

# RUGBY CROSS COUNTRY RESULTS

**Class B East Region, Saturday, October 21, 11:00 a.m.**

**Site - Cooperstown Country Club - Cooperstown, ND**

## Varsity Girls (5000 Meters) 157 runners

Quinn Neppl - 5th place - 19:36 - **All-Region**  
Ellie Duchscherer - 13th place - 20:42 - **All-Region**  
Tristin Lunde - 16th place - 20:57 - **All-Region**  
Mykell Heidlebaugh - 20th place - 21:21 - **All-Region**  
Karsyn Hager - 32nd place - 22:16  
Kristina Brossart - 49th place - 22:51  
Rylie Suchor - 62nd place - 23:22  
Anna Clements - 64th place - 23:27

Kendyl Hager - 65th place - 23:29  
Anni Stier - 70th place - 23:40  
Braelynn Oppen - 80th place - 24:16  
Emily Salwey - 82nd place - 24:18  
Mikaylee Livedalen - 89th place - 24:38  
Andrea Arnold - 91st place - 24:44  
Dessa Denich - 136th place - 27:54  
Tessa Sobolik - 149th place - 30:02

Team Results: 1. Hillsboro/Central Valley - 76, **2. Rugby - 86**, 3. Mayville-Portland-Clifford-Galesburg - 111, 4. Hatton/Northwood/Thompson - 147, 5. Surrey - 232, 6. Grafton - 245, 7. Lisbon - 272, 8. Langdon Area/Munich/Edmore - 299, 9. Griggs County Central - 330, 10. Carrington - 354, 11. Sargent Central/Lidgerwood - 355, 12. New Rockford-Sheyenne - 358, 13. Pembina County North - 359, 14. Central Cass - 403, 15. Kindred - 412, 16. Harvey/Wells County - 443, 17. Northern Cass - 451, 18. Medina/Pingree-Buchanan - 498, 19. Edgeley/Kulm - 545, 20. Rolla - 557, 21. LaMoure-Marion - 610, 22. Velva - 648, 23. Larimore - 668, 24. Barnes County North - 685, 25. Richland - 701, 26. Dunseith - 717, 27. Ellendale - 738

Individual Winner: Elise Ramberg - Langdon Area/Munich/Edmore - 18:57

Outstanding Senior Athlete Nominees - **Tristin Lunde, Rugby**

Mikayla Koenig, Griggs County Central  
Gracie Wright, Hillsboro/Central Valley

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

## Varsity Boys (5000 Meters) 200 runners

Riley Zachmeier - 4th place - 17:17 - **All-Region**  
Kadin Neppl - 10th place - 17:55 - **All-Region**  
Dawson Schepp - 15th place - 18:11 - **All-Region**  
Warren Walker - 33rd place - 19:08  
Landon Rost - 40th place - 19:17  
Cole Wentz - 44th place - 19:26

Logan Harner - 56th place - 19:48  
Malachi Dosch - 81st place - 20:37  
Ridley Odden - 88th place - 20:44  
Jacob Arnold - 101st place - 21:09  
Erik Foster - 167th place - 23:57  
Trenton Sanford - 179th place - 25:04

Team Results: 1. Hillsboro/Central Valley - 65, 2. Hatton/Northwood/Thompson - 83, **3. Rugby - 102**, 4. Pembina County North - 173, 5. Central Cass - 182, 6. Carrington - 218, 7. Kindred - 246, 8. Lisbon - 253, 9. Langdon Area/Munich/Edmore - 270, 10. Four Winds/Minnewaukan - 277, 11. Edgeley/Kulm - 317, 12. Griggs County Central - 325, 13. Grafton - 339, 14. Surrey - 355, 15. Mayville-Portland-Clifford-Galesburg - 451, 16. Medina/Pingree-Buchanan - 491, 17. Sargent Central/Lidgerwood - 512, 18. Velva - 669, 19. Northern Cass - 687, 20. Richland - 741, 21. Harvey/Wells County - 751, 22. Warwick - 803, 23. LaMoure-Marion - 805, 24. Ellendale - 815, 25. New Rockford-Sheyenne - 851, 26. Rolla - 990

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

Outstanding Senior Athlete Nominees - Jayden Wheeling, Pembina County North

Cade Baesler, Hillsboro/Central Valley  
Connor Fitzgerald, Lisbon

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