

RUGBY CROSS COUNTRY RESULTS

Class B East Region, Saturday, October 18, 11:00 a.m.
Site - Cooperstown Golf Course - Cooperstown, ND

Varsity Girls (4000 Meters) 118 runners

Tristin Lunde - 11th place - 16:13 - All-Region	Jenna Wangler - 74th place - 19:21
Allison Foster - 14th place - 16:28 - All-Region	Ariana Hoffart - 77th place - 19:27
Bailey Nelson - 34th place - 17:55	ReeAnn Christianson - 87th place - 20:05
Jessica Blessum - 36th place - 18:03	Dessa Denich - 90th place - 20:10
Ellie Duchscherer - 41st place - 18:17	Brittany Loughman - 100th place - 20:53
Taylor Nelson - 45th place - 18:22	Lilly Schmidt - 109th place - 21:35
Karin Selland - 52nd place - 18:42	Canya Fly - 118th place - 26:45

Team Results: 1. Hillsboro/Central Valley - 37, **2. Rugby - 136**, 3. Hatton/Northwood/Thompson - 149, 4. Grafton - 156, 5. Lisbon - 166, 6. Carrington - 221, 7. Sargent Central/Lidgerwood - 304, 8. New Rockford-Sheyenne - 357, 9. Velva - 379, 10. Barnes County North - 384, 11. Four Winds/Minnewaukan - 410, 12. Langdon Area - 413, 13. Medina/Pingree-Buchanan - 416, 14. Pembina County North - 431, 15. Dunseith - 438, 16. Griggs County Central - 440, 17. Northern Cass - 442, 18. Central McLean - 463, 19. Central Cass - 477, 20. Mayville-Portland-Clifford-Galesburg - 479, 21. Ellendale - 491, 22. North Star - 494, 23. Larimore - 507, 23. Benson County - 507, 25. Richland - 548, 26. Rolla - 567

Individual Winner: Cailee Peterson - Mayville-Portland-Clifford-Galesburg - 14:35

Senior Athlete of the Year Nominees - Annika Rotvold - Hillsboro/Central Valley
Shayla Fossum - Hillsboro/Central Valley
Brooklyn Zink - Hillsboro/Central Valley

Coach of the Year - Kirk Zink - Hillsboro/Central Valley

Varsity Boys (5000 Meters) 152 runners

Tanner Bernhardt - 4th place - 17:35 - All-Region	John Mueller - 49th place - 19:52
Nolan Hovland - 10th place - 18:04 - All-Region	Dawson Schepp - 62nd place - 20:20
Brady Fossum - 17th place - 18:28 - All-Region	Joey Brossart - 74th place - 20:44
Gabe Clements - 32nd place - 19:18	Dillion Fly - DNF
Noah Kraft - 43rd place - 19:29	Kyler Odden - DNF

Team Results: 1. Hillsboro/Central Valley - 106, **2. Rugby - 106**, 3. Medina/Central Valley - 111, 4. Lisbon - 163, 5. Griggs County Central - 163, 6. Four Winds/Minnewaukan - 178, 7. Hatton/Northwood/Thompson - 182, 8. Grafton - 202, 9. Carrington - 223, 10. Central Cass - 243, 11. Northern Cass - 274, 12. Pembina County North - 314, 13. Larimore - 372, 14. Mayville-Portland-Clifford-Galesburg - 406, 15. Langdon Area - 578, 16. Richland - 586, 17. Ellendale - 611, 18. Sargent Central/Lidgerwood - 635, 19. Dunseith - 647, 20. North Star - 655, 21. New Rockford-Sheyenne - 659, 22. Barnes County North - 666, 23. Central McLean - 701

Individual Winner: Nick Thomas - Medina/Pingree-Buchanan - 16:56

Senior Athlete of the Year Nominees - Nick Thomas - Medina/Pingree-Buchanan
Josh Thompson - Grafton
Tanner Bernhardt - Rugby

Coach of the Year - Tammy Heinrich - Medina/Pingree-Buchanan