

RaceTab by MileSplit/FloSports

Run Roanoke, Run Roanoke

VISAA Cross Country State Championships - 11/9/2023
 Woodberry Forest 5K Course, Woodberry Forest, VA

Division I Girls 5000 Meter Run

Name	Yr Team	Time	Pts
1 Molly Weithman	12 Bishop O'Connell	19:20.60	1
2 Virginia Harris	9 Collegiate	20:11.79	2
3 Rosie Ferrell	9 Collegiate	20:14.13	3
4 Audrey Rentzepis	12 Potomac School	20:17.32	4
5 Caroline Wulff	12 Saint Catherine's	20:19.89	5
6 Jane Earp	9 Norfolk Academy	20:22.99	6
7 Bridget Blaszak	11 Collegiate	20:37.52	7
8 Lauren Parker	10 Paul VI Catholic	20:52.99	8
9 Annabel Bayler	10 Saint Catherine's	20:58.85	9
10 Emmy Holland	12 Potomac School	21:00.66	10
11 Rory Kipp	10 Bishop Ireton	21:04.61	11
12 Kailyn Harris	8 Trinity Episcopal Sc	21:07.29	12
13 Margaret Hodges	9 Episcopal	21:09.62	13
14 Nisha Roy	9 Episcopal	21:13.00	14
15 Catherine Richards	11 Paul VI Catholic	21:13.16	15
16 Leila Mateo	10 Catholic High School	21:25.03	16
17 Lauren Scott	12 St.Stephen's and St.	21:28.57	17
18 Caroline Myers	11 Trinity Christian	21:31.66	18
19 Anna Chronister	8 Trinity Christian	21:32.25	19
20 Rose Barabanov	9 Potomac School	21:32.70	20
21 Avery Miller	10 Potomac School	21:33.35	21
22 Anne Earp	12 Norfolk Academy	21:35.97	22
23 Arielle Kouyoumdjian	11 Potomac School	21:43.59	23
24 Anne Lewis	9 Collegiate	21:51.84	24
25 Maria Mate	12 Bishop Ireton	21:54.60	25
26 Ella Stufflebeem	10 Norfolk Academy	21:57.04	26
27 Ingrid Abegg	10 Bishop Ireton	21:58.76	27
28 Ellie Blackwood	9 Collegiate	22:00.29	28
29 Vivienne Evans	9 Potomac School	22:07.10	29
30 Kate Tuttle	12 Potomac School	22:08.91	30
31 Annie Adamson	12 St. Gertrude	22:09.97	
32 Catherine Dunch	12 Oakcrest School	22:15.70	31
33 Niamh Moreno	10 Bishop Ireton	22:24.34	32
34 Julia Dean	11 Trinity Christian	22:29.71	33
35 Anna Simon	10 Bishop Ireton	22:34.44	34
36 Macy Boyer	10 Collegiate	22:36.86	35
37 Ellie Womack	9 St. Anne's-Belfield	22:43.94	36
38 Ari Hensley	10 Trinity Christian	22:48.35	37
39 Grace Carington	10 Saint Catherine's	22:48.85	38
40 Lauren Ivey	10 Paul VI Catholic	22:57.70	39
41 Maria Eckhart	12 Catholic High School	22:59.49	40
42 Isabella Alicea	12 Saint John Paul the	22:59.92	41
43 Allie Keffer	10 Norfolk Academy	23:06.01	42
44 Piper Clemons	8 Saint Catherine's	23:06.79	43

45	Gabriela Linkonis	11	Collegiate	23:09.38	44
46	Caitlyn Noel	8	Trinity Christian	23:13.52	45
47	Gianna Albanese	10	Saint John Paul the	23:15.14	46
48	Delaney Park	11	Bishop O'Connell	23:19.50	47
49	Katrina Carter	11	Saint John Paul the	23:19.69	48
50	Olivia Sibley	12	Trinity Episcopal Sc	23:22.09	49
51	Sydney Wanamaker	9	St.Stephen's and St.	23:23.36	50
52	Tegan Bechtel	9	Saint John Paul the	23:24.41	51
53	Annabelle Eggers	10	Paul VI Catholic	23:24.55	52
54	Lydia Navitsky	9	Episcopal	23:29.64	53
55	Kate Fine	9	Norfolk Academy	23:30.01	54
56	Erynn Spiegeler	11	Saint John Paul the	23:30.03	55
57	Catherine Adams	9	Norfolk Academy	23:30.35	56
58	Maddy Watkins	11	Flint Hill	23:36.69	
59	Leyla Hsieh	11	Trinity Christian	23:39.13	57
60	Aubrianna Culligan	10	Paul VI Catholic	23:42.12	58
61	Lila Clarkson	11	Trinity Episcopal Sc	23:46.09	59
62	Natanim Bekele	11	Episcopal	23:48.50	60
63	Nora Wallace	12	Collegiate	23:54.60	
64	Melissa Petras	11	Saint John Paul the	23:56.13	61
65	Lianor Sweda	12	Oakcrest School	24:00.59	62
66	Maude Parker	11	Oakcrest School	24:03.36	63
67	Hannah Jewell	11	Paul VI Catholic	24:04.94	64
68	Sara Ankley	10	Catholic High School	24:07.58	65
69	Beatrice DaRoit	12	Bishop Ireton	24:12.11	66
70	Tessa Bailey	10	Oakcrest School	24:14.94	67
71	Isabella Song	9	Potomac School	24:16.72	
72	Sarah Bazil	12	Norfolk Academy	24:19.37	68
73	Giles Ferrell	12	Collegiate	24:19.50	
74	Maddie Mccomb	11	Collegiate	24:19.56	
75	Isabelle Neely	12	Paul VI Catholic	24:20.32	69
76	Ellie Cahill	11	Catholic High School	24:21.16	70
77	Madison Kay	12	Norfolk Academy	24:22.15	
78	Grace Liotta	9	Oakcrest School	24:25.01	71
79	Eleanor Carter	10	St. Anne's-Belfield	24:26.16	72
80	Molly Heston	10	Trinity Episcopal Sc	24:28.20	73
81	Eloise Schleiter	9	Trinity Christian	24:29.18	74
82	Brynn Windisch	9	Potomac School	24:30.03	
83	Tenley Overdeck	12	Potomac School	24:34.94	
84	Evie Miller	12	Trinity Christian	24:36.24	
85	Michelle Zhang	11	Episcopal	24:37.52	75
86	Vivienne Davis	9	Bishop Ireton	24:40.50	76
87	Maggi Hsieh	9	Trinity Christian	24:44.77	
88	Melissa Pedroza	11	Catholic High School	24:49.65	77
89	Elizabeth Thurmond	9	Saint Catherine's	24:51.94	78
90	Bella Gebler	12	Catholic High School	24:52.42	79
91	Kale McMullen	11	Catholic High School	24:55.39	80
92	Emily Ledger	9	St. Anne's-Belfield	24:56.14	81
93	Julia CHRISTACOS	10	St.Stephen's and St.	25:08.09	82
94	Morgan Roberts	10	Paul VI Catholic	25:10.30	
95	Courtney Fabian	11	Trinity Episcopal Sc	25:12.09	83
96	Anastaysa Drysdale	9	Oakcrest School	25:13.80	84
97	Isabel Haslam	10	Oakcrest School	25:14.81	85

98 Virginia Vorhees	10 Bishop Ireton	25:18.39	
99 Cara McCarthy	9 Bishop Ireton	25:19.13	
100 Reese Almelor	10 Saint John Paul the	25:22.89	86
101 Zikora Chukwumah	9 Madeira School	25:24.04	
102 Jessica Fleetwood	9 Paul VI Catholic	25:26.18	
103 Heidi Burke	12 Oakcrest School	25:28.13	
104 Maggie Guild	10 Catholic High School	25:30.51	
105 Sophie Tarabay	10 Saint Catherine's	25:36.29	87
106 Grace Semko	11 Flint Hill	25:41.05	
107 Stella Johnson	10 Norfolk Academy	25:51.19	
108 Carol Earp	11 Norfolk Academy	25:51.98	
109 Maddy Dâ€™Onofrio	9 St. Gertrude	26:07.06	
110 Natalie Jingo	9 St. Anne's-Belfield	26:09.80	88
111 Eilish Jameson	9 Saint John Paul the	26:18.31	
112 Kira Wish	9 Flint Hill	26:19.68	
113 Clark Sommardahl	10 Trinity Episcopal Sc	26:20.32	89
114 Chloe Sprenkle	11 Trinity Episcopal Sc	26:27.62	90
115 Erin Hubbard	12 Catholic High School	26:28.06	
116 Natalie Raboin	9 Bishop O'Connell	26:28.54	91
117 Khloe Pecos	9 Catholic High School	26:29.68	
118 Atalanta Cates	11 Paul VI Catholic	26:31.38	
119 Maddie Jennings	10 Trinity Christian	26:49.24	
120 Eila Crumlish	11 Trinity Episcopal Sc	26:56.73	
121 Claire Millard	10 Oakcrest School	27:09.03	
122 Ruth Palmer	12 Bishop O'Connell	27:10.04	92
123 Annie Yuan	11 St. Anne's-Belfield	27:11.33	93
124 Anne Palmer	10 Bishop O'Connell	27:13.10	94
125 Madison Hughes	10 St. Stephen's and St.	27:21.34	95
126 Phoebe Huff	10 Saint Catherine's	27:25.25	96
127 Ava Ferry	10 Oakcrest School	27:31.30	
128 Sivan Kalkstein	10 Madeira School	27:33.18	
129 Isla Monteith	9 St. Stephen's and St.	27:46.34	97
130 Abby Noble	12 St. Anne's-Belfield	28:37.29	98
131 Lydia Counts	10 St. Gertrude	28:41.69	
132 Lucinda Cahan	10 Episcopal	28:48.04	99
133 Gigi Rhodes	10 Saint Catherine's	29:00.02	
134 Alice Tigani	10 Saint Catherine's	29:02.32	
135 Nariko Montes	10 Saint John Paul the	29:03.24	
136 Monica Zeballos	11 Saint John Paul the	29:19.17	
137 Becca Nystrom	10 Saint Catherine's	30:23.25	
138 Vaishnavi Alapati	9 Madeira School	32:24.23	
139 Selma Heindl	11 Madeira School	32:27.53	
140 Emma Pan	11 Episcopal	33:07.66	100

Division I Girls 5000 Meter Run Team Scores

Team	Pts	1	2	3	4	5	(6)	(7)
1 Collegiate	64	2	3	7	24	28	35	44
Total Time: 1:44:56		Average: 20:59.12				1-5 Split: 1:49		
2 Potomac School	78	4	10	20	21	23	29	30

	Total Time: 1:46:08		Average: 21:13.53		1-5 Split: 1:27
3	Bishop Ireton	129	11 25 27 32	34 66 76	
	Total Time: 1:49:57		Average: 21:59.35		1-5 Split: 1:30
4	Norfolk Academy	150	6 22 26 42	54 56 68	
	Total Time: 1:50:33		Average: 22:06.41		1-5 Split: 3:08
5	Trinity Christian	152	18 19 33 37	45 57 74	
	Total Time: 1:51:36		Average: 22:19.10		1-5 Split: 1:42
6	Paul VI Catholic	172	8 15 39 52	58 64 69	
	Total Time: 1:52:11		Average: 22:26.11		1-5 Split: 2:50
7	Saint Catherine's	173	5 9 38 43	78 87 96	
	Total Time: 1:52:07		Average: 22:25.27		1-5 Split: 4:33
8	Episcopal	215	13 14 53 60	75 99 100	
	Total Time: 1:54:19		Average: 22:51.66		1-5 Split: 3:28
9	Saint John Paul the	241	41 46 48 51	55 61 86	
	Total Time: 1:56:30		Average: 23:17.84		1-5 Split: 31
10	Catholic High School	268	16 40 65 70	77 79 80	
	Total Time: 1:57:43		Average: 23:32.59		1-5 Split: 3:25
11	Trinity Episcopal Sc	276	12 49 59 73	83 89 90	
	Total Time: 1:57:56		Average: 23:35.16		1-5 Split: 4:05
12	Oakcrest School	294	31 62 63 67	71 84 85	
	Total Time: 1:59:00		Average: 23:47.92		1-5 Split: 2:10
13	Bishop O'Connell	325	1 47 91 92	94 - -	
	Total Time: 2:03:32		Average: 24:42.36		1-5 Split: 7:53
14	St.Stephen's and St.	341	17 50 82 95	97 - -	
	Total Time: 2:05:08		Average: 25:01.54		1-5 Split: 6:18
15	St. Anne's-Belfield	370	36 72 81 88	93 98 -	
	Total Time: 2:05:28		Average: 25:05.48		1-5 Split: 4:28