

VHSL REGION 5C XC CHAMPIONSHIP

Mechanicsville, VA

Pole Green Park

Sunday, October 1, 2023

**OFFICIAL MEET REPORT**

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**Race #3
Girls 5C Championship****Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Albemarle*Q-Team*	68	1-4-15-20-28(34)(36)	1:40:47	20:10	2:41.9
2 Douglas Freeman*Q-Team	91	3-11-21-26-30(32)(38)	1:43:09	20:38	2:07.5
3 J.R. Tucker High School*Q	101	13-16-17-24-31(47)(56)	1:44:16	20:52	0:56.9
4 Midlothian High School	136	2-27-33-35-39(40)(41)	1:44:47	20:58	3:13.8
5 Louisa County High School	153	7-8-9-60-69(70)(73)	1:47:34	21:31	4:38.7
6 James River (Midlothian)	154	18-22-25-44-45(51)(58)	1:47:10	21:26	1:24.4
7 Franklin County	161	10-19-29-46-57(62)(63)	1:48:05	21:37	3:04.3
8 Matoaca High School	164	6-14-23-54-67(74)	1:48:57	21:48	4:28.3
9 Patrick Henry (Roanoke)	223	5-42-49-59-68	1:52:24	22:29	4:36.5
10 Clover Hill	262	37-43-55-61-66(72)(76)	1:54:39	22:56	2:28.0
11 Prince George High School	278	12-50-64-75-77(79)(80)	1:59:29	23:54	5:58.4
12 Mills Godwin	289	48-52-53-65-71(78)	1:57:31	23:31	2:24.1

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM	1M	2.2M
1 GYPSON, Madelyn *Q-Team	SR	13	Albemarle	1	18:32.8	---	5:57.8	3:42.6	5:48.9	13:44.8
2 JAEGER, Kate *Q-Ind*	FR	339	Midlothian High Sch	2	18:35.3	2.5	5:58.6	3:43.1	5:49.2	13:47.2
3 MOCK, Merrick *Q-Team*	SR	115	Douglas Freeman	3	19:16.6	43.8	6:11.9	3:51.3	6:01.4	14:11.6
4 WEAVER, Eva *Q-Team*	SR	24	Albemarle	4	19:33.9	1:01.1	6:17.5	3:54.8	5:54.2	14:22.9
5 MURPHY, Nivav *Q-Ind*	SO	392	Patrick Henry (Roa	5	19:48.8	1:16.0	6:22.3	3:57.8	6:06.4	14:33.7
6 MANSFIELD, Mary *Q-Ind*	JR	300	Matoaca High Scho	6	19:49.5	1:16.7	6:22.5	3:57.9	5:59.8	13:50.5
7 DAVENPORT, Sandra *Q-In	JR	274	Louisa County High	7	19:49.7	1:16.9	6:22.5	3:57.9	6:12.8	14:34.1
8 LILES, Lillian *Q-Ind*	SO	277	Louisa County High	8	19:55.8	1:23.0	6:24.5	3:59.2	6:05.0	14:34.3
9 MIDDLESWORTH, Elizabeth	SO	278	Louisa County High	9	19:55.9	1:23.1	6:24.5	3:59.2	6:13.0	14:36.2
10 ROACH, Caitlyn	FR	132	Franklin County	10	20:15.0	1:42.2	6:30.7	4:03.0	6:06.7	14:49.7
11 GARDNER, Charlotte *Q-Tea	SR	101	Douglas Freeman	11	20:20.9	1:48.1	6:32.6	4:04.2	6:19.3	15:04.0
12 HUMPHRIES, Riley	JR	403	Prince George High	12	20:24.1	1:51.3	6:33.6	4:04.8	6:16.1	15:12.7
13 RODRIGUEZ, Cristina *Q-Te	JR	193	J.R. Tucker High Sc	13	20:27.9	1:55.1	6:34.8	4:05.6	6:12.6	14:52.1
14 LAURENT, Madeline	FR	297	Matoaca High Scho	14	20:34.8	2:02.0	6:37.0	4:07.0	6:10.7	15:02.2
15 OCHS, Jillian *Q-Team*	SO	17	Albemarle	15	20:35.3	2:02.5	6:37.2	4:07.1	6:15.5	15:14.2
16 MADDUX, Keeley *Q-Team*	SO	192	J.R. Tucker High Sc	16	20:36.6	2:03.8	6:37.6	4:07.3	6:12.2	15:06.9
17 HEYEL, Carolyn *Q-Team*	SR	191	J.R. Tucker High Sc	17	20:40.7	2:07.9	6:38.9	4:08.1	6:17.2	15:16.1
18 COSBY, Grace	SR	223	James River (Midlot	18	20:45.0	2:12.2	6:40.3	4:09.0	6:15.9	15:08.9
19 CAULEY, Isabelah	SR	130	Franklin County	19	20:49.6	2:16.8	6:41.8	4:09.9	6:22.9	15:16.7
20 STABLES, Erin *Q-Team*	JR	21	Albemarle	20	20:50.2	2:17.4	6:42.0	4:10.0	6:15.9	15:15.6
21 GARDNER, Juliet *Q-Team*	SO	102	Douglas Freeman	21	20:54.8	2:22.0	6:43.5	4:11.0	6:31.6	15:24.6
22 ROACH, Nina	JR	228	James River (Midlot	22	21:01.3	2:28.5	6:45.6	4:12.3	6:21.9	15:16.3
23 TASSELL, Kenley	SO	301	Matoaca High Scho	23	21:02.9	2:30.1	6:46.1	4:12.6	6:21.5	15:17.9
24 RUSSO, Isabel *Q-Team*	JR	194	J.R. Tucker High Sc	24	21:05.6	2:32.8	6:46.9	4:13.1	6:25.9	15:24.7
25 DOMINGUEZ-MOSS, Ava	SR	224	James River (Midlot	25	21:06.5	2:33.7	6:47.2	4:13.3	6:20.2	15:29.4
26 SOWERS, Stella *Q-Team*	FR	119	Douglas Freeman	26	21:12.3	2:39.5	6:49.1	4:14.5	6:31.3	15:25.5
27 LAMBERSON, Megan	SR	340	Midlothian High Sch	27	21:14.6	2:41.8	6:49.8	4:14.9	6:19.8	15:46.0
28 UTHLAUT, Emily *Q-Team*	JR	22	Albemarle	28	21:14.7	2:41.9	6:49.9	4:14.9	6:23.3	15:38.7

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Race #3 Girls 5C Championship

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km	1M	2.2M
29 PENALOZA, Perla	SR	158	Hermitage	-	21:18.2	2:45.4	6:51.0	4:15.6	6:27.9	15:30.1
30 BOWMAN, Julianne	SR	129	Franklin County	29	21:19.2	2:46.4	6:51.3	4:15.8	6:27.1	15:43.7
31 POST, Kate *Q-Team*	SO	117	Douglas Freeman	30	21:24.1	2:51.3	6:52.9	4:16.8	6:29.9	15:28.1
32 FORD, Sydney *Q-Team*	SO	186	J.R. Tucker High Sc	31	21:24.8	2:52.0	6:53.1	4:17.0	6:15.0	15:34.5
33 ELLEN, Emily *Q-Team*	SR	98	Douglas Freeman	(32)	21:25.4	2:52.6	6:53.3	4:17.1	6:29.9	15:36.0
34 CHOW, Brenice	SO	330	Midlothian High Sch	33	21:29.1	2:56.3	6:54.5	4:17.8	6:24.9	15:54.0
35 SIMS, McKenna *Q-Team*	SO	20	Albemarle	(34)	21:32.5	2:59.7	6:55.6	4:18.5	6:26.6	15:48.1
36 LOWE, Kate	SR	341	Midlothian High Sch	35	21:38.0	3:05.2	6:57.4	4:19.6	6:40.3	16:02.9
37 BRANDT, Avery *Q-Team*	SO	12	Albemarle	(36)	21:38.7	3:05.9	6:57.6	4:19.7	6:14.8	15:47.4
38 THORNE, Anne	FR	59	Clover Hill	37	21:42.0	3:09.2	6:58.6	4:20.4	6:43.8	16:07.2
39 HANCOCK, Sierra *Q-Team*	SR	105	Douglas Freeman	(38)	21:42.3	3:09.5	6:58.7	4:20.5	6:32.0	15:53.8
40 RODAL, Addison	SR	343	Midlothian High Sch	39	21:49.1	3:16.3	7:00.9	4:21.8	6:35.9	16:02.7
41 DESTEFANO, Ava	JR	331	Midlothian High Sch	(40)	21:51.0	3:18.2	7:01.5	4:22.2	6:33.5	16:01.6
42 HARWOOD, Riley	FR	336	Midlothian High Sch	(41)	21:51.8	3:19.0	7:01.8	4:22.4	6:20.8	16:00.4
43 FOX, Skylar	JR	390	Patrick Henry (Roa	42	21:57.6	3:24.8	7:03.7	4:23.5	7:01.7	16:12.2
44 ROSENBERG, Weslie	SR	55	Clover Hill	43	21:59.7	3:26.9	7:04.3	4:23.9	6:44.3	16:17.9
45 BIRKLAND, Emery	SO	221	James River (Midlot	44	22:07.1	3:34.3	7:06.7	4:25.4	6:40.3	16:10.4
46 ACUTO, Emily	JR	220	James River (Midlot	45	22:09.4	3:36.6	7:07.5	4:25.9	6:40.0	16:14.9
47 HOLLAND, Whitney	SR	131	Franklin County	46	22:21.8	3:49.0	7:11.4	4:28.4	6:39.1	16:20.0
48 AKERS, Elizabeth *Q-Team*	FR	179	J.R. Tucker High Sc	(47)	22:28.6	3:55.8	7:13.6	4:29.7	6:34.1	16:12.7
49 LEY, Elleanna	8	373	Mills Godwin	48	22:31.3	3:58.5	7:14.5	4:30.3	6:51.6	16:31.0
50 COMER, Brianna	JR	247	L.C. Bird	-	22:38.4	4:05.6	7:16.8	4:31.7	6:31.3	16:32.6
51 STITH, Samara	JR	248	L.C. Bird	-	22:45.1	4:12.3	7:18.9	4:33.0	6:31.0	17:06.9
52 BRABY, Eliza	SO	389	Patrick Henry (Roa	49	22:49.0	4:16.2	7:20.2	4:33.8	7:01.9	16:34.6
53 WEBB, julia	SO	408	Prince George High	50	22:52.1	4:19.3	7:21.2	4:34.4	6:37.6	16:51.3
54 PARKER, Sophia	FR	227	James River (Midlot	(51)	22:56.0	4:23.2	7:22.4	4:35.2	6:41.7	16:48.6
55 GEORGE, Sherlin	SR	370	Mills Godwin	52	22:58.6	4:25.8	7:23.3	4:35.7	6:58.5	16:52.3
56 WOOLSTENHULME, Ali	SR	379	Mills Godwin	53	22:58.8	4:26.0	7:23.3	4:35.8	6:58.8	16:52.4
57 LEE, Charlotte	JR	299	Matoaca High Scho	54	23:11.6	4:38.8	7:27.5	4:38.3	6:53.0	16:49.7
58 MOLIS, Anna Jane	SO	53	Clover Hill	55	23:15.1	4:42.3	7:28.6	4:39.0	6:52.2	17:03.6
59 BEASLEY, Bella *Q-Team*	SR	180	J.R. Tucker High Sc	(56)	23:18.9	4:46.1	7:29.8	4:39.8	6:39.3	16:48.9
60 WILLIAMSON, Emmi	FR	135	Franklin County	57	23:19.3	4:46.5	7:29.9	4:39.9	6:47.4	17:01.2
61 WILDING, Xyoa	SR	230	James River (Midlot	(58)	23:20.9	4:48.1	7:30.5	4:40.2	6:53.1	17:04.7
62 GOAD, Lydia	SO	391	Patrick Henry (Roa	59	23:23.1	4:50.3	7:31.2	4:40.6	7:10.2	17:12.4
63 NEMEC, Brooklyn	SO	279	Louisa County High	60	23:23.6	4:50.8	7:31.3	4:40.7	7:13.1	17:14.2
64 APETITO, Carmen	JR	47	Clover Hill	61	23:31.7	4:58.9	7:33.9	4:42.3	7:01.9	17:13.3
65 SMITH, Kadence	FR	133	Franklin County	(62)	23:38.9	5:06.1	7:36.2	4:43.8	6:47.3	17:17.6
66 VUKELICH, Jaidyn	JR	134	Franklin County	(63)	23:46.6	5:13.8	7:38.7	4:45.3	6:58.3	17:25.8
67 RATTRAY, Katherine	SR	159	Hermitage	-	23:58.1	5:25.3	7:42.4	4:47.6	6:50.4	17:34.3
68 QUARLES, akaela	JR	405	Prince George High	64	23:59.4	5:26.6	7:42.8	4:47.9	6:49.9	17:37.6
69 LI, Victoria	JR	374	Mills Godwin	65	24:06.7	5:33.9	7:45.2	4:49.3	6:59.8	17:43.8
70 BUPP, Ashton	SO	49	Clover Hill	66	24:10.0	5:37.2	7:46.2	4:50.0	6:51.9	17:31.0
71 LAW, Madelyn	SR	298	Matoaca High Scho	67	24:17.8	5:45.0	7:48.7	4:51.6	7:01.2	17:49.3
72 SEIDEL, Brinna	SO	393	Patrick Henry (Roa	68	24:25.3	5:52.5	7:51.2	4:53.1	7:02.1	17:42.6
73 REUTINGER, Abigail	FR	280	Louisa County High	69	24:28.4	5:55.6	7:52.2	4:53.7	7:27.6	18:03.2
74 AURAND, Abigail	FR	272	Louisa County High	(70)	24:28.7	5:55.9	7:52.3	4:53.7	7:27.3	18:04.4

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Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM	1M	2.2M
75 BEAVERS, Rachel	FR	366	Mills Godwin	71	24:55.4	6:22.6	8:00.8	4:59.1	7:45.6	18:14.4
76 BOWERS, Mollie	SO	48	Clover Hill	(72)	25:08.3	6:35.5	8:05.0	5:01.7	7:26.7	18:39.6
77 CAJIGAS, Chloe	SO	273	Louisa County High	(73)	25:08.5	6:35.7	8:05.0	5:01.7	7:45.6	18:35.8
78 ERBACH, Violet	FR	296	Matoaca High Scho	(74)	25:38.3	7:05.5	8:14.6	5:07.7	7:12.6	18:32.3
79 THOMPSON, Olivia	JR	407	Prince George High	75	25:50.1	7:17.3	8:18.4	5:10.0	7:14.6	19:13.6
80 MCDANIEL, Emma	SR	52	Clover Hill	(76)	26:03.2	7:30.4	8:22.6	5:12.6	7:42.6	19:11.1
81 RACKLEY, Mireya	FR	406	Prince George High	77	26:22.5	7:49.7	8:28.8	5:16.5	7:53.6	19:21.9
82 CROOK, Caroline	FR	368	Mills Godwin	(78)	26:48.1	8:15.3	8:37.1	5:21.6	7:45.2	19:41.9
83 DUBON RAPALO, Digna	JR	416	William Fleming	-	27:12.7	8:39.9	8:45.0	5:26.5	7:33.9	19:33.4
84 BAUTISTA, Kayliana	JR	414	William Fleming	-	27:45.2	9:12.4	8:55.4	5:33.0	7:46.4	19:57.1
85 ANDERSON, Julie	FR	402	Prince George High	(79)	28:29.2	9:56.4	9:09.6	5:41.8	8:00.7	20:32.0
86 BOULES, Karen	SR	152	Hermitage	-	28:39.8	10:07.0	9:13.0	5:44.0	7:59.4	21:31.7
87 KOCH, Avery	SR	404	Prince George High	(80)	37:16.8	18:44.0	11:59.2	7:27.4	10:29.1	27:22.6