



# LWC GIRLS' CROSS COUNTRY 2023 AWARDS & RESULTS







# LINCOLN-WAY CENTRAL GIRLS' CROSS COUNTRY ROSTER



## VARSITY – 13

First Name	Last Name	Year
1. Nadia	Bowden	Sr
2. Claire	Carter	Sr
3. Brea	Counihan	Fresh
4. Jillian	Davies	Fresh
5. Ava	Dughetti	Soph
6. Nancy	Flais	Sr
7. Mia	Forystek	Fresh
8. Isabella	Hays	Soph
9. Ruby	Hillegass	Jr
10. Molly	Muehlnickel	Jr
11. Adelia	Robitz	Sr
12. Emersynn	Smith	Sr
13. Ava	Tomala	Sr

## JV – 17

First Name	Last Name	Year
1. Monica	Alvarez	Jr
2. Gianna	Barnes	Sr
3. Brooke	Bittner	Sr
4. Mira	Bowden	Fresh
5. Emily	Davis	Soph
6. Nicole	Demma	Fresh
7. Cassidy	Dion	Fresh
8. Yasmin	Ejaidi	Jr
9. Mila	Ellison	Fresh
10. Sammie	Jones	Jr
11. Frances	Maynard	Fresh
12. Katie	Petrosky	Fresh
13. Aubrey	Shipman	Soph
14. Briana	Slaney	Soph
15. Olivia	Smulders	Soph
16. Abigail	Sosa	Fresh
17. Isabella	Spence	Jr

Head Coach – Ryan Stapinski  
Assistant Coach – Hanna Bansley  
Assistant Coach – Becky Cherry



## 2023 LINCOLN-WAY CENTRAL GIRLS' CROSS COUNTRY TEAM AWARDS

### ALL-CONFERENCE

Brea Counihan – 1<sup>st</sup> Red  
Mia Forystek – 2<sup>nd</sup> Red  
Nadia Bowden – 4<sup>th</sup> Red  
Claire Carter – 5<sup>th</sup> Red  
Jillian Davies – 8<sup>th</sup> Red  
Nancy Flais – 9<sup>th</sup> Red

### ALL-REGIONAL

Brea Counihan – 1<sup>st</sup>

### ALL-SECTIONAL

Brea Counihan – 2<sup>nd</sup>

### ALL-STATE

Brea Counihan – 18<sup>th</sup>

### 4 YEAR VARSITY

Nadia Bowden  
Claire Carter  
Nancy Flais  
Emersynn Smith

### ATHLETE OF THE YEAR

Brea Counihan

### SPORTSMANSHIP AWARD

- VARSITY:
- JV/FS:

Claire Carter  
Brooke Bittner

### GUTSY KNIGHT

Mia Forystek

### BEACON OF LIGHT

Brooke Bittner

### ROOKIE OF THE YEAR

Jillian Davies

### MOST IMPROVED

Nadia Bowden

### KNIGHT OF THE YEAR

Brea Counihan

## **BLACK SENIOR VARSITY LETTER WINNERS**

- Nadia Bowden
- Claire Carter
- Nancy Flais
- Addie Robitz
- Emersynn Smith
- Ava Tomala

## **RED VARSITY LETTER WINNERS**

- Brea Counihan
- Jillian Davies
- Ava Dughetti
- Mia Forystek
- Isabella Hays
- Ruby Hillegass
- Molly Muehlnickel

## **JV/SOPHOMORE LETTER/FRESHMEN NUMERAL WINNERS**

- Monica Alvarez
- Gianna Barnes
- Brooke Bittner
- Mira Bowden
- Emily Davis
- Nicole Demma
- Cassidy Dion
- Yasmin Ejaidi
- Mila Ellison
- Sammie Jones
- Frances Maynard
- Katie Petrosky
- Aubrey Shipman
- Briana Slaney
- Olivia Smulders
- Abby Sosa
- Bella Spence

## **VARSITY LETTERS**

- Varsity letters will be awarded to athletes who compete in at least 3 Varsity races OR are part of the top 12 for Conference, Regionals, Sectionals, and State.
- Any senior who has been part of Lincoln-Way Central Cross Country for 4 full seasons will be awarded a varsity letter.

## **TEAM AWARDS CRITERIA**

### **GUTSY KNIGHT**

- Description: The Gutsy Knight Award goes to a runner who never backs down in a race or practice. This person plays an integral role in the team's success because she always gives her best performance for the team.

### **BEACON OF LIGHT**

- Description: Formerly known as Teammate of the Year, the Beacon of Light award is to recognize a teammate who makes a difference on the team. They do not have to be the most talented athlete, but someone who makes practice more enjoyable, makes other teammates feel good about themselves, inspires others, or simply puts in the extra effort - from encouraging someone to simply cleaning up the team camp area or helping put things away after a practice or meet.

### **ROOKIE OF THE YEAR**

- Description: The Rookie of the Year Award goes to a person who is new to high school running (or cross country in general) and has excelled at the sport throughout the season. This award can go to a freshman or someone who just joined cross country for the first time.

### **MOST IMPROVED**

- Description: The Most Improved Award goes to someone who has made a significant improvement in time and/or running ability over the course of this season or from one year to the next.

### **KNIGHT OF THE YEAR**

- Description: Formerly known as the MVP award, this person embodies what it means to be a Knight as a competitor, runner, and teammate. This person works extremely hard to be the best runner they can be and shows dedication to the sport, but also cares about others and the success of the team. This person has consistently been a key component to the whole team's success. This individual is vital to the team and its performances at meets. This should include their race performances, but also includes their attitude and leadership on the team. Typically, this individual is part of the top 12 varsity runners, but if not they have continued to practice every day in the post season to support their teammates. This individual contributes an extraordinary amount to the success of the team.

## **GUTSY KNIGHT – MIA FORYTEK**

“Mia is so hardworking and deserves all the success she has reaped throughout this season. She is an inspiring runner undeniably. She is also so funny and her randomness is appreciated. I am just very proud of her and everything she has accomplished.”

“Mia always works super super hard in every race. Even when she was struggling she pushed through and didn't let it get to her. She smiles all the time and is a great inspiration!”

“Mia always tries her very best at practices and at meets even when she is not feeling her best. She is a competitor and I know that our team can always rely on her if need be. Mia can take pressure and she is overall just a very reliable teammate.”

“Mia is an amazing athlete, person, and teammate. She always gives her best for the team in races and she makes sure to keep things fun in practice and before meets.”

“Mia always battles through hard races and practices. When she's not feeling good she still does her best and never gives up and still runs amazing.”

“She always puts in her best effort, she helps the team out during races so much because she works so hard to be a consistent runner. she is persistent and dedicated and it shows everyday.”

“Mia has shown this team exceptional skills, being new to high school cross country she has destroyed the game absolutely.”

## BEACON OF LIGHT – BROOKE BITTNER

“Brooke does an amazing job leading our team even when bad races occur. She is always giving people rides home and does a great job strengthening the bonds on our team. Every time I see Brooke she is always in a welcoming mood and does a great job motivating our team to success!”

“She was so welcoming at the beginning of the season and was so helpful in every way. Her positive and bright attitude made it fun to run with her during the summer and that helped make running a part of my day I looked forward to. Brooke is always encouraging during runs, she seems to always be smiling and helping someone out. She also helps out so much for the team behind the scenes and is such an inspiring teammate. She really deserves this award because she works so hard everyday.”

“Always thinking about other people”

“Brooke is always so helpful and kind she gives so many people rides home and is just so positive. She’s always trying to help and is so amazing!”

“Brooke is a true beacon of light. She makes an effort to connect with others and is very helpful at encouraging/hyping up teammates before a race. If she's not racing she is out on the course cheering. She also does lots of behind the scene stuff and is ALWAYS the last person to leave. She is also the bus driver basically for many people and that, just the little things makes a big difference in the team environment”

“She is always there for everyone if it’s someone you need to talk to, or from simply needing a ride somewhere. She stays after every race to see if there’s anything she can do to help and genuinely cares for everyone on this team.”



## ROOKIE OF THE YEAR – JILLIAN DAVIES

“Jillian runs with the best of them and works just as hard. She never takes a day off and never backs down from a hard workout!”

“When I saw Jillian run at Verona she killed it and I knew big things were coming. She ran fresh soph and killed it and transitioned very well into varsity. She dropped so much time and her hard work shows it.”

“Jillian was the best surprise! She came and put herself out there and works so hard!”

“She started off on fresh soph and worked extremely hard to get to varsity.”  
“Jillian is an absolute boss. She kicks butt on the courses and is an extremely strong runner. She’s only a freshman, but she’s one of the fastest runners on the team. She works so hard and it’s evident in her races. Not only is she an incredible athlete, she is also a super sweet person. Jillian has already achieved so much this season, and I can’t wait to see what she does in the years to come.”

“Jillian always seems to have a smile on her face, and whenever I have talked to her she is overly sweet amazing.”

“Jillian surprised me so much and is AMAZZZZINGGGG as a freshman as well. She works so hard and it shows that all her hard work has paid off!”

“Jillian is not only a freshman, but this is only her second year of running Cross Country. It is amazing to see that only two years Cross Country can get her on a varsity spot on a high school cross country team Jillian has improved throughout the year and I can’t wait to spend the rest of my four years running with her.”

“Jillian dropped tons of time this year and worked super hard. From the first race at Verona you could tell she was going to work hard all season. She ran every race really well.”

## **MOST IMPROVED – NADIA BOWDEN**

“Nadia has spent a lot of this season focusing on her mental strength and overall racing mentality. As one of her close friends seeing her struggle was so hard but watching her overcome her struggles and finish strong in her races is something I admire. Watching her PR at sectionals brought me so much joy and continuously putting in great effort to achieve her goals is so great!”

“Nadia is truly an amazing runner who has faced several challenges running wise this year. She has pushed through them and overall had a great season. I am so proud and so lucky to have her as a teammate!!”

“Nadia dropped lots of time from her junior year to her senior year. She worked super hard in every workout and she has changed so much since she was a freshman! She has worked so hard all her 4 years at Central and she is a great teammate as well!”

“Nadia dropped so much time this season. Her dedication to training is insane!!”

“Even when she loses her shoe she keeps going.”

## KNIGHT OF THE YEAR – BREA COUNIHAN

“Brea is an incredible runner. She has broken school and district records for cross country and she will do so much more. However, she is also so funny and has a massive impact on the community of our team. She is not just a phenomenal athlete. She is an amazing person.”

“Brea is a super amazing teammate and she is super funny. She works so hard and it is super awesome to watch her race. She has done so many incredible things this season and she has such a bright future ahead of her. She is also a great teammate! She is such a strong runner and it was super cool to see her get out super quick in every race and not being afraid to lead in super big races. She works so hard in every race and she is such an inspiration!”

“Brea has been a phenomenal addition to our team. From winning many of the races to getting All-State there is no doubt she is deserving of this award! She shows every level of sportsmanship but not only on the course. Off the course she is humble, kind, and willing to help others in any way she can. Brea shows characteristics of everything one would want on their team. She is so deserving of this award in every way! So proud of you!!”

“Brea is amazing! You can tell she truly loves the sport and the team, her attitude towards running is so good especially for someone so young experiencing so much success. She always makes sure to keep things fun while giving her best which sets a great example even though she's only a freshman. She made this year so much fun and really made an impact on the team culture!”

“Brea is an excellent leader, she is super competitive and cares so much about running and this team. She ran some incredible times this season and continues to impress everyone. She always has a positive attitude and shows so much dedication to the team.”

“Brea is a true competitor and always gives 100% at races even if she is all alone. She has done a lot for the team leading the varsity group and is always very positive and excited for races. She is the definition of hard work and her races show that”

“Brea has been an amazing leader to this team, and being able to lead the time as a freshman is beyond impressive and something to be noticed. Her times and effort have been beyond amazing for herself and this team.”

**LINCOLN-WAY CENTRAL HIGH SCHOOL  
GIRLS' CROSS COUNTRY  
SCHOOL RECORDS**

**3 MILE TOP 10 LIST**

<b>RANK</b>	<b>NAME</b>	<b>TIME</b>	<b>YEAR</b>	<b>COURSE</b>
1.	Brea Counihan	16:57.95	2023	Granite City
2.	Monica Hahn	17:26.0	2008	Maxwell Park
3.	Merrigan Allen	17:45.6	2019	Detweiller
4.	Mackenzie Brownrigg	17:45.8	2017	Granite City
5.	Jenna Diers	18:01.5	2015	Detweiller
6.	Nadia Bowden	18:05.89	2023	Granite City
7.	Rachel Baumgartner	18:06.7	2019	Detweiller
8.	Madison Smith	18:10.5	2015	Detweiller
9.	Kelly Robbins	18:11.4	2015	Detweiller
10.	Mia Forystek	18:18.74	2023	Detweiller

**3 MILE STATE FINALS RECORD BOARD (2002-PRESENT)**

<b>RANK</b>	<b>NAME</b>	<b>TIME</b>	<b>YEAR</b>	<b>PLACE</b>
1.	Brea Counihan	17:25.15	2023	18 <sup>th</sup>
2.	Merrigan Allen	17:45.6	2019	45 <sup>th</sup>
3.	Monica Hahn	17:56.8	2007	37 <sup>th</sup>
4.	Mackenzie Brownrigg	18:06	2017	86 <sup>th</sup>
5.	Rachel Baumgartner	18:06.7	2019	75 <sup>th</sup>
6.	Madison Smith	18:10.5	2015	100 <sup>th</sup>
7.	Mia Forystek	18:18.74	2023	79 <sup>th</sup>

**2.1 MILE STATE FINALS RECORD BOARD (1979-1997)**

	<b>NAME</b>	<b>TIME</b>	<b>YEAR</b>	<b>PLACE</b>
1.	Katie Henning	11:42	1997	4 <sup>th</sup>

**2.5 MILE STATE FINALS RECORD BOARD (1998-2001)**

	<b>NAME</b>	<b>TIME</b>	<b>YEAR</b>	<b>PLACE</b>
1.	Katie Henning	14:37	1998	13 <sup>th</sup>

**LINCOLN-WAY CENTRAL HIGH SCHOOL  
GIRLS' CROSS COUNTRY  
SCHOOL RECORDS**

**ALL-STATE RECORD BOARD (1979-PRESENT)**

<b>NAME</b>	<b>GRADE</b>	<b>TIME</b>	<b>DISTANCE</b>	<b>YEAR</b>	<b>PLACE</b>
JoAnn Dimonte, LW	12 <sup>th</sup>	11:53	2.1 miles	1981	13 <sup>th</sup>
Erin Bouck, LW	10 <sup>th</sup>	12:31	2.1 miles	1994	20 <sup>th</sup>
Katie Henning, LW	9 <sup>th</sup>	12:08	2.1 miles	1995	12 <sup>th</sup>
Michele Barrowman, LW	9 <sup>th</sup>	12:10	2.1 miles	1995	16 <sup>th</sup>
Katie Henning, LW	10 <sup>th</sup>	12:04	2.1 miles	1996	7 <sup>th</sup>
Katie Henning, LW	11 <sup>th</sup>	11:42	2.1 miles	1997	4 <sup>th</sup>
Katie Henning, LW	12 <sup>th</sup>	14:37	2.5 miles	1998	13 <sup>th</sup>
<b>Brea Counihan, LWC</b>	<b>9<sup>th</sup></b>	<b>17:25.15</b>	<b>3.0 miles</b>	<b>2023</b>	<b>18<sup>th</sup></b>



**LWC GIRLS XC  
3 MILE STATE FINALS ALL-TIME LIST**

<b>RANK</b>	<b>NAME</b>	<b>TIME</b>	<b>YEAR</b>
1.	Brea Counihan	17:25.15	2023
2.	Merrigan Allen	17:45.6	2019
3.	Monica Hahn	17:56.8	2007
4.	Mackenzie Brownrigg	18:06	2017
5.	Rachel Baumgartner	18:06.7	2019
6.	Madison Smith	18:10.5	2015
7.	Mia Forystek	18:18.74	2023
8.	Jenna Diers	18:22.5	2015
9.	Alena Pacheco	18:27	2010
10.	Kelly Robbins	18:33.3	2015
11.	Gretchen Zirgaitis	18:40.1	2015
12.	Britney Lohrman	18:41	2008
13.	Elizabeth Venezio	18:43	2012
14.	Catherine Ihrke	18:46.2	2019
15.	Madison Smith	18:46.5	2013
16.	Chelsea Tribble	18:49	2008
17.	Mallory Johnson	18:54	2012
18.	Taylor Martinez	18:54.3	2013
19.	Ava Dughetti	19:00.71	2023
20.	Angela Burklow	19:02	2010
21.	Colleen Erdman	19:08.9	2019
22.	Claire Carter	19:13.5	2021
23.	Dana Boucher	19:15	2017
24.	Kara Boucher	19:15	2008
25.	Lexy Sams	19:16	2017
26.	Emma Olson	19:17.8	2019
27.	Brittany Melton	19:19.5	2007
28.	Emily Furtek	19:20.3	2015
29.	Jillian Davies	19:20.41	2023

30.	Hannah Schliffka	19:22	2008
31.	Heidi Killinger	19:24	2011
32.	JJ Robinson	19:25	2012
33.	Keygan Balaja	19:26	2012
34.	Mia Dauparas	19:31	2010
35.	Meghan Killinger	19:38	2010
36.	<b>Nancy Flais</b>	<b>19:38.75</b>	<b>2023</b>
37.	Emma Flock	19:43.9	2007
38.	Bridget Sullivan	19:45	2011
39.	Claire Zoellner	19:45.4	2007
40.	Samantha Waters	19:45.6	2015
41.	Cara Robinson	19:47	2008
42.	Jenn Whitney	19:47	2011
43.	Shea Martin	19:53.1	2019
44.	Autumn Shearer	20:05	2008
45.	<b>Nadia Bowden</b>	<b>20:19.37</b>	<b>2023</b>



**LINCOLN-WAY CENTRAL HIGH SCHOOL  
GIRLS' CROSS COUNTRY  
STATE APPEARANCES**

<b>YEAR</b>	<b>TEAM OR INDIVIDUAL</b>	<b>CLASS</b>	<b>FINISH</b>	<b>HEAD COACH</b>
1980	JoAnn Dimonte LW		44 <sup>th</sup>	Kathy Wieneke
	Debbie Shaddon LW		91 <sup>st</sup>	
1981	Lincoln-Way		11 <sup>th</sup> Place	Phil Hoffman
1982	Sherri Suppelsa LW		42 <sup>nd</sup>	Phil Hoffman
1988	Lincoln-Way	AA	19 <sup>th</sup> Place	Phil Hoffman
1989	Christine Lehane LW	AA	64 <sup>th</sup>	Phil Hoffman
1992	Lincoln-Way	AA	14 <sup>th</sup> Place	Phil Hoffman
1993	Lincoln-Way	AA	18 <sup>th</sup> Place	Phil Hoffman
1994	Lincoln-Way	AA	9 <sup>th</sup> Place	Phil Hoffman
1995	Lincoln-Way	AA	6 <sup>th</sup> Place	Phil Hoffman
1996	Lincoln-Way	AA	5 <sup>th</sup> Place	Phil Hoffman
1997	Lincoln-Way	AA	5 <sup>th</sup> Place	Phil Hoffman
1998	Lincoln-Way	AA	8 <sup>th</sup> Place	Phil Hoffman
1999	Lincoln-Way	AA	9 <sup>th</sup> Place	Phil Hoffman
2000	Lincoln-Way	AA	8 <sup>th</sup> Place	Phil Hoffman
2001	Kali Lafferty LWC	AA	221 <sup>st</sup>	Phil Hoffman
2002	Ashley Rittenbacher LWC	AA	57 <sup>th</sup>	Phil Hoffman
2003	Ashley Rittenbacher LWC	AA	70 <sup>th</sup>	Rebecca Cann
2007	Lincoln-Way Central	3A	18 <sup>th</sup> Place	Matt Bowden
2008	Lincoln-Way Central	3A	22 <sup>nd</sup> Place	Matt Bowden
2010	Lincoln-Way Central	3A	25 <sup>th</sup> Place	Matt Bowden
2011	Lincoln-Way Central	3A	26 <sup>th</sup> Place	Matt Bowden
2012	Lincoln-Way Central	3A	25 <sup>th</sup> Place	Matt Bowden
2013	Lincoln-Way Central	3A	24 <sup>th</sup> Place	Matt Bowden
2014	Elizabeth Venezio LWC	3A	162 <sup>nd</sup>	Brian VanBeveren
	Gretchen Zirgaitis LWC	3A	185 <sup>th</sup>	
2015	Lincoln-Way Central	3A	24 <sup>th</sup> Place	Brian VanBeveren
2016	Mackenzie Brownrigg LWC	3A	127 <sup>th</sup>	Jack Young
2017	Lincoln-Way Central	3A	20 <sup>th</sup> Place	Jack Young
2018	Merrigan Allen LWC	3A	201 <sup>st</sup>	Jack Young
2019	Lincoln-Way Central	3A	22 <sup>nd</sup> Place	Ryan Stapinski
2021	Claire Carter LWC	3A	177 <sup>th</sup>	Ryan Stapinski
2023	Lincoln-Way Central	3A	22 <sup>nd</sup> Place	Ryan Stapinski

**LINCOLN-WAY CENTRAL HIGH SCHOOL  
GIRLS' CROSS COUNTRY  
STATE APPEARANCES**

**HISTORY OF LINCOLN-WAY CENTRAL GIRLS' CROSS COUNTRY NOTES:**

- 1976: Start of girls' cross country program (combined with boys) at Lincoln-Way High School under Phil Hoffman with 6 girls and dual meets only
- 1979: Girls' cross country becomes an official IHSA sport
- 1979-1997: Girls' cross country ran 2.1 miles
- 1980: First official State girls' cross country meet at Detweiller 2.1 miles
- 1983-1986: Girls' state results are missing from Athletic.net
- 1988-1989: Cross country splits into 2 classes A, AA – Lincoln-Way High School joins AA
- 1998-2001: Girls' cross country ran 2.5 miles
- 2001-2002: Lincoln-Way High School splits into Lincoln-Way Central and Lincoln-Way East "opens"
- 2002-Present: Girls' cross country runs 3.0 miles
- 2007-2008: Cross country splits into 3 classes 1A, 2A, 3A – Lincoln-Way Central joins 3A
- 2009-2010: Lincoln-Way Central High School splits into Lincoln-Way Central and Lincoln-Way West opens
- 2020: State meet cancelled due to COVID

**LINCOLN-WAY CENTRAL HIGH SCHOOL  
GIRLS' CROSS COUNTRY  
STATE APPEARANCES**

<p><b>1980 – LINCOLN-WAY</b></p> <ul style="list-style-type: none"> <li>• 2 Individual Qualifiers – 2.1 miles</li> <li>• Head Coach Kathy Wieneke</li> </ul> <table border="0"> <thead> <tr> <th style="text-align: left;">Name</th> <th style="text-align: left;">Time</th> <th style="text-align: left;">Place</th> </tr> </thead> <tbody> <tr> <td>JoAnn Dimonte (11)</td> <td>12:32</td> <td>44</td> </tr> <tr> <td>Debbie Shaddon (11)</td> <td>13:00</td> <td>91</td> </tr> </tbody> </table>	Name	Time	Place	JoAnn Dimonte (11)	12:32	44	Debbie Shaddon (11)	13:00	91	<p><b>1981 – LINCOLN-WAY</b></p> <ul style="list-style-type: none"> <li>• 11<sup>th</sup> out of 24 teams – 2.1 miles</li> <li>• 274 Points</li> <li>• Head Coach Phil Hoffman</li> </ul> <table border="0"> <thead> <tr> <th style="text-align: left;">Name</th> <th style="text-align: left;">Time</th> <th style="text-align: left;">Place</th> </tr> </thead> <tbody> <tr> <td>JoAnn Dimonte (12)</td> <td>11:53</td> <td>13</td> </tr> <tr> <td colspan="3" style="text-align: center;">➤ <b>All-State</b></td> </tr> <tr> <td>Jane Staley (12)</td> <td>12:25</td> <td>50</td> </tr> <tr> <td>Debbie Shaddon (12)</td> <td>12:41</td> <td>81</td> </tr> <tr> <td>Karol Walters (11)</td> <td>12:42</td> <td>82</td> </tr> <tr> <td>Stacy Maciukenas (9)</td> <td>13:15</td> <td>138</td> </tr> <tr> <td>Karen Danaher (9)</td> <td>14:24</td> <td>184</td> </tr> <tr> <td>Laura Sopher</td> <td>14:44</td> <td>187</td> </tr> </tbody> </table>	Name	Time	Place	JoAnn Dimonte (12)	11:53	13	➤ <b>All-State</b>			Jane Staley (12)	12:25	50	Debbie Shaddon (12)	12:41	81	Karol Walters (11)	12:42	82	Stacy Maciukenas (9)	13:15	138	Karen Danaher (9)	14:24	184	Laura Sopher	14:44	187
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<p><b>1982 – LINCOLN-WAY</b></p> <ul style="list-style-type: none"> <li>• 1 Individual Qualifier – 2.1 miles</li> <li>• Head Coach Phil Hoffman</li> </ul> <table border="0"> <thead> <tr> <th style="text-align: left;">Name</th> <th style="text-align: left;">Time</th> <th style="text-align: left;">Place</th> </tr> </thead> <tbody> <tr> <td>Sherri Suppelsa (12)</td> <td>12:23</td> <td>42</td> </tr> </tbody> </table>	Name	Time	Place	Sherri Suppelsa (12)	12:23	42	<p><b>1988 – LINCOLN-WAY</b></p> <ul style="list-style-type: none"> <li>• 19<sup>th</sup> out of 25 teams AA – 2.1 miles</li> <li>• 388 Points</li> <li>• Head Coach Phil Hoffman</li> </ul> <table border="0"> <thead> <tr> <th style="text-align: left;">Name</th> <th style="text-align: left;">Time</th> <th style="text-align: left;">Place</th> </tr> </thead> <tbody> <tr> <td>Jenny Jolas (12)</td> <td>13:24</td> <td>91</td> </tr> <tr> <td>Lara Mondragon (12)</td> <td>13:31</td> <td>95</td> </tr> <tr> <td>Theresa Hardy (12)</td> <td>13:38</td> <td>109</td> </tr> <tr> <td>Beth Richards (9)</td> <td>13:47</td> <td>124</td> </tr> <tr> <td>Wendy Goetzleman (10)</td> <td>13:54</td> <td>136</td> </tr> <tr> <td>Penny Haugh (11)</td> <td>13:56</td> <td>142</td> </tr> <tr> <td>Colleen Corey</td> <td>14:08</td> <td>173</td> </tr> </tbody> </table>	Name	Time	Place	Jenny Jolas (12)	13:24	91	Lara Mondragon (12)	13:31	95	Theresa Hardy (12)	13:38	109	Beth Richards (9)	13:47	124	Wendy Goetzleman (10)	13:54	136	Penny Haugh (11)	13:56	142	Colleen Corey	14:08	173						
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<p><b>1993 – LINCOLN-WAY</b></p> <ul style="list-style-type: none"> <li>• 18<sup>th</sup> out of 27 teams AA – 2.1 miles</li> <li>• 439 Points</li> <li>• Head Coach Phil Hoffman</li> </ul> <table border="0"> <thead> <tr> <th style="text-align: left;">Name</th> <th style="text-align: left;">Time</th> <th style="text-align: left;">Place</th> </tr> </thead> <tbody> <tr><td>Erin Kelly (10)</td><td>12:46</td><td>73</td></tr> <tr><td>Colleen Bouck (11)</td><td>13:06</td><td>109</td></tr> <tr><td>Teresa Shanahan (11)</td><td>13:14</td><td>129</td></tr> <tr><td>Heather Bunn (9)</td><td>13:15</td><td>132</td></tr> <tr><td>Erin Bouck (9)</td><td>13:26</td><td>147</td></tr> <tr><td>Mary Malloy (12)</td><td>13:37</td><td>165</td></tr> <tr><td>Bonnie Walz (11)</td><td>13:56</td><td>190</td></tr> </tbody> </table>	Name	Time	Place	Erin Kelly (10)	12:46	73	Colleen Bouck (11)	13:06	109	Teresa Shanahan (11)	13:14	129	Heather Bunn (9)	13:15	132	Erin Bouck (9)	13:26	147	Mary Malloy (12)	13:37	165	Bonnie Walz (11)	13:56	190	<p><b>1994 – LINCOLN-WAY</b></p> <ul style="list-style-type: none"> <li>• 9<sup>th</sup> out of 27 teams AA – 2.1 miles</li> <li>• 301 Points</li> <li>• Head Coach Phil Hoffman</li> </ul> <table border="0"> <thead> <tr> <th style="text-align: left;">Name</th> <th style="text-align: left;">Time</th> <th style="text-align: left;">Place</th> </tr> </thead> <tbody> <tr><td>Erin Bouck (10)</td><td>12:31</td><td>20</td></tr> <tr><td>➤ <b>All-State</b></td><td></td><td></td></tr> <tr><td>Colleen Bouck (12)</td><td>13:06</td><td>72</td></tr> <tr><td>Teresa Shanahan (12)</td><td>13:09</td><td>79</td></tr> <tr><td>Erin Kelly (11)</td><td>13:12</td><td>85</td></tr> <tr><td>Nicole Pehle (11)</td><td>13:40</td><td>154</td></tr> <tr><td>Rommie Amaro (12)</td><td>13:44</td><td>160</td></tr> <tr><td>Kelly Gierman (12)</td><td>14:43</td><td>211</td></tr> </tbody> </table>	Name	Time	Place	Erin Bouck (10)	12:31	20	➤ <b>All-State</b>			Colleen Bouck (12)	13:06	72	Teresa Shanahan (12)	13:09	79	Erin Kelly (11)	13:12	85	Nicole Pehle (11)	13:40	154	Rommie Amaro (12)	13:44	160	Kelly Gierman (12)	14:43	211						
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<p><b>2003 – LINCOLN-WAY CENTRAL</b></p> <ul style="list-style-type: none"> <li>• 1 Individual Qualifier AA – 3.0 miles</li> <li>• Head Coach Rebecca Cann</li> </ul> <table border="1"> <thead> <tr> <th>Name</th> <th>Time</th> <th>Place</th> </tr> </thead> <tbody> <tr> <td>Ashley Rittenbacher (11)</td> <td>18:29</td> <td>70</td> </tr> </tbody> </table>	Name	Time	Place	Ashley Rittenbacher (11)	18:29	70	<p><b>2007 – LINCOLN-WAY CENTRAL</b></p> <ul style="list-style-type: none"> <li>• 18<sup>th</sup> out of 20 teams 3A – 3.0 miles</li> <li>• 424 Points</li> <li>• Head Coach Matt Bowden</li> </ul> <table border="1"> <thead> <tr> <th>Name</th> <th>Time</th> <th>Place</th> </tr> </thead> <tbody> <tr> <td>Monica Hahn (9)</td> <td>17:57</td> <td>37</td> </tr> <tr> <td>Chelsea Tribble (10)</td> <td>18:53</td> <td>104</td> </tr> <tr> <td>Britney Lohrman (11)</td> <td>19:00</td> <td>122</td> </tr> <tr> <td>Brittany Melton (10)</td> <td>19:20</td> <td>140</td> </tr> <tr> <td>Hannah Schliffka (10)</td> <td>19:23</td> <td>143</td> </tr> <tr> <td>Emma Flock (11)</td> <td>19:44</td> <td>158</td> </tr> <tr> <td>Claire Zoellner (12)</td> <td>19:46</td> <td>159</td> </tr> </tbody> </table>	Name	Time	Place	Monica Hahn (9)	17:57	37	Chelsea Tribble (10)	18:53	104	Britney Lohrman (11)	19:00	122	Brittany Melton (10)	19:20	140	Hannah Schliffka (10)	19:23	143	Emma Flock (11)	19:44	158	Claire Zoellner (12)	19:46	159																		
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<p><b>2008 – LINCOLN-WAY CENTRAL</b></p> <ul style="list-style-type: none"> <li>• 22<sup>nd</sup> out of 25 teams 3A – 3.0 miles</li> <li>• 540 Points</li> <li>• Head Coach Matt Bowden</li> </ul> <table border="1"> <thead> <tr> <th>Name</th> <th>Time</th> <th>Place</th> </tr> </thead> <tbody> <tr> <td>Britney Lohrman (12)</td> <td>18:41</td> <td>116</td> </tr> <tr> <td>Monica Hahn (10)</td> <td>18:45</td> <td>124</td> </tr> <tr> <td>Chelsea Tribble (11)</td> <td>18:49</td> <td>127</td> </tr> <tr> <td>Kara Boucher (9)</td> <td>19:15</td> <td>158</td> </tr> <tr> <td>Hannah Schliffka (11)</td> <td>19:22</td> <td>170</td> </tr> <tr> <td>Cara Robinson (9)</td> <td>19:47</td> <td>191</td> </tr> <tr> <td>Autumn Shearer (12)</td> <td>20:05</td> <td>197</td> </tr> </tbody> </table>	Name	Time	Place	Britney Lohrman (12)	18:41	116	Monica Hahn (10)	18:45	124	Chelsea Tribble (11)	18:49	127	Kara Boucher (9)	19:15	158	Hannah Schliffka (11)	19:22	170	Cara Robinson (9)	19:47	191	Autumn Shearer (12)	20:05	197	<p><b>2010 – LINCOLN-WAY CENTRAL</b></p> <ul style="list-style-type: none"> <li>• 25<sup>th</sup> out of 25 teams 3A – 3.0 miles</li> <li>• 671 Points</li> <li>• Head Coach Matt Bowden</li> </ul> <table border="1"> <thead> <tr> <th>Name</th> <th>Time</th> <th>Place</th> </tr> </thead> <tbody> <tr> <td>Alena Pacheco (10)</td> <td>18:27</td> <td>115</td> </tr> <tr> <td>Angela Burklow (9)</td> <td>19:02</td> <td>173</td> </tr> <tr> <td>Mallory Johnson (9)</td> <td>19:04</td> <td>176</td> </tr> <tr> <td>Taylor Martinez (9)</td> <td>19:10</td> <td>180</td> </tr> <tr> <td>Kara Boucher (11)</td> <td>19:31</td> <td>190</td> </tr> <tr> <td>Mia Dauparas (12)</td> <td>19:31</td> <td>191</td> </tr> <tr> <td>Meghan Killinger (10)</td> <td>19:38</td> <td>194</td> </tr> </tbody> </table>	Name	Time	Place	Alena Pacheco (10)	18:27	115	Angela Burklow (9)	19:02	173	Mallory Johnson (9)	19:04	176	Taylor Martinez (9)	19:10	180	Kara Boucher (11)	19:31	190	Mia Dauparas (12)	19:31	191	Meghan Killinger (10)	19:38	194
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**LINCOLN-WAY CENTRAL HIGH SCHOOL  
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<p><b>2011 – LINCOLN-WAY CENTRAL</b></p> <ul style="list-style-type: none"> <li>• 26<sup>th</sup> out of 26 teams 3A – 3.0 miles</li> <li>• 768 Points</li> <li>• Head Coach Matt Bowden</li> </ul> <table border="0"> <thead> <tr> <th style="text-align: left;">Name</th> <th style="text-align: left;">Time</th> <th style="text-align: left;">Place</th> </tr> </thead> <tbody> <tr> <td>Taylor Martinez (10)</td> <td>19:07</td> <td>161</td> </tr> <tr> <td>Heidi Killinger (9)</td> <td>19:24</td> <td>185</td> </tr> <tr> <td>Elizabeth Venezia (9)</td> <td>19:28</td> <td>190</td> </tr> <tr> <td>Mallory Johnson (10)</td> <td>19:35</td> <td>195</td> </tr> <tr> <td>Bridget Sullivan (10)</td> <td>19:45</td> <td>199</td> </tr> <tr> <td>Jenn Whitney (10)</td> <td>19:47</td> <td>202</td> </tr> <tr> <td>Cara Robinson (12)</td> <td>20:10</td> <td>212</td> </tr> </tbody> </table>	Name	Time	Place	Taylor Martinez (10)	19:07	161	Heidi Killinger (9)	19:24	185	Elizabeth Venezia (9)	19:28	190	Mallory Johnson (10)	19:35	195	Bridget Sullivan (10)	19:45	199	Jenn Whitney (10)	19:47	202	Cara Robinson (12)	20:10	212	<p><b>2012 – LINCOLN-WAY CENTRAL</b></p> <ul style="list-style-type: none"> <li>• 25<sup>th</sup> out of 25 teams 3A – 3.0 miles</li> <li>• 743 Points</li> <li>• Head Coach Matt Bowden</li> </ul> <table border="0"> <thead> <tr> <th style="text-align: left;">Name</th> <th style="text-align: left;">Time</th> <th style="text-align: left;">Place</th> </tr> </thead> <tbody> <tr> <td>Elizabeth Venezia (12)</td> <td>18:43</td> <td>155</td> </tr> <tr> <td>Mallory Johnson (11)</td> <td>18:54</td> <td>173</td> </tr> <tr> <td>Taylor Martinez (11)</td> <td>19:24</td> <td>194</td> </tr> <tr> <td>JJ Robinson (11)</td> <td>19:25</td> <td>195</td> </tr> <tr> <td>Keygan Balaja (9)</td> <td>19:26</td> <td>196</td> </tr> <tr> <td>Alena Pacheco (12)</td> <td>19:36</td> <td>199</td> </tr> <tr> <td>Heidi Killinger (10)</td> <td>19:48</td> <td>204</td> </tr> </tbody> </table>	Name	Time	Place	Elizabeth Venezia (12)	18:43	155	Mallory Johnson (11)	18:54	173	Taylor Martinez (11)	19:24	194	JJ Robinson (11)	19:25	195	Keygan Balaja (9)	19:26	196	Alena Pacheco (12)	19:36	199	Heidi Killinger (10)	19:48	204
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3 MILE ERA  
2002-2023**

<b>RANK</b>	<b>LWC XC ATHLETE</b>	<b>YEAR</b>	<b>TIME</b>
1.	Brea Counihan	2023	16:57.95
2.	Monica Hahn	2008	17:26.0
3.	Merrigan Allen	2019	17:45.6
4.	Mackenzie Brownrigg	2017	17:45.8
5.	Jenna Diers	2015	18:01.5
6.	Nadia Bowden	2023	18:05.89
7.	Rachel Baumgartner	2019	18:06.7
8.	Madison Smith	2015	18:10.5
9.	Kelly Robbins	2015	18:11.4
10.	Mia Forystek	2023	18:18.74
11.	Alena Pacheco	2010	18:20.0
12.	Ashley Rittenbacher	2002	18:26.0
13.	Ava Dughetti	2023	18:26.56
14.	Claire Carter	2023	18:28.94
15.	JJ Robinson	2013	18:34.6
16.	Catherine Ihrke	2020	18:35.2
17.	Jillian Davies	2023	18:39.39
18.	Gretchen Zirgaitis	2015	18:40.1
19.	Britney Lohrman	2008	18:41.0
20.	Liz Venezia	2012	18:43.0
21.	Danielle Verbout	2008	18:44.0
22.	Dana Boucher	2017	18:44.6
23.	Chelsea Tribble	2007	18:47.0
24.	Heidi Killinger	2014	18:47.9
25.	Angela Burklow	2010	18:50.0
26.	Mallory Johnson	2012	18:53.4
27.	Taylor Martinez	2013	18:55.0
28.	Cara Robinson	2008	18:59.0
29.	Becca Mathis	2006	19:01.0
30.	Emily Furtek	2015	19:04.0
31.	Bridget Sullivan	2013	19:04.9
32.	Hannah Schliffka	2007	19:06.0
33.	Brittany Melton	2006	19:08.0
34.	Colleen Erdman	2019	19:08.9
35.	Lexy Sams	2019	19:11.0
36.	Hannah Radostits	2005	19:11.0
37.	Nancy Flais	2020	19:14.3
38.	Kara Boucher	2008	19:15.0
39.	Angela Hattemer	2004	19:17.0



**SUB 20 MINUTE LWC GIRLS XC  
3 MILE ERA  
2002-2023**

40.	Madison Brownrigg	2016	19:17.7
41.	Emma Olson	2019	19:17.8
42.	Mia Dauparas	2010	19:21.0
43.	Abby Gamble	2017	19:23.0
44.	Ella Maldonado	2021	19:23.2
45.	Keygan Balaja	2012	19:26.0
46.	Aubrie Hartnell	2006	19:26.0
47.	Samantha Waters	2016	19:28.5
48.	Ruby Hillegass	2021	19:30.5
49.	Megan Killinger	2010	19:31.0
50.	Carly Shipman	2020	19:34.7
51.	Hannah Luming	2017	19:35.0
52.	Autumn Shearer	2008	19:39.0
53.	Paige Batinich	2010	19:42.0
54.	Emma Flock	2007	19:43.0
55.	Shea Martin	2021	19:44.9
56.	Claire Zoellner	2007	19:45.0
57.	Amanda Baker	2014	19:46.1
58.	Ava Paoletti	2019	19:46.4
59.	Jenn Whitney	2011	19:47.0
60.	Meghan Reaney	2006	19:49.0
61.	Audrey Bulow	2017	19:50.4
62.	Lexie Kamp	2015	19:56.0
63.	Lisa Meister	2012	19:57.0
64.	Stephanie Blaszczyk	2008	19:59.0

## 9-2-23 VERONA RESULTS

### VARSIITY – 2<sup>ND</sup> PLACE – 84 POINTS

NAME	5K FINISH	PLACE
Brea Counihan	19:17.8	1 <sup>st</sup>
Nadia Bowden	20:49.5	14 <sup>th</sup>
Mia Forystek	20:55.1	16 <sup>th</sup>
Ruby Hillegass	21:27.6	27 <sup>th</sup>
Ava Dughetti	21:27.9	28 <sup>th</sup>
Claire Carter	21:45.8	32 <sup>nd</sup>
Nancy Flais	22:24.5	52 <sup>nd</sup>

### JUNIOR VARSITY – 3<sup>RD</sup> PLACE – 80 POINTS

NAME	5K FINISH	PLACE
Jillian Davies	22:26.6	4 <sup>th</sup>
Emersynn Smith	22:34.2	5 <sup>th</sup>
Ava Tomala	24:01.0	22 <sup>nd</sup>
Aubrey Shipman	24:17.4	26 <sup>th</sup>
Isabella Hays	24:33.1	30 <sup>th</sup>
Addie Robitz	25:09.0	40 <sup>th</sup>
Brooke Bittner	25:36.7	53 <sup>rd</sup>
Nicole Demma	26:09.2	73 <sup>rd</sup>
Cassidy Dion	26:16.8	78 <sup>th</sup>
Emily Davis	26:33.0	91 <sup>st</sup>
Katie Petrosky	26:40.7	98 <sup>th</sup>
Mira Bowden	27:16.5	115 <sup>th</sup>
Monica Alvarez	28:34.1	151 <sup>st</sup>
Briana Slaney	28:43.3	155 <sup>th</sup>
Yasmin Ejaidi	29:41.0	183 <sup>rd</sup>
Sammie Jones	30:20.0	196 <sup>th</sup>
Frances Maynard	31:29.8	227 <sup>th</sup>
Mila Ellison	31:40.7	230 <sup>th</sup>
Abby Sosa	32:01.7	239 <sup>th</sup>
Amy Hong	33:02.9	254 <sup>th</sup>
Madison Monreal	33:16.7	256 <sup>th</sup>
Gianna Barnes	41:12.7	314 <sup>th</sup>
Molly Muehlnickel	DNR	
Bella Spence	DNR	
Olivia Smulders	DNR	

**WEATHER:** Sunny, low 80's

**RUNNER OF THE WEEK:** Brea Counihan

**FULL RESULTS:** [HTTPS://LIVE.PTTIMING.COM/XC-PTT.HTML?MID=5730](https://live.pttiming.com/xc-ptt.html?mid=5730)

## 9-9-23 JOLIET CENTRAL RESULTS

### F/S – 5<sup>TH</sup> PLACE – 149 POINTS

NAME	FINISH	PLACE
Jillian Davies	20:42.3 PR	7 <sup>th</sup>
Isabella Hays	22:16.6	33 <sup>rd</sup>
Aubrey Shipman	22:30.3 PR	38 <sup>th</sup>
Nicole Demma	22:35.9 PR	40 <sup>th</sup>
Cassidy Dion	23:11.9 PR	49 <sup>th</sup>
Emily Davis	23:53.8 PR	64 <sup>th</sup>
Katie Petrosky	24:17.2 PR	68 <sup>th</sup>

### VARSITY – 4<sup>TH</sup> PLACE – 80 POINTS

NAME	FINISH	PLACE
Brea Counihan	18:14.0 PR	1 <sup>st</sup>
Mia Forystek	19:16.5 PR	9 <sup>th</sup>
Claire Carter	20:11.3	22 <sup>nd</sup>
Nadia Bowden	20:16.4	23 <sup>rd</sup>
Ava Dughetti	20:17.9	25 <sup>th</sup>
Nancy Flais	20:34.6	30 <sup>th</sup>
Ruby Hillegass	21:03.5	34 <sup>th</sup>

### OPEN – 2<sup>ND</sup> PLACE – 40 POINTS

NAME	FINISH	PLACE
Emersynn Smith	20:34.9	1 <sup>st</sup>
Molly Muehlnickel	21:41.2	3 <sup>rd</sup>
Ava Tomala	21:53.6	5 <sup>th</sup>
Sammie Jones	22:36.5 PR 1 min 19 sec	15 <sup>th</sup>
Addie Robitz	22:36.5	16 <sup>th</sup>
Brooke Bittner	22:57.5 PR 44 sec	24 <sup>th</sup>
Mira Bowden	24:40.0 PR	55 <sup>th</sup>
Briana Slaney	24:53.0	62 <sup>nd</sup>
Mila Ellison	25:23.6 PR	75 <sup>th</sup>
Yasmin Ejaidi	25:56.1 PR	83 <sup>rd</sup>
Frances Maynard	26:27.6 PR	96 <sup>th</sup>
Abby Sosa	26:39.9 PR	101 <sup>st</sup>
Monica Alvarez	27:40.7	117 <sup>th</sup>
Olivia Smulders	28:00.9	126 <sup>th</sup>
Bella Spence	33:08.7	171 <sup>st</sup>
Amy Hong	DNR	
Madison Monreal	DNR	
Gianna Barnes	DNR	

**WEATHER:** Partly sunny, upper 60's

**RUNNER OF THE WEEK:** Aubrey Shipman

**FULL RESULTS:** [HTTPS://WWW.ATHLETIC.NET/CROSSCOUNTRY/MEET/226480/INFO](https://www.athletic.net/CrossCountry/Meet/226480/info)

## 9-16-23 PEORIA RICHARD SPRING RESULTS

### OPEN – 15<sup>TH</sup> PLACE – 488 POINTS

NAME	FINISH	PLACE
Ava Tomala	21:22.4 SB 19 sec	77 <sup>th</sup>
Sammie Jones	21:41.7 PR 55 sec	96 <sup>th</sup>
Addie Robitz	21:50.9 SB 46 sec	105 <sup>th</sup>
Brooke Bittner	22:46.2 PR 11 sec	149 <sup>th</sup>
Monica Alvarez	23:49.1 SB 3 min 50 sec	212 <sup>th</sup>
Bella Spence	31:39.5 SB 1 min 29 sec	406 <sup>th</sup>
Gianna Barnes	32:55.9 PR 1 min 12 sec	415 <sup>th</sup>
Olivia Smulders	DNR	
Amy Hong	DNR	
Abby Sosa	DNR	
Yasmin Ejaidi	DNR	

### VARSITY – 14<sup>TH</sup> PLACE – 476 POINTS

NAME	FINISH	PLACE
Brea Counihan	17:23.5 PR 51 sec Fastest time in LWC History	7 <sup>th</sup>
Mia Forystek	18:36.9 PR 40 sec	75 <sup>th</sup>
Claire Carter	19:01.3 SB 1 min 10 sec	117 <sup>th</sup>
Ava Dughetti	19:13.3 PR 11 sec	132 <sup>nd</sup>
Nancy Flais	19:24.6 SB 1 min 10 sec	156 <sup>th</sup>
Jillian Davies	19:31.0 PR 1 min 11 sec	167 <sup>th</sup>
Nadia Bowden	19:43.9 SB 17 sec	181 <sup>st</sup>
Ruby Hillegass	19:47.3 SB 1 min 16 sec	189 <sup>th</sup>
Emersynn Smith	20:09.8 PR 6 sec	228 <sup>th</sup>
Molly Muehlnickel	21:18.9 SB 23 sec	343 <sup>rd</sup>

### F/S – 20<sup>TH</sup> PLACE – 578 POINTS

NAME	FINISH	PLACE
Isabella Hays	21:28.0 PR 40 sec	106 <sup>th</sup>
Aubrey Shipman	21:33.8 PR 57 sec	109 <sup>th</sup>
Nicole Demma	21:48.3 PR 47 sec	125 <sup>th</sup>
Cassidy Dion	22:13.9 PR 58 sec	148 <sup>th</sup>
Katie Petrosky	22:48.9 PR 1 min 29 sec	172 <sup>nd</sup>
Emily Davis	22:49.0 PR 1 min 4 sec	173 <sup>rd</sup>
Briana Slaney	23:45.8 SB 1 min 8 sec	196 <sup>th</sup>
Frances Maynard	24:03.6 PR 2 min 24 sec	203 <sup>rd</sup>
Mila Ellison	24:18.1 PR 1 min 5 sec	211 <sup>th</sup>
Mira Bowden	25:15.0	230 <sup>th</sup>

**WEATHER:** Cloudy, no wind, upper 50's/low 60's

**RUNNER OF THE WEEK:** Jillian Davies

**FULL RESULTS:** [HTTPS://WWW.ATHLETIC.NET/CROSSCOUNTRY/MEET/221563/INFO](https://www.athletic.net/CrossCountry/Meet/221563/info)

## 9-22-23 NAPERVILLE INVITE RESULTS

### F/S – 6<sup>TH</sup> PLACE – 153 POINTS

NAME	FINISH	PLACE
Nicole Demma	21:37.49 PR 11 sec	18 <sup>th</sup>
Isabella Hays	21:46.48	23 <sup>rd</sup>
Aubrey Shipman	22:48.00	37 <sup>th</sup>
Emily Davis	23:58.01	58 <sup>th</sup>
Briana Slaney	24:05.28	61 <sup>st</sup>
Katie Petrosky	24:06.46	62 <sup>nd</sup>
Cassidy Dion	24:06.81	63 <sup>rd</sup>

### VARSITY – 6<sup>TH</sup> PLACE – 117 POINTS

NAME	FINISH	PLACE
Brea Counihan	18:35.86	6 <sup>th</sup>
Mia Forystek	19:09.64	12 <sup>th</sup>
Claire Carter	20:00.28	31 <sup>st</sup>
Jillian Davies	20:12.03	34 <sup>th</sup>
Ava Dughetti	20:19.11	37 <sup>th</sup>
Nadia Bowden	20:30.19	41 <sup>st</sup>
Nancy Flais	20:32.20	42 <sup>nd</sup>
Ruby Hillegass	21:04.00	56 <sup>th</sup>
Emersynn Smith	21:22.52 YTD 1 min 22 sec	61 <sup>st</sup>
Molly Muehlnickel	21:26.88 YTD 14 sec	65 <sup>th</sup>

### OPEN – 5<sup>TH</sup> PLACE – 161 POINTS

NAME	FINISH	PLACE
Ava Tomala	22:11.57	23 <sup>rd</sup>
Addie Robitz	22:40.16	31 <sup>st</sup>
Sammie Jones	22:49.77 YTD 2 min 30 sec	35 <sup>th</sup>
Frances Maynard	24:35.40	58 <sup>th</sup>
Brooke Bittner	24:40.58	60 <sup>th</sup>
Monica Alvarez	24:53.24	63 <sup>rd</sup>
Mila Ellison	25:59.42	76 <sup>th</sup>
Yasmin Ejaidi	27:21.00	85 <sup>th</sup>
Olivia Smulders	28:06.75 YTD 1 min 30 sec	93 <sup>rd</sup>
Gianna Barnes	34:50.98	108 <sup>th</sup>
Mira Bowden	DNR	
Abby Sosa	DNR	
Bella Spence	DNR	
Amy Hong	DNR	

**WEATHER:** Cloudy, low 70's

**RUNNER OF THE WEEK:** Nicole Demma

**FULL RESULTS:** [HTTPS://WWW.ATHLETIC.NET/CROSSCOUNTRY/MEET/230160/INFO](https://www.athletic.net/CrossCountry/Meet/230160/info)

## 9-30-23 ST. CHARLES NORTH INVITE RESULTS

### VARSITY – 1<sup>ST</sup> PLACE – 55 POINTS

NAME	FINISH	PLACE
Brea Counihan	18:27.7	1 <sup>st</sup>
Mia Forystek	19:37.2	5 <sup>th</sup>
Ava Dughetti	20:04.1	14 <sup>th</sup>
Nancy Flais	20:16.8	19 <sup>th</sup>
Claire Carter	20:20.7	20 <sup>th</sup>
Jillian Davies	20:30.6	24 <sup>th</sup>
Nadia Bowden	20:59.5	31 <sup>st</sup>

### F/S – 6<sup>TH</sup> PLACE – 130 POINTS

NAME	FINISH	PLACE
Aubrey Shipman	21:31.5 PR 2 sec	5 <sup>th</sup>
Isabella Hays	21:43.8 YTD 1 min faster	8 <sup>th</sup>
Nicole Demma	22:48.9	23 <sup>rd</sup>
Cassidy Dion	24:19.1	55 <sup>th</sup>
Katie Petrosky	24:51.8	68 <sup>th</sup>
Briana Slaney	25:14.2	73 <sup>rd</sup>
Emily Davis	26:38.0	97 <sup>th</sup>

### OPEN – 2<sup>ND</sup> PLACE – 48 POINTS

NAME	FINISH	PLACE
Molly Muehlnickel	21:23.0 YTD 15 sec faster	1 <sup>st</sup>
Emersynn Smith	21:43.0	3 <sup>rd</sup>
Ava Tomala	22:14.3	7 <sup>th</sup>
Addie Robitz	23:30.8	21 <sup>st</sup>
Sammie Jones	23:37.8 YTD 18 sec faster	23 <sup>rd</sup>
Brooke Bittner	24:34.7	34 <sup>th</sup>
Mila Ellison	24:51.8	40 <sup>th</sup>
Monica Alvarez	25:31.4	54 <sup>th</sup>
Frances Maynard	26:29.0	73 <sup>rd</sup>
Yasmin Ejaidi	27:15.4	81 <sup>st</sup>
Abby Sosa	29:03.3	105 <sup>th</sup>
Ruby Hillegass	DNR	
Olivia Smulders	DNR	
Gianna Barnes	DNR	
Bella Spence	DNR	
Mira Bowden	DNR	

**\*NOTE – COURSE IS ROUGHLY 20-25 SEC (.05 MI) LONGER THAN LAST YEAR**

**WEATHER:** Sunny, low 70s-low 80s

**RUNNER OF THE WEEK:** Molly Muehlnickel

**FULL RESULTS:** [HTTPS://WWW.ATHLETIC.NET/CROSSCOUNTRY/MEET/229509/INFO](https://www.athletic.net/CrossCountry/Meet/229509/info)

## 10-3-23 WILL COUNTY INVITE RESULTS

### F/S – 4<sup>TH</sup> PLACE – 105 POINTS

NAME	FINISH	PLACE
Nicole Demma	22:37.7 Same time*	12 <sup>th</sup>
Emily Davis	23:20.7 ~40 sec faster	20 <sup>th</sup>
Briana Slaney	23:55.4 1 min faster	25 <sup>th</sup>
Cassidy Dion	24:04.8	29 <sup>th</sup>
Katie Petrosky	24:04.9 13 sec faster	30 <sup>th</sup>
Mila Ellison	25:27.5 Same time	45 <sup>th</sup>
Frances Maynard	25:40.3 ~50 sec faster	47 <sup>th</sup>
Abby Sosa	28:17.2	63 <sup>rd</sup>
Mira Bowden	DNR	
Olivia Smulders	DNR	

### VARSITY – 1<sup>ST</sup> PLACE – 36 POINTS

NAME	FINISH	PLACE
Brea Counihan	18:52.9	2 <sup>nd</sup>
Mia Forystek	19:06.8 10 sec faster	3 <sup>rd</sup>
Nadia Bowden	19:40.4 SB 3 sec, 36 sec faster	9 <sup>th</sup>
Claire Carter	19:52.3 20 sec faster	10 <sup>th</sup>
Jillian Davies	19:59.4 ~45 sec faster	12 <sup>th</sup>
Ava Dughetti	20:01.5 ~20 sec faster	13 <sup>th</sup>
Ruby Hillegass	20:34.2 30 sec faster	15 <sup>th</sup>
Nancy Flais	20:34.9 Same time	16 <sup>th</sup>
Emersynn Smith	21:13.3	24 <sup>th</sup>
Molly Muehlnickel	21:17.2 SB 5 sec, ~30 sec faster	28 <sup>th</sup>
Ava Tomala	21:42.1 11 sec faster	37 <sup>th</sup>
Isabella Hays	21:50.1 26 sec faster	40 <sup>th</sup>
Aubrey Shipman	22:20.2 10 sec faster	48 <sup>th</sup>
Addie Robitz	23:11.6	59 <sup>th</sup>
Sammie Jones	23:37.7	72 <sup>nd</sup>
Brooke Bittner	23:44.9	73 <sup>rd</sup>
Monica Alvarez	24:15.2 3 min 25 sec faster	76 <sup>th</sup>
Yasmin Ejaidi	DNR	
Gianna Barnes	DNR	
Bella Spence	DNR	

\*Compared to times at same course at Joliet Central Invite on 9/8 with cooler weather

**WEATHER:** Full sun, low to mid 80s

**RUNNER OF THE WEEK:** Nadia Bowden

**FULL RESULTS:** [HTTPS://WWW.ATHLETIC.NET/CROSSCOUNTRY/MEET/227977/INFO](https://www.athletic.net/CrossCountry/MEET/227977/INFO)

## 10-14-23 SWSC CONFERENCE RESULTS

### VARSIITY – 1<sup>ST</sup> PLACE RED – 20 POINTS

NAME	FINISH	PLACE
Brea Counihan	18:51.6 All-Conference	1 <sup>st</sup>
Mia Forystek	19:35.5 All-Conference	2 <sup>nd</sup>
Nadia Bowden	20:25.9 All-Conference	4 <sup>th</sup>
Claire Carter	20:28.8 All-Conference	5 <sup>th</sup>
Jillian Davies	20:36.4 All-Conference	8 <sup>th</sup>
Nancy Flais	20:45.2 All-Conference	9 <sup>th</sup>
Ruby Hillegass	21:07.8	11 <sup>th</sup>
Ava Dughetti	21:39.3	14 <sup>th</sup>
Molly Muehlnickel	21:50.0	15 <sup>th</sup>
Emersynn Smith	21:58.1	16 <sup>th</sup>
Ava Tomala	22:42.0	22 <sup>nd</sup>
Addie Robitz	23:03.0	27 <sup>th</sup>
Sammie Jones	23:37.7	34 <sup>th</sup>
Brooke Bittner	25:06.7	48 <sup>th</sup>
Monica Alvarez	25:40.0	50 <sup>th</sup>
Yasmin Ejaidi	27:40.2	54 <sup>th</sup>

### F/S – 1<sup>ST</sup> PLACE RED – 29 POINTS

NAME	FINISH	PLACE
Isabella Hays	22:28.9 F/S All-Conference	2 <sup>nd</sup>
Nicole Demma	22:29.1 F/S All-Conference	3 <sup>rd</sup>
Aubrey Shipman	23:10.1 F/S All-Conference	6 <sup>th</sup>
Cassidy Dion	23:27.1 F/S All-Conference	7 <sup>th</sup>
Emily Davis	23:51.0	11 <sup>th</sup>
Mila Ellison	24:44.8	18 <sup>th</sup>
Katie Petrosky	25:11.7	21 <sup>st</sup>
Briana Slaney	25:19.3	22 <sup>nd</sup>
Frances Maynard	26:07.9	29 <sup>th</sup>
Abby Sosa	27:35.7	35 <sup>th</sup>

**WEATHER:** Windy, Rainy, Upper 40s

**RUNNER OF THE WEEK:** Brooke Bittner

**FULL RESULTS:** [HTTPS://WWW.ATHLETIC.NET/CROSSCOUNTRY/MEET/226184](https://www.athletic.net/CrossCountry/MEET/226184)



## 10-21-23 IHSA 3A ANDREW REGIONAL RESULTS

**VARSITY – 2<sup>ND</sup> PLACE – 47 POINTS**

<b>NAME</b>	<b>FINISH</b>	<b>PLACE</b>
Brea Counihan	<b>18:24.00</b> All-Regional	1 <sup>st</sup>
Mia Forystek	<b>19:12.55</b>	8 <sup>th</sup>
Nadia Bowden	<b>19:14.21</b> PR 18 sec	9 <sup>th</sup>
Ava Dughetti	<b>19:25.43</b>	12 <sup>th</sup>
Claire Carter	<b>19:45.64</b>	17 <sup>th</sup>
Jillian Davies	<b>19:49.45</b>	21 <sup>st</sup>
Nancy Flais	<b>20:14.30</b>	25 <sup>th</sup>

**WEATHER:** Partly Sunny, Low 50s

**RUNNER OF THE WEEK:** Ava Dughetti, Mia Forystek, & Isabella Hays

**FULL RESULTS:** [HTTPS://WWW.ATHLETIC.NET/CROSSCOUNTRY/MEET/231740/INFO](https://www.athletic.net/CrossCountry/Meet/231740/info)

## 10-28-23 IHSA 3A GRANITE CITY SECTIONAL RESULTS

**VARSITY – 4<sup>TH</sup> PLACE – 139 POINTS**

<b>NAME</b>	<b>FINISH</b>	<b>PLACE</b>
Brea Counihan	<b>16:57.95</b> PR 26 sec School Record	2 <sup>nd</sup>
Nadia Bowden	<b>18:05.89</b> PR 1 min 9 sec 6 <sup>th</sup> Fastest in School History	27 <sup>th</sup>
Mia Forystek	<b>18:25.52</b> PR 11 sec 10 <sup>th</sup> Fastest in School History	40 <sup>th</sup>
Ava Dughetti	<b>18:26.56</b> PR 47 sec 13 <sup>th</sup> Fastest in School History	41 <sup>st</sup>
Claire Carter	<b>18:28.94</b> PR 2 sec 14 <sup>th</sup> Fastest in School History	42 <sup>nd</sup>
Jillian Davies	<b>18:39.39</b> PR 52 sec 17 <sup>th</sup> Fastest in School History	48 <sup>th</sup>
Nancy Flais	<b>19:43.90</b>	84 <sup>th</sup>

**WEATHER:** Mid 40s, cloudy

**RUNNER OF THE WEEK:** Nadia Bowden

**FULL RESULTS:** [HTTPS://WWW.ATHLETIC.NET/CROSSCOUNTRY/MEET/231745/INFO](https://www.athletic.net/CrossCountry/Meet/231745/info)

## 11-4-23 IHSA 3A STATE RESULTS

**VARSITY – 22<sup>ND</sup> PLACE – 515 POINTS**

<b>NAME</b>	<b>FINISH</b>	<b>PLACE</b>
Brea Counihan	<b>17:25.15</b> All-State Fastest time at State in School History First Central Knight All- State runner First 3 Mile Knight All- State Runner	18 <sup>th</sup>
Mia Forystek	<b>18:18.74</b> PR 7 sec, 16 sec drop September meet 10 <sup>th</sup> Fastest in School History 7 <sup>th</sup> Fastest time at State in School History	79 <sup>th</sup>
Ava Dughetti	<b>19:00.71</b> 13 sec drop from September meet	165 <sup>th</sup>
Claire Carter	<b>19:19.77</b>	189 <sup>th</sup>
Jillian Davies	<b>19:20.41</b> 11 sec drop from September meet	190 <sup>th</sup>
Nancy Flais	<b>19:38.75</b>	213 <sup>th</sup>
Nadia Bowden	<b>20:19.37</b>	231 <sup>st</sup>

**WEATHER:** Sunny, low 60s

**RUNNER OF THE WEEK:** Claire Carter

**FULL RESULTS:** [HTTPS://WWW.ATHLETIC.NET/CROSSCOUNTRY/MEET/231766/INFO](https://www.athletic.net/CrossCountry/Meet/231766/info)

2023 LWC Girls XC Season Best/PR

Name	Pre-Conf		2023 LWC Girls XC Season Best/PR					Regionals		Sectional		State		PR	2023 SB	Improvement
	Verona	Joliet C	Peoria	Napervi	St. Char	Will Co	SWSC	Regionals	Sectional	State	PR	2023 SB	Improvement			
Brea Counihan	19:17.8	18:14.0	17:23.5	18:35.86	18:27.7	18:52.9	18:51.6	18:24.00	16:57.95	17:25.15	16:57.95	16:57.95	1 min 17 sec			
Nadia Bowden	20:49.5	20:16.4	19:43.9	20:30.19	20:59.5	19:40.4	20:25.9	19:14.21	18:05.89	20:19.37	18:05.89	18:05.89	1 min 27 sec			
Mia Forystek	20:55.1	19:16.5	18:36.9	19:09.64	19:37.2	19:06.8	19:35.5	19:12.55	18:25.52	18:18.74	18:18.74	18:18.74	58 sec			
Ava Dughetti	21:27.9	20:17.9	19:13.3	20:19.11	20:04.1	20:01.5	21:39.3	19:25.43	18:26.56	19:00.71	18:26.56	18:26.56	58 sec			
Claire Carter	21:45.8	20:11.3	19:01.3	20:00.28	20:20.7	19:52.3	20:28.8	19:45.64	18:28.94	19:19.77	18:28.94	18:28.94	2 sec			
Jillian Davies	22:26.5	20:42.3	19:31.0	20:12.03	20:30.6	19:59.4	20:36.4	19:49.45	18:39.39	19:20.41	18:39.39	18:39.39	2 min 3 sec			
Nancy Flais	22:24.5	20:34.6	19:24.6	20:32.20	20:16.8	20:34.2	20:45.2	20:14.30	19:43.90	19:38.75	19:14.3	19:24.6				
Ruby Hillegass	21:27.6	21:03.5	19:47.3	21:04.00	DNR	20:34.9	21:07.8				19:30.48	19:47.3				
Emersynn Smith	22:34.2	20:34.9	20:09.8	21:22.52	21:43.0	21:13.3	21:58.1				20:09.8	20:09.8	6 sec			
Molly Muehnickel	DNR	21:41.2	21:18.9	21:26.88	21:23.0	21:13.3	21:50.0				21:04.3	21:13.3				
Ava Tomala	24:01.0	21:53.6	21:22.4	22:11.57	22:14.3	21:42.1	22:42.0				21:13.7	21:22.4				
Isabella Hays	24:33.1	22:16.6	21:28.0	21:46.48	21:43.8	21:50.1	22:28.9				21:28.0	21:28.0	40 sec			
Aubrey Shipman	24:17.4	22:30.3	21:33.8	22:48.00	21:31.5	22:20.2	23:10.1				21:31.5	21:31.5	59 sec			
Nicole Demma	26:09.2	22:35.9	21:48.3	21:37.49	22:48.9	22:37.7	22:29.1				21:37.49	21:37.49	58 sec			
Sammie Jones	30:20.0	22:36.5	21:41.7	22:49.77	23:37.8	23:37.7	23:37.7				21:41.7	21:41.7	2 min 14 sec			
Addie Robitz	25:09.0	22:36.5	21:50.9	22:40.16	23:30.8	23:11.6	23:03.0				21:35.5	21:50.9				
Cassidy Dion	26:16.8	23:11.9	22:13.9	24:06.81	24:19.1	24:04.8	23:27.1				22:13.9	22:13.9	58 sec			
Brooke Bittner	25:36.7	22:57.5	22:46.2	24:40.58	24:34.7	23:44.9	25:06.7				22:46.2	22:46.2	55 sec			
Katie Petrosky	26:40.7	24:17.2	22:48.9	24:06.46	24:51.8	24:04.9	25:11.7				22:48.9	22:48.9	1 min 29 sec			
Emily Davis	26:33.0	23:53.8	22:49.0	23:58.01	26:38.0	23:20.7	23:51.0				22:49.0	22:49.0	1 min 4 sec			
Briana Slaney	28:43.3	24:53.0	23:45.8	24:05.28	25:14.2	23:55.4	25:19.3				22:20.9	23:45.8				
Monica Alvarez	28:34.1	27:40.7	23:49.1	24:53.24	25:31.4	24:15.2	24:44.8				22:29.9	23:49.1				
Frances Maynard	31:29.8	26:27.6	24:03.6	24:35.40	26:29.0	25:40.3	26:07.9				24:03.6	24:03.6	2 min 24 sec			
Mila Ellison	31:40.7	25:23.6	24:18.1	25:59.42	24:51.8	25:27.5	24:44.8				24:18.1	24:18.1	1 min 5 sec			
Mira Bowden	27:16.5	24:40.0	25:15.0	DNR	DNR	DNR	DNR				24:40.0	24:40.0				
Yasmin Ejaidi	29:41.0	25:23.6	DNR	27:21.00	27:15.4	DNR	27:40.2				25:23.6	25:23.6				
Abby Sosa	32:01.7	26:39.9	DNR	DNR	29:03.3	28:17.2	27:35.7				26:39.9	26:39.9				
Olivia Smulders	DNR	28:00.9	DNR	28:06.75	DNR	DNR	DNR				27:48.7	28:00.9				
Bella Spence	DNR	33:08.7	31:39.5	DNR	DNR	DNR	DNR				29:26.8	31:39.5				
Gianna Barnes	41:12.7	DNR	32:55.9	34:50.98	DNR	DNR	DNR				32:55.9	32:55.9	1 min 12 sec			

Yellow Highlight indicates PR

Blue Highlight indicates BK