

RUGBY CROSS COUNTRY RESULTS

Class B East Region, Saturday, October 20, 11:00 a.m.

Site - Cooperstown Country Club - Cooperstown, ND

Varsity Girls (5000 Meters) 167 runners

Quinn Neppl - 4th place - 19:45 - **All-Region**
Mykell Heidlebaugh - 18th place - 21:03 - **All-Region**
Kendyl Hager - 21st place - 21:07
Brooklyn Bartsch - 22nd place - 21:16
Ellie Duchscherer - 29th place - 21:47
Karsyn Hager - 37th place - 22:08
Paige Jones - 45th place - 22:35
Kristina Brossart - 52nd place - 22:53
Megan Schmaltz - 53rd place - 22:59
Mikaylee Livedalen - 57th place - 23:20
Rylie Suchor - 61st place - 23:24

Ella Jacobson - 63rd place - 23:28
Joey Wolf - 74th place - 23:47
Annie Risovi - 76th place - 23:49
Haley Mayer - 100th place - 25:04
Anni Stier - 112th place - 25:33
Anna Clements - 113th place - 25:41
Sophie Oppen - 115th place - 25:45
Emily Salwey - 124th place - 26:17
Lauren Casavant - 145th place - 27:36
Braelynn Oppen - 166th place - 32:13
Keely Arnston - DNF

Team Results: 1. Hillsboro/Central Valley - 74, **2. Rugby - 94**, 3. Mayville-Portland-Clifford-Galesburg - 124, 4. Kindred - 141, 5. Thompson - 256, 6. Carrington - 269, 7. Sargent Central/Lidgerwood/Oakes - 278, 8. Lisbon - 323, 9. Grafton - 327, 10. Harvey/Wells County - 357, 11. Langdon Area/Edmore/Munich - 362, 12. Hatton/Northwood/Larimore - 366, 13. New Rockford-Sheyenne - 375, 14. Surrey - 382, 15. Central Cass - 388, 16. Griggs County Central - 442, 17. Pembina County North - 516, 18. Northern Cass - 533, 19. LaMoure/Litchville-Marion - 548, 20. St. John - 686, 21. Rolla - 712, 22. Barnes County North - 719, 23. Edgeley/Kulm - 720, 24. Velva - 724, 25. Dunseith - 731, 26. Ellendale - 753, 27. Four Winds/Minnewaukan - 766, 28. Medina/Pingree-Buchanan - 810, 29. Richland - 820, 30. Warwick - 826

Individual Winner: Lana Krack - Thompson - 18:47

Outstanding Senior Athlete Nominees - Grace Bachmeier, Surrey
Amanda Jarrett, Carrington
Lana Krack, Thompson

Coach of the Year - **Bill Jansen, Rugby**

Varsity Boys (5000 Meters) 191 runners

Riley Zachmeier - 5th place - 17:07 - **All-Region**
Kadin Neppl - 9th place - 17:27 - **All-Region**
Dawson Schepp - 31st place - 18:48
Austin Dibble - 36th place - 18:59

Ridley Odden - 83rd place - 20:27
Malachi Dosch - 96th place - 21:06
Trenton Sanford - 171st place - 25:00

Team Results: 1. Hillsboro/Central Valley - 58, 2. Griggs County Central - 137, **3. Rugby - 164**, 4. Thompson - 187, 5. Grafton - 188, 6. Kindred - 202, 7. Edgeley/Kulm - 233, 8. Carrington - 244, 9. Langdon Area/Edmore/Munich - 257, 10. Mayville-Portland-Clifford-Galesburg - 273, 11. Lisbon - 278, 12. Pembina County North - 338, 13. Four Winds/Minnewaukan - 356, 14. Surrey - 388, 15. Central Cass - 396, 16. Velva - 452, 17. Sargent Central/Lidgerwood/Oakes - 505, 18. Ellendale - 509, 19. Medina/Pingree-Buchanan - 535, 20. Hatton/Northwood/Larimore - 615, 21. Harvey/Wells County - 615, 22. LaMoure/Litchville-Marion - 616, 23. Richland - 670, 24. Northern Cass - 771, 25. Warwick - 896, 26. Rolla - 925

Individual Winner: Isaac Huber - Edgeley/Kulm - 16:13

Outstanding Senior Athlete Nominees - Colton Anderson, Hillsboro/Central Valley
Isaac Huber, Edgeley/Kulm
Payton Smith, Carrington

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