

2009 3A West Region - 10/31/2009

Cross Country Championships  
Jackson Park, Hendersonville, NC  
Results

Event 1 Women 5k Run CC

Name	Year	School	Finals	Points
Results - Women				
1 Stocks, Justine	12	North Buncombe	20:36.66	1
2 Garrett, Audrey	11	North Buncombe	20:44.09	2
3 Mundy, Claudia	12	Hickory	20:47.42	3
4 Johnson, Rachael	9	C. A. Erwin	20:49.76	4
5 Ellsworth, Kiersten	11	West Henderson	21:01.38	5
6 McLeod, Megan	12	Tuscola	21:01.61	6
7 Vogel, Jessa	11	North Buncombe	21:09.42	7
8 McAfoos, Dana	12	Enka	21:19.37	8
9 McLeod, Hannah	9	Tuscola	21:39.87	9
10 Sackett, Lauren	9	North Buncombe	21:58.81	10
11 Vogel, Kaela	12	North Buncombe	21:59.45	11
12 Ruehl, Katarina	9	North Buncombe	22:02.86	12
13 Kirkpatrick, Kirklin	12	Tuscola	22:06.14	13
14 Hull, Courtney	9	Fred T. Foard	22:07.53	14
15 Anderson, Hayley	12	East Henderson	22:08.56	15
16 Allf, Anna	9	Forestview	22:27.11	16
17 Slinkard, Shelby	9	East Henderson	22:28.54	17
18 Dobbins, Riley	9	East Henderson	22:38.49	18
19 Kay, Shannon	10	Ashbrook	22:53.23	19
20 Taylor, Madison	11	Enka	22:55.98	20
21 Belair, Deanna	11	West Henderson	22:59.57	21
22 Shoemaker, Rachel	9	West Henderson	23:11.45	22
23 East, Page	9	Forestview	23:18.79	23
24 Rayfield, Kaitlyn	9	Fred T. Foard	23:25.85	24
25 Onken, Sammie	9	West Henderson	23:31.33	25
26 Auton, Grace	12	Hickory	23:31.71	26
27 Callison, Virginia	10	North Buncombe	23:33.59	27
28 Schrieber, Devan	12	Hibriten	23:34.72	
29 Parker, Lauren	11	South Point	23:42.14	28
30 Robinson, Constance	10	Asheville	23:43.50	29
31 Paist, Zoe	11	Hickory	23:56.18	30
32 Watts, Leah	10	Fred T. Foard	23:57.50	31
33 Owen, Hannah	9	West Henderson	24:00.60	32
34 Hampton, Kendall	9	East Henderson	24:02.64	33
35 Culbertson, Ashley	9	East Henderson	24:04.12	34
36 Holder, Shannyn	12	South Point	24:07.92	35
37 Bellows, Mollie	12	Tuscola	24:11.12	36
38 Theodossiou, Alix	9	Asheville	24:12.16	37
39 VerMeulen, Anna	12	Forestview	24:12.88	38
40 Herfurth, Mary	11	Hickory	24:14.06	39
41 Sparks, Michelle	11	Burns	24:14.68	
42 Oslund, Victoria	11	Tuscola	24:14.91	40
43 Carson, Ally	11	Forestview	24:15.42	41
44 Walker, Hollyann	9	Crest	24:17.51	
45 Rodriguez, Allison	11	Forestview	24:17.92	42
46 Young, Erin	11	Asheville	24:19.20	43
47 Knapp, Ashley	10	Hickory	24:19.77	44
48 Overstreet, Marci	10	East Henderson	24:23.55	45
49 Bethea, Mary	9	Hickory	24:27.97	46

50	Roy, Kaitlyn	12	C. A. Erwin	24:30.78	47
51	Boss, Olivia	10	Franklin	24:31.24	48
52	Gergel, Elizabeth	11	Asheville	24:37.75	49
53	Alman, Madison	9	Ashbrook	24:42.07	50
54	Salinas, Catherine	9	Enka	24:50.70	51
55	Johnson, Rylee	9	Forestview	24:52.23	52
56	Baker, Caroline	10	Kings Mountain	24:53.99	
57	Simons, Rachelle	12	Franklin	24:54.68	53
58	Jimenez, Jimena	12	Franklin	24:57.14	54
59	Oswald, Jennifer	10	C. A. Erwin	24:57.97	55
60	Barkley, Lauren	12	St. Stephens	24:59.96	56
61	Ford, Damita	11	Hunter Huss	25:02.28	
62	Bernhardt, Mary	9	St. Stephens	25:04.69	57
63	Hailey, Madison	11	Ashbrook	25:20.27	58
64	Girmay, Genet	9	Ashbrook	25:21.06	59
65	Lowery, Morgan	11	R-S Central	25:26.09	60
66	Abernethy, Megan	10	Hickory	25:29.44	61
67	Voudouris, Sherry	11	St. Stephens	25:36.09	62
68	Chimiak, Jackie	12	Freedom	25:38.65	64
68	Powell, Christy	9	R-S Central	25:38.65	63
70	Watkins, Alissia	9	R-S Central	25:41.86	65
71	West, Casey	10	Enka	25:42.27	66
72	Carter, Martha	9	Forestview	25:48.55	67
73	Sifuentes, Lucero	11	East Henderson	25:50.25	68
74	Bullis, Holly	9	Franklin	25:54.50	69
75	Corbin, Danielle	12	Franklin	25:54.84	70
76	Rhodes, Emily	10	Ashbrook	25:55.30	71
77	Isenhower, Kendal	9	St. Stephens	25:58.31	72
78	Edge, Megan	10	Ashbrook	26:02.26	73
79	Booher, Tabitha	12	C. A. Erwin	26:13.41	74
80	Davis, Sarah	9	Patton	26:16.54	
81	Cardo, Aneisy	10	Kings Mountain	26:24.66	
82	Hoyle, BreAna	9	St. Stephens	26:27.65	75
83	Hill, Rachel	11	South Point	26:34.99	76
84	Cannon, Rebecca	10	Fred T. Foard	26:44.25	77
85	Smith, Nancy	10	Enka	26:50.73	78
86	Torico, Tia	12	St. Stephens	26:58.78	79
87	Carter, Chloe	9	Asheville	27:04.30	80
88	Sawyer, Liz	11	St. Stephens	27:11.87	81
89	Boyce, Caroline	11	South Point	27:13.17	82
90	Kiziah, Hannah	12	Fred T. Foard	27:16.17	83
91	Skeen, Hannah	9	Fred T. Foard	27:35.86	84
92	Costner, Emily	12	Ashbrook	27:43.15	85
93	Rowland, Sophia	9	C. A. Erwin	27:43.51	86
94	Palas, Ivy	12	Asheville	27:45.21	87
95	Stroud, Kristen	10	Crest	27:46.72	
96	Davis, Rajonda	12	Franklin	28:23.20	88
97	Ross, Elizabeth	12	Tuscola	28:38.62	89
98	Gramer, Montana	9	Freedom	29:07.86	90
99	Ridao, Jordan	12	Franklin	29:09.94	91
100	Ellis, Marybeth	10	Kings Mountain	29:11.63	
101	O'Neil, Claire	10	R-S Central	29:24.97	92
102	Zenteno, Eleni	9	Patton	29:26.11	
103	Dale, Hayley	10	Freedom	29:52.21	93
104	Pearson, Tooey	11	Freedom	29:52.52	94
105	Uy, Leslie	12	R-S Central	30:28.83	95
106	Morris, Meagan	10	C. A. Erwin	30:33.65	96
107	Acuff, Carrie	9	Patton	30:34.28	
108	Morgan, Taylor	12	C. A. Erwin	30:38.05	97
109	Maness, Lawson	11	South Point	30:52.55	98
110	Stowe, Becca	12	South Point	31:04.92	99

111	Hanks, Abbi	12	South Point	31:05.30	100
112	Jose, Rosamaria	9	Freedom	31:36.45	101
113	Townsend, Lori	11	R-S Central	32:10.03	102
114	Kapsalis, Sydney	9	Tuscola	33:01.46	103
115	Leonard, Lacey	9	Freedom	33:38.75	104
--	Heywood, Ashley	10	West Henderson	DQ	
--	Gross, Angela	9	West Henderson	DQ	

Event 2 Men 5k Run CC

Name	Year	School	Finals	Points
Results - Men				
1	Presson, Isaac	12	Asheville	16:38.08 1
2	Harwell, John	12	Asheville	17:05.16 2
3	Woodward, Canyon	11	Franklin	17:05.58 3
4	Johnson, Ryan	10	C. A. Erwin	17:11.76 4
5	Rayburn, Jayme	11	C. A. Erwin	17:16.79 5
6	Howe, Hunter	12	Enka	17:40.04 6
7	Worth, Allen	10	Asheville	17:47.93 7
8	Michael, Tyler	12	C. A. Erwin	17:50.59 8
9	Rogers, Michael	12	Ashbrook	17:52.17 9
10	Zachrich, Matt	11	St. Stephens	17:55.84 10
11	Robinson, Connor	12	Asheville	18:02.28 11
12	Bridges, Nathan	12	Enka	18:06.81 12
13	Garren, Brandon	10	East Henderson	18:08.94 13
14	Braxton, Austin	11	North Buncombe	18:10.14 14
15	Allf, Bradley	11	Forestview	18:20.68 15
16	Hawkins, Brandon	12	West Henderson	18:28.23 16
17	Binns, Carson	12	Hickory	18:40.54 17
18	Nieminen, Nathaniel	11	Ashbrook	18:42.72 18
19	Kelly, Spencer	12	Asheville	18:45.97 19
20	Beaver, Tyler	11	Ashbrook	18:46.56 20
21	McBrayer, Will	12	Hickory	18:47.65 21
22	East, James	11	Forestview	18:48.74 22
23	Ross, Tracy	9	R-S Central	18:51.51 23
24	Aberle, Daniel	12	Hickory	18:56.47 24
25	Vernan-Young, Adam	9	Asheville	18:57.56 25
26	Powell, Keenan	11	Forestview	19:01.51 26
27	Coleman, Deholl	11	Asheville	19:04.73 27
28	Bradley, Andrew	10	Ashbrook	19:08.44 28
29	Spear, Eli	11	North Buncombe	19:09.27 29
30	Hendrick, Justin	10	Forestview	19:11.56 30
31	Rapp, Sean	10	West Henderson	19:11.93 31
32	Headrick, Wade	12	Hickory	19:18.38 32
33	Pearce, Charlie	11	Ashbrook	19:19.12 33
34	Baker, Ben	10	North Buncombe	19:20.50 34
35	Hodges, Josh	11	C. A. Erwin	19:21.58 35
36	Owmbey, Daniel	12	Enka	19:23.48 36
37	Clevenger, Eli	10	North Buncombe	19:23.99 37
38	Thielke, Matt	12	West Henderson	19:26.86 38
39	Arend, Rob	11	Forestview	19:29.04 39
40	Ward, Kyle	11	North Buncombe	19:32.58 40
41	McMenemay, Josh	10	Hibriten	19:35.60
42	Proctor, Zach	12	Burns	19:36.67
43	Hara, Mike	10	East Henderson	19:41.95 41
44	Killian, Zack	10	Hickory	19:42.77 42
45	Smith, Grant	9	East Henderson	19:43.54 43

46	Caldwell, Chandler	11	Forestview	19:45.44	44
47	Green, Noah	9	Patton	19:46.05	45
48	Davis, Ash	11	South Point	19:47.29	46
49	Martinez, Antonio	12	Tuscola	19:48.57	47
50	Koontz, David	12	North Buncombe	19:51.69	48
51	Willis, Jarrett	12	Crest	19:52.87	49
52	Monroe, Adam	10	Enka	19:54.33	50
53	Rodriguez, Ben	11	Franklin	19:57.69	51
54	Caldwell, Logan	11	Enka	20:00.10	52
55	McConnell, Nathan	10	East Henderson	20:01.85	53
56	English, Andy	10	Franklin	20:02.30	54
57	Kocot, Drew	12	C. A. Erwin	20:06.30	55
58	Radford, Tyler	9	C. A. Erwin	20:11.06	56
59	Brown, Kyle	10	Franklin	20:12.02	57
60	Unger, Blake	9	Hickory	20:13.95	58
61	Buchanan, Zach	9	Patton	20:14.45	59
62	Duckett, Ryan	12	West Henderson	20:15.67	60
63	White, Jerry	11	Fred T. Foard	20:18.67	
64	Messer, Joe	11	East Henderson	20:19.11	61
65	Huffman, Tyler	9	North Buncombe	20:19.76	62
66	Landis, Dylan	12	Fred T. Foard	20:20.01	
67	Dylan, Belcher	12	West Henderson	20:22.74	63
68	Comesana, Vincent	9	Forestview	20:23.48	64
69	Keene, Galen	12	Patton	20:28.12	65
70	Helderman, Graham	11	South Point	20:29.35	66
71	McLamb, Sawyer	11	C. A. Erwin	20:31.21	67
72	Brown, Tyler	11	R-S Central	20:34.77	68
73	Hamilton, David	12	St. Stephens	20:40.13	69
74	Bullock, Garnett	10	Ashbrook	20:42.72	70
75	Wike, Adam	12	Hibriten	20:44.17	
76	Fleming, Graham	10	Patton	20:44.70	71
77	Rogers, Jet	11	East Henderson	20:46.36	72
78	Porter, Jeff	12	Fred T. Foard	20:49.47	
79	Foust, John-Elam	10	Patton	20:49.79	73
80	McGarity, Jake	10	South Point	20:56.97	74
81	Angeloni, Gregor	11	Enka	21:01.37	75
82	Bowman, Harrison	9	Fred T. Foard	21:01.40	79
83	Ferrell, Seth	10	Kings Mountain	21:05.11	76
84	Henderson, Michael	9	Franklin	21:07.09	77
85	Parra, Brandon	12	South Point	21:12.49	78
86	Martinez, Daniel	10	Hickory	21:22.22	79
87	Russell, Adam	11	R-S Central	21:24.02	80
88	Altimirano, Eduardo	12	Franklin	21:25.33	81
89	Howard, Brandon	9	South Point	21:27.29	82
90	Smith, Will	11	West Henderson	21:29.32	83
91	Phillips, Anderson	12	South Point	21:32.73	84
92	Ford, Jake		Patton	21:41.69	85
93	Hudson, Sayer	12	St. Stephens	21:46.54	86
94	Gettys, Taylor	12	Kings Mountain	21:48.22	87
95	Allen, Tony	9	East Henderson	21:49.78	88
96	LeBree, Alex	9	Tuscola	21:50.40	89
97	Ramirez, Javier	12	Tuscola	21:52.67	90
98	Bernhardt, Sam	12	St. Stephens	21:53.00	91
99	Scruggs, Ben	10	South Point	22:03.44	92
100	Evanko, Tom	12	Freedom	22:03.94	93
101	Oliver, D T	11	Freedom	22:04.64	94
102	Swink, Patrick	9	Fred T. Foard	22:05.81	
103	Carson, Tyler	11	R-S Central	22:07.96	95
104	Olson, Turner	11	Tuscola	22:09.28	96
105	Moose, Derek	10	St. Stephens	22:11.65	97
106	Harris, Jackson	11	Crest	22:12.92	98

107 Stamey, Tanner	10 Franklin	22:14.52	99
108 Davis, Beau	Patton	22:16.42	100
109 Boyd, Jared	11 Kings Mountain	22:26.32	101
110 Gordon, Alex	12 Burns	22:29.54	
111 Towery, Brock	9 St. Stephens	22:37.92	102
112 Tanzi, Tyler	10 Enka	22:38.78	103
113 Herndon, Tyler	9 Kings Mountain	22:43.92	104
114 Earls, Will	10 Crest	22:47.54	105
115 Hemphill, Will	12 Freedom	23:01.60	106
116 Dempski, Jared	9 Freedom	23:04.63	107
117 Kirby, Brad	12 St. Stephens	23:05.98	108
118 Hallock, Nathan	9 West Henderson	23:19.60	109
119 Serrano, Joseph	10 Hibriten	23:27.89	
120 Hill, Austin	12 Burns	23:29.88	
121 Deese, Shawn	11 R-S Central	23:31.39	110
122 Kerr, Jason	12 Crest	23:32.42	111
123 Lowry, Joel	11 R-S Central	23:33.96	112
124 Moss, Dustin	10 Freedom	24:09.12	113
125 Self, Alex	10 Crest	24:13.22	114
126 Summers, Nathan	11 Hibriten	24:15.05	
127 McGill, Logan	9 Kings Mountain	24:41.08	115
128 Boyd, Jacob	11 Kings Mountain	24:53.83	116
129 Lee, Ben	10 Freedom	24:58.89	117
130 Lowery, Dylan	11 Crest	25:07.41	118
131 Antley, Eric	9 Freedom	25:16.69	119
132 Bolden, Matthew	10 Tuscola	25:23.44	120
133 Messer, Eric	9 Tuscola	25:38.55	121
134 Harris, Lucas	10 R-S Central	26:15.13	122
135 Gardner, Adam	10 Kings Mountain	27:07.96	123

Team Scores - Women

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Rank Team Total 1 2 3 4 5 \*6 \*7 \*8 \*9  
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1 North Buncombe 31 1 2 7 10 11 12 27 1 2  
Total Time: 1:46:28.43  
Average: 21:17.69  
2 Tuscola 104 6 9 13 36 40 89 103 6 9  
Total Time: 1:53:13.65  
Average: 22:38.73  
3 West Henderson 105 5 21 22 25 32 5 21 22 25  
Total Time: 1:54:44.33  
Average: 22:56.87  
4 East Henderson 117 15 17 18 33 34 45 68 15 17  
Total Time: 1:55:22.35  
Average: 23:04.47  
5 Hickory 142 3 26 30 39 44 46 61 3 26  
Total Time: 1:56:49.14  
Average: 23:21.83  
6 Forestview 160 16 23 38 41 42 52 67 16 23  
Total Time: 1:58:32.12  
Average: 23:42.43  
7 Enka 223 8 20 51 66 78 8 20 51 66  
Total Time: 2:01:39.05  
Average: 24:19.81  
8 Fred T. Foard 229 14 24 31 77 83 84 14 24 31

Total Time: 2:03:31.30  
 Average: 24:42.26  
 9 Asheville 238 29 37 43 49 80 87 29 37 43  
 Total Time: 2:03:56.91  
 Average: 24:47.39  
 10 Ashbrook 257 19 50 58 59 71 73 85 19 50  
 Total Time: 2:04:11.93  
 Average: 24:50.39  
 11 Clyde A. Erwin 266 4 47 55 74 86 96 97 4 47  
 Total Time: 2:04:15.43  
 Average: 24:51.09  
 12 Franklin 294 48 53 54 69 70 88 91 48 53  
 Total Time: 2:06:12.40  
 Average: 25:14.48  
 13 South Point 319 28 35 76 82 98 99 100 28 35  
 Total Time: 2:12:30.77  
 Average: 26:30.16  
 14 St. Stephens 322 56 57 62 72 75 79 81 56 57  
 Total Time: 2:08:06.70  
 Average: 25:37.34  
 15 R-S Central 375 60 63 65 95 92 102 60 63 65  
 Total Time: 2:16:40.40  
 Average: 27:20.08  
 16 Freedom 442 64 90 93 94 101 104 64 90 93  
 Total Time: 2:26:07.69  
 Average: 29:13.54

Team Scores - Men

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 Rank Team Total 1 2 3 4 5 \*6 \*7 \*8 \*9  
 =====

1 Asheville 40 1 2 7 11 19 25 27 1 2  
 Total Time: 1:28:19.42  
 Average: 17:39.89  
 2 Clyde A. Erwin 107 4 5 8 35 55 56 67 4 5  
 Total Time: 1:31:47.03  
 Average: 18:21.41  
 3 Ashbrook 108 9 18 20 28 33 70 9 18 20  
 Total Time: 1:33:49.01  
 Average: 18:45.81  
 4 Forestview 132 15 22 26 30 39 44 64 15 22  
 Total Time: 1:34:51.53  
 Average: 18:58.31  
 5 Hickory 136 17 21 24 32 42 58 79 17 21  
 Total Time: 1:35:25.81  
 Average: 19:05.17  
 6 North Buncombe 154 14 29 34 37 40 48 62 14 29  
 Total Time: 1:35:36.48  
 Average: 19:07.30  
 7 Enka 156 6 12 36 50 52 75 103 6 12  
 Total Time: 1:35:04.76  
 Average: 19:00.96  
 8 West Henderson 208 16 31 38 60 63 83 109 16 31  
 Total Time: 1:37:45.43  
 Average: 19:33.09

9 East Henderson 211 13 41 43 53 61 72 88 13 41  
Total Time: 1:37:55.39  
Average: 19:35.08  
10 Franklin 242 3 51 54 57 77 81 99 3 51  
Total Time: 1:38:24.68  
Average: 19:40.94  
11 Patton 313 45 59 65 71 73 85 100 45 59  
Total Time: 1:42:03.11  
Average: 20:24.63  
12 South Point 346 46 66 74 78 82 84 92 46 66  
Total Time: 1:43:53.39  
Average: 20:46.68  
13 St. Stephens 353 10 69 86 91 97 102 108 10 69  
Total Time: 1:44:27.16  
Average: 20:53.44  
14 Fred T. Foard 378 61 64 75 99 79 61 64 75 79  
Total Time: 1:44:35.36  
Average: 20:55.08  
15 R-S Central 376 23 68 80 95 110 112 122 23 68  
Total Time: 1:46:29.65  
Average: 21:17.93  
16 Tuscola 442 47 89 90 96 120 121 47 89 90  
Total Time: 1:51:04.36  
Average: 22:12.88  
17 Crest 477 49 98 105 111 114 118 49 98 105  
Total Time: 1:52:38.97  
Average: 22:31.80  
18 Kings Mountain 483 76 87 101 104 115 116 123 76 87  
Total Time: 1:52:44.65  
Average: 22:32.93  
19 Freedom 513 93 94 106 107 113 117 119 93 94  
Total Time: 1:54:23.93  
Average: 22:52.79