

NCHSAA 3A Central Regional
 Womens Cross Country
 Ivey Redmon Sports Complex, Kernersville
 Hosted by Phoenix Academy High School
 Saturday, October 25, 2025

3A Girls 5000 Meter Run Finals

Place Team	Points
1 Union Academy	44
2 NC School of Science & Math	48
3 East Davidson	87
4 Northwood	113
5 West Davidson	124
6 Wheatmore High School	141
7 Providence Grove	160
8 Trinity High	197

Girls Finals

NAME	YR	TEAM	MARK	H#
1 Abby Isaacs	11	Union Academy	19:41.65	1
2 Ana Leon	10	Union Academy	19:51.25	1
3 Sydney Gray	12	Northwood	19:57.99	1
4 Moira Furr	12	NC School of Sci & Math	20:12.10	1
5 Julia Boddie	11	NC School of Sci & Math	20:41.74	1
6 Scarlett Hildreth	10	Wheatmore High School	20:47.77	1
7 Laurel Bernhardt	11	Providence Grove	21:10.62	1
8 Sophie Parker	11	NC School of Sci & Math	21:10.88	1
9 Elizabeth Bellendir	9	West Davidson	21:21.07	1
10 Shiloh Teta	9	Northwood	21:43.35	1
11 Emma Glumac	9	Union Academy	21:54.48	2
12 McKinley Mingledorff	10	Union Academy	22:11.91	2
13 Madyson York	12	East Davidson	22:20.87	2
14 Evelyns Torres	12	East Davidson	22:25.61	2
15 Lucy Safir	12	NC School of Sci & Math	22:42.76	2
16 Holly Frazer	11	NC School of Sci & Math	22:48.01	2

17 Ibelka Peralta	11	East Davidson	22:53.70	2
18 Grayson Moss	12	Union Academy	22:58.27	2
19 Marden Harvey	12	NC School of Sci & Math	23:05.26	2
20 Lindsay Najera-Flores	10	East Davidson	23:24.33	2
21 Kinsley Anderson	12	West Davidson	23:34.21	3
22 Mara Jackson	9	West Davidson	23:35.84	3
23 Nicole Jones	11	East Davidson	23:41.02	3
24 Gracie Williams	11	North Moore	23:41.97	3
25 RYANNE Burrow	10	Trinity High	23:43.06	3
26 Aileen Najera Flores	12	East Davidson	23:53.09	3
27 Satya Ung	11	NC School of Sci & Math	23:53.94	3
28 Emmie Messner	10	Wheatmore High School	24:00.13	3
29 Lydia Madison	10	Wheatmore High School	24:02.30	3
30 Penelope Faris	10	Northwood	24:09.31	3
31 Bailee Mitchell	9	Providence Grove	24:13.78	4
32 Ashley Perry	11	Northwood	24:14.89	4
33 Allyson Sandock	9	Union Academy	24:22.59	4
34 Olivia Hildreth	12	Wheatmore High School	24:24.66	4
35 Madison Hill	10	Trinity High	24:35.61	4
36 Cheyenne Hedrick	12	West Davidson	24:41.38	4
37 Ellie Nitz	12	East Davidson	25:09.39	4
38 Adlee Jordan	11	West Davidson	25:17.53	4
39 Abigail Lewis	12	Providence Grove	25:37.92	4
40 Ryah Freeman	9	Union Academy	25:40.91	4
41 Stacy Coronel	12	North Moore	26:07.39	5
42 Gabby Ghitta	10	Northwood	26:53.59	5
43 Lyndsay Browder	10	Providence Grove	27:12.37	5
44 Ashlyn Wright	12	West Davidson	27:17.53	5
45 Jailyn Russ	12	West Bladen	27:18.06	5
46 Ellis Claire Monk	9	West Davidson	27:25.69	5
47 Caylee Morgan	12	Providence Grove	27:40.87	5
48 Leyla Martinez	12	Trinity High	28:41.11	5
49 Lily Kate Stratton	12	Trinity High	28:45.87	5
50 Hannah Phillips	10	Wheatmore High School	29:30.01	5
51 Judith Davis	10	Trinity High	30:28.33	6
52 Kacey Ortega	11	Providence Grove	30:45.89	6
53 Madilynn Androw	10	East Surry	31:11.61	6