimmerman	18:58				42	Becky Wisely	21:10	157	
34	Valerie Mozena	19:03				45	Lindsey Schmidt	21:36	113	13
37	Katie Ovrom	19:19				48	Willa Cmiel	21:41	32	
38	Molly Sabers	<b>19:24</b>				49	Shauna McDonald	21:56	83	24
39	Corde Cmiel	19:27	70	10		53	Stacy Beyer	<b>22:30</b>		
?*	Breanne Hopkins	20:00				54	Monica Clemens	22:31		48
?*	Caroline Mills	20:01				55	Lindsey Honemann	22:31		
?*	Lucy Plaughner	20:19				57	Rachel Moore	22:42		
?*	Libby Fredericks	20:27				62	Katie Murray	22:56		16
?*	Claire Grady	20:31		11		63	Meera Gessner	23:02		
?*	Anna Olson	<b>20:32</b>		20		64	Maren Rottler	23:08		
?*	Grace Barloon	<b>20:39</b>		20		65	Amy Lithimane	23:09	36	
?*	Jaye Hobart	21:00	121			72	Emily Adamek	24:34		
?*	Claudia Garcia	<b>21:38</b>		22						

Team Scores: Varsity	CHS 27	F/S	CHS 21	JV	CHS 15
	Xavier 84		Bett 78		Xavier 136
	Bettendorf 85		PV 153		PV 141
	PV 114		7 others		Bett 151
	Senior 135		101 runners		Senior 176
	Mt. Pleasant 144				75 runners
	4 others upto 259, 75 runners				

