

WOMEN'S CROSS COUNTRY

2005 MAC LEAGUE MEET

AT METROPOLITAN BEACH

10/22/05

		SCORES	
1. Henry Ford II	112	42	5. East Detroit
2. L'Anse Creuse	150	52	6. Fraser
3. Warren Cousino	169	88	7. Roseville
4. Lakeview		110	

WOMEN'S MAC Blue League Meet

INDIVIDUAL RESULTS

FIN	NAME	TEAM	NUM
RESULTS	PTS		
1.	Teresa Semaan (12)	L'Anse Creuse	1119
20:01.0	1		
2.	Mary Leone (09)	Lakeview	1137
20:36.0	2		
3.	Melanie Hardin (9)	Henry Ford II	1140
20:58.0	3		
4.	Becky Umpfenbach (12)	Lakeview	1133
20:59.0	4		
5.	Rachel Thull (11)	Warren Cousino	1152
21:04.0	5		
6.	Tiffany Vanderpool (10)	Henry Ford II	1142
21:06.0	6		
7.	Danielle Caverly (11)	East Detroit	1099
21:07.0	7		
8.	Rachel Wisniewski (9)	Henry Ford II	1141
21:11.0	8		
9.	Jennifer Rawski (11)	L'Anse Creuse North	1124
21:22.0	-		
10.	Courtney Briggs (10)	L'Anse Creuse	1113
21:24.0	9		
11.	Jillian Conley (10)	L'Anse Creuse	1114
21:25.0	10		
12.	Paige Bierkamp (12)	Warren Cousino	1148
21:33.0	11		
13.	Danielle Sesko (11)	Henry Ford II	1144
21:35.0	12		

14.	Stephanie Bregier (9)	Henry Ford II	1143
21:44.0	13		
15.	Rachel Harrison (12)	L'Anse Creuse	1116
21:57.0	14		
16.	Dawn Kosal (10)	Henry Ford II	1145
22:10.0	P		
17.	Ashley Sack (9)	Henry Ford II	1146
22:30.0	P		
18.	Emily Keuhn (12)	L'Anse Creuse North	1122
22:34.0	-		
19.	Amy Dzurnak (Sr)	Fraser	1107
22:36.0	17		
20.	Jillian Hobig (10)	L'Anse Creuse	1117
22:36.1	18		
21.	Emily Fistler (10)	L'Anse Creuse North	1121
22:48.0	-		
22.	Teresa Woodward (12)	East Detroit	1105
22:55.0	19		
23.	Aprile Klaser (11)	L'Anse Creuse	1118
23:05.0	P		
24.	Elizabeth Geerer (12)	L'Anse Creuse	1115
23:15.0	P		
25.	Liz Cancel (Fr)	Fraser	1106
23:18.0	22		
26.	Libby Bartlett (10)	Warren Cousino	1147
23:21.0	23		
27.	Beth Brinkel (12)	Warren Cousino	1150
23:22.0	24		
28.	Sammi Louzon (11)	Warren Cousino	1151
23:36.0	25		
29.	Kelsey Caverly (12)	East Detroit	1100
23:55.0	26		
30.	BRITTANY SCHIELE (9)	Roseville	1130
24:01.0	27		
31.	Steffanie Smith (10)	East Detroit	1102
24:28.0	28		
32.	Asia Body (10)	Warren Cousino	1149
24:32.0	P		
33.	SARAH KELLY (12)	Roseville	1127
24:44.0	30		
34.	Catie Castelli (11)	Lakeview	1134
24:46.0	31		
35.	Carrie Masters (11)	East Detroit	1101
24:47.0	32		
36.	Jenene Holland (10)	Lakeview	1135
24:58.0	33		
37.	KIM COMPTON (11)	Roseville	1126
25:04.0	34		
38.	Stacey Getz (Fr)	Fraser	1110
25:05.4	35		

39.	ALYSSA RICHARDS (9)	Roseville	1129
25:17.0	36		
40.	Sarah Figueroa (Fr)	Fraser	1108
25:33.0	37		
41.	Leslie Russell (11)	Warren Cousino	1153
25:46.0	P		
42.	Valerie Flagg (Fr)	Fraser	1109
25:50.0	39		
43.	Frances Mackey (09)	Lakeview	1139
26:46.0	40		
44.	Juliana Goldwater (Sr)	Fraser	1111
27:01.0	P		
45.	Theresa Auito (11)	Roseville	1131
27:14.0	42		
46.	Ashley Sandercott (Fr)	Fraser	1112
27:46.0	P		
47.	Kelly Houlihan (10)	Lakeview	1136
30:00.0	P		
48.	Erin McCarver (09)	Lakeview	1138
32:00.0	P		
49.	Erica Gruenberg (09)	East Detroit	1103
35:00.0	P		
50.	Amanda Uglis (12)	East Detroit	1104
36:00.0	P		
51.	Sarah Richards (11)	Roseville	1132
37:00.0	P		
52.	Brittany Evans (9)	L'Anse Creuse North	1120
NF	-		
53.	Kelsey Martin (11)	L'Anse Creuse North	1123
NF	-		
54.	Rachel Venadam (11)	L'Anse Creuse North	1125
NF	-		

10/22/05

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AT METROPOLITAN BEACH

10/22/05

TEAM RESULTS

RESULTS	TEAM PTS	NAME	FIN
1.	Henry Ford II	Melanie Hardin (9)	3
20:58	3		
		Tiffany Vanderpool (10)	6
21:06	6		
		Rachel Wisniewski (9)	8
21:11	8		
		Danielle Sesko (11)	13

21:35	12		Stephanie Bregier (9)	14
21:44	13		Dawn Kosal (10)	16
22:10			Ashley Sack (9)	17
22:30				
			** TEAM TOTAL **	
1:46:34	42			
		2. L'Anse Creuse		
20:01	1		Teresa Semaan (12)	1
21:24	9		Courtney Briggs (10)	10
21:25	10		Jillian Conley (10)	11
21:57	14		Rachel Harrison (12)	15
22:36	18		Jillian Hobig (10)	20
23:05			Aprile Klaser (11)	23
23:15			Elizabeth Geerer (12)	24
			** TEAM TOTAL **	
1:47:23	52			
		3. Warren Cousino		
21:04	5		Rachel Thull (11)	5
21:33	11		Paige Bierkamp (12)	12
23:21	23		Libby Bartlett (10)	26
23:22	24		Beth Brinkel (12)	27
23:36	25		Sammi Louzon (11)	28
24:32			Asia Body (10)	32
25:46			Leslie Russell (11)	41
			** TEAM TOTAL **	
1:52:56	88			
		4. Lakeview		
20:36	2		Mary Leone (09)	2
			Becky Umpfenbach (12)	4

20:59	4		Catie Castelli (11)	34
24:46	31		Jenene Holland (10)	36
24:58	33		Frances Mackey (09)	43
26:46	40		Kelly Houlihan (10)	47
30:00			Erin McCarver (09)	48
32:00				

** TEAM TOTAL **

1:58:05	110			
		5. East Detroit		
21:07	7		Danielle Caverly (11)	7
22:55	19		Teresa Woodward (12)	22
23:55	26		Kelsey Caverly (12)	29
24:28	28		Steffanie Smith (10)	31
24:47	32		Carrie Masters (11)	35
35:00			Erica Gruenberg (09)	49
36:00			Amanda Uglis (12)	50

** TEAM TOTAL **

1:57:12	112			
		6. Fraser		
22:36	17		Amy Dzurnak (Sr)	19
23:18	22		Liz Cancel (Fr)	25
25:05	35		Stacey Getz (Fr)	38
25:33	37		Sarah Figueroa (Fr)	40
25:50	39		Valerie Flagg (Fr)	42
27:01			Juliana Goldwater (Sr)	44
27:46			Ashley Sandercott (Fr)	46

** TEAM TOTAL **

2:02:22 150

7.	Roseville	BRITTANY SCHIELE (9)	30
24:01	27	SARAH KELLY (12)	33
24:44	30	KIM COMPTON (11)	37
25:04	34	ALYSSA RICHARDS (9)	39
25:17	36	Theresa Auito (11)	45
27:14	42	Sarah Richards (11)	51
37:00			
		** TEAM TOTAL **	
2:06:20	169		
	L'Anse Creuse North	Jennifer Rawski (11)	9
21:22		Emily Keuhn (12)	18
22:34		Emily Fistler (10)	21
22:48		Brittany Evans (9)	52
00 00		Kelsey Martin (11)	53
00 00		Rachel Venadam (11)	54
00 00			
		** TEAM TOTAL **	
1:06:44			