

**Twin Lakes Conference Cross Country Championships**  
**Lake City, IA**  
**October 17, 2015**

**Girls Team Results**

| <b>Place</b> | <b>School</b> | <b>Total</b> |
|--------------|---------------|--------------|
| 1st          | PAC/LM        | 25           |
| 2nd          | SE Valley     | 66           |
| 3rd          | Alta Aurelia  | 75           |
| 4th          | SCC           | 92           |
| 5th          | Sioux Central | 152          |
| 6th          | East Sac      | 153          |
| 7th          | Manson NWW    | 181          |

**Girls Individual Results**

| <b>Place</b> | <b>Name</b>         | <b>School</b>         | <b>Time</b> |
|--------------|---------------------|-----------------------|-------------|
| 1            | Faith Meyer         | PAC/LM                | 20:42.5     |
| 2            | Grace Meyer         | PAC/LM                | 20:44.1     |
| 3            | Natalie Lambert     | SE Valley             | 20:46.5     |
| 4            | Elle Ruffridge      | PAC/LM                | 21:02.0     |
| 5            | Sydney Batz         | South Central Calhoun | 21:14.5     |
| 6            | Erica Rittgers      | SE Valley             | 21:48.4     |
| 7            | Destini Oehlertz    | PAC/LM                | 22:00.77    |
| 8            | Morgan Sholty       | East Sac              | 22:15.2     |
| 9            | Alicia Turnquist    | Alta-Aurelia          | 22:28.7     |
| 10           | Emily Beukelman     | Alta-Aurelia          | 22:33.3     |
| 11           | Katie Berte         | PAC/LM                | 22:37.2     |
| 12           | Bailey Vainreb      | PAC/LM                | 22:39.0     |
| 13           | Erin Strohmyer      | Sioux Central         | 22:47.9     |
| 14           | Josie Breitsprecher | SE Valley             | 22:51.6     |
| 15           | Katelyn Decker      | South Central Calhoun | 23:04.8     |
| 16           | Addie Duitscher     | PAC/LM                | 23:32.2     |
| 17           | Clara Candelario    | Alta-Aurelia          | 23:41.7     |
| 18           | Mady Dick           | South Central Calhoun | 23:43.8     |
| 19           | Cynthia Placido     | Alta-Aurelia          | 23:45.5     |
| 20           | Lauren Falck        | Alta-Aurelia          | 24:05.4     |
| 21           | Alli True           | SE Valley             | 24:25.3     |
| 22           | Katara Jondle       | SE Valley             | 24:26.5     |
| 23           | Anna Heatherington  | SE Valley             | 24:34.2     |
| 24           | Reghan Harms        | Alta-Aurelia          | 24:39.3     |
| 25           | Jessica Flaherty    | Alta-Aurelia          | 24:55.4     |
| 26           | Amaliya McCaulley   | South Central Calhoun | 25:03.5     |
| 27           | Leslie Salazar      | Sioux Central         | 25:09.6     |
| 28           | Lauren Ukena        | South Central Calhoun | 25:13.9     |
| 29           | Sydney Vanderhoff   | Sioux Central         | 25:18.0     |
| 30           | Julia Markert       | Manson NWW            | 25:27.1     |
| 31           | Nichole Morriss     | Manson NWW            | 25:35.1     |
| 32           | Emma Graves         | SE Valley             | 25:47.4     |

|    |                          |                       |         |
|----|--------------------------|-----------------------|---------|
| 33 | Abby Clark               | South Central Calhoun | 25:51.4 |
| 34 | Emily Scott              | East Sac              | 25:57.6 |
| 35 | Ann Newman               | East Sac              | 26:17.0 |
| 36 | Adrian Newman            | East Sac              | 26:17.5 |
| 37 | Isabella Thompson        | South Central Calhoun | 27:18.9 |
| 38 | Kayla Aber               | Manson NWW            | 27:32.8 |
| 39 | Julia Jones              | Manson NWW            | 27:38.9 |
| 40 | Haile Widajewski         | East Sac              | 28:05.2 |
| 41 | Camie Smith              | Sioux Central         | 28:26.3 |
| 42 | Melissa Lansink          | Sioux Central         | 28:55.6 |
| 43 | Rylee Wood               | Manson NWW            | 29:01.5 |
| 44 | Maggie Steinkamp         | East Sac              | 29:24.4 |
| 45 | Maja White               | Sioux Central         | 30:06.1 |
| 46 | Savannah Michalski       | Manson NWW            | 30:46.0 |
| 47 | Phichaya Sasisurayaphoom | East Sac              | 33:12.5 |
| 48 | Sydney Thompson          | Sioux Central         | 34:44.2 |
| 49 | Abby Sturgeon            | Manson NWW            | 41:16.3 |

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**Lake City, IA**  
**October 17, 2015**

**Boys Team Results**

| <b>Place</b> | <b>School</b>    | <b>Total</b> |
|--------------|------------------|--------------|
| 1st          | Southeast Valley | 44           |
| 2nd          | Sioux Central    | 50           |
| 3rd          | MNWW             | 60           |
| 4th          | SCC              | 86           |
| 5th          | PAC/LM           | 123          |
| 6th          | Alta Aurelia     | 145          |

**Boys Individual Results**

| <b>Place</b> | <b>Name</b>           | <b>School</b>         | <b>Time</b> |
|--------------|-----------------------|-----------------------|-------------|
| 1            | Spencer Warehime      | SE Valley             | 17:17.8     |
| 2            | Dalton Demers         | Sioux Central         | 17:20.2     |
| 3            | Caleb Ricke           | PAC/LM                | 18:03.2     |
| 4            | Josh Johnson          | SE Valley             | 18:07.5     |
| 5            | Dawson Hatch          | Sioux Central         | 18:10.6     |
| 6            | Chase Bulten          | Manson NWW            | 18:11.5     |
| 7            | Spencer Moon          | South Central Calhoun | 18:13.2     |
| 8            | Patrick Breitsprecher | SE Valley             | 18:20.3     |
| 9            | Jacob DeBaun          | SE Valley             | 18:36.4     |
| 10           | Adam Siepker          | Manson NWW            | 18:49.1     |
| 11           | Levi Marcoux          | Sioux Central         | 18:53.3     |
| 12           | Connor Hokinson       | Manson NWW            | 19:06.7     |
| 13           | Nathan Pearson        | Alta-Aurelia          | 19:10.0     |
| 14           | Elijah Hoffman        | Sioux Central         | 19:10.5     |
| 15           | Andrew Murley         | East Sac              | 19:36.8     |
| 16           | Collin Bulten         | Manson NWW            | 19:50.8     |
| 17           | Nic Englin            | South Central Calhoun | 19:52.5     |
| 18           | Andy Johnson          | Manson NWW            | 19:59.6     |
| 19           | David Goodburn        | Sioux Central         | 20:03.0     |
| 20           | Chase Pibal           | South Central Calhoun | 20:04.9     |
| 21           | Jacob Stephenson      | South Central Calhoun | 20:05.6     |
| 22           | Rudy Laragarcia       | Sioux Central         | 20:06.3     |
| 23           | Nathan Montgomery     | SE Valley             | 20:08.4     |
| 24           | TJ Nelson             | Manson NWW            | 20:14.8     |
| 25           | Kyle Poen             | South Central Calhoun | 20:20.2     |
| 26           | Josh Carlson          | SE Valley             | 20:34.3     |
| 27           | Braxton Long          | PAC/LM                | 20:35.5     |
| 28           | Todd Hamilton         | SE Valley             | 20:37.3     |
| 29           | Colten Larson         | Alta-Aurelia          | 20:38.7     |
| 30           | Jonathan Kirsch       | PAC/LM                | 20:55.3     |
| 31           | Michael Kueny         | Alta-Aurelia          | 21:02.7     |
| 32           | Hunter Duncan         | Manson NWW            | 21:07.4     |
| 33           | Noah Anderson         | PAC/LM                | 21:11.2     |

|    |                      |                       |         |
|----|----------------------|-----------------------|---------|
| 34 | Matt Vanderham       | PAC/LM                | 21:15.0 |
| 35 | Conrad Falck         | Alta-Aurelia          | 21:17.4 |
| 36 | Jonah Kueny          | Sioux Central         | 21:23.6 |
| 37 | Nathan Hanson        | PAC/LM                | 21:31.4 |
| 38 | Austin Rosenboom     | PAC/LM                | 21:44.9 |
| 39 | Sam Musselman        | South Central Calhoun | 21:46.4 |
| 40 | Matthew Clark        | South Central Calhoun | 21:58.8 |
| 41 | Cruz Hoadley-Frisbie | Alta-Aurelia          | 22:45.6 |
| 42 | Tyler Gaes           | Alta-Aurelia          | 23:03.8 |
| 43 | Bodi Penniman        | East Sac              | 23:17.4 |