

Bud Williams Invitational

9/27/18

70 degrees, 16 mph wind

P	Athlete	Yr	Time
VARSITY			
1	Rowan Boulter*	9	19:31
4	Jae Dancer*	10	20:29
5	Esti Brady*	11	20:30
8	Janie Perrill*	10	20:37
11	Lilly Reynolds*	10	20:51
12	CeCe Kelly-Harvey*	10	20:52
16	Anna Lindower*	12	21:08
17	Mary Bounds*	11	21:10
24	Tatum Frazier	9	21:50
26	Julianne Berry-Stoelzle*	10	21:57
29	Naomi Meurice*	12	22:00
30	Liza Sarsfield*	12	22:08
31	Lucy Corbin	9	22:10
40	Aly Hecker	12	22:29
JV			
1	Amira LaVelle*	9	21:31
2	Julia Veit*	11	21:48
3	Maya Warren*	10	22:07
4	Grace Parrott*	11	22:33
5	Caroline Schaeckenbach*	11	22:37
7	Lottie Gidal*	12	22:43
8	Ana Van Beek*	10	22:46
9	Ella Hennager*	12	22:58
11	Annika Veit*	9	23:04
14	Kenna Prottzman*	9	23:18
16	Cora Becker*	9	23:31
17	Sylvia Gidal*	11	23:32
22	Harper Denniston*	10	23:41
26	Annie Rummelhart*	12	23:57

31	Zoe Meaney	10	24:08
34	Madeline Pugh*	12	24:15
40	Nathalie Nunez*	9	24:36
48	Sophia Friton*	10	24:58
51	Haileigh Steffen*	9	25:11
52	Keiko Radley	9	25:12
53	Hilda Hernandez*	9	25:13
55	Adri McCall*	12	25:17
60	Melanie Tran-Duong*	10	25:35
61	Georgia Corbin*	11	25:36
63	Rachel Marsh*	9	25:39
66	Averi Loria*	9	25:44
69	Alex Marsh*	11	26:09
71	Kate Wolfe*	10	26:17
74	Shawna O'Malley*	12	26:24
81	Lilly Bender*	12	26:45
82	Sonja Liebig*	10	26:49
84	Rachel Tornblom	9	26:59
86	Mae Barron	9	27:13
87	Lucie Brennan	10	27:16
94	Autumn Morelli*	9	27:32
101	Ana Koch*	10	27:57
103	Julia Weiner*	10	28:01
105	Katherine Geerdes	10	28:06
110	Drew Damhorst*	12	28:12
115	Madilyn Vitti	9	28:29
116	Aubryn Kaine	11	28:29
121	Kathia Rosario-Cruz*	9	29:10
138	Kayla Hefley	12	43:10

84 runners in Varsity race, 138 runners in JV race

* = Season Best

Bold Name = PR (personal record)

Team Scores (Varsity)

1. **City High - 29** (record 56-16)
2. Bettendorf - 58
3. Ottumwa - 106
4. Muscatine - 111
5. Pleasant Valley (JV) - 121
6. Pekin - 135
7. CR Jefferson - 201
8. Durant - 246
9. IMS - 252

Team Scores (JV)

1. **City High - 15** (record 43-3)
2. Bettendorf - 52
3. Pleasant Valley - 87
4. IC Liberty - 118
5. Muscatine - 133

Lots of things to celebrate on this beautiful evening Little Hawks! We came to Ashton focused and it showed in both of the races tonight! The varsity started the race confident to get out in front and establish the tone of each meter of the 5000 meter race. Bud Williams (City High XC head coach in the 80's and 90's) talks about intestinal fortitude, and it takes this to run an XC race the correct way. The varsity showed intestinal fortitude in the second mile and it was clear that we were on our way to a victory if we continued to push the pace and make decisions to close gaps on competitors and tighten up our groups. Your performances were inspiring, and it lit a spark for the night. We raced very well, and competitively after working hard this week. This will set us up well for what is to come, and championship season comes soon. We can't wait!!!

The JV squad...WOW! You executed like the varsity did at the start of the race and set a tone that the Little Hawks are ready to roll tonight! You were decisive with your moves early, and it was apparent that you were aware of your place in the race, and improved upon that throughout the second and third miles. You now have two races in great conditions, and the results of both of the meets are fantastic with the amount of season bests and personal records. These are happening because you are all racing competitively, and training diligently. It's such a fun group to coach, and watching you work on the XC course is a pleasure. More fun things to come!

-On Your Wind, Do I Fly-