

## Bud Williams Invitational 2005

I was very pleased with yesterday's performances. We ran very well and spiritedly. That we can hold out six members of our varsity team and run times like these demonstrates what distinguishes our program from all others—a commitment to excellence in all our runners. I am a very proud man and I thank you girls. We compiled 17 PRs and 16 SBs on your way to team victories. You did so after putting in some great workouts on Monday and Tuesday. This week's hard work will pave the way for even better performance at Super Meet and Sterling next week. Those meets will lead off a month of big races. Let's make the most of those opportunities and make this an autumn to remember.

Place	<i>Varsity</i>	<i>2005</i>	<i>Hawkeye</i>			<i>Junior Varsity</i>	<i>2005</i>	<i>Hawkeye</i>
4	<b>Foreman, Drew</b>	<b>15:52SB</b>	15:59		24	Cmiel, Cordie	<b>19:00SB</b>	19:38
5	<b>Ziegenhorn, Sarah</b>	<b>16:27SB</b>	16:27		27	Triplett, Melissa	19:10	19:20
6	<b>Anciaux, Clair</b>	<b>16:02SB</b>	16:08		28	McDonough, Steph	19:14	19:30
7	<b>Diggelmann, Lindsey</b>	<b>16:02SB</b>	16:16		30	Dobrian, Kasia	19:17	19:00
8	<b>Mims, Kelsey</b>	<b>16:16*</b>	16:30		33	Fuller, Libby	<b>19:22SB</b>	19:52
10	<b>Funk, Emily</b>	<b>16:22*</b>	16:23		35	Hobart, Jaye	19:30	18:44
12	<b>Zimmerman, Nicki</b>	<b>16:29SB</b>	17:07		40	Plaughter, Lucy	<b>19:53SB</b>	20:54
14	<b>McFarland, Lindsay</b>	<b>16:36*</b>	16:53		43	Gelder, Krisiti	<b>20:07SB</b>	21:12
19	<b>Bross, Kera</b>	<b>17:23SB</b>	17:23		44	Minchk, Laura	<b>20:08*</b>	20:25
22	<b>Schallau, Tiffany</b>	17:33	17:29		45	Schallau, Emily	20:09	20:06
					48	Hugill, Clara	<b>20:18SB</b>	20:26
	<b>Juniors Varsity</b>				49	Uhde, Kaitlyn	20:20	20:31
1	<b>Harris, Mercedes</b>	<b>16:49*</b>	17:08		51	Rodriguez, Destiny	20:43	20:34
2	<b>Smith, Megan</b>	<b>16:51*</b>	17:08		53	Roush, Elisabeth	21:01	21:21
3	<b>Kregel, Hannah</b>	<b>16:52*</b>	17:08		59	Wasserman, Lara	<b>22:27*</b>	
4	<b>Adderley, Eva</b>	<b>16:57SB</b>	17:20					
5	<b>Wiegert, Krista</b>	<b>17:16*</b>	17:23					
6	Henson, Megan	17:36	17:35					
7	Mills, Caroline	17:40	17:29					
8	Robison, Jessie	<b>17:44*</b>	17:53					
9	Libby Randleman	<b>17:46*</b>						
10	Lawry, Molly	<b>17:48*</b>	18:18					
11	Fleener, Lauren	<b>17:49*</b>	17:50					
12	Skay, Jessica	<b>17:55SB</b>	17:57					
13	Shortt, Chelsea	<b>17:57*</b>	17:59					
15	Bricker, Alina	<b>17:59*</b>	18:25					
16	Olson, Anna	<b>18:02*</b>	18:19					
17	Sarrizan, Cate	<b>18:03*</b>	18:22					
18	Pham, An	<b>18:07SB</b>	18:21					
19	Horras, Kylie	18:17	18:40					
20	Meyer, Leslie	<b>18:19SB</b>						
22	Paulson, Claire	18:46	18:49					
23	Fredericks, Libby	<b>18:54SB</b>	18:59					

**Bold Name=Varsity Credit**  
**\*=PR**  
**SB=Season's Best**

**Varsity (69-4)**  
**CHS 30**  
Pekin 74  
IMS 80  
CR Jefferson 89  
Des Moines East 98  
39 runners

**JV (42-0)**  
**CHS 15**  
Pekin 59  
CR Jefferson 82  
65 Runners

