

Mid-Piedmont 3A All-Conference

Fall 2023

CROSS COUNTRY

WOMEN'S CROSS COUNTRY

Oak Grove

Natalia Everhart

Katherine Lockamy

Addison Riling

Isabella Lockamy

Victoria Lockamy

Central Davidson

Jillian Parks

Chelsea Kirk

Sarah Clodfelter

Anjali Busse

North Davidson

Bailey Hicks

Melody Lashmit

Charlotte Sullivan

Runner of the Year Jillian Parks, Central Davidson

Coach of the Year Daniel Parker, North Davidson

MEN'S CROSS COUNTRY

Oak Grove

Hunter Creech

Luke Vannory

Aiden Edwards

Nathan Welborn

Brayden Glover

Evan Messer

Central Davidson

Jacob Byrd

Carter Ray

Blakely Frank

Ledford

Sawyer Dobbins

Ledford

Sawyer Dobbins

North Davidson

Kyle Nifong

Montgomery Central

Francisco Silva-Pina

Runner of the Year Hunter Creech, Oak Grove

Coach of the Year Trey Cook, Central Davidson