

Sterling 2016

We were blessed with a beautiful day to run 40 hours after competing at Super Meet. Illinois runs 3 miles instead of 5k so I did the conversion so you can compare times with other meets. Both the Fresh/Soph and the JV competed very well, with the Fresh/Soph bringing in a trophy and the JV winning beating an outstanding Oswego team on a tiebreaker. How great that so many ran PRs on 40 hours rest and many more ran almost as fast as at Noelridge! We thank the Varsity for coming along to support the team and look for the JV and Fresh/Soph to return the favor by traveling to Fort Dodge to support the Varsity on the 29th at State!

<i>Fresh/Soph</i>						<i>JV (Cont'd)</i>					
	2016	5k**	2015	2014	2013		2016	5k**	2015	2014	2013
17	Sophie, Trom	20:52	21:39			76	Pugh, Madelyn	23:40	24:34		
19	Hecker, Aly	20:56	21:43SB			81	Swanson, Anna	23:58	24:52	24:06	
20	Veit, Julia	20:58	21:45	20:47		82	Corbin, Georgia	24:01	24:55*		
25	Carey, Morgan	21:07	21:55	21:21		87	Hansen, Isabel	24:28	25:23		
36	Gidal, Lottie	21:27	22:15SB	21:05		102	Kaine, Aubryn	24:43	25:39*		
44	Chapnick-Sorokin, P	21:41	22:30			113	McGehee, Lucy	25:00	25:57	23:24	
49	Parrott, Grace	22:02	22:52			118	Meurice, Nova	25:11	26:08		23:48 25:15
						119	Mwenemkamba,A	25:13	26:10		
	<i>Junior Varsity</i>		5k*	2015	2014	2013	121	Lie, Sophie	25:16	26:13SB	24:32
1	McCormick,Gabby	19:42	20:26	20:19			123	Damhorst, Drew	25:18	26:15	24:07
2	Hansen, Mollie	19:57	20:42		20:23	21:07	132	Lyons-Macatee, El	25:47	26:45	25:18 25:10 25:12
6	Chadwick, Celeste	20:34	21:20				133	O'Malley, Shawna	25:51	26:49	24:57
11	Parrott, Lindsey	21:16	22:04	21:12			146	Hansen, Emma	26:16	27:15*	
13	Strang, Rachel	21:21	22:09				148	Ntihebuwayo, D	26:21	27:21*	28:30 28:42 27:38
15	Denniston, Anna	21:29	22:18*	22:03			150	Reineke, Jameson	26:22	27:22*	
23	Bounds, Mary	21:57	22:47				161	Chen, Yan	26:57	27:58*	
32	Gidal, Sylvia	22:09	22:59*				182	Hartwig, Grace	28:43	29:48*	29:33 32:48
51	Brown, Muriel	23:00	23:52				187	Traore, Saye	29:03	30:09	
67	Jennings, Michelle	23:24	24:17		26:06	22:18	200	Hartwig, Emma	31:28	32:39*	32:33 34:26
70	Hennager, Ella	23:31	24:24SB	23:43			201	Kelly, Claire	32:23	33:36	31:22 34:52
74	Sarsfield, Liza	23:37	24:30*				204	Hefley, Kayla	33:47	35:04	35:41
75	Chadwick, Maya	23:38	24:31				206	Nguyen, Bihn	44:00	45:40	52:04

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

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

Fresh/Soph (40-4): Kaneland 50, Hoffman Estates 56, PV 99, **City High 102**, Oswego 127, 11 more, 116 runners

Junior Varsity (81-11): City 33, Oswego 33, PV 77, Hononegah 158, 8 more full teams, 206 runners

Conversions made through <http://calculators.hillrunner.com/raceconversion.php>