# Central Washington University ScholarWorks@CWU

**Cross-Country Running** 

Sports Statistics and Histories

9-11-2010

# 2010 Apple Ridge Run Invitational, Event 2, Women 4k Run

Great Northwest Athletic Conference

Follow this and additional works at: http://digitalcommons.cwu.edu/cwu cross country

### Recommended Citation

Great Northwest Athletic Conference, "2010 Apple Ridge Run Invitational, Event 2, Women 4k Run " (2010). Cross-Country Running. Book 202.

http://digitalcommons.cwu.edu/cwu\_cross\_country/202

This Article is brought to you for free and open access by the Sports Statistics and Histories at ScholarWorks@CWU. It has been accepted for inclusion in Cross-Country Running by an authorized administrator of ScholarWorks@CWU.

## 2010 Apple Ridge Run Invitational - 9/11/2010 hosted by Central Washington University Yakima, WA (Apple Ridge Run CC Course) Last Completed Event

Event 2 Women 4k Run CC

====				=======	=======
	Name		School	Avg Mile	Finals
	Allison Cutting		Seattle Pacific	6:20.2	15:45.00
2	Mary Rogers	so	Western Wash.	6:28.3	16:05.00
3	Rachael Johnson	JR	Western Wash.	6:28.7	16:06.00
4	Phoebe Hartnett	so	Western Wash.	6:32.3	16:15.00
5	Kristi Fairbanks	SO	Western Wash.	6:40.4	16:35.00
6	Haida Ikeda	FR	Western Wash.	6:42.0	16:39.00
7	Taylor Kartes	FR	Central Wash.	6:42.8	16:41.00
8	Kelsey Kreft	SO	Central Wash.	6:44.4	16:45.00
9	Alanna Steele	SO	Skagit Valley	6:45.2	16:47.00
10	Brandi Eloff		Great Falls	6:47.2	16:52.00
11	Arielle Walton		Unattached	6:48.4	16:55.00
12	Shelby Tritthart		Great Falls	6:52.0	17:04.00
13	McKinley Williams	SR	Western Wash.	6:52.8	17:06.00
14	Adriana Mendoza	SR	Central Wash.	6:53.2	17:07.00
15	Gaby Krevat	SO	Western Wash.	6:54.4	17:10.00
16	Megan Knape	FR	Seattle Pacific	6:54.8	17:11.00
17	Cheri Watson	SR	Western Wash.	6:55.3	17:12.00
18	Leah Swanson	FR	Seattle Pacific	6:55.3	17:12.00
19	Kayla Wilkins	JR	Seattle Pacific	6:56.5	17:15.00
20	Shelbey Leimbach	FR	Green River CC	6:57.3	17:17.00
21	Brittany Johnson		Great Falls	6:58.5	17:20.00
22	Amber Green		Unattached	6:59.3	17:22.00
23	Alexandra Dorsey	FR	Seattle Pacific	7:00.5	17:25.00
24	Josephine Taba		Unattached	7:02.1	17:29.00
25	Berlyn Bales	SR	Central Wash.	7:06.9	17:41.00
26	Maria Ujifusa	SO	Western Wash.	7:08.9	17:46.00
27	Christina Bruce		Great Falls	7:09.3	17:47.00
28	Kendra Miller	JR	Western Wash.	7:16.6	18:05.00
29	Jenni Hill		Great Falls	7:18.6	18:10.00
30	Krissy McGill	JR	Central Wash.	7:19.0	18:11.00
31	Laura Moser	so	Seattle Pacific	7:19.4	18:12.00
32	Eleanor Siler	JR	Western Wash.	7:21.0	18:16.00

33	Amanda Valera	SR	Central Wash.	7:21.4	18:17.00
34	Amber Burnell		Unattached	7:22.2	18:19.00
35	Diana Evans	FR	Green River CC	7:23.0	18:21.00
36	Heather Handy		Great Falls	7:23.4	18:22.00
37	Navi Kaur	FR	Green River CC	7:27.0	18:31.00
38	Kendra Hedges	JR	Western Wash.	7:27.4	18:32.00
39	Rachel Feiring		Olympic College	7:29.9	18:38.00
40	Athena Alvarez	so	Seattle Pacific	7:34.7	18:50.00
41	Haley Busby		Great Falls	7:35.1	18:51.00
42	Ashley Rice	so	Central Wash.	7:39.5	19:02.00
43	Tara Tadlock		Great Falls	7:44.3	19:14.00
44	Sophie Hummer		Unattached	7:48.4	19:24.00
45	Angela Hanners		Olympic College	7:49.6	19:27.00
46	Brittany Siegrist		Olympic College	7:50.4	19:29.00
47	Tina Raynor		Great Falls	7:58.8	19:50.00
48	Taylor Person		Olympic College	8:04.5	20:04.00
49	Heather Grambo		Skagit Valley	8:04.9	20:05.00
50	Adriana Zazula	so	Central Wash.	8:04.9	20:05.00
51	Becky Stankus		Unattached	8:12.5	20:24.00
52	Sarah Flatebo	so	Central Wash.	8:13.7	20:27.00
53	Jessica Duckworth		Olympic College	8:37.8	21:27.00
54	Kelly Lam	FR	Skagit Valley	8:49.1	21:55.00
55	Ashley Woods	FR	Green River CC	9:32.2	23:42.00

#### Team Scores

=======================================									
Rank Team	Total	1	2	3	4	5	*6	*7	*
	======	:====		-====	-====				
1 Western Washington Univer	20	2	3	4	5	6	11	13	
Total Time: 1:21:40.00									
Average: 16:20.00									
2 Seattle Pacific Universit	64	1	14	15	16	18	23	27	
	64	1	14	15	16	18	23	21	
Total Time: 1:24:48.00									
Average: 16:57.60									
3 Central Washington Univer	68	7	8	12	19	22	24	29	
Total Time: 1:26:25.00									
Average: 17:17.00									
•				4.5					
4 University of Great Falls	77	9	10	17	20	21	25	28	
Total Time: 1:27:13.00									
Average: 17:26.60									
5 Olympic College	152	26	30	31	32	33			
Total Time: 1:39:05.00									

Average: 19:49.00

### Manager

======

# Points

8 \*9

:=====