

Race Lake Region Invitational
Date 8/30/20014
Distance 2.72

Weather 66 Sunny with slight breeze

Teams Lake Region, Westbrook, Windham, Fryburg Academy,
NYA, Poland, Gray-New Gloucester, McAuley

Division Girls



Place	Name	School	Time	Pace
1*	Austin	NYA	0:17:59	0:06:37
2	Pabst	Westbrook	0:18:37	0:06:51
3	Lastra	FA	0:19:01	0:06:59
4	Au Blais	LR	0:19:01	0:06:59
5	Rand	Windham	0:19:23	0:07:08
6	Phelps	Westbrook	0:19:23	0:07:08
7	Bockus	Windham	0:20:16	0:07:27
8	Turner	Windham	0:20:18	0:07:28
9	Phillips	Westbrook	0:20:20	0:07:29
10	Baker	Windham	0:20:25	0:07:30
11	Sperry	Westbrook	0:20:37	0:07:35
12	Au Blais	LR	0:20:47	0:07:38
13	Halmas	Poland	0:21:05	0:07:45
14	Carty	FA	0:21:12	0:07:48
15	Miller	Westbrook	0:21:15	0:07:49
16	Yost	Windham	0:21:18	0:07:50
17	Hilton	Westbrook	0:21:26	0:07:53
18	Wintle	Windham	0:21:29	0:07:54
19	Pepin	Windham	0:21:32	0:07:55
20	Whaley	McAuley	0:21:39	0:07:58
21	Bailey	Windham	0:21:40	0:07:58
22	Cooper	NYA	0:21:40	0:07:58
23	Bergh	McAuley	0:21:40	0:07:58
24	Bennett	Windham	0:21:44	0:07:59
25	Thompson	Westbrook	0:21:46	0:08:00
26	Fogden	FA	0:21:47	0:08:01
27	Austin	McAuley	0:21:55	0:08:03
28	McLean	GNG	0:22:04	0:08:07
29	Norkin	NYA	0:22:13	0:08:10
30	Dube	McAuley	0:22:15	0:08:11
31	Trawick	GNG	0:22:23	0:08:14
32	Gaul	Poland	0:22:34	0:08:18
33	Clark	Windham	0:22:38	0:08:19
34	Plummer	Poland	0:22:47	0:08:23
35	Santarelli	FA	0:22:49	0:08:23

Overall Team Results

1 Westbrook	43
2 Windham	46
3 Fryburg Academy	100
4 NYA	124
5 Poland	145
6 Lake Region	145
7 McAuley	161
8 GNG	178

Windham had 9 runners in the top 25!

* New course record

Windham Notes:

Improvements in time over 2013
for those with times available
Sierra Yost 4:50 faster!!
Amanda Turner 2:45 faster!
McKenzie Pepin 1:26 faster!
Joelle Bockus 0:57 faster!
Kianna Clark 0:48 faster!

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Place	Name	School	Time	Pace
36	Miskell	NYA	0:23:37	0:08:41
37	True	LR	0:24:05	0:08:51
38	Witham	Westbrook	0:24:17	0:08:56
39	Martin	Poland	0:24:23	0:08:58
40	Gammon	Poland	0:24:24	0:08:58
41	Labonte	Windham	0:24:38	0:09:03
42	Meader	Windham	0:24:47	0:09:07
43	Grzyb	FA	0:25:05	0:09:13
44	McDermith	FA	0:26:16	0:09:39
45	Herbert	GNG	0:26:28	0:09:44
46	Hamill	Poland	0:26:30	0:09:45
47	Kivanista	GNG	0:26:47	0:09:51
48	Ekland	FA	0:27:01	0:09:56
49	Mayer	Windham	0:27:02	0:09:56
50	Martin	Poland	0:27:03	0:09:57
51	Shampine	GNG	0:27:13	0:10:00
52	Kelley	Poland	0:27:42	0:10:11
53	Miskell	NYA	0:27:50	0:10:14
54	Downey	McAuley	0:28:03	0:10:19
55	Williams	Poland	0:28:27	0:10:28
56	Hodman-Burns	FA	0:28:51	0:10:36
57	Bisson	Poland	0:29:06	0:10:42
58	Tracy	Windham	0:29:47	0:10:57
59	Witkowski	McAuley	0:29:47	0:10:57
60	Allyaha	LR	0:30:29	0:11:12
61	Shanks	LR	0:30:29	0:11:12
62	Morin	LR	0:32:05	0:11:48
63	Springer	LR	0:32:29	0:11:57