

NCHSAA Cross Country Championships
2024 Women's 3A Championship
Ivey Redmon Sports Complex - Kernersville, NC
Saturday, November 2, 2024

3A Girls 5000 Meter Run Finals Team Scores

Place Team	Points
1 North Lincoln	56
2 First Flight	125
3 West Henderson	143
4 Croatan	174
5 Lake Norman Charter School	180
6 A.C. Reynolds	183
7 Cedar Ridge	205
8 North Buncombe	214
9 West Carteret	224
10 North Iredell	233
11 Swansboro	244
12 Orange	283
13 Carrboro	292
14 Central Davidson	351
15 Oak Grove High School	357
16 Piedmont	388
17 Union Pines	401

NCHSAA 3A Results 5000 Run

Name	Yr	School	Finals	Pts
1 Morgan Miller	11	First Flight	18:04.98	1
2 Georgy Helmers	11	E.E. Smith	18:13.19	
3 Olivia Ferraro	11	North Lincoln	18:18.51	2
4 Bella Green	12	North Lincoln	18:53.35	3
5 Delaney Horton	12	Swansboro	19:00.02	4
6 Peyton Black	11	Harnett Central	19:07.94	
7 Naomi Dyreng	12	Cedar Ridge	19:11.33	5
8 June Leis	9	A.C. Reynolds	19:13.20	6
9 Kayla Folkes	10	First Flight	19:20.66	7
10 Reilly Jermyn	9	Orange	19:21.85	8
11 Maisy Stephens	10	Croatan	19:31.45	9
12 Cambelle Reffner	10	North Lincoln	19:35.40	10
13 Reagan Clifton	9	Croatan	19:35.91	11
14 Hope Julian	9	South Rowan	19:40.08	
15 Jillian Parks	12	Central Davidson	19:45.52	12
16 Amron Rice	11	West Henderson	19:46.57	13
17 Aimery Coffey	9	Lake Norman	19:47.31	14
18 Mia Sohovich	11	North Iredell	19:54.11	15
19 Emma Sanders	10	Swansboro	19:56.61	16
20 Paige Kiesling	11	Atkins	19:57.15	
21 Addison Barlett	12	Durham School	19:58.84	
22 Morgan Cress	10	Franklin	19:59.44	
23 Ella Myers	9	North Lincoln	20:02.43	17
24 Sarah Fedyna	11	Havelock	20:05.99	
25 Savannah Tyson	9	First Flight	20:08.15	18
26 Julia Wells	10	Tuscola	20:13.40	
27 Sophia Banks	12	North Buncombe	20:18.37	19
28 Noelle Houlihan	12	West Henderson	20:18.80	20
29 Mckenzie Benfield	11	East Lincoln	20:20.86	
30 Arabelle Baruch	10	Carrboro	20:24.81	21
31 Elsa Helms	10	Oak Grove Hi	20:25.63	22
32 Marlena Marson	11	West Carteret	20:25.88	23
33 Elan Eurey	10	North Lincoln	20:27.78	24
34 Addie Knauer	10	North Buncombe	20:28.16	25
35 Mary Caroline Williams	10	Lake Norman	20:29.69	26
36 Megan Stowe	10	North Buncombe	20:38.78	27
37 Elsie Handy	10	North Lincoln	20:42.56	28
38 Emma Nelson	9	Lake Norman	20:42.89	29
39 Isabella Taylor-Hall	9	Cedar Ridge	20:48.45	30
40 Mary M Henslee	9	Rose, J.H.	20:52.68	
41 Allyson Flewwellin	12	Union Pines	20:56.17	31
42 Joliene Homan	11	A.C. Reynolds	20:56.29	32
43 Audrey Cadeau	9	A.C. Reynolds	20:57.04	33
44 Ava Childress	12	Williams, Walter M	20:57.30	
45 Amy Mendoza Lopez	11	Franklin	21:00.67	

46 Kaitlynn Howell	12	Havelock	21:02.36	
47 Ava Bishop	9	Orange	21:02.47	34
48 Sawyer Manuel	10	West Henderson	21:03.58	35
49 Bailey Socha	10	West Henderson	21:05.41	36
50 Isaella Toothman	9	A.C. Reynolds	21:06.03	37
51 Keira Cavanagh	12	North Lincoln	21:08.30	38
52 Lauren Clonch	12	West Henderson	21:09.60	39
53 Rebekah Newell	12	First Flight	21:15.09	40
54 Hayley VanPutte	10	E.E. Smith	21:17.47	
55 Brean Sturtevant	11	North Iredell	21:19.08	41
56 Candrice Davis	10	Rocky Mount	21:28.17	
57 Hannah Metz	11	Central Acad	21:30.26	
58 Sally King	12	West Carteret	21:30.57	42
59 Alexandra Hexemer	10	Hickory	21:31.56	
60 Julia Hollar	12	North Iredell	21:32.12	43
61 Joli Rossi	10	Croatan	21:32.76	44
62 Pherson Jordan	9	West Henderson	21:34.63	45
63 Ember Lindley	10	West Johnston	21:37.16	
64 Ella Richardson	9	Croatan	21:37.46	46
65 Ila Diaz	9	Cedar Ridge	21:39.84	47
66 Elaina Sherline	12	West Carteret	21:40.86	48
67 Carmella Hayes	9	Lake Norman	21:41.34	49
68 Baylee Steele	10	North Iredell	21:43.23	50
69 Sadie Featherstone	12	East Rowan	21:43.48	
70 Blake Leigh Brickhouse	9	West Carteret	21:43.55	51
71 Hayden Kasben-Loftin	9	North Buncombe	21:44.55	52
72 Emily Landaverde	12	Jesse Carson	21:46.48	
73 Luci Snyder Lowe	12	Tuscola	21:49.86	
74 Kylee Dinterman	12	Currituck County	21:51.09	
75 Kinsey Ross	9	Orange	21:51.72	53
76 Dylan Tepera	12	Piedmont	21:53.43	54
77 Alora Honeycutt	11	Carrboro	21:53.90	55
78 Bella Reyes	11	Carrboro	21:55.19	56
79 Charleigh Battle	9	Piedmont	21:56.55	57
80 Gracie Whitaker	10	Cedar Ridge	22:06.79	58
81 Shelby Chercka	10	First Flight	22:17.48	59
82 Shaina Chiniwalla	11	Northwest Cabarrus	22:17.90	
83 Elise Rose	9	West Carteret	22:19.38	60
84 Katherine Lockamy	11	Oak Grove Hi	22:21.64	61
85 Callie Copeland	10	Jay M Robinson	22:22.53	
86 Caroline Peterson	12	Lake Norman	22:22.74	62
87 Morgan English	10	West Henderson	22:24.39	63
88 Eliana Dettle	12	Croatan	22:26.99	64
89 Kate Finnegan	10	Cedar Ridge	22:31.50	65
90 Marielle Hirkala	12	Swansboro	22:32.60	66
91 Sarah Clodfelter	11	Central Davidson	22:33.75	67
92 Ella Barrow	10	Rose, J.H.	22:36.61	
93 Natalie Jimenez	10	Tuscola	22:40.94	
94 Daianah Raczui	11	Lake Norman	22:41.86	68

95 Andy Tepera	12	Piedmont	22:43.78	69
96 Anna Johnson	12	West Carteret	22:46.72	70
97 Lexi Tripp	11	Croatan	22:50.02	71
98 Elaina Sobus	9	Cedar Ridge	22:52.81	72
99 Caroline Bahr	9	Lake Norman	22:56.38	73
100 Aylin McGowan	11	Carrboro	22:56.60	74
101 Cora Elliot	11	A.C. Reynolds	22:56.87	75
102 Linn Fischer	12	Swansboro	22:57.35	76
103 Gillam Parker	10	West Carteret	22:57.41	77
104 Claire Meads	12	First Flight	22:58.32	78
105 Rachel Bower	10	Central Davidson	23:02.27	79
106 Riley Prewitt	11	Currituck County	23:04.20	
107 Marie Weber	10	Union Pines	23:06.47	80
108 Anna Peterson	12	Cedar Ridge	23:09.90	81
109 Alaina Vee	9	Swansboro	23:10.69	82
110 Addison Riling	10	Oak Grove Hi	23:13.47	83
111 Hazel Roberts	11	North Iredell	23:16.07	84
112 Blanca Martinez	12	North Iredell	23:20.39	85
113 Flynn Pasquarelli	9	Carrboro	23:27.40	86
114 Caroline Cathey	12	Orange	23:33.79	87
115 Jill Cochrane	11	A.C. Reynolds	23:36.35	88
116 Anjali Busse	12	Central Davidson	23:38.12	89
117 Madilyn Lemke	11	Swansboro	23:40.11	90
118 Brayden Wilson	12	North Buncombe	23:40.15	91
119 Lillian Lagarde	11	Carrboro	23:48.91	92
120 Michelle Jacobs	9	Union Pines	23:55.12	93
121 Erica Benetiz	9	Southern Nash	24:02.17	
122 Mia Bernabe	10	Oak Grove Hi	24:07.03	94
123 Sofia Biedenbach	11	Croatan	24:08.07	95
124 Evelyn Goodrich	12	North Iredell	24:23.45	96
125 Isabella Lockamy	10	Oak Grove Hi	24:45.90	97
126 Anna Gaab	10	Union Pines	24:58.35	98
127 Natalie Blackmore	11	Union Pines	25:03.25	99
128 Delaney Schie	11	Piedmont	25:04.43	100
129 Mia Blake	10	Orange	25:06.72	101
130 Celia Hawk	9	First Flight	25:06.82	102
131 Layla Holland	9	Swansboro	25:15.68	103
132 Elizabeth Lanier	10	Central Davidson	25:18.58	104
133 Charlotte Peterson	12	Carrboro	25:20.97	105
134 Savannah Lynn	10	Central Davidson	25:37.58	106
135 Natalie Tobias	10	Union Pines	25:41.81	107
136 Lena Koppelman	11	Piedmont	25:45.58	108
137 Kadence Thomas	9	North Buncombe	25:53.04	109
138 Alyssa Mabe	12	Union Pines	27:19.45	110
139 Esther Perez	12	Piedmont	27:25.77	111
140 Arianna Mendez	10	Orange	31:08.35	112
141 Arely Cabrera	12	Orange	31:32.06	113