

**SPIDER ALUMNI OPEN**

Mechanicsville, VA

Pole Green Park

Saturday, September 3, 2022

**OFFICIAL MEET REPORT**

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**Race #4**  
**College Womens 4k****Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Virginia	22	1-3-4-6-8(14)(21)	1:07:46	13:34	0:22.2
2 Georgetown	50	2-5-12-13-18(23)(32)	1:08:44	13:45	0:38.5
3 Richmond	78	10-11-16-19-22(25)(26)	1:09:54	13:59	0:26.5
4 James Madison	103	9-17-20-28-29(30)(31)	1:10:46	14:10	0:40.1
5 Davidson	149	15-24-35-36-39(42)(49)	1:13:02	14:37	1:09.7
6 George Mason	165	7-34-38-40-46(47)(52)	1:14:05	14:49	1:41.9
7 VCU	203	27-33-44-45-54(56)(86)	1:15:35	15:07	1:18.4
8 Christopher Newport	259	41-50-53-57-58(60)(61)	1:18:13	15:39	0:50.1
9 Hampton	304	37-51-67-68-81(89)	1:20:53	16:11	2:39.8
10 VMI	314	48-55-62-72-77(82)(88)	1:21:26	16:18	1:41.0
11 Morgan State	348	43-63-65-84-93	1:24:59	17:00	4:03.6
12 Virginia State	351	64-66-69-73-79(94)(95)	1:23:22	16:41	1:16.5
13 St. Mary's (Md.)	358	59-70-74-75-80(85)(90)	1:23:58	16:48	1:37.4
14 Mary Washington	395	71-76-78-83-87(91)(92)	1:27:16	17:28	1:25.7
15 Virginia Union	490	96-97-98-99-100(101)	2:03:45	24:45	4:18.7

**INDIVIDUAL RESULTS**

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM	2K
1 APPLETON, Margot	SO	312	Virginia	1	13:23.4	5:22.7	3:20.9	6:48.7
2 JENSEN, Grace	SR	216	Georgetown	2	13:23.5	5:22.7	3:20.9	6:49.0
3 MENNINGER, Camryn	JR	321	Virginia	3	13:24.6	5:23.1	3:21.2	6:49.2
4 SEELAND, Esther	JR	322	Virginia	4	13:29.9	5:25.3	3:22.5	6:48.9
5 TRETAWAY, Julia	SO	222	Georgetown	5	13:35.1	5:27.3	3:23.8	6:49.3
6 WORKMAN, Anna	SO	324	Virginia	6	13:42.5	5:30.3	3:25.6	6:49.5
7 EASTMAN, Annabelle	JR	203	George Mason	7	13:44.7	5:31.2	3:26.2	6:49.1
8 KAVULICH, Linnaea	JR	319	Virginia	8	13:45.6	5:31.6	3:26.4	6:49.5
9 STANHOPE, Miranda	JR	239	James Madison	9	13:47.1	5:32.2	3:26.8	6:52.9
10 STOCKMAN, Elizabeth	SO	290	Richmond	10	13:47.6	5:32.4	3:26.9	6:52.3
11 TRIPPETT, Madison	SO	291	Richmond	11	13:48.8	5:32.9	3:27.2	6:49.3
12 NUTTALL, Pippa	JR	218	Georgetown	12	13:50.0	5:33.3	3:27.5	6:52.6
13 JOAQUIN, Cate	FR	217	Georgetown	13	13:52.9	5:34.5	3:28.2	6:52.5
14 COX, Addison	SO	314	Virginia	(14)	13:54.1	5:35.0	3:28.5	6:52.7
15 WHITWORTH, Frances	JR	195	Davidson	15	13:54.4	5:35.1	3:28.6	6:49.9
16 KURTZ, Laurel	SO	277	Richmond	16	13:59.0	5:36.9	3:29.8	6:53.9
17 WEBB, Laura	SR	242	James Madison	17	13:59.8	5:37.3	3:30.0	7:03.4
18 STOUT, Alexandra	JR	220	Georgetown	18	14:02.0	5:38.2	3:30.5	6:53.8
19 BLAYLOCK, Izzy	SO	266	Richmond	19	14:04.3	5:39.1	3:31.1	6:55.3
20 GARCIA, Gabriella	FR	231	James Madison	20	14:04.9	5:39.3	3:31.2	7:02.9
21 ILLNICKI-LAMBERT, Luci	SO	318	Virginia	(21)	14:09.8	5:41.3	3:32.5	6:59.1
22 KIMAIYO, Mercyline	SO	260	Norfolk State	-	14:11.8	5:42.1	3:33.0	7:06.5
23 GEORGE, Anna	JR	273	Richmond	22	14:14.1	5:43.0	3:33.5	7:10.0
24 HENNELLY, Mary	SO	215	Georgetown	(23)	14:18.8	5:44.9	3:34.7	6:50.8
25 FENNER, Lila	SO	317	Virginia	-	14:19.1	5:45.0	3:34.8	7:06.2

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Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM	2K
26 MAUGHAN, Amelia	FR	320	Virginia	-	14:19.4	5:45.1	3:34.9	7:04.5
27 SHOOP, Mary	FR	191	Davidson	24	14:19.7	5:45.3	3:34.9	6:58.5
28 RUBIO, Phoebe	FR	287	Richmond	(25)	14:19.9	5:45.3	3:35.0	6:58.3
29 JOYCE, Paige	FR	275	Richmond	(26)	14:20.2	5:45.5	3:35.1	6:59.2
30 MCANDREW, Kate	JR	280	Richmond	-	14:22.1	5:46.2	3:35.5	6:59.6
31 GUYTON, Cassidy	SO	306	VCU	27	14:24.7	5:47.3	3:36.2	7:04.1
32 DESMOND, Ellie	JR	315	Virginia	-	14:25.1	5:47.4	3:36.3	6:58.2
33 CANTRELL, Jessica	SR	229	James Madison	28	14:26.3	5:47.9	3:36.6	7:08.3
34 TEREZIANI, Sofia	SO	240	James Madison	29	14:27.2	5:48.3	3:36.8	7:08.2
35 STORY, Rebecca	SR	323	Virginia	-	14:28.3	5:48.7	3:37.1	6:54.3
36 KEURENTJES, Kyra	SR	276	Richmond	-	14:31.1	5:49.8	3:37.8	6:57.2
37 KETCHUM, Faithe	FR	233	James Madison	(30)	14:32.5	5:50.4	3:38.1	7:10.4
38 DORSEY, Katie	FR	316	Virginia	-	14:33.8	5:50.9	3:38.5	7:07.4
39 STEPHEN, Manon	SO	289	Richmond	-	14:40.7	5:53.7	3:40.2	6:57.6
40 WATKINS, McKenzi	SR	241	James Madison	(31)	14:40.8	5:53.7	3:40.2	7:10.7
41 TAVELLA, Kate	JR	221	Georgetown	(32)	14:41.0	5:53.8	3:40.3	7:05.7
42 FENN, Mollie	FR	272	Richmond	-	14:41.5	5:54.0	3:40.4	7:07.9
43 HESLER, Madeleine	SR	232	James Madison	-	14:42.6	5:54.5	3:40.7	7:08.5
44 WARREN, Nia	SO	311	VCU	33	14:43.3	5:54.7	3:40.8	7:12.3
45 DILLMAN, McKenzie	FR	201	George Mason	34	14:44.8	5:55.3	3:41.2	7:17.1
46 WILSON, Anna Catherine	SO	196	Davidson	35	14:46.9	5:56.2	3:41.7	7:14.6
47 COLFLESH, Lindsay	SO	269	Richmond	-	14:55.1	5:59.5	3:43.8	7:04.8
48 BERQUIST, Anna	SO	188	Davidson	36	14:56.1	5:59.9	3:44.0	7:14.5
49 MOZIE, Jordan	SO	224	Hampton	37	14:56.8	6:00.2	3:44.2	7:07.6
50 HAYWARD, Kennedy	FR	208	George Mason	38	15:03.0	6:02.7	3:45.8	7:18.0
51 REIF, Brooke	FR	285	Richmond	-	15:03.4	6:02.8	3:45.9	7:09.8
52 TROUTMAN, Kelsey	SR	194	Davidson	39	15:04.1	6:03.1	3:46.0	7:15.6
53 ANDERSON, Alexis	JR	197	George Mason	40	15:05.6	6:03.7	3:46.4	7:16.8
54 SAVOIE, Mae	JR	182	Christopher Newport	41	15:06.1	6:03.9	3:46.5	7:29.8
55 ARRINGTON, Tate	FR	187	Davidson	(42)	15:12.3	6:06.4	3:48.1	7:14.2
56 BOLTON, Claire Frazier	SO	313	Virginia	-	15:13.2	6:06.7	3:48.3	7:13.0
57 FIELD, Rachel	SR	253	Morgan State	43	15:16.3	6:08.0	3:49.1	7:20.0
58 CARROLL, Jayanna	FR	303	VCU	44	15:19.0	6:09.1	3:49.8	7:28.7
59 MORELLI, Clare	SR	235	James Madison	-	15:22.9	6:10.6	3:50.7	7:20.5
60 MILLER, Ava	FR	308	VCU	45	15:24.8	6:11.4	3:51.2	7:25.7
61 RZUCIDLO, Emily	SO	288	Richmond	-	15:25.2	6:11.6	3:51.3	7:19.6
62 MCDANIEL, Farah	SO	209	George Mason	46	15:26.6	6:12.1	3:51.7	7:26.4
63 WILSON, Tynniesia	JR	262	Norfolk State	-	15:27.6	6:12.5	3:51.9	7:29.5
64 CORBET, Audrey	SR	200	George Mason	(47)	15:28.2	6:12.8	3:52.1	7:18.1
65 HAHN, Naomi	JR	341	VMI	48	15:30.7	6:13.8	3:52.7	7:51.2
66 SULLIVAN, Molly	FR	193	Davidson	(49)	15:32.1	6:14.3	3:53.0	7:20.6
67 PULEO, Sierra	SO	237	James Madison	-	15:32.9	6:14.7	3:53.2	7:30.9
68 DANA, Eliza	SO	171	Christopher Newport	50	15:34.0	6:15.1	3:53.5	7:48.4
69 SPENCER, Kayla	JR	225	Hampton	51	15:37.1	6:16.3	3:54.3	7:36.9
70 PALMER, Adia	SO	367	George Mason	(52)	15:37.5	6:16.5	3:54.4	
71 SIROVER, Lily	JR	192	Davidson	-	15:40.8	6:17.8	3:55.2	7:17.7

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<b>Athlete</b>	<b>YR</b>	<b>#</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>	<b>Avg. Mile</b>	<b>Avg. kM</b>	<b>2K</b>
72 SMITH, Megan	FR	183	Christopher Newpor	53	15:42.6	6:18.6	3:55.7	7:41.7
73 ROBINSON, Molly	SO	310	VCU	54	15:43.1	6:18.8	3:55.8	7:35.5
74 MILBY, Mary	JR	234	James Madison	-	15:44.5	6:19.3	3:56.1	7:35.1
75 SHANK, Gretal	SO	347	VMI	55	15:50.4	6:21.7	3:57.6	7:54.6
76 CURREY, Elizabeth	FR	305	VCU	(56)	15:53.1	6:22.8	3:58.3	7:38.0
77 MCGRAIL, Lex	SO	178	Christopher Newpor	57	15:53.8	6:23.1	3:58.5	7:52.2
78 DUNLOP, Ann	SR	230	James Madison	-	15:54.6	6:23.4	3:58.7	7:30.9
79 KINKA, Sarah	FR	175	Christopher Newpor	58	15:56.2	6:24.0	3:59.1	7:56.8
80 BLAISDELL, Madeleine	SO	294	St. Mary's (Md.)	59	15:57.0	6:24.3	3:59.3	7:42.1
81 MALMQUIST, Alli	FR	176	Christopher Newpor	(60)	15:58.0	6:24.7	3:59.5	7:53.1
82 SCHINDEL, Riley	SO	238	James Madison	-	15:58.5	6:24.9	3:59.6	7:31.4
83 PEREZ, Adalyn	SO	180	Christopher Newpor	(61)	15:59.1	6:25.2	3:59.8	7:49.4
84 BRUMFIELD, Josie	FR	169	Christopher Newpor	-	16:02.6	6:26.6	4:00.7	7:54.0
85 WILSON, Jasmine	FR	292	Richmond	-	16:04.9	6:27.5	4:01.2	7:45.3
86 LAVENDER, Nathalie	FR	345	VMI	62	16:06.0	6:28.0	4:01.5	7:56.7
87 EMMENS, Jalissa	JR	252	Morgan State	63	16:07.8	6:28.7	4:02.0	7:47.8
88 GARSTER, Claire	SR	173	Christopher Newpor	-	16:08.8	6:29.1	4:02.2	7:51.5
89 DEIGH, Manuelene	SO	328	Virginia State	64	16:11.1	6:30.0	4:02.8	7:58.2
90 PRAY-BROWN, Asydiah	FR	256	Morgan State	65	16:17.3	6:32.5	4:04.3	7:42.4
91 DEIGH, Manuela	SO	327	Virginia State	66	16:20.1	6:33.6	4:05.0	7:59.5
92 GRANT, Dejah	JR	223	Hampton	67	16:20.9	6:33.9	4:05.2	7:41.6
93 WILSON, Mekayla	FR	228	Hampton	68	16:20.9	6:33.9	4:05.2	7:47.3
94 GROOMS, Harrison	SO	189	Davidson	-	16:21.9	6:34.3	4:05.5	7:56.2
95 HURLEY, Kenzie	SO	174	Christopher Newpor	-	16:24.1	6:35.2	4:06.0	7:51.0
96 BERINGER, Ginny	SO	264	Richmond	-	16:26.2	6:36.1	4:06.6	7:57.6
97 CASTLE, Allyson	FR	170	Christopher Newpor	-	16:26.8	6:36.3	4:06.7	8:14.6
98 MARTIN, Chloe	SO	177	Christopher Newpor	-	16:30.1	6:37.6	4:07.5	8:10.7
99 WATERS, Kayla	FR	185	Christopher Newpor	-	16:30.4	6:37.8	4:07.6	7:52.0
100 HYPOLITE, Alandina	JR	329	Virginia State	69	16:33.8	6:39.1	4:08.5	8:08.8
101 MILES, Libby	JR	179	Christopher Newpor	-	16:34.4	6:39.4	4:08.6	8:01.7
102 ELLIOTT, Erin	SO	172	Christopher Newpor	-	16:34.5	6:39.4	4:08.6	8:14.1
103 SAPP, Lauren	SR	302	St. Mary's (Md.)	70	16:36.3	6:40.1	4:09.1	8:13.9
104 VALCICH, Michelle	JR	184	Christopher Newpor	-	16:40.7	6:41.9	4:10.2	8:09.2
105 GUZMAN, Teresa	SR	244	Mary Washington	71	16:43.7	6:43.1	4:10.9	8:00.2
106 JEMUTAI, Faith	SR	259	Norfolk State	-	16:45.7	6:43.9	4:11.4	8:17.5
107 WELLS, Emily	SR	348	VMI	72	16:47.0	6:44.4	4:11.8	8:17.4
108 VALENTINE, Shashauna	SO	332	Virginia State	73	16:48.6	6:45.1	4:12.2	8:08.5
109 ROBEY, Elizabeth	SO	301	St. Mary's (Md.)	74	16:52.0	6:46.4	4:13.0	8:14.1
110 DOUGLAS, Brittney	JR	295	St. Mary's (Md.)	75	16:58.2	6:48.9	4:14.6	8:19.6
111 OBERLIES, Jessica	SO	248	Mary Washington	76	17:07.9	6:52.8	4:17.0	8:11.4
112 INGERSON, Alyssa	JR	342	VMI	77	17:11.7	6:54.3	4:17.9	8:26.8
113 MINNS, Ashley	SO	283	Richmond	-	17:14.9	6:55.6	4:18.7	7:53.9
114 MORRISSEY, Amanda	JR	247	Mary Washington	78	17:21.2	6:58.2	4:20.3	8:25.9
115 WILLIAMS, Ruby	JR	333	Virginia State	79	17:27.6	7:00.7	4:21.9	8:21.4
116 LYONS, Morgan	SO	279	Richmond	-	17:30.8	7:02.0	4:22.7	8:21.2
117 LECOURAS, Ariana	FR	300	St. Mary's (Md.)	80	17:34.4	7:03.5	4:23.6	8:38.5

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118 WILLIAMS, Morgan	SO	227	Hampton	81	17:36.6	7:04.3	4:24.2	8:25.3
119 LAFOREST, Alina	FR	343	VMI	(82)	17:41.2	7:06.2	4:25.3	
120 SNOW, Julia	SO	249	Mary Washington	83	17:53.7	7:11.2	4:28.4	8:37.7
121 LAMBORN, Jessica	SO	255	Morgan State	84	17:57.3	7:12.7	4:29.3	8:20.1
122 KLOSS, Molly	FR	298	St. Mary's (Md.)	(85)	17:57.4	7:12.7	4:29.4	8:42.1
123 ANSTICE, Sarah	SO	168	Christopher Newport	-	17:58.9	7:13.3	4:29.7	9:01.8
124 HARR, Lily	FR	307	VCU	(86)	18:03.7	7:15.2	4:30.9	8:16.0
125 MILLER, Dylan	SO	282	Richmond	-	18:05.7	7:16.0	4:31.4	8:40.8
126 JENSEN, Sophie	FR	246	Mary Washington	87	18:09.4	7:17.5	4:32.4	8:46.3
127 FIORILLO, Caroline	SO	340	VMI	(88)	18:11.5	7:18.4	4:32.9	8:52.4
128 WATTS, Javon	JR	226	Hampton	(89)	18:11.9	7:18.5	4:33.0	8:28.5
129 LALLY, Stacie	SO	299	St. Mary's (Md.)	(90)	18:19.6	7:21.6	4:34.9	8:47.2
130 BRUCE, Aylin	SO	267	Richmond	-	18:34.7	7:27.7	4:38.7	8:39.7
131 ARMSTRONG, Katherine	FR	243	Mary Washington	(91)	18:56.5	7:36.4	4:44.1	8:50.3
132 HECKMAN, Amanda	SO	245	Mary Washington	(92)	19:09.8	7:41.8	4:47.5	8:47.4
133 GEORGE, Yasmine	SR	254	Morgan State	93	19:19.9	7:45.8	4:50.0	8:48.1
134 COLEMAN, Emoni	SO	326	Virginia State	(94)	19:20.1	7:45.9	4:50.0	9:01.6
135 WHITE, Kendra	FR	250	Mary Washington	-	19:24.0	7:47.5	4:51.0	9:32.4
136 PETERSON, Sania	FR	330	Virginia State	(95)	19:28.0	7:49.1	4:52.0	9:16.4
137 BURZYNSKI, Jordan	JR	325	Virginia State	-	19:34.9	7:51.8	4:53.7	9:19.7
138 HEINTZELMAN, Alaska	SR	296	St. Mary's (Md.)	-	19:59.6	8:01.8	4:59.9	9:33.6
139 JONES, Dina	FR	297	St. Mary's (Md.)	-	20:25.7	8:12.2	5:06.4	9:40.6
140 LAVELLE, Nina	FR	278	Richmond	-	21:23.0	8:35.3	5:20.8	10:50.1
141 GRACE, Olivia	FR	274	Richmond	-	21:23.4	8:35.4	5:20.9	10:49.7
142 ROLACK, Christal	FR	338	Virginia Union	96	22:05.2	8:52.2	5:31.3	9:59.3
143 ROSS, Kamryn	JR	286	Richmond	-	22:12.3	8:55.1	5:33.1	10:50.3
144 BLAKESLEE, Kyra	SO	265	Richmond	-	22:12.3	8:55.1	5:33.1	10:50.8
145 ROBERTS, Zaniyah	FR	337	Virginia Union	97	22:38.5	9:05.6	5:39.6	10:35.5
146 WISE, Molly	FR	293	Richmond	-	22:53.0	9:11.4	5:43.3	10:50.0
147 BENEDUCCI, Gabrielle	JR	263	Richmond	-	22:53.1	9:11.4	5:43.3	10:50.1
148 MILBURN, Lauryn	FR	281	Richmond	-	23:03.6	9:15.7	5:45.9	10:50.7
149 MYRICK, Emani	SO	336	Virginia Union	98	26:18.0	10:33.7	6:34.5	11:18.7
150 LEE, Kayla	SO	334	Virginia Union	99	26:18.5	10:33.9	6:34.6	11:02.2
151 WHITE, Ashley	JR	339	Virginia Union	100	26:23.9	10:36.1	6:36.0	11:15.0
152 LUGG, Tiana	JR	335	Virginia Union	(101)	26:47.9	10:45.7	6:42.0	12:16.0
-- COLFLESH, Allison	SO	268	Richmond	-	DNF	---	---	6:53.1