



Foot Locker XC South Region 11 & 12 Girls 3K Results



November 25, 2023

McAlpine Greenway - Charlotte, NC

Place	Time	Bib#	Name	City, State	Team
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Scoring Teams:

1. Mountain State Elite 36 (1 5 6 11 13)
2. Without Limits 59 (4 7 8 18 22)
3. Fit180 63 (2 3 14 21 23)
4. The Burg United 65 (9 10 12 15 19)
5. Grassroots Running Club 102 (16 17 20 24 25)

Team Total Times (Average)

- Mountain State Elite: 59:27:18 (11:53:27)
 Without Limits: 62:10:24 (12:26:04)
 Fit180: 61:47:33 (12:21:30)
 The Burg United: 63:28:17 (12:41:39)
 Grassroots Running Club: 68:05:25 (13:37:05)

1	10:48.4	227	Juliana von Wulffen	Winfield, WV	Mountain State Elite
2	11:16.3	1093	Leyland Phillips	Morgantown, WV	
3	11:16.8	160	Athena Pluchos	Mathews, NC	Fit180
4	11:23.3	149	Grace Krafchek	Waxhaw, NC	Fit180
5	11:29.2	969	Ada Mangum	Bahama, NC	North Durham Run Club
6	11:30.3	993	Shiloh Mays	Knoxville, TN	
7	11:32.8	339	Jalyn Alexander	Cary, NC	Without Limits
8	11:33.0	1401	Kellah Smith	Douglas, GA	Amplify
9	11:39.0	225	Kinslee Methax	Ona, WV	Mountain State Elite
10	11:39.1	1280	Tabitha Trapp	Aiken, GA	
11	11:44.7	229	Sofie Zappitelli	Hurricane, WV	Mountain State Elite
12	11:47.3	764	Annabelle Hanson	Belews Creek, NC	FHE Hawks
13	11:50.7	929	Cate Leppard	Columbia, SC	Heathwood Hall
14	11:51.9	89	Emily Cottrill	West Union, WV	Country Roads Running Camp
15	11:55.1	819	Gabriella Holliday	Fayetteville, NC	Carolina Liberty Running Club
16	12:07.2	343	Amelia Clewley	Raleigh, NC	Without Limits
17	12:22.6	361	Nora McCall	Hillsborough, NC	Without Limits
18	12:32.1	296	Sophia Shamblin	Mineral Wells, WV	The Burg United
19	12:35.1	277	Hadley Edwards	Parkersburg, WV	The Burg United
20	12:36.4	217	Mackenzie Cloud	Hurricane, WV	Mountain State Elite
21	12:38.3	292	Haley Raper	Washington, WV	The Burg United
22	12:40.3	218	Clair Dolin	South Charleston, WV	Mountain State Elite
23	12:41.8	151	Myana Malarkey	Waxhaw, NC	Fit180
24	12:44.3	283	Nola King	Williamstown, WV	The Burg United
25	12:50.4	1409	Adalyn Filiatreau	Bardstown, KY	Renegade Running
26	12:53.4	178	Olivia Fereday	Lexington, KY	Grassroots Running Club
27	12:53.8	187	Lucia Perez	Lexington, KY	Grassroots Running Club
28	12:54.1	362	Breezie McKinnon	Cary, NC	Without Limits
29	12:56.0	433	Annaclaire Baker	Douglas, GA	Amplify
30	12:59.9	286	Alyssa McCrady	Parkersburg, WV	The Burg United
31	13:01.5	274	Grace Dotson	Parkersburg, WV	The Burg United
32	13:01.9	280	Bryce Handley	Williamstown, WV	The Burg United
33	13:03.4	334	Nina Tibbs	Louisville, KY	Thomson Training
34	13:12.3	182	Julie Howell	Lexington, KY	Grassroots Running Club
35	13:12.7	152	Kathryn Malek	Waxhaw, NC	Fit180
36	13:15.7	346	Madeline Cornwell	Cary, NC	Without Limits
37	13:15.7	134	Brooklyn Brownfield	Waxhaw, NC	Fit180
38	13:18.9	222	Addison Frye	Hurricane, WV	Mountain State Elite
39	13:28.7	95	Kendall Gant	Williamstown, WV	Country Roads Running Camp
40	13:31.1	786	Lottie Heard	Nashville, TN	
41	13:37.4	543	Lydia Chambers	Hahira, GA	
42	13:40.0	376	Aria Schoch	Cary, NC	Without Limits
43	13:44.4	582	Teagin Costanzo	Mauldin, SC	Greenville Hurricanes
44	13:49.4	596	Chloe Cuda	Winston-Salem, NC	
45	13:52.1	1046	Tegan Nearman	Stafford, VA	Rappahannock Ospreys
46	13:56.4	386	Sophia Entrikin	Summerfield, NC	205 Endurance
47	13:58.0	1119	Hailey Reames	Simpsonville, SC	
48	14:08.0	117	Tenleigh Ingram	Charlotte, NC	Cross Country For Youth
49	14:12.2	1211	Faith Skeens	Gassaway, WV	



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50	14:15.5	812	Daisy Hodges	Hot Springs, VA	
51	14:17.2	364	Rilyn Mooney	Cary, SC	Without Limits
52	14:25.3	116	Sophie Gutierrez	Charlotte, NC	Cross Country For Youth
53	14:29.4	189	Reagan Roberts	Lexington, KY	Grassroots Running Club
54	14:38.6	1430	Regan Hatfield	Lexington, KY	Grassroots Running Club
55	14:40.5	794	Emma Hendrix	Florence, SC	Florence Track Club
56	14:42.9	1298	Bella Vu	Sorrento, FL	
57	15:13.0	1293	Katie Velazquez	Bahama, NC	North Durham Run Club
58	17:40.0	840	Winta Isayas	Matthews, NC	OLA Running
59	18:41.9	121	Annabel Mapes	Charlotte, NC	Cross Country For Youth