

**Mid-Piedmont 3A All-Conference
Fall 2024**

Women's Cross Country

Oak Grove

Elsa Helms

Addison Riling

Katherine Lockamy

Vicotria Lockamy

Central Davidson

Jillian Parks

Sarah Clodfelter

Rachel Bower

Anjali Busse

Montgomery Central

Naayah Piggott

North Davidson

Bailey Hicks

Lily Sullivan

Charlotte Sullivan

Runner of the Year

Jillian Parks, Central Davidson

Coach of the Year

Shawn Loggins, Oak Grove