

Sterling 2015

We completed a busy week with another great race. A beautiful day, well-groomed, flat and beautiful course made the trip all the better with a great number of PRs after converting from 3 miles to the 5k. And you did it less than 48 hours after a very competitive race at Super Meet! This should give you great confidence heading into the conference championship at Divisional this Thursday.

	<i>Fresh/Soph</i>	2015	<i>5k**</i>	<i>2014</i>	<i>2013</i>	2012		<i>JV (Cont'd)</i>	2015	<i>5k**</i>	<i>2014</i>	<i>2013</i>	<i>2012</i>
9	Brown, Bridget	19:51	20:33*				123	Damhorst, Drew	24:07	24:58			
15	McCormick, Gabby	20:19	21:02*				131	Miller, Zoey	24:19	25:11			
28	Nyamboneka, J	20:47	21:34*				134	Green, Merryl	24:23	25:15			
35	Rummelhart, Annie	21:02	21:47*				137	Chapnick-Sorokin, S	24:24	25:16*			
37	Parrott, Lindsey	21:12	21:57				144	Lie, Sofie	24:32	25:24*			
38	Carey, Morgan	21:21	22:06*				154	Lepcin, Anna	24:57	25:50*			
							155	O'Malley, Shawna	24:57	25:50			
							157	Goss, Mackenzie	25:01	25:54	24:01	25:40	25:40
	<i>Junior Varsity</i>	2015	<i>5k*</i>	<i>2014</i>	<i>2013</i>	2012	158	Bender, Lily	25:01	25:54*			
6	Verdick, Hailey	20:30	21:13*	20:43	21:12	21:55	168	Bouska, Katherine	25:17	26:11			
8	Parrott, Olivia	20:41	21:25	20:33	20:20	21:17	171	Lyons-Macatee, El	25:18	26:12*	25:10	25:12	25:12
16	Gidal, Lottie	21:05	21:50*				176	MDonough, Abby	25:21	26:15*			
18	O'Hara, Emma	21:09	21:54*	21:49	22:36	24:14	192	Durham, Sonali	26:20	27:16*	25:29	24:58	24:58
20	Shutt, Izzy	21:16	22:01	22:06	21:35		200	Coelho, Julia	26:50	27:47			
24	Brands, Madigan	21:20	22:05*				206	Hubbard, Olivia	27:09	28:07	23:52		
25	Cornell, Laura	21:20	22:05	21:10	21:36	21:34	211	Dickson, Abby	27:17	28:15	25:26	26:44	26:44
28	Traore, Fanta	21:29	22:15	20:23	19:46	20:33	230	Ntihebuwayo, Dancile	28:30	29:31*	28:42	27:38	
33	Lewers, Riley	21:44	22:30*				231	Hudachek, Lauren	28:31	29:32*			
48	McMahon, Delaney	22:17	23:04*				238	Durham, Maya	29:22	30:24*			
84	McGehee, Lucy	23:24	24:14				240	Hartwig, Grace	29:33	30:36*	32:48		
96	Chapnick-Sorokin, P	23:34	24:24*				248	Kelly, Claire	31:22	32:40	34:52		
99	Sadewasser, Rose	23:42	24:32*	22:46	23:51		249	Nishimwe, Esther	31:32	32:40*			
100	Hennager, Ella	23:43	24:36*				253	Bacho, Khate	31:36	32:43*			
105	Noack, Claire	23:49	24:40	23:41	25:51	27:17	251	Lindner, Paula	31:53	33:01*			
106	teDuits, Izzi	23:50	24:41*				253	Hartwig, Emma	32:33	33:42*	34:26		
110	Robertson, Amaya	23:54	24:45				258	Selamani, Jackie	35:38	36:54*			
120	Thomas, Charlotte	24:05	24:56				259	Hefley, Kayla	35:41	36:57			
121	Swanson, Anna	24:06	24:57*				260	Nguyen, Bihn	52:04	53:55			

**converted using program from internet to compare with previous 5k times

*=pr **Bold print=Varsity Credit**

Fresh/Soph (46-6): Fenwick 55, Oswego 100, Minooka 117, **City 120**, Conant 132, Kaneland 166, PV 183, 9 more teams, 260 runners

Junior Varsity (69-11): Minooka 46, **CHS 68**, Oswego 70, Hononegah 90, Schaumburg 123, PV 182, 7 more full teams, 260 runners