



2010 LAKE FOREST CROSS COUNTRY

St. Charles Invitational Results

Varsity Race

PLACE	TEAM	POINTS	PLACES OF FINISHERS								AVG. TIME	SPREAD
1*	York	70	3	12	14	20	21	22	24	18:32.9	0:45.8	
2*	Barrington	70	4	6	16	18	26	27	53	18:37.2	0:50.1	
3	Geneva	123	2	5	8	41	67	68	69	18:59.7	2:25.4	
4	Montini	164	7	9	15	60	73	81	102	19:15.9	2:24.2	
5	St. Charles North	169	10	28	31	45	55	59	61	19:24.2	1:43.6	
6	Benet Academy	173	30	32	35	36	40	44	70	19:34.1	0:23.2	
7	Bartlett	192	1	17	19	77	78	80	88	19:27.4	3:01.2	
8	Lake Forest	206	13	29	38	62	64	65	66	19:39.9	1:54.0	
9	Waubonsie Valley	242	11	33	37	75	86	95		19:54.0	2:40.5	
10	Lincoln-way Central	270	25	49	51	71	74	84	93	20:06.9	1:43.7	
11	Jacobs	299	42	46	50	63	98	105	107	20:21.0	1:50.9	
12	Prairie Ridge	315	39	56	57	76	87	91	103	20:26.2	1:23.6	
13	Batavia	320	23	52	72	83	90			20:24.0	2:12.9	
14	Hononegah	334	34	54	79	82	85	94	96	20:33.0	1:33.2	
15	St. Charles East	337	43	47	58	92	97	99	104	20:34.3	1:47.3	
16	Glenbard South	451	48	89	100	106	108	111		21:40.5	2:46.2	
17	Rockford Guilford	548	101	109	110	113	115	116		23:27.6	3:03.3	
18	Belvidere	580	112	114	117	118	119	120	121	26:19.1	5:15.9	

PLACE	FINISHER	TIME	TEAM
14	Lauren Wyatt, So	18:30.5	Lake Forest
30	Katharine McCauley, Sr	19:20.4	Lake Forest
39	Caitlin Sperzel, Sr	19:44.8	Lake Forest
64	Megan Lundahl, Sr	20:19.3	Lake Forest
66	Sheila Murphy, Sr	20:24.4	Lake Forest
67	Kate Murphy, Sr	20:24.8	Lake Forest
68	Ellen Revenaugh, Jr	20:28.2	Lake Forest

Frosh-Soph Race

PLACE	TEAM	POINTS	PLACES OF FINISHERS								AVG. TIME	SPREAD
1	St. Charles East	42	1	2	4	13	22	68	83	19:45.8	2:12.5	
2	York	108	3	7	29	32	37	46	51	20:39.2	1:35.3	
3	Lake Forest	133	9	12	16	41	55	63	66	20:49.6	1:41.1	
4*	Glenbard South	148	8	18	24	25	73	74	93	21:01.4	2:06.6	
5*	Benet Academy	148	15	17	19	36	61	82	85	21:01.6	1:29.9	
6	Prairie Ridge	156	6	20	39	44	47	78	103	20:59.1	1:27.5	
7	Geneva	170	14	30	31	42	53	56	57	21:08.8	1:23.1	
8	Batavia	194	21	23	43	49	58	64	77	21:18.2	1:02.1	
9	Lincoln-way Central	258	33	35	52	62	76	79	81	21:40.6	1:04.9	
10	Moline	281	5	27	45	99	105	108	110	22:12.7	4:48.8	
11	Barrington	291	11	65	69	71	75	80	84	21:47.8	2:05.0	
12	Montini	305	28	40	60	86	91	98	101	21:59.9	2:01.9	
13	Bartlett	311	38	54	59	72	88	89	104	22:00.4	1:31.0	
14	Jacobs	312	10	26	87	94	95	96	102	22:13.9	3:30.8	
15	Hononegah	425	50	67	70	117	121	122		24:37.9	7:24.4	
16	St. Charles North	452	48	90	92	107	115	120	123	24:06.3	6:31.7	
17	Waubonsie Valley	467	34	97	109	113	114	118	119	25:16.2	6:42.8	
18	Belvidere	545	100	106	111	112	116	124		26:18.6	3:50.7	

PLACE	FINISHER	TIME	TEAM
9	Nina Demet, So	20:08.5	Lake Forest
12	Helen Schlachtenhaufen, So	20:13.8	Lake Forest
16	Lisa Bennatan, Fr	20:36.7	Lake Forest
41	Thea Milburn, Fr	21:19.6	Lake Forest
55	Hannah Mowry, So	21:49.5	Lake Forest
63	Brynn Streppa, So	21:59.5	Lake Forest
66	Erin Malles, So	22:05.5	Lake Forest



2010 LAKE FOREST CROSS COUNTRY

St. Charles Invitational Results

JV RACE

PLACE	TEAM	POINTS	PLACES OF FINISHERS							AVG. TIME	SPREAD
1	York	25	1	4	5	7	8	15	20	20:05.1	0:33.9
2	Barrington	46	2	3	6	17	18	32	51	20:28.0	1:17.5
3	Benet Academy	123	11	16	27	29	40	42	46	21:31.6	1:40.8
4	Bartlett	137	19	26	28	30	34	55	61	21:45.8	0:55.9
5	Lake Forest	149	23	25	31	33	37	50	54	21:52.1	0:39.5
6	Lincoln-way Central	180	13	14	36	47	70	78	86	21:56.8	2:34.6
7	Geneva	215	9	45	49	53	59	60	62	22:06.0	2:23.5
8	Batavia	220	21	35	41	52	71	73	74	22:19.9	2:09.6
9*	St. Charles East	265	43	44	56	58	64	77	85	22:36.2	0:44.2
10*	St. Charles North	265	12	39	66	68	80	82	87	22:43.1	3:29.1
11	Glenbard South	296	10	24	84	88	90	91	92	23:21.7	4:51.5
12	Prairie Ridge	305	48	57	63	65	72	76	81	22:57.1	1:00.7
13	Jacobs	354	22	67	83	89	93	95		24:11.6	5:35.8
14	Hononegah	355	38	69	75	79	94			24:20.1	6:29.1

PLACE	FINISHER	TIME	TEAM
24	Sarah Burkhardt, Jr	21:28.8	Lake Forest
27	Molly Wagener, Jr	21:40.1	Lake Forest
33	Catherine Traut, Jr	21:57.5	Lake Forest
37	Kelsey Stoll, Sr	22:05.6	Lake Forest
41	Molly Carr, Jr	22:08.3	Lake Forest
60	Isabella Nottoli, So	22:31.8	Lake Forest
65	Faith Steckel, Sr	22:37.6	Lake Forest
74	Stephanie Weber, Jr	22:45.3	Lake Forest
75	Jennie Moderwell, Jr	22:46.3	Lake Forest
80	Jamie Warren, Sr	22:49.4	Lake Forest
81	Katherine A. Rowe, Jr	22:50.8	Lake Forest
86	Lizett Pink, Fr	22:57.9	Lake Forest
93	Natalie Yang, Fr	23:05.2	Lake Forest
101	Elliotte Pomerich, So	23:15.1	Lake Forest
103	Katherine Dvorak, So	23:16.7	Lake Forest
107	Ann Marie Nedead, Jr	23:20.2	Lake Forest
108	Madeline Nesbit, So	23:21.3	Lake Forest
124	Sarah Rigali, Fr	23:40.4	Lake Forest
126	Johanna Foster, Sr	23:42.4	Lake Forest
128	Alison Bailey, Sr	23:43.0	Lake Forest
129	Savanah Shea, Fr	23:43.6	Lake Forest
145	Natalie Durot, Jr	23:54.3	Lake Forest
163	Catherine Kesman, Sr	24:14.1	Lake Forest
164	Abigail Silber, Jr	24:16.2	Lake Forest
196	Kelly Marsch, Sr	24:46.6	Lake Forest
198	Hayley Lakin, So	24:49.6	Lake Forest
217	Ellen Logue, Sr	25:08.9	Lake Forest