

NCHSAA 3A Central Regional

Womens Cross Country

Ivey Redmon Sports Complex, Kernersville

Hosted by Phoenix Academy High School

Saturday, October 31, 2025

3A Girls 5000 Meter Run Team Scores

Place	Team	Pts
1	NC School of Science & Math	37
2	Union Academy	56
3	Northwood	92
4	East Davidson	117
5	Trinity High	126
6	West Davidson	128
7	Wheatmore High School	146
8	East Surry	197

3A Girls 5000 Meter Run

Place	Athlete	Team	Mark	Pts
1	Abby Isaacs	SR Union Academy	19:32.34	1
2	Ahana Satija	JR NC School Science & Math	20:00.35	2
3	Ana Leon	JR Union Academy	20:29.48	3
4	Emma Glumac	SO Union Academy	20:43.00	4
5	Harper Tiece	FR Northwood	20:45.69	5
6	Sophie Parker	SR NC School Science & Math	20:56.58	6
7	Frances Davis	SR NC School Science & Math	21:09.28	7
8	Scarlett Hildreth	JR Wheatmore High School	21:09.56	8
9	Shiloh Teta	SO Northwood	21:28.21	9
10	Holly Frazer	SR NC School Science & Math	21:50.97	10
11	Avery Kennedy	FR East Davidson	22:06.73	11
12	Ella Hopkins	SR McMichael	22:15.79	
13	Martha Smyth	JR NC School Science & Math	22:25.52	12
14	Glorielle Turner	SO West Davidson	22:28.35	13
15	Madison Hill	JR Trinity High	22:31.96	14
16	Charlotte Hester	FR West Bladen	22:37.98	
17	Ashlyn Reed	FR Northwood	22:44.44	15
18	Kayla Franklin	SR Trinity High	22:47.85	16
19	Fatimah Ijaz	FR Trinity High	22:48.89	17
20	Colby Badgett	SR East Surry	22:49.26	18
21	Emerson Sandock	SO Union Academy	22:55.45	19
22	Lindsay Najera-Flores	JR East Davidson	22:59.23	20
23	Elizabeth Bellendir	SO West Davidson	23:01.90	21
24	Zoey Swicegood	FR West Davidson	23:04.72	22

25 Nicole Jones	SR	East Davidson	23:07.80	23
26 Rachel Hu	JR	NC School Science & Math	23:08.52	24
27 Kylyn Surratt	JR	Wheatmore High School	23:14.44	25
28 Emilie Frieson	SR	NC School Science & Math	23:14.58	26
29 Gabriella Meza	SO	East Davidson	23:16.54	27
30 Ava Zawada	JR	Northwood	23:17.09	28
31 Peyton St. Clair	SR	Union Academy	23:19.00	29
32 Bailee Mitchell	SO	Providence Grove	23:25.42	
33 Natalie Wilson	JR	West Davidson	23:32.55	30
34 Rynne Burrow	JR	Trinity High	23:39.16	31
35 Allyson Sandock	SO	Union Academy	23:42.33	32
36 Avery Taylor	SO	Union Academy	23:44.00	33
37 Ashley Bustos Flores	JR	McMichael	24:03.92	
38 Lyndsay Browder	JR	Providence Grove	24:15.83	
39 Gracie Williams	SR	North Moore	24:27.15	
40 Emmie Messner	JR	Wheatmore High School	24:39.36	34
41 Emilia Smith Pumalpa	SO	Northwood	24:39.73	35
42 Ibelka Peralta	SR	East Davidson	24:50.18	36
43 Ashley Perry	SR	Northwood	25:06.30	37
44 Neyland Boaz	JR	East Surry	25:18.92	38
45 Teagan Gall	FR	Wheatmore High School	25:22.23	39
46 Hannah Phillips	JR	Wheatmore High School	25:22.97	40
47 Jalyn Causey	JR	East Davidson	25:28.42	41
48 Pressley Hoosier	SO	West Davidson	25:36.65	42
49 Temperance Bowers	JR	West Davidson	26:35.13	43
50 Stella Joyce	FR	East Surry	26:55.63	44
51 Britney Catalan	JR	North Moore	27:20.12	
52 Gaby Ghita	SR	Northwood	27:20.40	45
53 Alison Ovando	JR	North Moore	27:21.45	
54 Evelyn Wall	FR	Providence Grove	27:34.37	
55 Mara Jackson	SO	West Davidson	27:41.48	46
56 Adelynn Southern	SR	East Surry	27:44.69	47
57 Sumaiya Ijaz	JR	Trinity High	30:08.54	48
58 Kynleigh Ward	FR	East Davidson	33:02.87	49
59 London Watson	JR	East Surry	41:50.33	50