

MID ATLANTIC ALL REGION

Cross Country

(95)

Year	Name	Place
2000	Ann McGranahan	1st
2000	Renee Gunning	4th
2000	Geraldine McCarthy	10th
2000	Liz Awtrey	15th
2001	Kalin Toedebusch	5th
2001	Ioana Parusheva	7th
2001	Renee Gunning	8th
2002	Marina Muncan	4th
2002	Kalin Toedebusch	10th
2002	Ioana Parusheva	14th
2002	Rebecca Mitchell	16th
2002	Carre Joyce	17th
2002	Liz Haglund	18th
2003	Ioana Parusheva	7th
2003	Marina Muncan	10th
2003	Juliette Kenny	17th
2004	Marina Muncan	2nd
2004	Ioana Parusheva	14th
2004	Liz Haglund	15th
2004	Colleen Taylor	16th
2004	Kirsty Smith	21st
2005	Marina Muncan	3rd
2005	Frances Koons	4th
2005	Akilah Vargas	24th
2006	Frances Koons	1st
2006	Akilah Vargas	14th
2007	Sheila Reid	12th
2007	Ali Smith	20th
2007	Callie Hogan	24th
2008	Frances Koons	1st
2008	Bogdana Mimic	5th
2008	Callie Hogan	11th
2008	Kaitlyn Tallman	13th
2009	Sheila Reid	1st
2009	Amanda Marino	2nd
2009	Bogdana Mimic	5th
2009	Ali Smith	6th
2009	Kaitlyn Tallman	9th
2009	Nicole Schappert	12th
2009	Brooke Simpson	15th
2010	Sheila Reid	1st
2010	Bogdana Mimic	5th
2010	Amanda Marino	6th
2010	Ali Smith	7th
2010	Emily Lipari	14th
2011	Sheila Reid	1st
2011	Bogdana Mimic	3rd
2011	Nicky Akande	10th
2011	Emily Lipari	16th
2012	Nicky Akande	1st
2012	Emily Lipari	3rd
2012	Summer Cook	14th

Cross Country

Year	Name	Place
2013	Emily Lipari	1st
2013	Nicky Akande	2nd
2013	Angel Piccirillo	4th
2013	Stephanie Schappert	8th
2013	Sydney Harris	16th
2014	Stephanie Schappert	14th
2014	Siofra Cleirigh Buttner	17th
2015	Angel Piccirillo	7th
2015	Siofra Cleirigh Buttner	17th
2015	Bella Burda	22nd
2016	Siofra Cleirigh Buttner	7th
2016	Angel Piccirillo	8th
2016	Bella Burda	17th
2016	Katie Fisher	23rd
2017	Bella Burda	1st
2017	Kaley Ciluffo	13th
2017	Rachel McArthur	14th
2017	Lauren Ryan	15th
2017	Nicole Hutchinson	17th
2017	Katie Fisher	20th
2018	Rachel McArthur	1st
2018	Caroline Alcorta	3rd
2018	Nicole Hutchinson	5th
2018	Lydia Olivere	9th
2018	Taryn O'Neill	15th
2018	Reilly Siebert	24th
2019	Lydia Olivere	1st
2019	Maggie Smith	3rd
2019	Ann Campbell	4th
2021	Lydia Olivere	4th
2021	Maggie Smith	8th
2021	Sadie Sigfstead	9th
2022	Lydia Olivere	9th
2023	Sadie Sigfstead	1st
2023	Emma McGill	4th
2023	Emily Robinson	25th
2024	Sadie Sigfstead	3rd
2024	Emma McGill	14th
2024	Nikki Vanasse	25th
2025	Tilly O'Connor	5th
2025	Nikki Vanasse	11th
2025	Margaret Carroll	15th
2025	Amelia Arrieta	18th

(By Place)

1st	12
2nd	3
3rd	6
4th	7
5th	6
6th	2
7th	5
8th	4
9th	4
10th	4
11th	2
12th	2
13th	2
14th	8
15th	6
16th	4
17th	6
18th	2
19th	
20th	2
21st	1
22nd	1
23rd	1
24th	3
25th	2
1st-5th	32
6th-10th	17
11th-15th	18
16th-20th	13
21st-25th	8

(By Year)

72009
62002, 2017, 2018
52004, 2010, 2013
42000, 2008, 2011, 2016, 2025
32001, 2003, 2005, 2007, 2012, 2015, 2019, 2021, 2023, 2024
22006, 2014
12022

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(4)

<u>Name</u>	
Emily Lipari.....	2010, 2011, 2012, 2013
Bogdana Mimic.....	2008, 2009, 2010, 2011
Marina Muncan.....	2002, 2003, 2004, 2005
Lydia Olivere.....	2018, 2019, 2021, 2022
Ioana Parusheva.....	2001, 2002, 2003, 2004
Sheila Reid.....	2007, 2009, 2010, 2011

(3)

<u>Name</u>	
Nicky Akande.....	2011, 2012, 2013
Bella Burda.....	2015, 2016, 2017
Siofra Cleirigh Buttner.....	2014, 2015, 2016
Frances Koons.....	2005, 2006, 2008
Angel Piccirillo.....	2013, 2015, 2016
Sadie Sigfstead.....	2021, 2023, 2024
Ali Smith.....	2007, 2009, 2010

(2)

<u>Name</u>	
Katie Fisher.....	2016, 2017
Renee Gunning.....	2000, 2001
Liz Haglund.....	2002, 2004
Callie Hogan.....	2007, 2008
Nicole Hutchinson.....	2017, 2018
Amanda Marino.....	2009, 2010
Emma McGill.....	2023, 2024
Rachel McArthur.....	2017, 2018
Stephanie Schappert.....	2013, 2014
Maggie Smith.....	2019, 2021
Kaitlyn Tallman.....	2008, 2009
Kalin Toedebusch.....	2001, 2002
Nikki Vanasse.....	2024, 2025
Akilah Vargas.....	2005, 2006

(1)

<u>Name</u>	
Caroline Alcorta.....	2018
Amelia Arrieta.....	2025
Liz Awtrey.....	2000
Ann Campbell.....	2019
Margaret Carroll.....	2025
Kaley Ciluffo.....	2017
Summer Cook.....	2012
Sydney Harris.....	2013
Carre Joyce.....	2002
Juliette Kenny.....	2003
Geraldine McCarthy.....	2000
Ann McGranahan.....	2000
Rebecca Mitchell.....	2002
Tilly O'Connor.....	2025
Taryn O'Neill.....	2018
Emily Robinson.....	2023
Lauren Ryan.....	2017
Nicole Schappert.....	2009
Reilly Siebert.....	2018
Brooke Simpson.....	2009
Kirsty Smith.....	2004
Colleen Taylor.....	2004

49 People
95 Honors

All-Region honors are given to the top 25 individual finishers at each of the nine regional meets in cross country; the current format of regional competition has been in place since 2000

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Nicky Akande (3)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2011	10th	22:03.3
2012	1st	20:14
2013	2nd	19:53

Caroline Alcorta (1)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2018	3rd	21:11.8

Amelia Arrieta (1)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2025	18th	20:03.0

Liz Awtrey (1)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2000	15th	21:25.91

Bella Burda (3)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2015	22nd	21:34.3
2016	17th	21:05.9
2017	1st	20:01.5

Ann Campbell (1)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2019	4th	20:21.3

Margaret Carroll (1)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2025	15th	19:55.6

Kaley Ciluffo (1)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2017	13th	20:28.8

Siofra Cleirigh Buttner (3)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2014	17th	21:10
2015	17th	21:25.2
2016	7th	20:39.3

Summer Cook (1)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2012	14th	20:52

Katie Fisher (2)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2016	23rd	21:13.5
2017	20th	20:36.2

Renee Gunning (2)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2000	4th	21:50.04
2001	8th	21:14.73

Liz Haglund (2)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2002	18th	21:35.2
2004	15th	21:38

Sydney Harris (1)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2013	16th	20:35

Callie Hogan (2)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2007	24th	20:59
2008	11th	21:53

Nicole Hutchinson (2)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2017	17th	20:31.9
2018	5th	21:19.3

Carre Joyce (1)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2002	17th	21:32.6

Juliette Kenny (1)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2003	17th	21:15

Frances Koons (3)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2005	4th	20:25.8
2006	1st	20:02.90
2008	1st	21:11

Emily Lipari (4)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2010	14th	20:41
2011	16th	22:15.9
2012	3rd	20:27
2013	1st	19:53

Amanda Marino (2)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2009	2nd	20:27
2001	6th	20:09

Rachel McArthur (2)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2017	14th	20:29.2
2018	1st	21:02.2

Geraldine McCarthy (1)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2000	10th	21:11.33

Emma McGill (2)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2023	4th	19:49.2
2024	14th	20:14.7

Ann McGranahan (1)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2000	1st	20:32.34

Bogdana Mimic (4)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2008	5th	21:33
2009	5th	20:47
2010	5th	20:05
2011	3rd	21:36.8

Rebecca Mitchell (1)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2002	16th	21:27.8

Marina Muncan (4)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2002	4th	20:52.1
2003	10th	20:41
2004	2nd	20:42
2005	3rd	20:13.2

Tilly O'Connor (1)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2025	5th	19:41.8

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Lydia Olivere (4)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2018	9th	21:24.6
2019	1st	20:02.0
2021	4th	20:25.3
2022	9th	20:32.7

Taryn O'Neill (1)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2018	15th	21:33.9

Ioana Parusheva (4)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2001	7th	21:13.50
2002	14th	21:24.9
2003	7th	20:20
2004	14th	21:36

Angel Piccirillo (3)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2013	4th	20:10
2015	7th	21:11.9
2016	8th	20:41.7

Sheila Reid (4)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2007	12th	20:37
2009	1st	20:23
2010	1st	19:34
2011	1st	21:32.7

Emily Robinson (1)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2023	25th	20:45.7

Lauren Ryan (1)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2017	15th	20:30.6

Nicole Schappert (1)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2009	12th	21:02

Stephanie Schappert (2)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2013	8th	20:17
2014	14th	21:01

Reilly Siebert (1)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2018	24th	21:46.0

Sadie Sigfstead (3)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2021	9th	20:31.0
2023	1st	19:35.5
2024	3rd	19:30.8

Brooke Simpson (1)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2009	15th	21:19

Ali Smith (3)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2007	20th	20:53
2009	6th	20:49
2010	7th	20:10

Kirsty Smith (1)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2004	21st	21:55

Maggie Smith (2)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2019	3rd	20:15.8
2021	8th	20:30.4

Kaitlyn Tallman (2)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2008	13th	22:00
2009	9th	20:57

Colleen Taylor (1)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2004	16th	21:44

Kalin Toedebusch (2)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2001	5th	20:53.95
2002	10th	21:08.6

Nikki Vanasse (2)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2024	25th	20:40.2
2025	11th	19:49.2

Akilah Vargas (2)

<u>Year</u>	<u>Place</u>	<u>Time</u>
2005	24th	21:28.1
2006	14th	21:10.04