

RUGBY CROSS COUNTRY RESULTS

Class "B" East Region, Saturday, October 20, 11:00 a.m.
Site - Cooperstown Country Club - Cooperstown, ND

Varsity Girls (4000 Meters) (117 runners)

Lauren Christenson - 9th place - 16:19 - **All-Region**
Allison Foster - 20th place - 16:43 - **All-Region**
Bailey Nelson - 22nd place - 17:02
Tristin Lunde - 25th place - 17:16
Jessica Blessum - 29th place - 17:32
Alexis Thompson - 35th place - 17:48
Jacque Blessum - 40th place - 17:57
Hannah Christenson - 42nd place - 18:01

Jenna Fossum - 59th place - 18:50
McKenzie Johnson - 63rd place - 19:01
Camille Klein - 77th place - 19:36
ReeAnn Christianson - 95th place - 20:40
Aubrey Hovland - 101st place - 21:48
Canya Fly - 108th place - 22:11
Tashal Trottier - 112th place - 22:55

Team Results: 1. Hillsboro/Central Valley - 63, **2. Rugby - 105**, 3. Grafton - 155, 4. Langdon Area - 180,
5. Barnes County North - 189, 6. Griggs County Central - 236, 7. Hatton/Northwood/Thompson - 265, 8. Velva - 269,
9. Lisbon - 276, 10. Carrington - 296, 11. Richland - 377, 12. Mayville-Portland-Clifford-Galesburg - 381, 13. Central Prairie - 423,
14. Larimore - 442, 15. Central Cass - 473, 16. Dakota Prairie - 479, 17. Dunseith - 490, 18. Four Winds/Warwick - 494,
19. Sargent Central - 502, 20. North Star - 504, 21. Rolla - 508, 22. Pembina County North - 510, 23. LaMoure - 577

Individual Winner: Ashley Perez - Dakota Prairie - 15:46

Region Nominees for State Outstanding Senior of the Year Award: Sasha Hovind - Lisbon
Leah Oien - Griggs County Central
Brooke Feltman - Grafton

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

Varsity Boys (5000 Meters) (125 runners)

Tanner Bernhardt - 15th place - 18:44 - **All-Region**
Kyle Halvorson - 31st place - 19:35
Nolan Hovland - 34th place - 19:48
John Mueller - 48th place - 20:45
Brady Fossum - 50th place - 20:52

Noah Kraft - 77th place - 21:55
Tyler Schmaltz - 82nd place - 22:18

Team Results: 1. Lisbon - 64, 2. Grafton - 87, 3. Central Cass - 98, 4. Griggs County Central - 162, **5. Rugby - 178**,
6. Central Prairie - 199, 7. Hillsboro/Central Valley - 223, 8. Sargent Central - 294, 9. Carrington - 308, 10. Velva - 322,
11. Pembina County North - 327, 12. Mayville-Portland-Clifford-Galesburg - 357, 13. Langdon Area - 366, 14. Larimore - 368,
15. Richland - 386, 16. Dunseith - 408, 17. Four Winds/Warwick - 418, 18. Hatton/Northwood/Thompson - 428,
19. Munich - 527, 20. Benson County - 576, 21. Barnes County North - 616, 22. North Star - 617

Individual Winner: Thomas Horgeshimer - Lisbon - 16:57

Region Nominees for State Outstanding Senior of the Year Award: Jacob Gallagher - Lisbon
Josh Mangin - Central Cass
DeVan Helmowski - Grafton

Region Coach of the Year: Joe Kern - Lisbon