

VILLANOVA WOMEN'S CROSS COUNTRY

2025 SEASON

SCHEDULE AND RESULTS

<u>Date</u>	<u>Meet</u>	<u>Result</u>
8/29	Temple Invitational	1st of 7
9/19	Main Line Invitational	1st of 10
10/3	Paul Short Run	1st of 40
10/17	Pre-National Invitational	2nd of 38
10/24	Haverford Invitational	1st of 7
10/31	BIG EAST Championships	
11/14	NCAA Mid-Atlantic Regional	
11/22	NCAA Championships	

PERFORMANCE LIST

<u>4000 Meters</u>	<u>Time</u>	<u>Date</u>
Lizzie Martell	14:46.8	8/29
Kinsey Pogue	14:56.3	8/29
Therese Trainer	15:03.8	8/29
Lucy Moran	15:20.8	8/29
Gabby Pistner	15:20.9	8/29
Caelen O'Leary	15:37.6	8/29

<u>5000 Meters</u>		
Bella Walsh <i>(unattached)</i>	17:36.5	10/24
Lizzie Martell	17:39.4	10/24
Zoe Mosher	17:48.9	9/19
Cecilia Montagnese	17:57.8	9/19
Sophia McInnes	18:03.4	9/19
Gabby Pistner	18:06.2	10/24
Kinsey Pogue	18:08.1	9/19
Maeve Smith	18:16.3	9/19
Caelen O'Leary	18:47.3	10/24
Lucy Moran	18:47.4	10/24
Therese Trainer	18:57.3	10/24

<u>6000 Meters</u>		
Margaret Carroll	19:38.3	10/3
Tilly O'Connor	19:51.1	10/3
Nikki Vanasse	19:58.1	10/17
Rosie Shay	20:27.8	10/3
Zoe Mosher	20:44.1	10/17
Sophia McInnes	20:55.2	10/3
Amelia Arrieta	20:59.3	10/17
Maeve Smith	21:03.6	10/3
Cecilia Montagnese	21:13.5	10/3
Kinsey Pogue	21:49.2	10/3

RACE VENUES

Temple Invitational

Temple Ambler
Ambler, Pa.
4000 Meters

Main Line Invitational

Fran Rizzo Cross Country Course at Haverford College
Haverford, Pa.
5000 Meters

Paul Short Run

Goodman Campus Course
Bethlehem, Pa.
6000 Meters

Pre-National Invitational

Gans Creek Cross Country Course
Columbia, Mo.
6000 Meters

Haverford Invitational

Fran Rizzo Cross Country Course at Haverford College
Haverford, Pa.
5000 Meters

BIG EAST Championships

Olsson Cross Country Course
Ashburn, Va.
6000 Meters

NCAA Mid-Atlantic Regional

Goodman Campus Course
Bethlehem, Pa.
6000 Meters

NCAA Championships

Gans Creek Cross Country Course
Columbia, Mo.
6000 Meters

VILLANOVA WOMEN'S CROSS COUNTRY

2025 SEASON

AGGREGATE RESULTS

4000 METERS

	<u>NAME</u>	<u>DATE</u>
14:46.8	Lizzie Martell	8/29
14:56.3	Kinsey Pogue	8/29
15:03.8	Therese Trainer	8/29
15:20.8	Lucy Moran	8/29
15:20.9	Gabby Pistner	8/29
15:37.6	Caelen O'Leary	8/29

5000 METERS

	<u>NAME</u>	<u>DATE</u>
17:36.5 <i>(unattached)</i>	Bella Walsh	10/24
17:39.4	Lizzie Martell	10/24
17:48.9	Zoe Mosher	9/19
17:57.8	Cecilia Montagnese	9/19
18:03.4	Sophia McInnes	9/19
18:06.2	Gabby Pistner	10/24
18:08.1	Kinsey Pogue	9/19
18:16.3	Maeve Smith	9/19
18:29.7	Lizzie Martell	9/19
18:32.5	Gabby Pistner	9/19
18:47.3	Caelen O'Leary	10/24
18:47.4	Lucy Moran	10/24
18:57.3	Therese Trainer	10/24
18:58.7	Therese Trainer	9/19
19:11.3	Caelen O'Leary	9/19

6000 METERS

	<u>NAME</u>	<u>DATE</u>
19:38.3	Margaret Carroll	10/3
19:51.1	Tilly O'Connor	10/3
19:55.7	Tilly O'Connor	10/17
19:58.1	Nikki Vanasse	10/17
19:59.5	Nikki Vanasse	10/3
20:19.8	Margaret Carroll	10/17
20:27.8	Rosie Shay	10/3
20:33.0	Rosie Shay	10/17
20:44.1	Zoe Mosher	10/17
20:55.2	Sophia McInnes	10/3
20:59.3	Amelia Arrieta	10/17
21:03.6	Maeve Smith	10/3
21:13.5	Cecilia Montagnese	10/3
21:20.3	Cecilia Montagnese	10/17
21:28.8	Sophia McInnes	10/17
21:36.8	Maeve Smith	10/17
21:39.2	Zoe Mosher	10/3
21:49.2	Kinsey Pogue	10/3
21:53.0	Kinsey Pogue	10/17