

PAC CHAMPIONSHIP JV GIRLS

Heebner Park, Worcester, PA

Oct. 18, 2018

Results by runhigh.com

PLACE	TEAM	POINTS	SCORES							AVG. TIME SPREAD		
1	Spring Ford	30	1	2	7	9	11	17	23	21:46	2:08	
2	Owen J. Roberts	44	3	4	10	12	15	19	22	22:14	2:25	
3	Perkiomen Valley	46	5	6	8	13	14	16	18	22:28	1:23	
4	Methacton Girls	130	20	24	25	28	33	34	35	24:15	1:13	
5	Pope John Paul II	148	21	27	29	30	41	45		24:47	2:46	
6	Phoenixville	177	26	31	38	40	42	47		25:54	3:57	
7	Norristown	187	32	36	37	39	43	44	46	26:22	4:48	

Dual Meet Scores

Spring Ford	6 wins
Owen J. Roberts	5 wins
Perkiomen Valley	4 wins
Methacton Girls	3 wins
Pope John Paul II	2 wins
Phoenixville	1 wins
Norristown	0 wins

PLACE	FINISHER	TIME	PACE	PLACE	FINISHER	TIME	PACE
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Total Time = 2:11:46 Total Places = 187

1. Spring Ford

1	Brooke Donoghue, So	20:41	6:40
2	Lucy Ruppert, Fr	20:44	6:41
7	Steph Ghret, Jr	22:13	7:10
9	Amanda Mulhall, Fr	22:24	7:14
11	Dana Reed, Jr	22:48	7:21
17	Megan Seifert, So	23:27	7:34
23	Svdnee Sherrick, Sr	23:47	7:40
Total Time = 1:48:50		Total Places = 30	

2. Owen J. Roberts

3	Sarah Karaman, Fr	20:44	6:41
4	Emma Torak, Sr	21:31	6:56
10	Alicia Avello-Lango, Jr	22:45	7:20
12	Grace Kratz, So	22:57	7:24
15	Bridget Dicesare, Sr	23:09	7:28
19	Fiona Murray, Sr	23:39	7:38
22	Linnette Fogwell, Jr	23:45	7:40
Total Time = 1:51:06		Total Places = 44	

3. Perkiomen Valley

5	Anna Ferraro, Sr	21:42	7:00
6	Anna Bonner, So	22:04	7:07
8	Katie Connor, Sr	22:24	7:13
13	Molly Williams, Sr	23:03	7:26
14	Deanna Johns, Sr	23:04	7:26
16	McKenzie Heaps, Jr	23:10	7:28
18	Hannah Whetstone, So	23:29	7:34
Total Time = 1:52:17		Total Places = 46	

4. Methacton Girls

20	Ellie Joseph, Jr	23:43	7:39
24	Casey Biglin, So	23:55	7:43
25	Kristin Brycki, Jr	24:09	7:47
28	Olivia Leber, Sr	24:29	7:54
33	Reese O'Brien, Jr	24:56	8:02
34	Julia Malachowski, Sr	25:24	8:11
35	Marina Daywalt, Jr	25:25	8:12
Total Time = 2:01:12		Total Places = 130	

5. Pope John Paul II

21	Monica Rigby, So	23:45	7:39
27	Rachel Ramkowsky, Fr	24:18	7:50
29	Erin Fox, Jr	24:38	7:57
30	Elizabeth Wiggs, Sr	24:41	7:58
41	Marv Clearv, Sr	26:30	8:33
45	Isabela Caruso, So	30:29	9:50
Total Time = 2:03:52		Total Places = 148	

6. Phoenixville

26	Evelyn Lennon, Fr	24:14	7:49
31	Griane Reed, Fr	24:43	7:58
38	Ocean Swomley, So	25:57	8:22
40	Sara Sabo, Jr	26:22	8:30
42	Maggie Duncan, Jr	28:11	9:05
47	Jasmine Jackson, So	35:26	11:26
Total Time = 2:09:27		Total Places = 177	

7. Norristown

32	Christy Flores, So	24:52	8:01
36	Leslie Colotl, Jr	25:31	8:14
37	Stacy Sanchez, Jr	25:34	8:15
39	Stephanie Sanchez, Jr	26:10	8:26
43	Katie Roias, Jr	29:39	9:34
44	Valerie Tellez, So	29:59	9:40
46	Mariela Moran, Jr	32:31	10:29

PLACE	FINISHER	TIME	PACE	TEAM
1	Brooke Donoghue, So	20:41	6:40	Spring Ford
2	Lucy Ruppert, Fr	20:44	6:41	Spring Ford
3	Sarah Karaman, Fr	20:44	6:41	Owen J. Roberts
4	Emma Torak, Sr	21:31	6:56	Owen J. Roberts
7:00 Pace				
5	Anna Ferraro, Sr	21:42	7:00	Perkiomen Valley
6	Anna Bonner, So	22:04	7:07	Perkiomen Valley
7	Steph Ghret, Jr	22:13	7:10	Spring Ford
8	Katie Connor, Sr	22:24	7:13	Perkiomen Valley
9	Amanda Mulhall, Fr	22:24	7:14	Spring Ford
10	Alicia Avello-Lango, Jr	22:45	7:20	Owen J. Roberts
11	Dana Reed, Jr	22:48	7:21	Spring Ford
12	Grace Kratz, So	22:57	7:24	Owen J. Roberts
13	Molly Williams, Sr	23:03	7:26	Perkiomen Valley
14	Deanna Johns, Sr	23:04	7:26	Perkiomen Valley
15	Bridget Dicesare, Sr	23:09	7:28	Owen J. Roberts
16	McKenzie Heaps, Jr	23:10	7:28	Perkiomen Valley
17	Megan Seifert, So	23:27	7:34	Spring Ford
18	Hannah Whetstone, So	23:29	7:34	Perkiomen Valley
19	Fiona Murray, Sr	23:39	7:38	Owen J. Roberts
20	Ellie Joseph, Jr	23:43	7:39	Methacton Girls
21	Monica Rigby, So	23:45	7:39	Pope John Paul II
22	Linnette Fogwell, Jr	23:45	7:40	Owen J. Roberts
23	Sydney Sherrick, Sr	23:47	7:40	Spring Ford
24	Christine Colucci, So	23:54	7:43	Spring Ford
25	Casey Biglin, So	23:55	7:43	Methacton Girls
26	Kristin Brycki, Jr	24:09	7:47	Methacton Girls
27	Kayla Breisch, Jr	24:13	7:49	Spring Ford
28	Evelyn Lennon, Fr	24:14	7:49	Phoenixville
29	Rachel Ramkowsky, Fr	24:18	7:50	Pope John Paul II
30	Jeanne Tokay, So	24:19	7:51	Owen J. Roberts
31	Ingrid Shu, Sr	24:21	7:51	Spring Ford
32	Emma Muntzer, So	24:26	7:53	Owen J. Roberts
33	Olivia Leber, Sr	24:29	7:54	Methacton Girls
34	Olivia Harmonos, Sr	24:31	7:54	Owen J. Roberts
35	Erin Fox, Jr	24:38	7:57	Pope John Paul II
36	Alison Hawk, Jr	24:39	7:57	Owen J. Roberts
37	Elizabeth Wiggs, Sr	24:41	7:58	Pope John Paul II
38	Griane Reed, Fr	24:43	7:58	Phoenixville
8:00 Pace				
39	Christy Flores, So	24:52	8:01	Norristown
40	Reese O'Brien, Jr	24:56	8:02	Methacton Girls
41	Julia Malachowski, Sr	25:24	8:11	Methacton Girls
42	Marina Daywalt, Jr	25:25	8:12	Methacton Girls
43	Leslie Colotl, Jr	25:31	8:14	Norristown
44	Stacy Sanchez, Jr	25:34	8:15	Norristown
45	Kelsey Hansell, Sr	25:38	8:16	Owen J. Roberts
46	Ocean Swomley, So	25:57	8:22	Phoenixville
47	Alyson Marklev, So	25:58	8:22	Methacton Girls
48	Stephanie Sanchez, Jr	26:10	8:26	Norristown
49	Isabel Sharp, So	26:10	8:26	Pottstown
50	Ava Fitzgerald, So	26:16	8:28	Methacton Girls
51	Sara Sabo, Jr	26:22	8:30	Phoenixville
52	Rory Stein, So	26:23	8:31	Methacton Girls
53	Mary Cleary, Sr	26:30	8:33	Pope John Paul II
54	Emily Sabatino, Jr	26:36	8:35	Owen J. Roberts
55	Sydney Tobin, Jr	26:40	8:36	Methacton Girls
56	Nicole Dellose, Sr	27:09	8:45	Methacton Girls
9:00 Pace				
57	Maggie Duncan, Jr	28:11	9:05	Phoenixville
58	Djamila Egbe, Fr	28:18	9:07	Bovertown
59	Caroline Deviney, Sr	28:38	9:14	Owen J. Roberts
60	Amari Follv, Jr	29:25	9:29	Pottstown
61	Katie Rojas, Jr	29:39	9:34	Norristown
62	Valerie Tellez, So	29:59	9:40	Norristown
63	Isabela Caruso, So	30:29	9:50	Pope John Paul II
10:00 Pace				
64	Annabelle Poston, Fr	31:11	10:04	Pottstown
65	Mariela Moran, Jr	32:31	10:29	Norristown
11:00 Pace				
66	Jasmine Jackson, So	35:26	11:26	Phoenixville

8 finishers among Women Under 2
19 finishers among Women 2 - 2
22 finishers among Women 3 - 3
17 finishers among Women 4 - 4
0 male finishers
66 female finishers
66 total finishers