

MND Cross Country Update

Volume 2, Number 7

October 1, 2016

Varsity Race, 112 Runners		
No MND Team Score		
Beth	21 st	** 20:24.11

Open Race				
286 Runners, 5 th of 12 Teams				
			Open Team Results	Pts
Addison	22 nd	** 22:33.40	1. Ursuline	31
Emma	24 th	* 22:35.26	2. St. Ursula	43
Fiona	26 th	** 22:37.18	3. Turpin	76
Amy	41 st	** 23:04.47	4. McAuley	134
Reilly	55 th	* 23:21.36	5. Mt Notre Dame	140
Faith	63 rd	* 23:39.24	6. Mercy	153
Gretchen W	73 rd	** 24:01.17	7. Walnut Hills	218
Gretchen R	96 th	24:34.43	8. Notre Dame	239
Anna H	106 th	24:53.27	9. Sycamore	252
Taylor K	118 th	25:09.66	10. Oak Hills	259
Gabrielle M	120 th	25:10.24	11. Conner	372
Anna Co	123 rd	** 25:13.57	12. Princeton	382
Allie	128 th	25:16.61		
Sarah H	130 th	25:19.70		
Abby W	137 th	** 25:27.55	Nice job, ladies. A lot of PRs and SRs. And everyone competed very well.	
Jordan	139 th	25:29.51		
Anna Ch	160 th	** 26:12.78		
Maddie	162 nd	** 26:15.39	But more important, we are moving closer to the top of the team results. Last year, we were 15 th out of 15 teams in the Open Race.	
Taylor C	169 th	* 26:28.66		
Michelle	183 rd	** 26:47.86		
Ava	208 th	** 27:27.19	But we lost 4 th place to McAuley by 6 points. Every place counts! So keep passing the runners in front of you until you cross the finish line.	
Abby R	211 th	**27:31.35		
Mariah	229 th	* 28:03.98		
Julia	232 nd	** 28:19.32		
Abby VN	233 rd	28:19.37		
Nastia	248 th	* 28:57.72		
Hayley	248 th	28:59.32		
Erin	273 rd	31:52.74		
Gaby P	274 th	** 31:53.24		

* Season Record (fastest time this CC season)

** Personal Record (fastest time ever)

Results

<http://www.ghgtiming.com/Website/Results/2016/StXavier/results.html>

MND 2016 Season Summary					
	Lakota	Miamisburg	New Prairie/ Milford	Midwest Catholic	St X Invitational
Beth	22:35.3	20:27.6	21:19.8	20:54.8	** 20:24.11
Addison	23:00.5	-----	23:02.7	23:27.2	** 22:33.40
Emma	23:49.1	22:52.4	23:31.7	22:43.7	* 22:35.26
Fiona	23:59.1	22:53.9	24:40.2	22:44.7	** 22:37.18
Amy	24:55.7	23:20.2	23:50.7	23:04.9	** 23:04.47
Reilly	25:19.8	23:28.9	23:53.3	23:36.5	* 23:21.36
Faith	24:59.4	24:20.9	23:55.4	23:52.0	* 23:39.24
Gretchen W	26:35.7	24:27.8	25:17.8	24:05.4	** 24:01.17
Gretchen R	26:37.0	24:35.2	25:19.9	** 24:19.3	24:34.43
Gabrielle M	27:19.9	** 24:35.0	25:02.2	24:48.5	25:10.24
Taylor K	26:21.0	24:53.7	25:44.2	** 24:28.6	25:09.66
Kaitlin	-----	* 24:33.1	-----	-----	-----
Anna H	27:30.3	** 24:38.4	25:18.7	24:39.9	24:53.27
Sarah H	27:35.4	** 24:59.4	26:14.3	-----	25:19.70
Katie	26:52.6	** 25:00.7	26:28.7	25:36.9	-----
Abby VN	29:22.1	** 25:08.6	-----	-----	28:19.37
Jordan	27:44.2	** 25:10.4	26:04.9	26:28.0	25:29.51
Anna Co	-----	26:41.8	26:57.5	25:18.9	** 25:13.57
Allie	-----	26:37.4	26:31.6	* 25:13.5	25:16.61
Abby W	28:17.4	** 25:50.0	27:02.0	26:08.3	** 25:27.55
Anna Ch	28:25.3	27:15.5	27:10.3	26:24.2	** 26:12.78
Maddie	----	28:31.3	28:53.4	27:11.2	** 26:15.39
Taylor C	-----	30:48.0	28:40.5	27:16.0	* 26:28.66
Sarah F	-----	28:23.0	28:06.1	** 26:29.0	-----
Michelle	30:31.4	27:34.0	27:27.4	27:19.7	** 26:47.86
Ava	31:38.1	28:55.4	-----	-----	** 27:27.19
Abby R	30:47.1	28:24.2	28:41.8	28:04.7	**27:31.35
Kennedy	-----	28:04.3	29:29.5	** 27:53.1	-----
Mariah	34:26.7	28:52.4	32:25.0	28:27.3	* 28:03.98
Julia	** 33:17.2	-----	-----	-----	** 28:19.32
Hayley	----	28:42.9	-----	-----	
Nastia	-----	-----	-----	29:58.8	* 28:57.72
Erin	-----	-----	** 29:56.7	-----	31:52.74
Gabrielle P	----	35:55.8	-----	-----	** 31:53.24
Nichole	-----	32:26.8	33:06.4	** 32:23.7	-----
Maggie	36:33.4	** 33:16.8	-----	-----	-----
Katelyn	----	39:03.0	** 37:00.1	-----	-----