

**EGR vs Sparta
Johnson Park**

October 8th 2003

		1 Mile	2 Mile	Final Time	PR	John Lst Wk	Top 10 Pts	Total Top 10
Laura Malnor	11	5.52	12.13	19.07	18.02	19.13	10	110
Nikki Brown	9	6.05	12.30	19.28	18.51	19.53	9	99
Raeanne Lohner	9	6.22	13.21	20.50	20.03	21.18	8	67
Mary Thomson	12	6.30	13.22	20.57	20.02	21.07	7	91
Jenny Lohner	12	6.30	13.22	21.09	20.15	20.50	6	82
Kristina Buschle	9	6.34	13.35	21.25	20.44	22.05	5	33
Bianca Stubbs	9	6.38	13.58	21.47	20.16	21.44	4	53
Erin Cvengros	10	6.38	14.10	22.30	20.59	22.06	3	46
Jessica Brenner	10	6.47	14.08	22.38	20.18	21.33	2	50
Becky Dean	12	7.19	14.51	22.56	21.19	23.11	1	8
Kathryn Gallagher	11	7.19	14.52	23.06	22.04	23.02		14
Lauren Cunningham	11	7.19	15.00	23.19	21.51	23.02		3
Meryl Chaffee	11	7.15	14.53	23.26	21.20	24.10		9
Libby Stanton	12	7.19	15.03	23.46	22.17	23.47		1
MJ Brennan	12	7.19	15.08	23.54	22.08	23.34		3
Susan Wonch	11	7.38	15.43	24.42	23.01	24.00		4
Christiane Stubbs	10	7.41	16.03	24.54	21.57	22.52		2
Concy Ridenour	9	8.20	17.23	27.15	25.15	26.38		
Ashley Moll	12	8.15	17.25	28.14	24.26	dnr		
Maggie Johnson	11	8.36	18.34	29.30	24.26	dnr		
Tallie Haller	12	6.38	13.58	sick	20.37	21.37		40
Lauren Bye	12			shins	24.25	dnr		
Francie Kammeraad	12			femur	20.51	dnr		
Stephi Kabat	12			knee	21.57	dnr		2
Alyssa Carlyle	11			ankle	21.59	dnr		

Johnson Park Course Records

EGR - 15

Sparta - 49

Senior Record 2003 Jenny Lohner 20.50
Junior Record 2003 Laura Malnor 19.07
 Sophomore Record 2002 Laura Malnor 19.05
Freshman Record 2003 Nikki Brown 19.28

1-Malnor 7-May
 2-Brown 9-Rodgers
 3-R Lohner 10-Miller
 4-Thomson 11-Yahrmark
 5-JLO 12-Russo

Gutbuster of the Meet

Laura Malnor
 Kristina Buschle

Nice work ladies. You're doing a great job continuing a very successful season. One more time at Johnson Park for the Conference Meet.

We had some improvements from last week at Johnson Park. Any faster times in just one week is a big deal in such a short time span. It also helps to run the course a 2nd time.

Keep the group running and aggressive first mile going. Look at your times compared to last week and see what was different. Evaluate your race and learn from it!!

6-0 in the conference is awesome. We've made so many improvement this year and now is the time where it will pay off. A little break in the action this weekend and then we're back at it against Kenowa.

The season is winding down for some of you, so let's finish it up strong with the last two meets of the year.

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