

# 2011 VA AAU District Cross Country Championships

Hosted by Faith In Action Ministries Athletics and Recreation  
Pocahontas State Park Chesterfield, VA 11/19/2011  
24-40 Degrees, Sunny

## Results

### Girls Primary 2k

Name	Age Team	Time
1. Rose, Michaela	8 FIAMAR	9:25.8
2. Hawkins, Kalkidan	8 FIAMAR	10:27.9

### Boys Primary 2k

Name	Age Team	Time
1. Woods, Thomas	8 NEW ENERGY	9:28.3
2. Rose, Michail	6 FIAMAR	9:28.6

### Boys SubBantam 3k

Name	Age Team	Time
1. Cole, Gabriel	9 Nubian Project	11:02.2
2. Hinton IV, Willie	9 Nubian Project	11:02.2
3. Barnes, Alec	9 Nubian Project	15:00.4

### Boys Bantam 3k

Name	Age Team	Time
1. Werve, Ben	10 New Energy	11:12.9
2. Cole, Goffery	10 Nubian Project	11:13.9
3. Rose, Jr., Michael	10 FIAMAR	13:46.3

### Girls SubMidget 3k

Name	Age Team	Time
1. Hawkins, Bizuwerk	11 FIAMAR	17:20

### Girls Midget

Name	Age Team	Time
Finals		
1. Woods, Madeleine	12 New Energy	12:03.3
2. Hensel, Kiele	12 New Energy	13:56.3
3. Werve, Samantha	12 New Energy	14:45.4

### Boys Midget 3k

Name	Age Team	Time
Finals		
1. Burnette, Nolon	12 Unattached	12:47.4

### Girls Sub Youth 4k

Name	Age Team	Time
1. Trainham, Brooke	13 Unattached	19:29.88
2. Hawkins, Aster	13 FIAMAR	20:54.9
3. Trainham, Hailey	13 Unattached	21:11.9

## 2011 VA AAU District Cross Country Championships Results Continue..

### Boys Sub Youth 4k

Name	Age	Team	Time
1. Fields, Noah	13	Unattached	15:17.7
2. Redmond, Travis	13	New Energy	15:41.4
3. Verhappen, William	13	New Energy	15:53.2
4. Troupe, Christopher	13	Unattached	18:38.6

### Boys Youth 4k

Name	Age	Team	Time
1. Huff, Tyreece	14	DC Branch Jets	15:17.7
2. Boggs, Dylan	14	Unattached	15:41.7
3. Engelhardt, Kyle	14	New Energy	15:52.5
4. Satchell, Zachry	14	FIAMAR	16:23.7
5. Tripp, Ian	14	Unattached	18:31.5

### Women Intermediate 5k

Name	Age	Team	Time
1. Scott, Nichelle	15	Unattached	19:56.7
2. Harrow, Leigh	16	Unattached	23:30.4

### Men Intermediate 5k

Name	Age	Team	Time
1. Ellis, George	15	Unattached	17:42.3
2. Spencer, Malcolm	15	Nubian Project	18:33.3
3. Taylor-Fishwick, Jonathan	16	Nubian Project	18:49.3
4. Turack, Steven	15	Unattached	19:23.9
5. Huff, Michael	15	DC Branch Jets	20:21.1
6. Hopkin, Connor	16	Unattached	20:21.4
7. Shanker, Charles	16	Nubian Project	20:49.2

### Young Men 5k

Name	Age	Team	Time
1. Worsley, Marquis	17	Nubian Project	16:57.4
2. Fogg, Desmond	17	Nubian Project	17:17.6
3. Mitchell, Peter	17	Unattached	17:30.3
4. Miller, Nate	17	Unattached	17:58.9
5. Leder, John	17	Unattached	18:09.6