

MID-PIEDMONT 3A CROSS COUNTRY

ALL-CONFERENCE TEAM, FALL 2022

WOMEN'S CROSS COUNTRY

Jillian Parks	Central Davidson
Chelsea Kirk	Central Davidson
Sarah Clodfelter	Central Davidson
Brea White	Ledford
Bailey Hicks	North Davidson
Madison Hooker	North Davidson
Lily Sullivan	North Davidson
Natalia Everhart	Oak Grove
Katherine Lockamy	Oak Grove
Chloe Koper	Oak Grove
Makinley Beers	Oak Grove
Rachel Vanoy	Oak Grove

RUNNER OF THE YEAR Jillian Parks, Central Davidson

COACH OF THE YEAR Shawn Loggins, Oak Grove

MEN'S CROSS COUNTRY

Seth Hydzik	Asheboro
Sawyer Dobbins	Ledford
Jorge Gamez-Santillan	Ledford
Jose Ontiveros	Ledford
Carlos Vargas	Montgomery Central
Grayson Byrd	North Davidson
Hunter Creech	Oak Grove
Aiden Edwards	Oak Grove
Mason McMillan	Oak Grove
Kent Sidden	Oak Grove
Brayden Grover	Oak Grove
Nathan Welborn	Oak Grove

RUNNER OF THE YEAR Hunter Creech, Oak Grove

COACHES OF THE YEAR Trey Cook, Central Davidson
Eric Pennymaker, Ledford
Shawn Loggins, Oak Grove