

NCHSAA Cross Country Championships
 2023 Women's 3A Championship
 Ivey Redmon Sports Complex - Kernersville, NC
 Saturday, November 4, 2023

Event 4 Women 5k Run CC 3A

Team Scores

Rank Team	Total	1	2	3	4	5	*6	*7	*8	*9
NCHSAA 3A Results 5000 Run										
1 North Lincoln	63	2	6	11	21	23	27	31		
2 First Flight	71	1	7	13	15	35	42	50		
3 North Buncombe	85	4	10	19	20	32	58			
4 West Henderson	135	3	26	30	36	40	43			
5 Carrboro	190	18	22	46	51	53	112			
6 Croatan	211	9	16	55	65	66	68	69		
7 Franklin	212	12	24	45	64	67	97	103		
8 Tuscola	219	17	28	44	59	71	78	93		
9 Lake Norman Charter	229	8	48	49	54	70	72	73		
10 Swansboro	235	5	25	41	80	84	89	108		
11 West Carteret	240	33	38	52	57	60	63	99		
12 Cedar Ridge	348	14	34	85	102	113	118	120		
13 Central Davidson	373	29	56	83	101	104	105	111		
14 Rose, J.H.	381	39	75	76	95	96	119	123		
15 Piedmont	388	47	77	79	91	94	107	116		
16 South Rowan	396	62	74	81	87	92	109	110		
17 Williams, Walter M	425	37	86	88	100	114	121	122		
18 Union Pines	437	61	82	90	98	106	115	117		

Event 4 Women 5k Run CC 3A

Name	Yr	School	Finals	Pts
NCHSAA 3A Results 5000 Run				
1 Morgan Miller	10	First Flight	18:05.84	1
2 Erin Pope	12	Fike High School	18:09.14	
3 Olivia Ferraro	10	North Lincoln	18:33.49	2
4 Breanna Budzinski	12	West Henderson	18:38.48	3
5 Katie Johnson	12	North Buncombe	18:48.80	4
6 Delaney Horton	11	Swansboro	18:59.79	5
7 Bella Wood	12	North Lincoln	19:02.01	6
8 Lucy Stecher	12	First Flight	19:04.88	7
9 Lily Yampolsky	12	Lake Norman	19:13.48	8
10 Cameran Ladd	12	Croatan	19:15.93	9
11 Eden Barnwell	12	North Buncombe	19:18.95	10
12 Cambelle Reffner	9	North Lincoln	19:21.91	11
13 Morgan Cress	9	Franklin	19:32.18	12
14 Brinkley Robinson	9	Franklinton	19:34.84	
15 Gatsby Goode	12	Northwest Cabarrus	19:35.12	
16 Kayla Folkes	9	First Flight	19:36.16	13
17 Naomi Dyreng	11	Cedar Ridge	19:43.71	14
18 Addison Barlett	11	Durham Schoo	19:45.75	
19 Moira Furr	10	First Flight	19:47.60	15
20 Maisy Stephens	9	Croatan	19:51.23	16
21 Julia Wells	9	Tuscola	19:51.78	17
22 Arabelle Baruch	9	Carrboro	19:52.32	18
23 Avery Mays	12	North Buncombe	19:53.07	19
24 Sophia Banks	11	North Buncombe	19:56.03	20
25 Candrice Davis	9	Rocky Mount	19:58.84	
26 Elan Eurey	9	North Lincoln	20:00.38	21
27 Natalia Serre	12	Carrboro	20:05.24	22
28 Dahlia Lind	12	South Central	20:06.30	
29 Sienna Rush	11	North Lincoln	20:07.25	23
30 Amy Mendoza Lopez	10	Franklin	20:12.12	24
31 Sarah Fedyna	10	Havelock	20:13.88	
32 Emma Sanders	9	Swansboro	20:17.61	25
33 Noelle Houlihan	11	West Henderson	20:20.51	26
34 Bella Green	11	North Lincoln	20:20.55	27
35 Peyton Black	10	Harnett Central	20:21.99	
36 Luci Lowe	11	Tuscola	20:26.62	28
37 Jillian Parks	11	Central Davidson	20:27.71	29
38 Ellie Harrington	12	South Brunswick	20:29.01	
39 Breanna Sturtevant	10	North Iredell	20:30.77	
40 Jenna Watson	12	West Henderson	20:32.66	30
41 Kati Giangreco	12	West Johnston	20:39.76	
42 Kayla Leslie	11	North Lincoln	20:39.86	31
43 Paige Kiesling	10	Atkins	20:40.11	
44 Addie Knauer	9	North Buncombe	20:41.75	32

45	Evva Hamilton	11	A.C. Reynolds	20:42.77	
46	Ryan Germain	12	West Carteret	20:43.80	33
47	Abigail Klaitman	11	Cedar Ridge	20:44.40	34
48	Shelby Chercka	9	First Flight	20:48.31	35
49	Sawyer Manuel	9	West Henderson	20:49.03	36
50	Lucy Lowe	9	Williams, Walter M	20:51.32	37
51	Marlena Marson	10	West Carteret	20:55.08	38
52	Ella Barrow	9	Rose, J.H.	20:57.28	39
53	Madison Emery	10	South Central	21:00.98	
54	Daniela Flores Gutierrez	12	St. Stephens	21:01.46	
55	Amron Rice	10	West Henderson	21:01.94	40
56	Julia Hollar	11	North Iredell	21:02.87	
57	Mattie Floyd	9	Swansboro	21:06.90	41
58	Harper White	10	Hickory	21:07.72	
59	Rebekah Newell	11	First Flight	21:09.80	42
60	Rayna Vanness		West Henderson	21:11.89	43
61	Annaleah Hill	11	Tuscola	21:14.46	44
62	Abigail Pope	10	Franklin	21:15.97	45
63	Emily Landaverde	11	Jesse Carson	21:18.57	
64	Naomi Hirsch	9	Carrboro	21:19.63	46
65	Dylan Tepera	11	Piedmont	21:20.07	47
66	Mary Caroline Williams		Lake Norman	21:20.13	48
67	Mikayla Freeland	9	Lake Norman	21:20.14	49
68	Nellie Hall	11	First Flight	21:22.89	50
69	Aylin McGowan	10	Carrboro	21:23.10	51
70	Mckenzie Benfield	10	East Lincoln	21:24.77	
71	Sadie Featherstone	11	East Rowan	21:33.21	
72	Elaina Sherline	11	West Carteret	21:34.29	52
73	Bella Reyes	10	Carrboro	21:36.67	53
74	Caroline Peterson	11	Lake Norman	21:40.37	54
75	Ashleigh Modlin	12	Northern Nash	21:41.68	
76	Teagan Farrell	12	Smithfield-Selma	21:44.47	
77	Zenash Acevedo	11	Croatan	21:44.92	55
78	Jade Gonzales-Cardenas	10	St. Stephens	21:46.74	
79	Chelsea Kirk	12	Central Davidson	21:47.38	56
80	Hannah Metz	10	Central Academy	21:48.01	
81	Sally King	11	West Carteret	21:48.71	57
82	Katie Roberts	11	West Rowan	21:51.26	
83	Megan Stowe	9	North Buncombe	21:59.04	58
84	Bailey Hicks	11	North Davidson	22:00.21	
85	Emma Clancy	9	Tuscola	22:00.39	59
86	Sophia Pennington	10	West Carteret	22:03.26	60
87	Allyson Flewellin	11	Union Pines	22:05.79	61
88	Gracie Hinson	9	South Rowan	22:07.20	62
89	Gillam Parker	9	West Carteret	22:10.75	63
90	Jasmin Romero	10	Western Harnett	22:10.91	
91	Mindi Holbrooks	10	Franklin	22:13.51	64
92	Tessa McFarland	12	Croatan	22:14.47	65
93	Lillian Beck	12	Croatan	22:15.04	66

94 Breanna Pendergrass	9	Franklin	22:16.84	67
95 Skylar Nawrocki	11	Croatan	22:17.88	68
96 Eliana Dettle	11	Croatan	22:21.72	69
97 Natalie Hege	10	Lake Norman	22:22.94	70
98 Olivia Arnold	10	Tuscola	22:23.58	71
99 Praaisha Mehta	9	Lake Norman	22:24.41	72
100 Daianah Raczui	10	Lake Norman	22:28.02	73
101 Madison Beaver	12	South Rowan	22:32.19	74
102 Elizabeth Furlough	12	Rose, J.H.	22:34.91	75
103 Saline Kulas	12	Rose, J.H.	22:35.80	76
104 Andy Tepera	11	Piedmont	22:38.47	77
105 Annalisse Phillips	12	Tuscola	22:40.30	78
106 Adelyn Humphrey	10	Piedmont	22:42.05	79
107 Marielle Hirkala	11	Swansboro	22:42.65	80
108 Madalynn Gulledge	10	South Rowan	22:43.27	81
109 Selah Kellner	11	Union Pines	22:43.40	82
110 Maddie Girouard	11	Rocky Mount	22:44.40	
111 Sarah Clodfelter	10	Central Davidson	22:47.24	83
112 Angelita Hernandez	10	Swansboro	22:48.34	84
113 Kate Finnegan	9	Cedar Ridge	22:51.32	85
114 Catie Clemmons	9	Williams, Walter M	22:54.17	86
115 Blythe Elliott	12	South Rowan	22:56.27	87
116 Sofia Anaya	11	Williams, Walter M	22:56.55	88
117 Madilyn Lemke	10	Swansboro	23:01.05	89
118 Clara Kellner	12	Union Pines	23:06.21	90
119 Brianna Outen	11	Piedmont	23:10.52	91
120 Lindsey Beaver	12	South Rowan	23:12.85	92
121 Natalie Jimenez	9	Tuscola	23:22.20	93
122 Makenna Tyson	12	Piedmont	23:26.97	94
123 Hadleigh Kulas	10	Rose, J.H.	23:27.29	95
124 Avery Hastings	11	Rose, J.H.	23:30.65	96
125 Rylee Cassada	12	Franklin	23:31.14	97
126 Jacqueline Leone	12	Union Pines	23:34.29	98
127 Anna Johnson	11	West Carteret	23:38.39	99
128 Avery LaPlante	10	Williams, Walter M	23:43.73	100
129 Rachel Bower	9	Central Davidson	23:44.43	101
130 Anna Peterson	11	Cedar Ridge	23:46.44	102
131 Briseida Tlahuice-Flores	10	Franklin	23:48.61	103
132 Anjali Busse	11	Central Davidson	23:53.27	104
133 Sydney Milligan	10	Central Davidson	23:57.88	105
134 Anna Gaab	9	Union Pines	24:10.50	106
135 Brooke Fiorella	10	Piedmont	24:10.93	107
136 Kyra Brownd	11	Swansboro	24:15.69	108
137 Brinley Patterson	11	South Rowan	24:32.77	109
138 Paisley Overcash	10	South Rowan	24:45.44	110
139 Olivia Miller	10	Central Davidson	24:49.69	111
140 Sydney Manning	12	Carrboro	24:55.22	112
141 Safiyya Frej	9	Cedar Ridge	25:00.05	113
142 Olivia Sharpe	11	Williams, Walter M	25:00.86	114

143 Alyssa Mabe	11	Union Pines	25:15.54	115
144 Jorja Wickline	12	Piedmont	25:36.44	116
145 Yamilet Casas	10	Union Pines	25:39.91	117
146 Samantha Quade	9	Cedar Ridge	25:41.28	118
147 Clara Foltz	12	Rose, J.H.	25:43.71	119
148 Gracie Whitaker	9	Cedar Ridge	25:45.02	120
149 Kalleigh West	12	Williams, Walter M	27:01.45	121
150 Nicole Lin		Williams, Walter M	27:32.65	122
151 Lucy Myers	9	Rose, J.H.	28:15.06	123