

# NCHSAA 4A Central Regional

## Womens Cross Country

Ivey Redmon Sports Complex, Kernersville

Hosted by Phoenix Academy High School

Saturday, October 31, 2025

### 4A Girls 5000 Meter Run Team Scores

| Place Team                      | Pts |
|---------------------------------|-----|
| 1 Lake Norman Charter School    | 33  |
| 2 West Stokes                   | 40  |
| 3 West Stanly                   | 119 |
| 4 Central Davidson              | 138 |
| 5 Randleman                     | 145 |
| 6 South Rowan                   | 151 |
| 7 Forbush                       | 167 |
| 8 North Surry                   | 218 |
| 9 Central Academy of Technology | 226 |
| 10 Lexington                    | 280 |
| 11 Uwharrie Charter Academy     | 293 |
| 12 Morehead                     | 318 |

### 4A Girls 5000 Meter Run

| Place Athlete            | Team                   | Mark     | Pts |
|--------------------------|------------------------|----------|-----|
| 1 Aimery Coffey          | JR Lake Norman Charter | 18:48.76 | 1   |
| 2 Emma Nelson            | JR Lake Norman Charter | 19:38.85 | 2   |
| 3 Abby Maxwell           | SR West Stokes         | 19:40.67 | 3   |
| 4 Mary Caroline Williams | SR Lake Norman Charter | 19:49.06 | 4   |
| 5 Laurel Bernhardt       | SR Randleman           | 20:18.89 | 5   |
| 6 Emma Zimmerman         | SO West Stokes         | 20:34.63 | 6   |
| 7 Piper Mathis           | JR West Stokes         | 20:34.72 | 7   |
| 8 Rachel Bower           | SR Central Davidson    | 20:38.21 | 8   |
| 9 Chloe Shiffert         | JR West Stokes         | 20:51.54 | 9   |
| 10 Carmella Hayes        | JR Lake Norman Charter | 20:58.09 | 10  |
| 11 Karrigan Cromer       | SO South Rowan         | 21:16.99 | 11  |
| 12 Claire Kesegich       | FR West Stanly         | 21:27.07 | 12  |
| 13 Heidi Neff            | SR Forbush             | 21:44.24 | 13  |
| 14 Camille Siscoe        | SO South Rowan         | 21:46.08 | 14  |
| 15 Sophia Leonard        | SO Ledford             | 21:52.58 |     |
| 16 Claire Edmonds        | JR West Stokes         | 21:53.51 | 15  |
| 17 Megan Freeland        | JR Lake Norman Charter | 21:54.14 | 16  |
| 18 Victoria Shushlyakova | SR West Stanly         | 22:08.16 | 17  |
| 19 Allie Fallows         | JR Lake Norman Charter | 22:21.70 | 18  |
| 20 Reagan Henley         | SO Randleman           | 22:26.18 | 19  |

|    |                     |    |                     |          |    |
|----|---------------------|----|---------------------|----------|----|
| 21 | Caroline Molesa     | SO | West Stokes         | 22:41.11 | 20 |
| 22 | Catherine Chaire    | SR | North Surry         | 22:45.72 | 21 |
| 23 | Edith Mitchell      | SO | West Stokes         | 22:50.22 | 22 |
| 24 | Jessica Floyd       | SO | Central Davidson    | 22:51.24 | 23 |
| 25 | Makayla High        | SO | West Stanly         | 22:55.55 | 24 |
| 26 | Lexie Morton        | SO | West Stanly         | 22:56.26 | 25 |
| 27 | Linda Gonzalez      | SO | Forbush             | 23:07.60 | 26 |
| 28 | Gracilyn Elliot     | SR | Uwharrie Charter    | 23:16.50 | 27 |
| 29 | Wrigley Benfield    | SO | South Rowan         | 23:20.08 | 28 |
| 30 | Caroline Bahr       | JR | Lake Norman Charter | 23:31.63 | 29 |
| 31 | Anna Henley         | FR | Randleman           | 23:34.75 | 30 |
| 32 | Riley Moore         | SO | Morehead            | 23:38.75 | 31 |
| 33 | Aliana Asresahin    | FR | Central Academy     | 23:51.12 | 32 |
| 34 | Elizabeth Lanier    | SR | Central Davidson    | 23:55.83 | 33 |
| 35 | Annie Kate Hoots    | JR | Forbush             | 24:05.81 | 34 |
| 36 | Millie Randal       | FR | Central Davidson    | 24:09.39 | 35 |
| 37 | Daniela Garcia      | SO | North Surry         | 24:38.31 | 36 |
| 38 | Julia Palmer        | SR | Central Academy     | 24:39.62 | 37 |
| 39 | Emma Cowen          | FR | North Surry         | 24:46.55 | 38 |
| 40 | Leah Taylor         | SR | Central Davidson    | 24:49.06 | 39 |
| 41 | Bethany Mendez      | SR | Lexington           | 24:54.18 | 40 |
| 42 | Brianna Suhr        | JR | West Stanly         | 25:03.62 | 41 |
| 43 | Ruby Reta           | SR | South Rowan         | 25:03.81 | 42 |
| 44 | Jade De la Cruz     | SR | Forbush             | 25:17.04 | 43 |
| 45 | Ireland Wheeler     | SR | Randleman           | 25:18.92 | 44 |
| 46 | Jordyn Lindsay      | SR | Lexington           | 25:20.24 | 45 |
| 47 | Madison Malarney    | SR | Central Academy     | 25:23.55 | 46 |
| 48 | Cielo Vazquez       | SO | Randleman           | 25:28.72 | 47 |
| 49 | Skye Hudson         | SO | West Stanly         | 25:45.53 | 48 |
| 50 | Annabelle Flip      | FR | Central Academy     | 25:51.12 | 49 |
| 51 | Alannah Lee         | SO | West Stanly         | 25:51.79 | 50 |
| 52 | Jasmine Mikitchenko | FR | Forbush             | 25:56.64 | 51 |
| 53 | Auri O'Brien        | FR | Ledford             | 25:57.17 |    |
| 54 | Brayden Gibson      | FR | Morehead            | 26:17.57 | 52 |
| 55 | Nina Gaskins        | FR | Central Davidson    | 26:26.31 | 53 |
| 56 | Aliyah Bowman       | FR | Randleman           | 26:39.95 | 54 |
| 57 | Makenzie Taylor     | JR | Forbush             | 26:49.95 | 55 |
| 58 | Kelsey Sloop        | FR | South Rowan         | 27:07.93 | 56 |
| 59 | Lucy Duran          | SO | Central Davidson    | 27:08.07 | 57 |
| 60 | Anamaria Ruiz       | SR | Randleman           | 27:10.87 | 58 |
| 61 | Adahlyn Hatley      | FR | Lexington           | 27:38.72 | 59 |
| 62 | Caroline Bledsoe    | SO | North Surry         | 27:46.48 | 60 |
| 63 | Aubrey Alcivar      | SR | Ledford             | 28:06.47 |    |
| 64 | Addison Brown       | JR | Uwharrie Charter    | 28:08.39 | 61 |
| 65 | Aya Bou chakra      | FR | Central Academy     | 28:09.61 | 62 |
| 66 | Shylah Cline        | FR | Ledford             | 28:19.55 |    |
| 67 | Ava McPeak          | SR | North Surry         | 28:31.52 | 63 |
| 68 | Isabella Cabrera    | JR | North Surry         | 28:47.61 | 64 |
| 69 | Jeska Luna          | SR | Lexington           | 29:06.88 | 65 |
| 70 | Gloria Calderon     | SR | Forbush             | 29:18.50 | 66 |
| 71 | Lilly Dixon         | FR | Uwharrie Charter    | 29:28.88 | 67 |
| 72 | Bryant Cordier      | JR | Uwharrie Charter    | 30:11.20 | 68 |
| 73 | Jailynn Moran       | SO | North Surry         | 30:32.55 | 69 |

|                      |    |                  |          |    |
|----------------------|----|------------------|----------|----|
| 74 Savannah Brown    | SR | Uwharrie Charter | 30:38.18 | 70 |
| 75 Selena Romero     | SR | Lexington        | 30:51.36 | 71 |
| 76 Claire Wells      | FR | South Rowan      | 31:20.94 | 72 |
| 77 Teely Harris      | JR | Uwharrie Charter | 31:26.14 | 73 |
| 78 Meghan Peters     | SO | Uwharrie Charter | 31:34.05 | 74 |
| 79 Emma White        | JR | South Rowan      | 31:45.62 | 75 |
| 80 Jordan Yates      | SO | Morehead         | 32:50.58 | 76 |
| 81 Bhavya Lodha      | SR | Central Academy  | 33:26.69 | 77 |
| 82 Mia Castro Santos | FR | Central Academy  | 33:34.59 | 78 |
| 83 Elizabeth Boyte   | FR | Morehead         | 33:38.76 | 79 |
| 84 Abigail Garrett   | SR | Morehead         | 36:15.85 | 80 |
| 85 Lyndsie Woodall   | SR | Morehead         | 36:45.22 | 81 |
| 86 Allyssa Rice      | FR | Morehead         | 37:55.22 | 82 |
| 87 Zamyia Butler     | JR | Anson            | 39:22.56 |    |