



Race #1
Womens 4k

Final Results

TEAM SCORING SUMMARY

Final Standings	Score	Avg.	Spread
1 William & Mary	56	14:41	1:01.9
2 Georgetown	71	14:49	1:25.9
3 Richmond	73	14:53	0:43.3
4 James Madison	108	15:05	0:46.3
5 American	122	15:11	0:52.8
6 Christopher Newport	173	15:33	0:48.1
7 Hampton	196	16:03	4:04.1
8 VMI	197	15:57	1:52.7
9 VCU	239	16:06	0:57.5
10 Mary Washington	330	17:29	2:47.1
11 Virginia Union	334	17:33	2:30.0
12 Norfolk State	341	18:24	7:30.3
13 Catholic	359	17:48	1:15.2
14 Marymount (Va.)	387	19:01	5:13.4
15 Virginia State	444	20:33	6:13.3
16 Richard Bland	487	23:40	4:54.8

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM	1K	2K	3K
1 MUTISYA , Peninah	SO	617	Hampton	1	13:55.4	5:35.5	3:28.9	3:24.5	6:59.9	10:32.8
2 WEITHMAN, Molly	JR	837	William & Mary	2	14:00.4	5:37.5	3:30.1	3:25.7	7:04.0	10:35.2
3 SHERRY, Tess	FR	596	Georgetown	3	14:21.5	5:46.0	3:35.4	3:24.4	7:03.1	10:41.6
4 SOLORZANO, Ella	FR	709	Richmond	4	14:26.7	5:48.1	3:36.7	3:28.3	7:05.5	10:46.9
5 BANOVA, Lauren	FR	591	Georgetown	5	14:28.7	5:48.9	3:37.2	3:23.1	7:03.6	10:45.5
6 BENNETT, Emma	SO	593	Georgetown	6	14:31.0	5:49.8	3:37.8	3:23.4	7:02.8	10:43.2
7 PUCILOWSKI, Anna	FR	629	James Madison	7	14:34.8	5:51.3	3:38.7	3:36.2	7:25.3	10:58.9
8 LANE, Abby	JR	830	William & Mary	8	14:36.2	5:51.9	3:39.1	3:26.6	7:05.5	10:53.6
9 VILLAVICENCIO, Anna	FR	527	American	9	14:39.3	5:53.1	3:39.8	3:32.8	7:18.1	11:02.3
10 MILLER, Chloe	SO	833	William & Mary	10	14:46.0	5:55.8	3:41.5	3:32.4	7:19.3	11:03.1
11 LOWMAN, Kiera	FR	704	Richmond	11	14:46.9	5:56.2	3:41.7	3:28.1	7:10.4	11:01.6
12 STREBEL, Lily	SO	711	Richmond	12	14:49.0	5:57.0	3:42.3	3:27.6	7:08.6	11:01.1
13 SHERRY, Liv	FR	595	Georgetown	13	14:51.5	5:58.0	3:42.9	3:22.7	7:03.8	10:41.8
14 SAVAGE, Avah	SO	619	Hampton	14	14:52.4	5:58.4	3:43.1	3:24.1	7:05.0	11:01.2
15 GILMAN, Reagan	JR	805	VMI	15	14:56.8	6:00.2	3:44.2	3:38.0	7:29.1	11:16.1
16 BAUMILLER, Mullane	JR	621	James Madison	16	14:57.7	6:00.5	3:44.4	3:35.0	7:26.5	11:18.8
17 SAPPERSTEIN, Caroline	FR	834	William & Mary	17	14:58.1	6:00.7	3:44.5	3:30.1	7:19.0	11:08.9
18 SISK, Jillian	SR	809	VMI	18	14:59.6	6:01.3	3:44.9	3:37.1	7:28.6	11:15.7
19 SULLIVAN, Meghan	SO	836	William & Mary	19	15:02.3	6:02.4	3:45.6	3:30.1	7:21.4	11:13.7
20 LOPEZ, Kayla	JR	571	Christopher Newport	20	15:07.7	6:04.5	3:46.9	3:27.5	7:17.1	11:09.2
21 DAKE, Sarah	SR	568	Christopher Newport	21	15:08.2	6:04.7	3:47.1	3:27.7	7:14.8	11:15.8
22 COHEN, Addie	JR	702	Richmond	22	15:08.3	6:04.8	3:47.1	3:28.5	7:20.2	11:17.7
23 COLAVITO, Emma	SO	517	American	23	15:09.0	6:05.1	3:47.3	3:33.6	7:18.2	11:10.7

SPIDER ALUMNI OPENRichmond, VA
Pole Green Park

Saturday, September 5, 2026

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**Race #1
Womens 4k****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM	1K	2K	3K
24 SHIELDS, Lydia	SO	708	Richmond	24	15:10.0	6:05.5	3:47.5	3:32.0	7:19.0	11:16.9
25 RYAN, Aya	FR	706	Richmond	(25)	15:12.5	6:06.5	3:48.1	3:31.0	7:21.8	11:18.3
26 BROCHU, Shealyn	SO	514	American	26	15:13.0	6:06.7	3:48.3	3:36.0	7:29.4	11:24.7
27 WALTERS, Sidney	JR	632	James Madison	27	15:13.7	6:06.9	3:48.4	3:44.1	7:41.1	11:30.8
28 MYERS, Taylor	JR	628	James Madison	28	15:16.8	6:08.2	3:49.2	3:43.4	7:39.0	11:31.2
29 RECTOR, Zoe	JR	526	American	29	15:19.7	6:09.4	3:49.9	3:37.0	7:28.6	11:27.5
30 GARRETT, Carol-Anne	JR	625	James Madison	30	15:21.1	6:09.9	3:50.3	3:42.7	7:35.7	11:27.9
31 COLE, Madison	JR	623	James Madison	(31)	15:22.9	6:10.6	3:50.7	3:39.5	7:39.6	11:36.7
32 NEILSON, Audrey		727	Unattached	-	15:24.4	6:11.2	3:51.1	3:37.9	7:39.4	11:36.1
33 GREENE, Izzy	JR	626	James Madison	(32)	15:24.5	6:11.3	3:51.1	3:43.6	7:39.0	11:32.4
34 BROWN, Shari	SO	614	Hampton	33	15:27.3	6:12.4	3:51.8	3:32.1	7:29.1	11:31.4
35 HARKNESS, Rebecca	SO	829	William & Mary	(34)	15:31.0	6:13.9	3:52.8	3:41.8	7:40.9	11:40.4
36 COHEN, Natasha	FR	516	American	35	15:32.1	6:14.3	3:53.0	3:38.8	7:32.0	11:32.7
37 FORD, Faith	JR	624	James Madison	-	15:32.9	6:14.7	3:53.2	3:44.8	7:42.0	11:38.0
38 PAOLINO, Mia	JR	705	Richmond	(36)	15:35.1	6:15.5	3:53.8	3:31.2	7:27.1	11:32.7
39 DUMONT, Paige	JR	827	William & Mary	(37)	15:35.2	6:15.6	3:53.8	3:42.0	7:40.9	11:39.6
40 HIGGINS, Viktoria	SO	745	VCU	38	15:38.8	6:17.0	3:54.7	3:42.2	7:39.7	11:38.7
41 MCCUE, Charli	FR	520	American	(39)	15:39.5	6:17.3	3:54.9	3:39.1	7:33.8	11:43.7
42 MONTOYA, Marisol	FR	522	American	(40)	15:39.9	6:17.5	3:55.0	3:38.1	7:41.9	11:49.4
43 SPAIN, Caroline	FR	710	Richmond	-	15:40.7	6:17.8	3:55.2	3:31.9	7:32.5	11:39.7
44 HOFFMAN, Lily	JR	645	Mary Washington	41	15:42.4	6:18.5	3:55.6	3:36.4	7:38.8	11:42.4
45 MUDD, Courtney	SR	572	Christopher Newpor	42	15:44.0	6:19.1	3:56.0	3:38.9	7:41.3	11:47.6
46 STREETER, Katherine	JR	578	Christopher Newpor	43	15:44.6	6:19.4	3:56.2	3:40.7	7:42.6	11:46.8
47 MCDONALD, Allie	SO	832	William & Mary	-	15:46.0	6:19.9	3:56.5	3:42.0	7:41.4	11:42.3
48 ORR, Charlotte	SO	524	American	-	15:46.7	6:20.2	3:56.7	3:37.2	7:35.1	11:47.9
49 BEIL, Amalie	SO	592	Georgetown	44	15:47.4	6:20.5	3:56.9	3:30.8	7:25.4	11:35.4
50 HARLOW, Ellie		724	Unattached	-	15:49.5	6:21.3	3:57.4	3:35.3	7:31.1	11:37.2
51 ANDERSON, Madelyn	JR	741	VCU	45	15:50.9	6:21.9	3:57.7	3:43.0	7:45.4	11:53.9
52 STEVENS, Hannah	SO	835	William & Mary	-	15:53.1	6:22.8	3:58.3	3:42.8	7:41.7	11:44.2
53 FRAZIER, Ruby	FR	703	Richmond	-	15:54.2	6:23.2	3:58.6	3:29.0	7:24.6	11:41.9
54 SCANNELL, Paige	FR	748	VCU	46	15:55.5	6:23.7	3:58.9	3:41.4	7:40.5	11:49.9
55 SHIELDS, Ivey		732	Unattached	-	15:55.6	6:23.8	3:58.9	3:38.8	7:42.3	11:52.1
56 BLAGG, Lena	JR	565	Christopher Newpor	47	15:55.8	6:23.9	3:59.0	3:40.2	7:43.6	11:50.2
57 MILLER, Estella	SR	521	American	-	15:55.9	6:23.9	3:59.0	3:39.7	7:42.7	11:50.2
58 PAUL, Esther	FR	573	Christopher Newpor	(48)	15:56.1	6:24.0	3:59.0	3:42.8	7:44.7	11:50.9
59 SCARPA, Elizabeth	SO	631	James Madison	-	15:57.8	6:24.7	3:59.5	3:44.8	7:50.2	11:51.2
60 RAINEY, Elizabeth	SR	630	James Madison	-	16:03.5	6:26.9	4:00.9	3:45.4	7:49.1	11:57.0
61 CHEBET, Abigael	SR	672	Norfolk State	49	16:04.3	6:27.3	4:01.1	3:39.5	7:38.1	11:51.5
62 CHALOW, Georgina	SO	515	American	-	16:07.0	6:28.4	4:01.8	3:42.7	7:46.0	11:58.8
63 LANGBAUM, Kara	JR	518	American	-	16:07.2	6:28.4	4:01.8	3:42.7	7:46.0	11:58.3
64 MURPHY, Fiona	JR	523	American	-	16:10.6	6:29.8	4:02.7	3:48.7	7:44.2	11:52.6
65 LOVUOLO, Ava		726	Unattached	-	16:15.8	6:31.9	4:04.0	3:37.0	7:46.5	12:00.4
66 BLAND, Sarah	JR	566	Christopher Newpor	(50)	16:20.4	6:33.7	4:05.1	3:40.7	7:48.0	12:06.0
67 LOREY, Samantha		725	Unattached	-	16:21.7	6:34.3	4:05.4	3:38.4	7:48.1	12:04.1
68 DASILVA, Didi	SR	569	Christopher Newpor	-	16:23.6	6:35.0	4:05.9	3:45.6	7:48.4	12:07.1
69 SWINSON, Caroline	FR	810	VMI	51	16:25.1	6:35.6	4:06.3	3:53.0	8:07.7	12:23.4

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70 YOUNG, Natalie	SO	792	Virginia Union	52	16:26.5	6:36.2	4:06.6	3:54.1	8:06.0	12:23.0
71 MANCINI, Suzanna	FR	627	James Madison	-	16:26.7	6:36.3	4:06.7	3:45.0	7:55.3	12:19.1
72 DAILEY , Amira	JR	673	Norfolk State	53	16:27.8	6:36.7	4:07.0	3:52.4	8:06.7	12:21.3
73 JOHNSON, Madison	SO	746	VCU	54	16:28.2	6:36.9	4:07.1	3:50.2	7:58.2	12:11.9
74 ROSE, Alexis	SO	576	Christopher Newpor	-	16:28.3	6:36.9	4:07.1	3:39.9	7:47.3	12:08.4
75 LAYTON, Samantha	JR	806	VMI	55	16:30.7	6:37.9	4:07.7	3:52.7	8:07.1	12:21.6
76 WILT, Simone	FR	750	VCU	56	16:36.3	6:40.1	4:09.1	3:47.0	8:03.3	12:27.5
77 KRISHNAMURTHY, Shreya	SR	747	VCU	(57)	16:44.2	6:43.3	4:11.1	3:49.2	7:58.7	12:30.2
78 LESTINA, Scarlett	SR	519	American	-	16:49.4	6:45.4	4:12.4	3:44.2	7:56.0	12:23.9
79 SANDINE, Lukah	FR	808	VMI	58	16:49.5	6:45.4	4:12.4	3:53.2	8:08.1	12:30.3
80 TRUPP, Emma	FR	749	VCU	(59)	16:54.0	6:47.2	4:13.5	3:51.0	8:02.4	12:27.9
81 BOLESH, Ashley		716	Unattached	-	16:55.0	6:47.6	4:13.8	3:50.2	8:10.6	12:38.6
82 LORELLE, Catherine	JR	548	Catholic	60	16:55.4	6:47.8	4:13.9	3:53.5	8:11.0	12:34.7
83 WHITE, Katelyn	SO	579	Christopher Newpor	-	17:02.8	6:50.8	4:15.7	3:41.6	8:00.6	12:37.3
84 JEPKOGEL, Aksa	SO	787	Virginia Union	61	17:03.6	6:51.1	4:15.9	3:53.8	8:07.5	12:36.4
85 RHODES, Nici		730	Unattached	-	17:04.8	6:51.6	4:16.2	3:56.0	8:10.2	12:38.3
86 PENDLETON, Jessica		728	Unattached	-	17:13.7	6:55.1	4:18.4	3:48.5	8:07.8	12:33.4
87 WALLIN, Addy	JR	650	Mary Washington	62	17:20.8	6:58.0	4:20.2	3:54.1	8:17.6	12:51.8
88 GOWE, Taiefa	FR	674	Norfolk State	63	17:22.7	6:58.8	4:20.7	3:52.7	8:09.7	13:00.3
89 MIDDLEBROOKS, Toni	SR	788	Virginia Union	64	17:22.8	6:58.8	4:20.7	3:53.4	8:03.9	12:19.1
90 AMERLINCK, Brier	SR	656	Marymount (Va.)	65	17:23.3	6:59.0	4:20.8	4:32.6	9:05.4	13:17.0
91 PHILLIPS, Isabella	SO	574	Christopher Newpor	-	17:25.1	6:59.7	4:21.3	3:43.4	8:09.9	12:49.3
92 HUGHES, Abby	SR	658	Marymount (Va.)	66	17:26.2	7:00.2	4:21.6	4:09.6	8:40.8	13:08.7
93 BUBACK, Kayla		717	Unattached	-	17:27.0	7:00.5	4:21.8	3:50.5	8:14.3	12:49.8
94 FLANAGAN, Molly		722	Unattached	-	17:33.8	7:03.2	4:23.5	3:49.1	8:13.5	12:49.3
95 MOX, Abigail	FR	807	VMI	(67)	17:38.3	7:05.0	4:24.6	3:59.7	8:25.9	13:09.1
96 WALKER, Peyton		734	Unattached	-	17:39.0	7:05.3	4:24.8	3:48.4	8:09.9	12:55.0
97 TITONE, Gabi	SO	661	Marymount (Va.)	68	17:41.7	7:06.4	4:25.4	4:07.7	8:41.4	13:16.9
98 FLETCHER, Eyaya	SR	644	Mary Washington	69	17:42.5	7:06.7	4:25.6	3:56.3	8:28.3	13:12.4
99 COLEMAN, Kiera	JR	762	Virginia State	70	17:44.6	7:07.6	4:26.2	4:11.0	8:40.7	13:20.9
100 FREY, Gianna	FR	546	Catholic	71	17:50.1	7:09.8	4:27.5	4:00.6	8:26.6	13:11.0
101 ABASCAL, Gisele	SO	784	Virginia Union	72	17:51.2	7:10.2	4:27.8	3:56.4	8:23.8	13:09.8
102 MOULTRIE, Angel	SR	616	Hampton	73	17:55.7	7:12.0	4:28.9	4:01.0	8:30.9	13:13.1
103 SCHNITTMAN, Ellie	FR	551	Catholic	74	17:59.1	7:13.4	4:29.8	3:57.7	8:32.9	13:23.8
104 RUNGE, Alannah	SO	618	Hampton	75	17:59.5	7:13.5	4:29.9	4:07.1	8:48.1	13:26.3
105 DORAN, Isabel	SO	545	Catholic	76	18:01.1	7:14.2	4:30.3	4:09.7	8:44.3	13:28.8
106 RYAN, Mattea	SO	648	Mary Washington	77	18:05.9	7:16.1	4:31.5	3:56.6	8:36.7	13:24.1
107 BROWN, Zoey	SR	543	Catholic	78	18:10.6	7:18.0	4:32.7	4:11.6	8:49.0	13:38.6
108 ELLIOTT, Morgan		721	Unattached	-	18:21.2	7:22.2	4:35.3	4:08.6	8:46.2	13:36.5
109 TROCARD, Sharifa	FR	677	Norfolk State	79	18:26.0	7:24.2	4:36.5	4:02.2	8:38.3	13:40.0
110 OGLESBY, Claire	FR	549	Catholic	(80)	18:26.7	7:24.5	4:36.7	4:10.7	8:48.8	13:39.1
111 SPICKARD, Lee	FR	649	Mary Washington	81	18:29.5	7:25.6	4:37.4	4:00.5	8:43.1	13:32.9
112 GLENN, Garet	FR	547	Catholic	(82)	18:36.0	7:28.2	4:39.0	4:21.7	9:01.2	13:49.9
113 ANDERSON, Evelyn		811	VMI	(83)	18:39.0	7:29.4	4:39.8	4:04.4	8:52.3	13:46.9
114 SARAH, Nacinovich		731	Unattached	-	18:49.7	7:33.7	4:42.4	4:10.7	8:49.9	13:49.0
115 YETUNDE, Olayinka	SO	620	Hampton	(84)	18:52.8	7:34.9	4:43.2	4:12.6	8:59.9	14:05.1

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116 CHARLES, Trinity	JR	785	Virginia Union	85	18:56.5	7:36.4	4:44.1	4:11.3	8:59.6	14:04.0
117 CARTER, Rania	SO	643	Mary Washington	(86)	19:00.4	7:38.0	4:45.1	4:00.3	8:53.6	14:04.3
118 LEHMENSIEK, Anja	FR	646	Mary Washington	(87)	19:06.9	7:40.6	4:46.7	4:09.9	8:57.4	14:07.7
119 SYKES, Nijjah	FR	790	Virginia Union	(88)	19:10.1	7:41.9	4:47.5	4:24.2	9:15.0	14:15.8
120 WILLIAMS, Sky	FR	791	Virginia Union	(89)	19:14.4	7:43.6	4:48.6	4:13.9	9:11.3	14:22.9
121 WHIDBEE, Cameron		735	Unattached	-	19:15.2	7:43.9	4:48.8	4:32.2	9:26.4	14:33.0
122 HAWKINS, Hannah	FR	744	VCU	-	19:18.2	7:45.1	4:49.6	4:14.5	9:06.7	14:22.5
123 MOORE, Alesha	FR	768	Virginia State	90	19:19.1	7:45.5	4:49.8	4:22.6	9:24.6	14:33.4
124 MEEKS, Tiniana	FR	767	Virginia State	91	19:29.8	7:49.8	4:52.5	4:15.6	9:11.9	14:33.9
125 RICO, Cameron	SR	647	Mary Washington	-	19:40.1	7:53.9	4:55.0	4:32.7	9:31.0	14:50.2
126 DELLACORTE, Elizabeth	JR	657	Marymount (Va.)	92	19:57.0	8:00.7	4:59.3	4:34.6	9:34.4	14:53.6
127 DIAS, Natalia	JR	804	VMI	-	20:14.4	8:07.7	5:03.6	4:03.5	8:53.9	15:15.0
128 PUCKETT, Hannah	SR	525	American	-	20:28.4	8:13.3	5:07.1	4:15.8	9:22.2	15:05.0
129 COMER, Brianna	SO	685	Richard Bland	93	20:36.4	8:16.5	5:09.1	4:02.2	9:33.9	15:12.5
130 CAHILL, Alexandra		718	Unattached	-	20:42.8	8:19.1	5:10.7	4:32.0	9:33.1	15:11.6
131 SCHIHL, Josie	FR	707	Richmond	-	21:02.8	8:27.1	5:15.7	3:36.1	7:44.9	15:41.7
132 STITH, Samara	SO	689	Richard Bland	94	21:29.0	8:37.7	5:22.3	4:08.6	9:19.8	15:27.1
133 VERSEN, Lucy		733	Unattached	-	22:03.6	8:51.6	5:30.9	4:46.1	10:20.4	16:14.3
134 TUCKER, Nainette	SO	774	Virginia State	95	22:11.5	8:54.7	5:32.9	4:30.2	10:07.2	16:17.3
135 CUMMINGS, Gabrielle		719	Unattached	-	22:11.9	8:54.9	5:33.0	4:37.6	10:15.2	16:16.8
136 PULLEN, Maria	SO	660	Marymount (Va.)	96	22:36.7	9:04.9	5:39.2	5:24.1	11:20.3	17:06.6
137 JESANG, Veronica	FR	6675	Norfolk State	97	23:34.6	9:28.1	5:53.7	4:32.3	10:39.0	17:17.5
138 SATTERWHITE, Torie	JR	772	Virginia State	98	23:57.9	9:37.5	5:59.5	5:09.2	11:42.0	18:16.2
139 PHILLIPS, Sydney		729	Unattached	-	24:14.5	9:44.1	6:03.6	4:55.1	11:13.2	18:02.3
140 GREEN, Marley	FR	786	Virginia Union	-	24:44.5	9:56.2	6:11.1	5:28.4	12:00.8	18:43.9
141 ROGERS, Chrishiya	FR	789	Virginia Union	-	25:00.0	10:02.4	6:15.0	5:28.9	12:01.0	18:56.2
142 GRUBB, Kionna	FR	688	Richard Bland	99	25:15.6	10:08.7	6:18.9	4:32.3	10:18.2	17:37.4
143 ALLEN, Taleah	FR	684	Richard Bland	100	25:26.9	10:13.2	6:21.7	4:53.3	11:40.4	18:54.6
144 DANDRADE, Makaylah	FR	686	Richard Bland	101	25:31.2	10:14.9	6:22.8	4:35.9	10:33.8	17:43.2
145 DAVIS, Shaniece	FR	687	Richard Bland	(102)	25:43.5	10:19.9	6:25.9	4:56.6	11:41.8	18:56.8
146 BURRELL, Destiny	FR	760	Virginia State	(103)	25:50.7	10:22.8	6:27.7	5:29.4	12:04.4	19:03.1