

Four Rivers 3A/4A Conference
Fall, 2025
Womens Cross Country All-Conference

Sydney Gray	Northwood
Shiloh Teta	Northwood
Ashley Perry	Northwood
Penoelope Farris	Northwood
Gabby Ghitta	Northwood
Stacy Coronel	North Moore
Gracie Williams	North Moore
Jackson Re	Uwharrie Charter
Gacilyn Elliot	Uwharrie Charter
Olivia Turner	Uwharrie Charter
Genevieve Cranford	Southwestern Randolph
Demoris Cruz	Jordan-Matthews
Runner of the Year	Sydney Gray, Northwood
Coach of the Year	Crystal Bartholomew, North Moore