

Time Trial 2007

Finally, some results to write about!! And they are good. While analyzing the data I take this into account the weather was better this year and we are a week farther into the season. On the other hand we came in a bit more tired after a very hard workout on Tuesday and a longer pre-race run on Wednesday. In the end, we ran faster than a year ago both as individuals and as a team. So the outlook is good. We had 19 young women who finished their first high school cross country race yesterday. I am proud of you. We have girls pushing the varsity and that is saying something when you have 5 members of the 2006 State Championship team on that squad. Let us acknowledge Libby R. in particular for running a pr as a 4 year senior today. But take some time and look at some rather astounding personal improvements below. It is time to get pumped girls. In 36 hours we will be engaged in serious competition and from where I sit we should enter it feeling confident. But remember one of the best programs from Illinois will be there and ready to challenge you. Now the fun really begins!!

Bold=varsity credit		2007	2006TT	2005 TT	2004TT	*=pr		2007	2006TT	2005 TT	2004TT
		80/dry	90/hum	80/hum	90/hum			80/dry	90/hum	80/hum	90/hum
1	Kelsey Hart	15:56	16:09	16:06		31	Kelsey Arens	20:34	21:53		
2	Brittany Dlh	16:09	16:37	15:59	20:43	32	Eva Adderley	20:42	20:20	18:39	20:00
3	Emily Fagan	16:10	16:46			33	Ashley Wilkinson	20:48	24:36:00		
4	Jessica Yagla	16:19	16:47			34	An Pham	20:52	21:29	19:52	21:05
5	Cassidy White	16:23	16:44			35	Lauren Maize	21:09			
6	Lindsay McFarland	16:35	18:27	18:18		36	Kenzie De Moss	21:14	24:32:00		
7	Libby Randleman	16:54*		20:20	24:49	37	Kayla Kamber	21:22	22:49		
8	Rebecca Rethwisch	17:06*				38	Alyx Averkamp	21:37			
9	Mercedes Harris	17:17	22:25	18:35		39	Elizabeth Triplett	21:49	28:38:00		
10	Hannah Kregel	17:31	18:39	18:56		40	Alice Agassandian	22:15			
11	Cassie Panther	17:41	19:26		20:41	41	Coady Sierra	22:22	26:34:00		
12	Melanie Holman	17:52				42	Claire Calkins	23:15			
13	Claire Paulson	18:25	20:53	20:23	22:29	43	Abby Neu	23:29	24:50:00		
14	Megan Henson	18:29	22:05	20:08	22:22	44	Destiny Rodriguez	23:48	26:16:00	23:49	
15	Izzy Shinnick-Gordon	18:33	22:00			45	Libby Fuller	24:16	27:18:00	22:35	25:19:00
16	Amanda Rethwisch	18:39	19:12	19:35		46	Claire Hubbard	24:32	29:35:00		
17	Chloe Verhoef	18:42*	25:03:00			47	Susan Graves	24:34			
18	Susanna Howard	18:45*				48	Kristi(lyn) Gelder	24:36	26:10:00	22:50	27:50:00
19	Cassie Ricci	18:46	19:32			49	Katie Titus	24:39			
20	Sherry Torres	18:47	22:14			50	Emily Schallau	24:40		24:12	
21	Danielle Hudachek	19:34				51	Ashley Piper	24:43	29:35:00		
22	Leslie Meyer	19:38	21:35	19:57	20:49	52	Mackenzie Mead	24:44			
23	Britney Opheim	19:39*				53	Laurel Tippe	25:39	25:12:00		
24	Mary Mallampalli	19:56*	25:02:00			54	Maggie Mahaffa	26:54			
25	Ally Arp	20:00				55	Paige Martin	27:36	26:33:00		
26	Lauren Fleener	20:01	21:25	19:36		56	Megan Greene	28:06			
27	Malinda O'Malley	20:28	24:51:00			57	Hannah Siegfried	28:32			
28	Abby Abrams	20:29*				58	Joan Gardner	32:27			
29	Melissa Triplett	20:30	21:48	22:12	27:49:00	59	Stephanie Reyes	32:39			
30	StephanieMcDonough	20:33	22:44	21:52	23:39	60	Bri Zwiener	32:40			

