

Virginia District AAU XC Championship - 11/21/2009  
Pocahontas State Park, Chesterfield, VA  
Sunny, Cold  
Results

Event 1 Girls 2000 Meter Run CC Primary

Name	Year	Team	Bib#	Time
1. Rose, Michaela	03	F.I.A Ambassadors	216	8:33
2. Carder, Emily	01	Unattached	204	11:18

Event 2 Boys 2000 Meter Run CC Primary

Name	Year	Team	Bib#	Time
1. Smith, Devin	01	TNP	231	8:07
2. Cole, Gabriel	02	TNP	227	8:10
3. Rose, Jr., Michael	01	F.I.A Ambassadors	215	8:10
4. Cole, Goffery	01	TNP	228	8:30
5. Malhotra, Rayaana	01	TNP	230	8:45
6. Guyton, Glen	01	TNP	229	8:57
7. May, James	01	TNP	232	8:58
8. Zentz, Brian	03	Unattached	239	10:24
9. Rose, Michail	05	F.I.A Ambassadors	221	13:06

Event 3 Girls 3k Run CC Sub-Bantam

Name	Year	Team	Bib#	Time
1. Brown, Talieyah	00	TNP	234	16:17

Event 5 Girls 3k Run CC Bantam

Name	Year	Team	Bib#	Time
1. Chalmers, Amy	99	Tidewater Striders	205	13:23

Event 6 Boys 3k Run CC Bantam

Name	Year	Team	Bib#	Time
1. Pinson, Matthew	99	Unattached	208	11:53
2. Carder, Collin	99	Unattached	203	13:40
3. Nance, Thomas	99	Unattached	212	14:45
4. Amabile, Nicholas	99	Tidewater Striders	200	16:42

Event 7 Girls 3k Run CC Sub-Midget

Name	Year	Team	Bib#	Time
1 Nabham, Nadia	98	Unattached	211	12:59

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Event 8 Boys 3k Run CC Sub-Midget

Name	Year	Team	Bib#	Time
1. McNatt, Kalen	98	Real Deal	208	11:12
2. Zentz, Logan	98	Unattached	240	12:17
3. Redmond, Travis	98	Tidewater Striders	224	12:24
4. McGowan, Scott	98	Unattached	207	12:39
5. Rawsawh, Josiah	98	Unattached	243	12:51
6. Burrows, Samuel	98	Unattached	246	13:05

Event 9 Girls 3k Run CC Midget

Name	Year	Team	Bib#	Time
1. Chalmers, Diana	97	Tidewater Striders	206	12:19
2. Malhotra, Ana	97	TNP	237	12:49

Event 10 Boys 3k Run CC Midget

Name	Year	Team	Bib#	Time
1. Cross, Philip	97	Unattached	223	11:06
2. Amabile, Thomas	97	Tidewater Striders	201	12:44
3. Pillow, Calan	97	Unattached	213	14:16

Event 11 Girls 4k Run CC Sub Youth

Name	Year	Team	Bib#	Time
1. Moore, Quinlan	96	Unattached	210	16:29
2. Strickland, Madison	96	Unattached	225	16:36
3. Mitcham, Madeleine	96	Tidewater Striders	209	18:08
4. May, Briona	96	TNP	250	20:19

Event 12 Boys 4k Run CC Sub Youth

Name	Year	Team	Bib#	Time
1. Wiggins, Grant	96	Unattached	220	14:13
2. Spencer, Malcolm	96	TNP	238	14:54
3. Turack, Steven	96	Unattached	218	15:00
4. Bartulewicz, Bobby	96	Unattached	202	15:29

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Event 13 Girls 4k Run CC Youth

Name	Year	Team	Bib#	Time
1. Rountree, Kaitlyn	95	Unattached	245	19:41
2. Lee, Markley	95	Unattached	244	20:57

Event 14 Boys 4k Run CC Youth

Name	Year	Team	Bib#	Time
1. Wellons, Cody	95	Unattached	219	13:36
2. Tooke, Corey	95	Unattached	217	15:30
3. Dougherty, Paul	95	Unattached	242	16:33

Event 15 Girls 5k Run CC Intermediate

Name	Year	Team	Bib#	Time
1. Dinning, Emily	94	Unattached	252	21:56

Event 16 Boys 5k Run CC Intermediate

Name	Year	Team	Bib#	Time
1. Brown, William	94	TNP	235	17:15
2. Lanoue, Ryan	93	Unattached	222	18:35
3. Tupper, Devin	93	Unattached	249	18:51
4. Malm, Jeremy	94	Unattached	226	19:00
5. May, Juliun	94	TNP	230	19:23
6. Booker, Devon	94	TNP	233	20:12
7. Miller, Nate	94	Unattached	241	21:00
8. Dickerson, Ryan	93	Unattached	251	21:09

Event 17 Men 5k Run CC Young

Name	Year	Team	Bib#	Time
1. Sawyer, Richard	91	TNP	247	19:23