

2005 Hawkeye Invitational

What happens when you train hard, have ideal conditions on a fast course? You get a whole lot of good times and a coach with a big smile on his face. Comparing times from one course to another is always iffy but comparing times on the same course is fair and the numbers speak for themselves. You are improving every week and the results are that you are competing very well. The JV got us off in fine fashion led by Drew but also featured some PRs by some veteran athletes, like Emily F, Caroline and others. Brittany had a tremendous race and led a spirited Varsity effort. Next week will be another chance for comparison at Noelridge. Keep your intensity in workouts and race with passion and we will have another chance to enjoy the results.

| | Varsity | 2005 | time trial | 2004 | | | Junior Varsity | 2005 | time trial | 2004 |
|----|----------------------------|----------------|-------------------|-------------|--|-----|---------------------------|----------------|-------------------|-------------|
| 1 | Dlhy, Brittany | 14:35* | 15:59 | 17:30 | | 47 | Sarrizan, Cate | 18:22* | 20:51 | |
| 3 | Sidwell, Samantha | 14:55* | 15:52 | 15:51 | | 50 | Bricker, Alina | 18:25SB | 20:42 | 19:15 |
| 5 | Hart, Kelsey | 15:23* | 16:06 | | | 57 | Horras, Kylie | 18:40* | 20:27 | |
| 7 | McKay, Annie | 15:32SB | 16:42 | 16:04 | | 59 | Hobart, Jaye | 18:44SB | 20:22 | 19:50 |
| 9 | McCue , Tamika | 15:34* | 16:12 | 16:08 | | 60 | Paulson, Claire | 18:49SB | 20:23 | 19:49 |
| 10 | Garcia, Claudia | 15:37* | 16:30 | 19:44 | | 65 | Fredericks, Libby | 18:59SB | | 19:50 |
| 18 | Anciaux, Clair | 16:08SB | | 16:10 | | 66 | Dobrian, Kasia | 19:00SB | 20:57 | |
| | | | | | | 68 | Triplett, Melissa | 19:20* | 22:12 | 21:35 |
| | Juniors Varsity | | | | | 73 | McDonough, Stephanie | 19:30SB | 21:52 | 19:13 |
| 1 | Foreman, Drew | 15:59SB | 16:38 | 16:20 | | 76 | Cmiel, Cordie | 19:38SB | 21:55 | 20:05 |
| 3 | Diggelmann, Lindsey | 16:16SB | 17:03 | 16:54 | | 80 | Fuller, Libby | 19:52SB | 22:35 | 20:19 |
| 4 | Funk, Emily | 16:23* | 16:52 | 17:13 | | 86 | Schallau, Emily | 20:06* | 24:12 | |
| 5 | Ziegenhorn, Sarah | 16:27SB | | 16:15 | | 93 | Minchk, Laura | 20:25* | 20:51 | |
| 8 | Mims, Kelsey | 16:30SB | 17:14 | 17:38 | | 94 | Hugill, Clara | 20:26 | | 18:03 |
| 9 | McFarland, Lindsay | 16:53* | 17:53 | | | 96 | Uhde, Kaitlyn | 20:31* | 21:41 | |
| 14 | Zimmerman, Nicki | 17:07SB | 18:25 | 17:29 | | 98 | Rodriguez, Destiny | 20:34* | 23:49 | |
| 15 | Smith, Megan | 17:08* | 18:42 | 17:56 | | 101 | Plaughter, Lucy | 20:54 | 22:30 | 20:46 |
| 16 | Harris, Mercedes | 17:08* | 18:35 | | | 104 | Gelder, Krisiti | 21:12SB | 22:50 | 21:52 |
| 17 | Kregel, Hannah | 17:08* | 18:56 | | | 106 | Roush, Elisabeth | 21:21 | 23:59 | 20:58 |
| 19 | Adderley, Eva | 17:20SB | 18:39 | 16:45 | | | Bold Name=V Credit | | | |
| 20 | Wiegert, Krista | 17:23* | 18:36 | 18:03 | | | *=PR | | | |
| 21 | Bross, Kera | 17:23SB | 18:26 | 17:58 | | | SB=Season's Best | | | |
| 24 | Schallau, Tiffany | 17:29SB | 18:23 | 18:11 | | | | | | |
| 25 | Mills, Caroline | 17:29* | 19:05 | | | | | | | |
| 27 | Henson, Megan | 17:35* | 20:08 | 17:58 | | | | | | |
| 30 | Fleener, Lauren | 17:50* | 19:21 | | | | | | | |
| 32 | Robison, Jessie | 17:53* | 19:04 | | | | | | | |
| 37 | Skay, Jessica | 17:57SB | 18:54 | 18:02 | | | | | | |
| 38 | Shortt, Chelsee | 17:59* | 19:28 | | | | | | | |
| 39 | Grady, Claire | 18:00SB | 20:00 | 17:58 | | | | | | |
| 41 | Lawry, Molly | 18:18SB | 19:38 | 18:58 | | | | | | |
| 43 | Olson, Anna | 18:19SB | 20:32 | 20:10 | | | | | | |
| 46 | Pham, An | 18:21SB | 19:52 | 18:46 | | | | | | |

Varsity (38-0)

CHS 25

WDMV 41
 Dav Central 89
 Bettendorf 127
 Regina 127
 34 runners

JV (31-0)

CHS 25

WDMV35
 Bett 88
 DCent 127
 Regina 138
 115 runners

