

**REGION 3C XC CHAMPIONSHIPS**

Palmyra, VA

Pleasant Grove XC Course

Tuesday, November 1, 2022

**OFFICIAL MEET REPORT**

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**Race #2**  
**Girls 5k Championship****Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Spotswood #Team	47	3-7-8-14-15(48)(52)	1:45:43	21:09	1:51.8
2 Rockbridge County #Team	60	5-10-12-16-17(21)(24)	1:47:53	21:35	1:24.1
3 Fort Defiance #Team	78	1-4-22-23-28(33)(38)	1:49:09	21:50	4:28.6
4 Wilson Memorial	87	6-9-18-19-35(39)(42)	1:51:09	22:14	3:39.7
5 Monticello	97	2-13-25-27-30(31)(32)	1:52:13	22:27	4:36.8
6 Charlottesville	165	11-36-37-40-41(45)(46)	2:02:04	24:25	4:18.4
7 Liberty (Bedford)	185	20-29-34-49-53(54)(55)	2:08:47	25:46	7:19.7
8 Rustburg	210	26-43-44-47-50(51)	2:09:32	25:55	5:28.0

**INDIVIDUAL RESULTS**

Athlete	YR	Team	Score	Time	Avg. Mile	Avg. kM
1 LANE, Abby #Team	JR	Fort Defiance	1	19:29.6	6:16.1	3:53.9
2 DAVIDSON, Ryan *IND*	9	Monticello	2	19:30.0	6:16.2	3:54.0
3 MYERS, Taylor #Team	JR	Spotswood	3	20:02.0	6:26.5	4:00.4
4 FRAZIER, Ruby *IND*	9	Fluvanna County	-	20:10.5	6:29.2	4:02.1
5 NEFF, Trinity #Team	SR	Fort Defiance	4	20:12.4	6:29.8	4:02.5
6 FARLEY, Sophie *IND*	JR	Fluvanna County	-	20:46.1	6:40.7	4:09.2
7 LUDTKE, Deena #Team	JR	Rockbridge County	5	20:50.4	6:42.1	4:10.1
8 PLAUTZ, Cassidy *IND*	JR	Wilson Memorial	6	20:55.5	6:43.7	4:11.1
9 DICKEL, Ashland #Team	SO	Spotswood	7	20:58.9	6:44.8	4:11.8
10 DICKEL, Marika #Team	SO	Spotswood	8	20:59.0	6:44.8	4:11.8
11 FRANKLIN, Quinn *IND*	JR	Wilson Memorial	9	21:01.9	6:45.8	4:12.4
12 TIMMES, Megan #Team	SR	Rockbridge County	10	21:02.5	6:45.9	4:12.5
13 PIERCE, Elaina	9	Charlottesville	11	21:13.8	6:49.6	4:14.8
14 BLACK, Nicole #Team	JR	Rockbridge County	12	21:33.5	6:55.9	4:18.7
15 MCCULLOUGH, Hope	SR	Monticello	13	21:44.8	6:59.5	4:21.0
16 DABAGHYAN, Anna #Team	SR	Spotswood	14	21:48.4	7:00.7	4:21.7
17 RUEBKE, Kate #Team	JR	Spotswood	15	21:53.8	7:02.4	4:22.8
18 KIMMELL, Lydia	SO	Waynesboro	-	22:05.1	7:06.1	4:25.0
19 ROLON, Grace #Team	SR	Rockbridge County	16	22:12.1	7:08.3	4:26.4
20 LEWIS, Dorothy #Team	9	Rockbridge County	17	22:14.5	7:09.1	4:26.9
21 CRONK, Erika	9	Wilson Memorial	18	22:17.5	7:10.1	4:27.5
22 FRANKLIN, Thea	9	Wilson Memorial	19	22:18.2	7:10.3	4:27.6
23 HILL, Sydney	JR	Waynesboro	-	22:24.7	7:12.4	4:28.9
24 CREASY, Madeline	SR	Fluvanna County	-	22:26.5	7:13.0	4:29.3
25 MALCOLM, Mary	JR	Liberty (Bedford)	20	22:31.1	7:14.4	4:30.2
26 LANTZ-TRISSEL, Magdalen	SO	Turner Ashby	-	22:31.2	7:14.5	4:30.2
27 MCCLUNG, Elizabeth #Tea	SR	Rockbridge County	(21)	22:31.2	7:14.5	4:30.2
28 LANG, Bethany #Team	JR	Fort Defiance	22	22:34.7	7:15.6	4:30.9
29 LOAR, Brook	SO	Staunton High Scho	-	22:40.3	7:17.4	4:32.1
30 ANDERSON, Sarah	SO	Brookville High Sch	-	22:41.7	7:17.8	4:32.3
31 CONNER, Madison #Team	9	Fort Defiance	23	22:53.8	7:21.7	4:34.8
32 EICHELBERGER, Brooke #	SO	Rockbridge County	(24)	23:06.1	7:25.7	4:37.2
33 OUTLAND, Lily	SO	Monticello	25	23:10.0	7:26.9	4:38.0
34 CARWILE, Carly	SO	Rustburg	26	23:12.6	7:27.8	4:38.5

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<b>Athlete</b>	<b>YR</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>	<b>Avg. Mile</b>	<b>Avg. kM</b>
35 PEPER, Quinlyn	9	Monticello	27	23:40.7	7:36.8	4:44.1
36 CUBBAGE, Taylor #Team	9	Fort Defiance	28	23:58.2	7:42.4	4:47.6
37 POWERS, Natalee	JR	Liberty (Bedford)	29	23:58.3	7:42.5	4:47.7
38 WATTS, Natalie	SR	Broadway	-	23:58.3	7:42.5	4:47.7
39 LOVE, Katarina "Kat"	SR	Monticello	30	24:06.8	7:45.2	4:49.4
40 ANDERSON, Lauren	JR	Monticello	(31)	24:08.9	7:45.9	4:49.8
41 DURKEE, Molly	SO	Monticello	(32)	24:18.1	7:48.8	4:51.6
42 BROWN, Avery #Team	9	Fort Defiance	(33)	24:25.0	7:51.1	4:53.0
43 ADAMS, Brianna	JR	Liberty (Bedford)	34	24:27.7	7:51.9	4:53.5
44 TROXELL, Sydney	9	Wilson Memorial	35	24:35.2	7:54.3	4:55.0
45 BOYD, Neva	9	Charlottesville	36	24:54.6	8:00.6	4:58.9
46 CONNAUGHTON,, Quinn	SO	Charlottesville	37	25:09.1	8:05.2	5:01.8
47 NEWMAN, Olivia #Team	SO	Fort Defiance	(38)	25:11.4	8:06.0	5:02.3
48 FORBUS, Lainey	SO	Wilson Memorial	(39)	25:13.3	8:06.6	5:02.7
49 EDWARDS, Ramsey	9	Charlottesville	40	25:13.5	8:06.7	5:02.7
50 MASRI, Mira	9	Charlottesville	41	25:32.2	8:12.7	5:06.4
51 STEVENS, Avere	SO	Wilson Memorial	(42)	25:40.7	8:15.4	5:08.1
52 MAGGIORA, Megan	JR	Rustburg	43	25:42.3	8:15.9	5:08.5
53 VANCE, Meredith	JR	Rustburg	44	25:46.2	8:17.2	5:09.2
54 TESHOME, Eliana	SR	Turner Ashby	-	25:48.9	8:18.0	5:09.8
55 YODER, Sofie	9	Charlottesville	(45)	25:52.0	8:19.0	5:10.4
56 DRURY, Isabel	9	Charlottesville	(46)	26:02.2	8:22.3	5:12.4
57 BRENDLE, Ryan	9	Rustburg	47	26:10.3	8:24.9	5:14.1
58 RASCOE, Ruth #Team	9	Spotswood	(48)	26:47.1	8:36.8	5:21.4
59 FARIA, Sera	SO	Heritage (Lynchbur	-	27:33.5	8:51.7	5:30.7
60 BLAIR, Ella	SO	Liberty (Bedford)	49	27:58.3	8:59.6	5:35.7
61 MILNE, Molly	JR	Rustburg	50	28:40.6	9:13.2	5:44.1
62 ROSSER, Sage	SO	Rustburg	(51)	28:51.6	9:16.8	5:46.3
63 DUA, Pria #Team	JR	Spotswood	(52)	29:33.6	9:30.3	5:54.7
64 WILSON, Haedyn	JR	Liberty (Bedford)	53	29:50.8	9:35.8	5:58.2
65 LESTER, Kailey	SR	Liberty (Bedford)	(54)	31:46.7	10:13.1	6:21.3
66 LINDSAY, Kayli	SR	Liberty (Bedford)	(55)	32:09.1	10:20.3	6:25.8