

2025 PERFORMANCE LIST

Team Results

ICW Earlybird

Thursday August 28, 2025
Ashton XC Course, Iowa City
Sunny, 82 degrees
1st Place / 3 teams - 45pts

PV Spartan Challenge

Saturday September 6, 2025
Crow Creek Park, Bettendorf
Sunny, 58 degrees
8th Place / 15 teams - 271pts

Cedar Rapids Invitational

Thursday September 11, 2025
Seminole Valley, Cedar Rapids
Sunny, 87 degrees
6th Place / 18 teams - 173pts

Lighted Links XC Race

Saturday September 20, 2025
Ottumwa Golf & Social Club
Humid, 68 degrees
1st Place / 10 teams - 42pts

Eastern IA Classic

Thursday September 25, 2025
Seminole Valley, Cedar Rapids
Sunny, 77 degrees
2nd Place / 7 teams - 69pts

Southeast Polk Invitational

Thursday October 2, 2025
Seminole Valley, Cedar Rapids
Sunny, 86 degrees
8th Place / 11 teams - 198pts

Season Bests

1. Kate Van Waning - 19:50.8

2. Ava Twait - 19:58.9

3. Adrienne Hodge - 19:59.9

4. Ellie DeWaard - 20:46.3

5. Carly Moreau - 21:45.0

6. Susanna Olson - 21:52.9

7. Mia Ahn - 22:02.1
8. Ella Stone - 22:11.1

9. Abi Ooms - 23:50.1

10. Angela Wang - 24:29.8

11. Emery O'Brien - 25:06.7

12. Savannah Mathias - 25:22.4

13. Malin Brakke - 27:03.1

Individual Results

Mia Ahn - So.

Date	Meet	Team Finish	Overall Finish	Time
8/21/25	2 Mile Time Trial	5	5	14:09.0
8/28/25	ICW Earlybird Invitational	6	24	22:28.0
9/6/25	PV Spartan Challenge	7	35th 9/10	23:10.0
9/11/25	Cedar Rapids Invitational	7	8th 9/10	22:52.0
9/20/25	Lighted Links XC Race	6	17	22:02.1
9/25/25	Eastern IA Classic	6	25	22:18.3
10/2/25	Southeast Polk Invitational	4	48	22:25.2

2025 PERFORMANCE LIST

Malin Brakke - Fr.

Date	Meet	Team Finish	Overall Finish	Time
8/21/25	2 Mile Time Trial	12	12	17:41.0
8/28/25	ICW Earlybird Invitational	-	-	-
9/6/25	PV Spartan Challenge	12	87th F/S	28:24.0
9/11/25	Cedar Rapids Invitational	11	44th 9/10	28:59.7
9/20/25	Lighted Links XC Race	11	72	27:03.1
9/25/25	Eastern IA Classic	9	28th JV	28:59.4
10/2/25	Southeast Polk Invitational	9	169th JV	30:27.9

Ellie DeWaard - Fr.

Date	Meet	Team Finish	Overall Finish	Time
8/21/25	2 Mile Time Trial	4	4	13:20.0
8/28/25	ICW Earlybird Invitational	4	10	20:46.3
9/6/25	PV Spartan Challenge	4	58	21:22.0
9/11/25	Cedar Rapids Invitational	4	35	21:13.1
9/20/25	Lighted Links XC Race	3	9	21:09.2
9/25/25	Eastern IA Classic	3	12	20:56.1
10/2/25	Southeast Polk Invitational	3	37	21:41.3

Adrienne Hodge - Fr.

Date	Meet	Team Finish	Overall Finish	Time
8/21/25	2 Mile Time Trial	3	3	13:01.0
8/28/25	ICW Earlybird Invitational	2	3	20:10.0
9/6/25	PV Spartan Challenge	1	41	20:41.0
9/11/25	Cedar Rapids Invitational	1	23	20:17.7
9/20/25	Lighted Links XC Race	2	5	19:59.9
9/25/25	Eastern IA Classic	1	6	20:05.0
10/2/25	Southeast Polk Invitational	1	24	20:49.1

2025 PERFORMANCE LIST

Savannah Mathias - So.

Date	Meet	Team Finish	Overall Finish	Time
8/21/25	2 Mile Time Trial	11	11	16:36.0
8/28/25	ICW Earlybird Invitational	11	22nd JV	26:56.8
9/6/25	PV Spartan Challenge	10	76th F/S	26:21.0
9/11/25	Cedar Rapids Invitational	10	32nd 9/10	26:18.7
9/20/25	Lighted Links XC Race	9	60	25:36.9
9/25/25	Eastern IA Classic	7	13th JV	25:22.4
10/2/25	Southeast Polk Invitational	8	84th JV	25:53.8

Carly Moreau - Fr.

Date	Meet	Team Finish	Overall Finish	Time
8/21/25	2 Mile Time Trial	8	8	14:47.0
8/28/25	ICW Earlybird Invitational	7	4th JV	23:43.9
9/6/25	PV Spartan Challenge	8	43rd F/S	23:38.0
9/11/25	Cedar Rapids Invitational	8	78	23:34.8
9/20/25	Lighted Links XC Race	4	14	21:45.0
9/25/25	Eastern IA Classic	4	23	22:03.0
10/2/25	Southeast Polk Invitational	6	58	23:00.2

Emery O'Brien - Fr.

Date	Meet	Team Finish	Overall Finish	Time
8/21/25	2 Mile Time Trial	-	-	-
8/28/25	ICW Earlybird Invitational	10	12th JV	25:06.7
9/6/25	PV Spartan Challenge	9	71st F/S	25:54.0
9/11/25	Cedar Rapids Invitational	-	-	-
9/20/25	Lighted Links XC Race	10	65	26:09.3
9/25/25	Eastern IA Classic	-	-	-
10/2/25	Southeast Polk Invitational	-	-	-

2025 PERFORMANCE LIST

Susanna Olson - Jr.

Date	Meet	Team Finish	Overall Finish	Time
8/21/25	2 Mile Time Trial	6	6	14:14.0
8/28/25	ICW Earlybird Invitational	5	21	22:11.2
9/6/25	PV Spartan Challenge	5	73	22:35.0
9/11/25	Cedar Rapids Invitational	6	60	22:37.8
9/20/25	Lighted Links XC Race	6	16	21:52.9
9/25/25	Eastern IA Classic	5	24	22:11.5
10/2/25	Southeast Polk Invitational	5	56	22:48.9

Abi Ooms - Fr.

Date	Meet	Team Finish	Overall Finish	Time
8/21/25	2 Mile Time Trial	10	10	15:32
8/28/25	ICW Earlybird Invitational	8	5th JV	23:50.1
9/6/25	PV Spartan Challenge	-	-	-
9/11/25	Cedar Rapids Invitational	-	-	-
9/20/25	Lighted Links XC Race	-	-	-
9/25/25	Eastern IA Classic	-	-	-
10/2/25	Southeast Polk Invitational	-	-	-

Ella Stone - Fr.

Date	Meet	Team Finish	Overall Finish	Time
8/21/25	2 Mile Time Trial	7	7	14:21.0
8/28/25	ICW Earlybird Invitational	-	-	-
9/6/25	PV Spartan Challenge	6	77	22:55.0
9/11/25	Cedar Rapids Invitational	5	59	22:36.8
9/20/25	Lighted Links XC Race	7	21	22:11.1
9/25/25	Eastern IA Classic	-	-	-
10/2/25	Southeast Polk Invitational	-	-	-

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Ava Twait - Fr.

Date	Meet	Team Finish	Overall Finish	Time
8/21/25	2 Mile Time Trial	2	2	12:52.0
8/28/25	ICW Earlybird Invitational	3	9	20:39.3
9/6/25	PV Spartan Challenge	2	49	20:55.0
9/11/25	Cedar Rapids Invitational	3	34	21:12.5
9/20/25	Lighted Links XC Race	1	4	19:58.9
9/25/25	Eastern IA Classic	2	11	20:42.1
10/2/25	Southeast Polk Invitational	2	33	21:28.3

Kate Van Waning - Sr.

Date	Meet	Team Finish	Overall Finish	Time
8/21/25	2 Mile Time Trial	1	1	12:37.0
8/28/25	ICW Earlybird Invitational	1	2	19:50.8
9/6/25	PV Spartan Challenge	3	51	21:03.0
9/11/25	Cedar Rapids Invitational	2	28	20:39.2
9/20/25	Lighted Links XC Race	-	-	-
9/25/25	Eastern IA Classic	-	-	-
10/2/25	Southeast Polk Invitational	-	-	-

Angela Wang - Fr.

Date	Meet	Team Finish	Overall Finish	Time
8/21/25	2 Mile Time Trial	9	9	15:23.0
8/28/25	ICW Earlybird Invitational	9	9th JV	24:29.8
9/6/25	PV Spartan Challenge	11	103	26:34.0
9/11/25	Cedar Rapids Invitational	9	24th JV	25:22.5
9/20/25	Lighted Links XC Race	8	59	25:22.6
9/25/25	Eastern IA Classic	8	14th JV	25:22.5
10/2/25	Southeast Polk Invitational	7	73rd JV	25:24.9