

## **Bellevue Invite Re-cap**

Heading your way! We're on the bus after a fun, successful cross country meet in Bellevue (scroll down for a few photos). Every girl that ran had a season best (SB) today, with several girls also running a lifetime 5000m (3.1 miles) personal record (PR) today:

PRs & SBs (time listed is amount of improvement over previous PR or SB for 5k, except where noted):

Ella Richardson -0.51 PR

Avery Tripp -1.21 SB

Madison Reed -1.19 PR

Sydney Pederson -2.17 SB

Hannah Greenfield -1.22 PR

Betsy Sonneland -1.13 PR

Molly Hogle -1.31 PR

Mia McGinnity -1.56 SB

Beth Joireman 1st race SB

Daphne White -2.24 PR

Asmait Tefari -15:44 (!) PR (compared to converted 3 mile time from team time trial)

Maddie Shortell -5.05 SB (compared to converted 3 mile time from team time trial)

It's really fun to see every girl improve over the first month! Courses vary in difficulty, certainly, but as I showed the girls earlier this week, the improvement from our team camp time trial (a flat, fast course) to now is significant!