Lordstown Varsity Cross Country

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Name** | **1 mile** | **2 mile** | **Finish** | **place** | **Team Rank** |
| Amanda Romain | 9:25 | (12:13)  21:38 | (12:25)  34:04 | 37/39 | 3 |
| Natalia Kresic | DNR | DNR | DNR | N/A | 5 |
| Jessica Wilk | 6:10 | (6:49)  12:59 | (7:10)  20:09 | 2/39 | 1 |
| Ady McNeil | 9:41 | (13:34)  23:15 | (14:41)  37:56 | 39/39 | 4 |
| Makayla Neiswanger | DNR | DNR | DNR | N/A | 5 |
| Peyton Ferguson | 7:38 | (9:32)  17:10 | (10:38)  27:48 | 30/39 | 2 |
| Sarah Schnider | DNR | DNR | DNR | N/A | 5 |
| Lily Simones | DNR | DNR | DNR | N/A | 5 |
|  |  |  |  |  |  |
| Jimmy Moyers | 7:35 | (8:01)  14:36 | (7:35)  22:11 | 35/53 | 4 |
| Nick Allen | 8:55 | (10:58)  19:53 | (10:55)  30:48 | 53/53 | 9 |
| Ethan Gearhart | 7:30 | (8:25)  16:55 | (9:30)  25:25 | 44/53 | 7 |
| Jermaine Jones | 6:32 | (7:59)  14:31 | (7:32)  22:03 | 34/53 | 3 |
| Peyton Reid | 6:29 | (7:28)  13:57 | (7:29)  21:26 | 29/53 | 1 |
| Jake Jones | 7:11 | (8:04)  15:12 | (9:11)  24:26 | 42/53 | 5 |
| Dylan Best | 6:33 | (7:43)  14:16 | (7:33)  21:49 | 33/53 | 2 |
| Jacob Fleming | 7:27 | (8:52)  16:19 | (8:27)  24:46 | 43/53 | 6 |
| Brandon Flynn | 7:33 | (10:48)  18:21 | (10:33)  28:54 | 50/53 | 8 |
|  | Meet MVP | Jessica and Peyton R. |  |  |  |

10-9-18 at NAC Championship @ Badger High School

DNR, Did not run, DNF, Did not finish. Although the overall results were not our best performances. I like that several people attacked the first mile and went after the race. Focus on maintaining a positive mindset, concentrating on a breathing pattern, and keep your eye on the runner in front of you when you begin to get tired and uncomfortable. You have been working hard, trust your training…the time drops will come!! Congratulations on a very good second place finish Jess and to Peyton R. for placing in the top half of the racing field. Coach K.