



Sun Belt Cross Country Championships

Graham Creek Nature Preserve

Foley, AL - Hosted by Foley Sports Tourism

October 28, 2023

Results

Women 5k

TEMPERATURE
76 °

HUMIDITY
83%

CONDITIONS
SUNNY

PI	Athlete Name		Affiliation	2k	2k PI	+/-	3k	3k PI	+/-	Time	Pts
1	Molly Jones	JR	Coastal Carolina	6:27.3	2	▲1	9:39.6	1	—	16:37.9	1
2	Abby Herring	SR	Marshall	6:27.2	1					16:49.2	2
3	Ellie Wolski	JR	Coastal Carolina	6:28.7	5	▲2	9:48.9	3	—	17:02.5	3
4	Rahel Broemmell	FR	Arkansas State	6:27.8	3	▲1	9:48.1	2	▼2	17:06.7	4
5	Isabela Ross	SO	Southern Miss.	6:28.3	4					17:21.4	5
6	Jaybe Shufelberger	SR	Arkansas State	6:33.7	6	▲2	10:02.6	4	▼2	17:28.7	6
7	Miranda Stanhope	SR	James Madison	6:48.6	9	▲4	10:08.4	5	▼2	17:34.9	7
8	Jasmine Donohue	JR	App State							17:36.9	8
9	Elizabeth Martin	SR	Arkansas State	6:41.9	7	▲1	10:13.2	6	▼3	17:38.7	9
10	Kylee Mastin	JR	Marshall	6:48.9	11	▲4	10:18.1	7	▼3	17:49.8	10
11	Katherine Lawson	SO	James Madison	6:48.8	10					18:02.9	11
12	Starlynn Costa	SR	South Alabama	6:46.5	8	—	10:19.1	8	▼4	18:15.1	12
13	Mary Beth Bailey	JR	Arkansas State	6:53.3	16	▲4	10:30.9	12	▼1	18:17.5	13
14	Amilia Wise-Sweat	JR	Coastal Carolina	6:49.9	14	▲4	10:27.7	10	▼4	18:18.9	14
15	Charleen Elizondo	FR	South Alabama	7:03.2	20	▲4	10:39.7	16	▲1	18:23.6	15
16	Olivia Walter	SO	Arkansas State	6:59.4	19	—	10:41.3	19	▲3	18:24.4	16
17	Hannah Wyler	SO	Marshall	6:54.6	17	▲3	10:37.4	14	▼3	18:28.0	17
18	Karsyn Kane	JR	App State	7:05.9	23	▲2	10:45.1	21	▲3	18:28.1	18
19	Kimone Campbell	SR	ULM	6:48.9	11	▼2	10:34.3	13	▼6	18:28.6	19
20	Alexia Macias	FR	Texas State	6:56.9	18	▲3	10:38.6	15	▼5	18:29.2	20
21	Eliana Battle	JR	ULM	6:51.2	15	▲4	10:30.8	11	▼10	18:30.7	21
22	Faithe Ketchum	SO	James Madison	7:07.1	25	▲5	10:42.7	20	▼2	18:34.3	22
23	McKenzi Watkins	SR	James Madison							18:36.4	23
24	Abigail Parra	SO	Texas State				10:39.8	17	▼7	18:37.3	24
25	Rhys Ammon	FR	App State							18:38.8	25
26	Sofia Terenziani	JR	James Madison	7:23.0	48	▲13	11:02.3	35	▲9	18:42.3	26
27	Cadence Lapp	SO	Arkansas State	6:49.6	13	▲4	10:23.8	9	▼18	18:44.5	27
28	Kendall Drisko	JR	Southern Miss.	7:08.8	27	▲3	10:50.5	24	▼4	18:46.9	28
29	Clervie Chagot	JR	South Alabama				10:40.6	18	▼11	18:49.2	29
30	Ella Segura	FR	Louisiana	7:15.9	36	▲7	10:57.4	29	▼1	18:54.1	30
31	Haley Salsbury	SR	Louisiana	7:15.4	34	▲2	10:59.0	32	▲1	19:01.1	31
32	Daniela Wisniewski	JR	Texas State	7:14.1	32	▲5	10:55.6	27	▼5	19:02.0	32
33	Linnea Maynard	JR	App State	7:11.3	28	▼3	10:58.5	31	▼2	19:03.6	33

Results available at www.flashresults.com



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34	Teanna Cason	JR	South Alabama				10:48.7	23	▼11	19:04.0	34
35	Asha Bora	SO	Marshall	7:13.9	31	▼3	10:59.3	34	▼1	19:05.3	35
36	Isabelle Russell	FR	Louisiana	7:15.7	35	▲5	10:58.2	30	▼6	19:08.3	36
37	Victoria Dotson	SR	Marshall	7:21.7	44	▲7	11:03.5	37	—	19:08.4	37
38	Reagan Boling	SO	Georgia Southern							19:08.9	38
39	Kalei Jordan	JR	Marshall	7:21.0	42	▲6	11:03.1	36	▼3	19:10.2	39
40	Cadi Rowe	SR	Troy	7:12.8	30	▲5	10:51.7	25	▼15	19:12.1	40
41	Lana Farris	JR	App State	7:06.5	24	▼4	10:56.0	28	▼13	19:13.8	41
42	Sarah Parnell	JR	Southern Miss.	7:08.3	26					19:14.7	42
43	Megan Dolan	FR	Coastal Carolina	7:17.9	39	▼3	11:09.7	42	▼1	19:16.2	43
44	Kristina Stojanovic	FR	Southern Miss.	7:04.5	22	▼4	10:54.4	26	▼18	19:16.7	44
45	Mary Milby	SR	James Madison	7:23.5	49	▲8	11:09.3	41	▼4	19:18.8	45
46	Maria Gelvez	FR	South Alabama	7:03.3	21	▼1	10:46.1	22	▼24	19:26.0	46
47	Brynn Kelso	FR	Southern Miss.				11:12.6	45	▼2	19:29.1	47
48	Makenna Calbert	SO	Troy	7:20.6	40	▼3	11:10.3	43	▼5	19:32.1	48
49	Kimberly Gloria	FR	Texas State	7:14.3	33	▼6	11:05.6	39	▼10	19:32.9	49
50	Maggie Hunter	SO	Arkansas State	7:15.9	36					19:32.9	50
51	Caroline Spalitta	SO	Louisiana	7:22.0	45	▲1	11:11.6	44	▼7	19:33.4	51
52	Mencia Abaigar	FR	Georgia State				11:07.4	40	▼12	19:39.1	52
53	Ansley Long	JR	ULM	7:17.3	38					19:41.4	53
54	Ana Cubillo	SO	Georgia State	7:20.7	41	▼6	11:18.3	47	▼7	19:43.1	54
55	Abbey Weitenbeck	SR	South Alabama	7:27.4	55	▲4	11:23.9	51	▼4	19:43.6	55
56	Skylar Delgado	SO	Louisiana	7:22.8	47	▲1	11:17.9	46	▼10	19:46.2	56
57	Macy Livingston	JR	South Alabama	7:28.6	58	▲4	11:25.1	54	▼3	19:46.5	57
58	Elizabeth Fuller	SR	App State	7:11.3	28					19:48.1	58
59	Juliana Courville	FR	Louisiana	7:26.2	52	▼3	11:25.4	55	▼4	19:48.2	59
60	Abbey Coberly	FR	Arkansas State				10:59.0	32	▼28	19:48.7	
61	Ella Zierdt	SO	Georgia Southern	7:39.4	68	▲3	11:33.4	65	▲4	19:51.1	60
62	Anna Naff	SO	ULM				11:28.8	59	▼3	19:55.0	61
63	Alexandra Johnson	JR	Louisiana	7:27.3	54	▲2	11:24.7	52	▼11	19:55.5	62
64	Olivia Goesser	FR	Coastal Carolina	7:28.8	59	▲1	11:26.2	58	▼6	19:56.8	63
65	Reese Connelly	JR	Georgia Southern	7:41.7	69	▲1	11:35.4	68	▲3	19:56.9	64
66	Sophia Newsome	SO	Marshall	7:24.4	51	▲3	11:19.8	48	▼18	20:00.2	65
67	Bianca Copeman	SR	App State	7:24.3	50	—	11:23.3	50	▼17	20:03.7	66
68	Hannah Toth	FR	Marshall				11:05.1	38	▼30	20:04.9	
69	Isabel Houle	FR	Texas State	7:26.3	53	▼8	11:29.3	61	▼8	20:07.7	67



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70	Erica Hambacker	SR	Georgia State	7:22.5	46	▼11	11:26.0	57	▼13	20:07.8	68
71	Brooke Spalitta	SO	Louisiana	7:21.4	43	▼6	11:22.3	49	▼22	20:09.6	
72	Katie Ranck	JR	Georgia Southern				11:33.8	66	▼6	20:10.5	69
73	Sohalia Schoen	JR	ULM	7:32.5	63	▼1	11:31.7	64	▼9	20:11.5	70
74	Mia Salas	FR	Texas State	7:29.8	60	▼2	11:30.2	62	▼12	20:11.5	71
75	Isabel Ptacek	SR	Georgia Southern				11:37.4	69	▼6	20:12.7	72
76	Erin McQuitty	FR	Coastal Carolina	7:33.2	65	▲2	11:31.5	63	▼13	20:14.4	73
77	Tyndal Ann Griffith	FR	South Alabama	7:33.5	66	▼4	11:37.5	70	▼7	20:21.0	
78	Julia Dura	FR	Georgia State				11:25.0	53	▼25	20:21.9	74
79	Lucy Turley	FR	Troy	7:30.5	61	▼11	11:39.9	72	▼7	20:24.6	75
80	Kennedy Morris	JR	Georgia State	7:27.7	56	▼4	11:29.0	60	▼20	20:26.8	76
81	Catherine Breault	JR	App State	7:28.0	57	▲2	11:25.4	55	▼26	20:28.7	
82	Riley Schindel	JR	James Madison	7:31.4	62	▼5	11:34.2	67	▼15	20:35.2	77
83	Laure Kidukula	FR	Georgia State				11:42.4	73	▼10	20:35.2	78
84	Jalynn Lozano	JR	ULM				11:50.6	74	▼10	20:55.8	79
85	Giulianna Rivero	FR	Troy	7:32.7	64	▼7	11:38.4	71	▼14	20:58.6	80
86	Rhema Taylor	FR	Troy	7:49.7	72	▼4	12:00.2	76	▼10	21:01.6	81
87	Mary Huddleston	FR	Coastal Carolina	7:44.3	70	▼5	11:53.5	75	▼12	21:05.3	82
88	Tristan Crosby	FR	Georgia Southern				12:02.6	77	▼11	21:11.5	83
89	Emily Allen	JR	ULM	7:58.0	73	▼7	12:15.0	80	▼9	21:33.0	84
90	Kady Schwietz	FR	Troy	7:46.7	71	▼7	12:04.2	78	▼12	21:50.1	85
91	Ansley Fullen	JR	Georgia Southern	8:26.8	75	▼7	12:52.7	82	▼9	22:18.6	86
92	Aisley McMeen	SO	Troy	8:06.3	74	▼7	12:34.7	81	▼11	22:42.7	87
93	Sylvia White	FR	Southern Miss.	8:35.9	76	▼7	13:12.5	83	▼10	23:11.0	88
--	Kristin Giordano	FR	James Madison	7:37.1	67	▼12	12:06.7	79		DNF	



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Women 5k Team Scores

Rnk	Team	Total	R1	R2	R3	R4	R5	R6	R7
1	Arkansas State Total Time: 1:28:56.00 Average: 17:47.20	48	4	6	9	13	16	27	50
2	James Madison Total Time: 1:31:30.80 Average: 18:18.16	89	7	11	22	23	26	45	77
3	Marshall Total Time: 1:31:20.70 Average: 18:16.14	101	2	10	17	35	37	39	65
4	Coastal Carolina Total Time: 1:31:12.30 Average: 18:14.46	124	1	3	14	43	63	73	82
5	App State Total Time: 1:33:01.20 Average: 18:36.24	125	8	18	25	33	41	58	66
6	South Alabama Total Time: 1:33:57.90 Average: 18:47.58	136	12	15	29	34	46	55	57
7	Southern Miss. Total Time: 1:34:08.80 Average: 18:49.76	166	5	28	42	44	47	88	
8	Texas State Total Time: 1:35:49.10 Average: 19:09.82	192	20	24	32	49	67	71	
9	Louisiana Total Time: 1:36:23.10 Average: 19:16.62	204	30	31	36	51	56	59	62
10	ULM Total Time: 1:36:47.20 Average: 19:21.44	224	19	21	53	61	70	79	84
11	Georgia Southern Total Time: 1:39:20.10 Average: 19:52.02	303	38	60	64	69	72	83	86
12	Georgia State Total Time: 1:40:18.70 Average: 20:03.74	324	52	54	68	74	76	78	
13	Troy Total Time: 1:41:09.00 Average: 20:13.80	324	40	48	75	80	81	85	87