

Iowa City West girls edge Cedar Falls for Valley title

Written by Metro Sports Report

Thursday, 13 October 2011 21:08 - Last Updated Thursday, 13 October 2011 22:03

Iowa City West and Cedar Falls combined to sweep the top 10 spots at the Mississippi Valley Conference Valley Division girls cross country meet Thursday at Prairie.

West pulled out the team title with 25 points. Cedar Falls had 30. Prairie was third at 77, followed by Dubuque Hempstead (115), Xavier (130), Jefferson (167) and Waterloo East (202).

Cedar Falls junior Allison Gregg was the individual winner, running the 4k course in 15 minutes, 15 seconds. Iowa City West junior Molly Leveille was close behind in 15:18.

Prairie junior Beth Heims was 11th in 16:31 and senior Bree Gaster was 12th in 16:32.

Xavier was led by sophomore Marinna Schroud, who finished 21st in 17:11.

Jefferson's top finisher was junior Michelle Zikes, who was 26th in 17:24.

MVC VALLEY DIVISION MEET

At Prairie

Teams

1. Iowa City West 25, 2. Cedar Falls 30, 3. Prairie 77, 4. Hempstead 115, 5. Xavier 130, 6. Jefferson 167, 7. Waterloo East 202.

Individuals

1. Allison Gregg (CF)	15:15
2. Molly Leveille (ICW)	15:18
3. Pombie Silverman (ICW)	15:26
4. Brianna King (CF)	15:43
5. Ashley Knudson (ICW)	16:11
6. Hannah Savage (CF)	16:11
7. Ashlynn Yokom (ICW)	16:12
8. Olive Carrollhach (ICW)	16:18
9. Kate Halloran (CF)	16:24

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10. Kaitlyn Hennings (CF) 16:26

PRAIRIE

11. Beth Heims 16:31

12. Bree Gaster 16:32

16. Maddie Rainey 16:50

18. Anastasia Jordan 16:59

20. Katie Costigan 17:02

34. Holly Wisnousky 18:32

35. Anna Rubsam 18:35

XAVIER

21. Marinna Schroud 17:11

23. Sarah Chicchelly 17:15

25. Ann Glavan 17:22

29. Allison Pitz 17:40

32. Rachel Sigmon 18:01

JEFFERSON

26. Michelle Zikes 17:24

27. Rachel Sedlacek 17:36

37. Bethany Polansky 19:07

38. Carson Burgart 19:08

29. Rachel Broghammer 19:24

41. Jennifer McDowell 19:50