

Piedmont Athletic 4A/5A Conference
Fall, 2025
Womens Cross Country All-Conference

Rachel Bowers	Central Davidson
Sarah Clodfelter	Central Davidson
Sophia Leonard	Ledford
Elizabeth Lanier	Central Davidson
Jessica Floyd	Central Davidson
Reagan Henley	Randleman
Jordyn Lindsay	Lexington
Bethany Mendez	Lexington
Ezbai Mendez	Lexington
Gabby Vera	Montgomery Central
Savannah Lynn	Central Davidson
Zoey Bennett	Central Davidson
Emma Herring	Randleman
Madison Bryson	Central Davidson
Runner of the Year	Rachel Bowers, Central Davidson
Coach of the Year	Trey Cook, Central Davidson