

2015 Time Trial
West Branch Course August 25, 2015
5k 76 degrees and dry

Welcome to the 2015 racing season! Your introduction to the 5k was challenging and I am confident will be as hard a course as you will run on all season. That is good for us since rising to challenge is what champions do, and running like champions will make us successful. There is a lot of work to be done. The gaps between our top 7 runners must narrow and the push from behind them stronger. Do not take this to mean that I am disappointed with what I saw yesterday. Far from it, I saw tremendous effort and toughness all up and down the line up. But we can and will do better as we continue to attack workouts with vigor and

1)	Mary Arch	19:49.7*	34)	Drew Damhorst	27:41.0
2)	Emily Bywater	20:45.5	35)	Abby McDonough	27:44.7
3)	Anna Lindower	20:46.8	36)	Rose Sadewasser	27:49.6
4)	Celeste Chadwick	21:31.6	37)	Lucy McGehee	27:56.1
5)	Gabriel McCormick	22:00.3	38)	Anna Denniston	27:56.4
6)	Amelia Morrow	22:15.4	39)	Ella Hennager	28:00.2
7)	Izzy Jones	22:27.2	40)	S. Chapnick-Sorkin	28:25.9
8)	Izzy Shutt	22:52.6	41)	Lily Bender	28:39.6
9)	Clare Muckler	22:53.0	42)	Sofie Lie	28:44.2
10)	Mollie Hansen	23:00.8	43)	Anna Swanson	28:48.7
11)	Hailey Verdick	23:13.9	44)	P Chapnick-Sorokin	28:48.9
12)	Laura Cornell	23:21.6	45)	Katherine Bouska	29:13.7
13)	Aly Hecker	23:30.0	46)	Nova Meurice	29:15.7
14)	Fanta Traore	23:33.1	47)	Abby Dickson	29:39.2
15)	Madigan Brands	23:37.2	48)	Juila Coelho	30:06.3
16)	Riley Lewers	24:08.7	49)	E Lyons-Macatee	30:32.2
17)	Olivia Parrot	24:12.9	50)	Sonali Durham	30:57.3
18)	Lindsey Parrott	24:18.8	51)	Olivia Hubbard	31:03.7
19)	Rachel Strang	24:33.6	52)	Ayla Canin	33:38.6
20)	Morgan Carey	24:38.5	53)	Anna Lepcin	33:43.1
21)	Emma O'Hara	24:42.4	54)	Mackenzie Goss	33:45.8
22)	Annie Rummelhart	25:06.9	55)	Lauren Hudachek	34:45.5
23)	Delaney McMahon	25:44.8	56)	Serena Collins	35:03.1
24)	Naomi Meurice	26:01.9	57)	Isabelle Baker	35:35.5
25)	Amaya Robertson	26:33.0	58)	Maya Durham	36:02.5
26)	Zoey Miller	27:02.8	59)	Dancile Ntihebuwayo	36:12.5
27)	Claire Noack	27:04.5	60)	Claire Kelly	36:20.1
28)	Lottie Gidal	27:06.4	61)	Grace Hartwig	39:27.3
29)	Merryl Green	27:09.2	62)	Emma Hartwig	41:29.9
30)	Charlotte Thomas	27:11.9	63)	Kayla Hefley	41:33.5
31)	Izzi teDuits	27:19.8	63)	Binh Nguyen	43:20.7
32)	Madeline Pugh	27:30.3			
33)	Shawna O'Malley	27:39.7			

*Course Record **Bold name**=Varsity Credit