

Iowa City High Cross Country

Top 10 Varsity Course Times

5000 meters

Hillcrest Academy (Kalona, IA)

	Athlete	Time	Meet	Year
1	Rowan Boulter	20:13	Hillcrest Academy Invite	2020
2	Amelia Morrow	20:15	Early Bird Invite	2017
3	Kinsee Brands	20:18	Early Bird Invite	2017
4	Ani Wedemeyer	20:35	Early Bird Invite	2023
5	Aly Hecker	20:38	Early Bird Invite	2017
6	Anna Lindower	20:42	Early Bird Invite	2017
7	Esti Brady	20:47	Early Bird Invite	2017
8	Lilly Reynolds	20:51	Early Bird Invite	2020
9	Abigail Burns	20:52	Early Bird Invite	2023
10	Bridget Brown	21:01	Early Bird Invite	2016

Crow Creek Park (Bettendorf, IA)

	Athlete	Time	Meet	Year
1	Ani Wedemeyer	19:31	Districts	2022
2	Rowan Boulter	19:35	Spartan Challenge	2019
3	Iris Wedemeyer	19:36	Districts	2021
4	Anna Lindower	19:44	Spartan Challenge	2016
5	Mary Arch	20:04	Spartan Challenge	2016
6	Emily Bywater	20:06	Spartan Challenge	2016
7	Esti Brady	20:12	Spartan Challenge	2017
8	Amelia Morrow	20:22	Spartan Challenge	2017
9	Aly Hecker	20:23	Spartan Challenge	2017
10	Lilly Reynolds	20:42	Spartan Challenge	2019

Luther College (Decorah, IA)

	Athlete	Time	Meet	Year
1	Ani Wedemeyer	19:10	All-American	2023
2	Abigail Burns	19:33	All-American	2023
3	Rowan Boulter	20:00	All-American	2021
4	Iris Wedemeyer	20:16	All-American	2021
5	Nicole Peterson	20:23	All-American	2023
6	Claire Locher	20:32	All-American	2023
7	Nina Peterson	20:50	All-American	2022
8	Grace Hamann	20:54	All-American	2023
9	Jae Dancer	20:55	All-American	2018
10	Nina Kuhlmann	21:06	All-American	2022

Central College (Pella, IA)

	Athlete	Time	Meet	Year
1	Ani Wedemeyer	19:00	Heartland Classic	2023
2	Abigail Burns	19:21	Heartland Classic	2023
3	Rowan Boulter	19:47	Heartland Classic	2019
4	Iris Wedemeyer	20:09	Heartland Classic	2021
5	Lilly Reynolds	20:19	Heartland Classic	2019
6	Grace Hamann	20:33	Heartland Classic	2023
7	Claire Locher	20:53	Heartland Classic	2023
8	Nicole Peterson	21:08	Heartland Classic	2023
9	Esti Brady	21:11	Heartland Classic	2018
10	Tatum Frazier	21:17	Heartland Classic	2021

Dubuque Soccer Complex (Dubuque, IA)

	Athlete	Time	Meet	Year
1	Ani Wedemeyer	18:58	Jim Boughton Invitational	2022
2	Rowan Boulter	19:04	Jim Boughton Invitational	2019
3	Iris Wedemeyer	19:08	Jim Boughton Invitational	2022
4	Lilly Reynolds	19:36	Jim Boughton Invitational	2019
5	Aly Hecker	19:49	MVC Super Meet	2017
6	Nina Peterson	19:55	Jim Boughton Invitational	2022
7	Esti Brady	20:04	MVC Super Meet	2017
8	Tatum Frazier	20:09	Jim Boughton Invitational	2021
9	Nicole Peterson	20:10	Jim Boughton Invitational	2022
10	Annalise Rummelhart	20:11	MVC Super Meet	2017

Ashton (Iowa City, IA)

	Athlete	Time	Meet	Year
1	Rowan Boulter	18:54	MVC Championships	2019
2	Ani Wedemeyer	19:04	Bud Williams Invitational	2022
3	Lilly Reynolds	19:14	MVC Championships	2019
4	Iris Wedemeyer	19:36	Bud Williams Invitational	2022
5	Erin Anderson	19:54	MVC Championships	2019
6	Nina Kuhlmann	20:22	Bud Williams Invitational	2022
7	Esti Brady	20:22	Bud Williams Invitational	2017
8	Jae Dancer	20:29	Bud Williams Invitational	2018
9	Nicole Peterson	20:30	Bud Williams Invitational	2022
10	Annalise Rummelhart	20:34	Bud Williams Invitational	2017

Seminole Valley (Cedar Rapids, IA)

	Athlete	Time	Meet	Year
1	Ani Wedemeyer	18:57	MVC Super Meet	2022
2	Nina Peterson	20:08	MVC Super Meet	2022
3	Nicole Peterson	20:17	MVC Super Meet	2022
4	Nina Kuhlmann	20:27	MVC Super Meet	2022
5	Erin Anderson	20:31	MVC Super Meet	2022
6	Elizabeth Asklof	21:08	MVC Super Meet	2022
7	Sophia Romero	21:20	MVC Super Meet	2022
8	Claire Locher	21:21	MVC Super Meet	2022
9	Natalie Kuhlmann	21:46	MVC Super Meet	2022
10	Avery Schultes	21:51	MVC Super Meet	2022

Birdsall Park (Cedar Falls, IA)

	Athlete	Time	Meet	Year
1	Rowan Boulter	19:07	Districts	2019
2	Lilly Reynolds	19:41	Districts	2019
3	Iris Wedemeyer	19:45	MVC Championships	2021
4	Ani Wedemeyer	20:02	MVC Championships	2021
5	Erin Anderson	20:25	Districts	2019
6	Mary Bounds	20:38	Districts	2019
7	Tatum Frazier	20:45	MVC Championships	2020
8	Lucy Corbin	21:05	MVC Championships	2020
9	Esti Brady	21:21	Districts	2019
10	Avery Schultes	21:37	MVC Championships	2020

Irv Warren Golf Course (Waterloo, IA)

	Athlete	Time	Meet	Year
1	Ani Wedemeyer	19:02	MVC Championships	2022
2	Iris Wedemeyer	19:07	MVC Super Meet	2021
3	Nina Peterson	19:57	MVC Championships	2022
4	Rowan Boulter	20:02	MVC Super Meet	2021
5	Erin Anderson	20:06	MVC Championships	2022
6	Nicole Peterson	20:09	MVC Championships	2022
7	Nina Kuhlmann	20:22	MVC Championships	2022
8	Lucy Corbin	20:30	MVC Super Meet	2021
9	Tatum Frazier	20:33	MVC Super Meet	2021
10	Abigail Burns	20:34	MVC Championships	2022

Yankton Trail Park (Sioux Falls, SD)

	Athlete	Time	Meet	Year
1	Rowan Boulter	19:07	Nike Cross Regionals	2021
2	Nina Peterson	19:40	Nike Cross Regionals	2022
3	Ani Wedemeyer	19:41	Nike Cross Regionals	2021
4	Iris Wedemeyer	19:52	Nike Cross Regionals	2021
5	Nicole Peterson	20:04	Nike Cross Regionals	2022
6	Lucy Corbin	20:42	Nike Cross Regionals	2021
7	Erin Anderson	21:01	Nike Cross Regionals	2021
8	Claire Locher	21:26	Nike Cross Regionals	2022
9	Sydney Wilkes	22:22	Nike Cross Regionals	2021
10	Sophie Stumbo	22:30	Nike Cross Regionals	2021

JV & Fresh/Soph Top 3**Hillcrest Academy (Kalona, IA)**

	Athlete	Time	Meet	Year
1	Bridget Brown	21:08	Early Bird Invitational	2017
2	Iris Wedemeyer	22:03	Early Bird Invitational	2019
3	Mary Bounds	22:11	Early Bird Invitational	2019

Crow Creek Park (Bettendorf, IA)

	Athlete	Time	Meet	Year
1	Natalie Kuhlmann	21:29	Spartan Challenge	2019
2	Janie Perrill	21:39	Spartan Challenge	2017
3	Julia Veit	21:55	Spartan Challenge	2017

Luther College (Decorah, IA)

	Athlete	Time	Meet	Year
1	Nina Kuhlmann	21:07	Luther All-American	2023
2	Madeline Fischer	21:18	Luther All-American	2023
3	Katiya Ellermeier	21:31	Luther All-American	2023

Central College (Pella, IA)

	Athlete	Time	Meet	Year
1	Naomi Downing-Sherer	20:44	Heartland Classic	2023
2	Lucy Sherburne	21:12	Heartland Classic	2023
3	CeCe Kelly-Harvey	21:31	Heartland Classic	2019

Dubuque Soccer Complex (Dubuque, IA)

	Athlete	Time	Meet	Year
1	Eva Reynolds	20:58	Jim Boughton Invitational	2019
2	Esti Brady	21:04	Jim Boughton Invitational	2019
3	Abigail Burns	21:07	Jim Boughton Invitational	2022

Ashton (Iowa City, IA)

	Athlete	Time	Meet	Year
1	Sophia Romero	21:22	Bud Williams Invitational	2022
2	Amira LaVelle	21:31	Bud Williams Invitational	2018

3	Janie Perrill	21:40	Bud Williams Invitational	2019
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Seminole Valley (Cedar Rapids, IA)

	Athlete	Time	Meet	Year
1	Natalie Kuhlmann	21:46	MVC Super Meet	2022
2	Avery Schultes	21:51	MVC Super Meet	2022
3	Sophie Stumbo	22:55	MVC Super Meet	2022

Birdsall Park (Cedar Falls, IA)

	Athlete	Time	Meet	Year
1	Eva Reynolds	21:22	MVC Championships	2021
2	Avery Schultes	21:37	MVC Championships	2020
3	Erin Anderson	22:01	MVC Championships	2021