

Stage Races Splits

Walton Cross Country

Saturday, August 28, 2010

<u>Name:</u>	<u>Grade:</u>	<u>1st 1600</u>	<u>2nd 1600</u>	<u>Pace</u>	<u>Total</u>	<u>2009</u>	<u>2008</u>	<u>2007</u>	<u>Est. 5k</u>
Womack, Alexa	10	5:57	6:30	6:15.7	12:27	13:02	x	x	19:57
Boyle, Danielle	12	6:02	6:39	6:22.7	12:41	12:34	13:45	x	20:18
Cutler, Nyna	11	6:09	6:35	6:24.2	12:44	13:59	13:32	x	20:39
Canning, Mara	12	6:22	6:40	6:33.3	13:02	13:23	13:34	13:54	21:02
Taylor, Kelsey	11	6:25	6:40	6:34.8	13:05	x	x	x	21:02
Seiloff, Maddie	11	6:21	6:54	6:39.8	13:15	13:29	13:39	x	21:25
Gnecco, Christina	10	6:30	6:50	6:42.3	13:20	13:32	x	x	21:25
Rapowitz, Jordan	11	6:26	6:57	6:43.8	13:23	13:26	13:26	x	21:25
de Bruyn, Miko	12	6:32	6:55	6:45.9	13:27	DNR	14:29	14:19	21:50
Boyle, Emily	12	6:24	7:05	6:46.9	13:29	13:47	15:02	x	21:50
Bridges, Emily	9	6:41	6:48	6:46.9	13:29	x	x	x	21:50
Brennan, Tali	11	6:30	7:00	6:47.4	13:30	13:58	x	x	21:50
Watkins, Sophia	9	6:36	6:57	6:48.9	13:33	x	x	x	21:50
Stanley, Laura	11	6:43	6:54	6:50.9	13:37	15:22	15:00	x	21:50
English, Clare	12	6:48	7:22	7:07.5	14:10	13:57	14:11	15:16	22:41
Allen, Paige	10	7:03	7:13	7:10.5	14:16	13:43	x	x	23:09
O'Donnell, Kendall	10	6:53	7:24	7:11.0	14:17	14:20	x	x	23:09
Damico, Rachele	10	7:03	7:24	7:16.0	14:27	x	x	x	23:09
Cahill, Danielle	10	6:51	7:41	7:18.6	14:32	15:04	x	x	23:38
Giannotti, Jessica	11	6:55	7:39	7:19.6	14:34	14:50	15:02	x	23:38
Paulk, Madie	9	7:13	7:25	7:21.6	14:38	x	x	x	23:38
Kiyani, Sara	11	7:06	7:33	7:22.1	14:39	14:35	14:58	x	23:38
Lorimer, Martha	10	7:14	7:36	7:27.6	14:50	15:30	x	x	24:08
Brown, Sarah	9	7:03	7:47	7:27.6	14:50	x	x	x	24:08
Canning, Madison	10	7:19	7:37	7:30.6	14:56	x	x	x	24:08
Oram, Shannon	10	7:13	7:45	7:31.6	14:58	14:51	x	x	24:08
Smith, Caitlyn	9	7:28	7:52	7:42.7	15:20	x	x	x	24:39
Albinger, Bailey	9	7:37	8:02	7:52.2	15:39	x	x	x	25:12
Brown, Ansley	9	7:49	8:04	7:59.3	15:53	x	x	x	25:46
Collins, Sarah	9	8:05	8:05	8:07.8	16:10	x	x	x	25:46
Allen, Gene Marie	12				DNR	DNR	x	x	
Austin, Jamie	12				DNR	DNR	x	x	
Bunn, Kelly	12				DNR	DNR	x	x	
Dorris, Laura	12				DNR	15:30	x	x	
Gillman, Nicole	12				DNR	x	x	x	
Heffelfinger, Lauren	12				DNR	DNR	15:08	x	
Lee, Jane	11				DNR	x	x	x	
Sewell, Lia	11				DNR	12:48	14:48	x	
Snow, Caitrin	11				DNR	13:39	15:45	x	
Mark, Kelsey	10				DNR	x	x	x	
Weintraub, Taylor	10				DNR	DNR	x	x	
Beauchamp, Kate	9				DNR	x	x	x	

4th Place Varsity, JV Runner-Up! Great start, but it is a long season. We can beat any team in the state, if we train as a team to do it!

Name:	Grade:	1st 1600	2nd 1600	Pace	Total	2009	2008	2007	Est 5k
Sullivan, Brian	10	5:11	5:15	5:14.8	10:26	11:45	x	x	16:48
Torres, R.J.	10	5:10	5:28	5:20.9	10:38	11:55	x	x	17:17
Forman, David	12	5:16	5:39	5:29.4	10:55	10:53	11:17	11:57	17:33
Warrick, Michael	11	5:24	5:35	5:31.4	10:59	11:48	x	x	17:49
Farmer, Kenan	9	5:22	5:40	5:32.9	11:02	x	x	x	17:49
Hobbs, Shane	12	5:25	5:42	5:35.5	11:07	11:14	12:41	13:30	18:05
Humble, Ryan	11	5:33	5:49	5:43.0	11:22	11:59	13:14	x	18:22
Chung, Jun	11	5:34	5:57	5:47.5	11:31	x	x	x	18:40
Pouncey, Taylor	11	5:40	5:52	5:48.0	11:32	12:26	13:48	x	18:40
Muniz, Lucas	11	5:46	6:08	5:59.1	11:54	x	x	x	19:17
Upshaw, Mason	12	5:40	6:17	6:00.6	11:57	DNS	11:34	13:31	19:17
Schlosberg, Daniel	11	5:45	6:21	6:05.1	12:06	DNR	12:17	x	19:36
Kilch, Connor	9	6:08	6:00	6:06.1	12:08	x	x	x	19:36
Ratchick, Corey	9	5:56	6:17	6:08.6	12:13	x	x	x	19:36
Swarts, Trent	12	5:58	6:17	6:09.7	12:15	12:14	12:12	12:41	19:36
Fryar, Dylan	10	6:01	6:14	6:09.7	12:15	13:27	x	x	19:36
Ginart, Tony	10	5:45	6:31	6:10.2	12:16	DNR	x	x	19:57
Ashby, Brendon	9	6:52	6:32	6:44.4	13:24	x	x	x	21:25
Levine, Josh	9	6:53	6:49	6:53.4	13:42	x	x	x	22:15
Humble, Colin	9	6:58	7:21	7:12.0	14:19	x	x	x	23:09
Wadesworth, Henry	9	7:12	7:38	7:26.6	14:50	x	x	x	24:08
Newsome, Zach	11				DNR	DNR	x	x	
Albinger, Dusty	10				DNR	DNR	x	x	
Goldberg, Robert	10				DNR	13:06	x	x	
Greenway, Stephen	10				DNR	DNR	x	x	
McAlpine, Collin	9				DNR	x	x	x	
McDonald, Cameron	9				DNR	x	x	x	

As a team we looked much stronger than this point last year. We were a much more competitive in each stage. Now, we will work and race as a team to not only get ranked, but work on the 25th region title in school history!