



COACHING REGISTER

TENURE..... COACHYEARS

2016-2017	Megan Berhle '09	2
2018	Jacob Smith	1
2019-2022	Rebekah Ricksecker	3.5
2022	Madison MacPherson (Interim)	.5
2023-	Joanna Friesen	2

YEAR-BY-YEAR

YEAR..... COACHODAC FINISH.....NCAA REGIONAL FINISH

2016	Megan Berhle '09	11th	-
2017	Megan Berhle '09	11th	-
2018	Jacob Smith	10th	30th
2019	Rebekah Ricksecker	9th	29th
2020	Rebekah Ricksecker	N/A*	N/A*
2021	Rebekah Ricksecker	7th	20th
2022	Madison MacPherson	9th	27th
2023	Joanna Friesen	7th	18th
2024	Joanna Friesen	N/A	24th



ALL-TIME ROSTER

- A -

Albano, Bri '25.... '21
Anderson, Savannah '24.... '22

- B -

Babcock, Kae '25.... '22
Bhandari, Asmita '26... '23, '24
Boffen Yordanov, Georga '22.... '21

- C -

Carr, Michaela '27.... '24

- D -

Denson, Hannah '22 '23.... '20, '21, '22

- E -

Edwards, Angelica '20.... '19
Edwards, Lucy '27.... '24

- F -

Nora, Florio '21.... '18
Frost, Isabella '22.... '18

- G -

Greenwood, Jade '22.... '20, '21
Gullicksen, Lydia '18.... '16, '17

- H -

Hadley, Charlotte '22.... '21
Hall-Matson, Grace '24.... '22
Harpham, Madison '21.... '17, '18

- J -

Jones, Bailey '20.... '16
Jumaa, Etaf '26... '23, '24

- K -

Kirven, Kollin '18.... '17

- L -

Laich, Airen '20.... '16
Lawson, Victoria '20.... '16, '17, '18

- M -

Marron, Hannah '21.... '17, '18, '19, '20
May, Cecilia '27... '23
Melrose, Jessie '20.... '16, '17
Minton, Maggie '27... '23
Munoz, Meghan '24.... '20

- N -

Nelson, Erin Bell '23.... '19, '20, '21, '22

- O -

O'Donnell, Maggie '18.... '16

- P -

Peets, Alia '25.... '21, '23, '24
Peloso, Dani '24.... '22

- R -

Rucker, Anne '22.... '19, '20, '21
Rucker, Madeline '22.... '20

- S -

Schofield, Catherine '27.... '24
Smith, Tori '26... '23
Snyder, Amber '20.... '18, '19
Snyder, Erin '20.... '18, '19
Sparacio, Evie '24... '19, '21, '22, '23



ALL-TIME ROSTER

Stockton, Anna '25.... '21

Stooks, Sally '21.... '17

- T -

Thompson, Madison '27.... '24

Terwilliger, Lily '24.... '20, '21, '22

- U -

Uglum, Kim '17.... '16

- V -

Viccora, Mia '26.... '24

- W -

Wash, Alisa '21.... '17

Wiggins, Angelyn '25.... '21, '22, '23, '24

Wilson, Carolina '26... '23, '24

- Z -

Zak, Claire '18.... '16



YEAR-BY-YEAR RESULTS

2016

Coach: Megan Berhle '09

9/1.....Eagles Cross Country Challenge.....9th
 9/9ODAC Previre12th
 9/17.....Maroon Invitational.....7th
 9/24Hornet Harrier Invitational..... -
 10/29...ODAC Championships 11th

2017

Coach: Megan Berhle '09

9/1.....Eagles Cross Country Challenge.....4th
 9/9James Madison Invitational5th
 9/15.....Virginia Tech Alumni Meet.....13th
 10/7SBC Women's College Invitational..2nd
 10/28...ODAC Championships 11th

2018

Coach: Jacob Smith

8/31.....Eagles Cross Country Challenge.....7th
 9/22Hornet Harriet Invitational.....10th
 10/6.....Hagan Stone Classic3rd
 10/12 ...VertCross Invitational -
 10/27 ...ODAC Championships10th
 11/10....NCAA Regionals..... 30th

2019

Coach: Rebekah Ricksecker

8/30Eagles Cross Country Challenge.....7th
 10/14 ...ODAC Preview.....12th
 10/5Hagan Stone Classic2nd
 10/11....Royals XC Challenge 59th
 11/2ODAC Championships9th

11/16NCAA Regionals..... 29th

2020

Coach: Rebekah Ricksecker

2/26ODAC South Meet2nd
 3/12.....WildCat XC Relays3rd
 3/19.....Sweet Scramble -
 3/26Briar Battle W, 23-32

2021

Coach: Rebekah Ricksecker

9/2.....WildCat XC Relays 3rd-6th
 9/11.....WildCat XC Inviational2nd
 10/2ODAC Preview.....7th
 10/8Lancer Pink Open.....2nd
 10/16 ...Smith River Classic.....1st
 10/30...ODAC Championships7th
 11/13NCAA Regionals..... 29th

2022

Coach: Rebekah Ricksecker/Madison MacPherson

9/1.....WildCat XC Relays -
 9/16NCAA South Regional Preview -
 9/24Hornet Harrier Invitational..... -
 10/7Golden Acorn Invite.....3rd
 10/14 ...Roanoke XC Invitational12th
 10/21....JWU Wildcat XC Classic9th
 10/29...ODAC Championships9th
 11/12NCAA Regionals.....27th

CSC Academic All-District

2023..... Lily Terwilliger '23



YEAR-BY-YEAR RESULTS

2023

Coach: Joanna Friesen

9/1.....Hill City Relays.....7th-9th
9/8Rooney Invitational4th
9/16Lancer Pink Invite3rd
9/29Sweet Briar Invitational.....1st
10/13 ...Roanoke XC Invitational.....10th
10/28...ODAC Championships7th
11/11NCAA Regionals.....18th

2024

Coach: Joanna Friesen

8/30EMU Hertiage XC Invite4th
9/7Lancer Home Open.....3rd
9/14Sweet Briar 5K.....2nd
10/19 ...Roanoke XC Invitational.....14th
11/2ODAC Championships -
11/16....NCAA Regionals..... 24th



INDIVIDUAL & TEAM HONORS

CSC Academic All-District

2023..... Lily Terwilliger '23
..... Angelyn Wiggins '25

VaSID Academic All-State

2022..... Lily Terwilliger '23
2019..... Hannah Marron '21
..... Erin Snyder '20
2018..... Lydia Gullicksen '18
2017..... Lydia Gullicksen '18
..... Claire Zak '18

ODAC All-Academic

2022..... Hannah Denson '22 '23
..... Anne Rucker '22
..... Evie Sparacio '23
..... Anna Stockton '25
..... Lily Terwilliger '23
..... Angelyn Wiggins '25
2021..... Hannah Denson '22 '23
..... Hannah Marron '21
..... Anne Rucker '22
..... Madeline Rucker '22
2020..... Hannah Marron '21
..... Anne Rucker '22
..... Madeline Rucker '22
..... Amber Snyder '20
..... Erin Snyder '20
2019..... Hannah Marron '21
..... Amber Snyder '20
..... Erin Snyder '20
..... Nora Florio '21
..... Isabella Frost '22
2018..... Hannah Marron '21
..... Kollin Kirven '18

..... Lydia Gullicksen '18
2017..... Lydia Gullicksen '18
..... Maggie O'Donnell '18
..... Kim Uglum '17
..... Claire Zak '18

ODAC Sportsmanship

2018..... Madison Harpham '21
2017..... Claire Zak '18

USTFCCCA Team Academic Award

2019



ODAC CHAMPIONSHIP HISTORY

2024

Green Hill Park | Salem, Va.

6K | 9 Teams | 101 Runners

Individual Results

Place	Runer	Score	Time
64	Carolina Wilson.....	-	25:46.1
74	Angelyn Wiggins.....	-	26:39.8
85	Alia Peets.....	-	28:41.8
93	Etaf Jumaa	-	30:51.6

2023

Green Hill Park | Salem, Va.

6K | 9 Teams | 93 Runners

Team Results

Place	Scores	Points
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7.....25-27-40-52-54-(55)-(57).....208

Individual Results

Place	Runer	Score	Time
28	Carolina Wilson.....	25	24:25.50
51	Angelyn Wiggins.....	27	26:39.10
57	Maggie Minton	40	27:19.00
73	Alia Peets.....	52	29:41.70
79	Etaf Jumaa	54	32:48.50
83	Evie Sparacio	(55)	33:31.30
86	Cecilia May.....	(57)	35:18.80
87	Asmita Bhandari	-	35:30.20

2022

Kernstown Battlefield | Winchester, Va.

6K | 10 Teams | 96 Runners

Team Results

Place	Scores	Points
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9.....31-43-60-63-64-(65).....261

Individual Results

Place	Runer	Score	Time
45	Angelyn Wiggins.....	31	26:10.0
60	Lily Terwilliger.....	43	27:32.3
82	Ashley Sparacio.....	60	32:09.5
89	Kae Babcock.....	63	37:10.7
93	Dani Peloso.....	64	40:44.4
95	Erin Bell Nelson.....	(65)	43:28.9

2021

Bridgewater | Bridgewater, Va.

6K | 11 Teams | 91 Runners

Team Results

Place	Scores	Points
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7.....32-40-44-50-52-(57)-(59).....218

Individual Results

Place	Runer	Score	Time
43	Angelyn Wiggins.....	32	27:47.0
52	Lily Terwilliger.....	40	28:38.4
56	Anne Rucker	44	29:09.7
62	Alia Peets.....	50	30:29.7
64	Anna Stockton	52	31:00.9
73	Ashley Sparacio.....	(57)	32:04.2
76	Charlotte Hadley.....	(59)	32:21.9
77	Jade Greenwood.....	-	32:38.1
85	Erin Bell Nelson.....	-	34:40.1

2020

No Championship due to COVID-19



ODAC CHAMPIONSHIP HISTORY

2019

Green Hill Park | Salem, Va.
6K | 12 Teams | 99 Runners

Team Results

Place	Scores	Points
9.....	30-31-47-56-65-(69)-(71)	229

Individual Results

Place	Runer	Score	Time
45.....	Amber Snyder	30	25:11.0
46.....	Erin Snyder	31	25:12.5
64.....	Anne Rucker	47	27:09.8
77.....	Madeline Rucker	56	28:41.9
86.....	Hannah Marron	65	30:32.6
91.....	Erin Bell Nelson	(69)	31:39.8
93.....	Evie Sparacio	(71)	32:26.0
99.....	Angelica Edwards	(-)	39:47.3

2018

Kerstown Battelfield | Winchester, Va.
6K | 12 Teams | 93 Runners

Team Results

Place	Scores	Points
9.....	30-31-47-56-65-(69)-(71)	229

Individual Results

Place	Runer	Score	Time
39.....	Victoria Lawson	30	26:08.3
62.....	Amber Snyder	46	28:25.1
63.....	Erin Snyder	47	28:36.0
70.....	Hannah Marron	53	30:43.2
84.....	Nor Florio	66	32:10.5

2017

Virginia Wesleyan | Virginia Beach, Va.
6K | 12 Teams | 96 Runners

Team Results

Place	Scores	Points
11.....	53-61-66-67-71-(78)	318

Individual Results

Place	Runer	Score	Time
65.....	Victoria Lawson	53	27:18.9
74.....	Jessie Melrose	61	29:18.7
79.....	Lydia Gullicksen	66	30:05.5
81.....	Alisa Walsh	67	30:10.3
87.....	Madison Harpham	71	31:38.9
94.....	Hannah Marron	(78)	33:57.9

2016

Vista Links Golf Course | Buena Vista, Va.
6K | 11 Teams | 93 Runners

Team Results

Place	Scores	Points
11.....	50-58-65-68-69-(70)	310

Individual Results

Place	Runer	Score	Time
62.....	Victoria Lawson	50	28:44.9
73.....	Jessie Melrose	58	30:46.5
83.....	Lydia Gullicksen	65	31:53.9
89.....	Claire Zak	68	35:11.4
92.....	Kim Ulgum	69	38:41.4
93.....	Bailey Jones	(70)	39:21.8



NCAA REGIONAL CHAMPIONSHIP HISTORY

2024

Choctaw Trails | Clinton, Miss.

6K | 24 Teams | 169 Runners

Team Results

Place	Scores	Points
24.....	108-120-134-144-145.....	651

Individual Results

Place	Runer	Score	Time
116.....	Anglyn Wiggins.....	108.....	26:41.39
130.....	Carolina Wilson.....	120.....	27:17.21
145.....	Alia Peets.....	134.....	28:44.97
156.....	Etaf Jumaa.....	144.....	30:56.57
157.....	Mia Viccara.....	145.....	31:02.62

2022

Lee Hall Mansion | Newport News, Va.

6K | 27 Teams | 176 Runners

Team Results

Place	Scores	Points
27.....	123-131-159-166-(167).....	737

Individual Results

Place	Runer	Score	Time
129.....	Angelyn Wiggins.....	122.....	29:45.8
147.....	Lily Terwilliger.....	139.....	31:39.6
159.....	Savannah Anderson.....	151.....	32:56.5
167.....	Evie Sparacio.....	159.....	35:09.6
175.....	Erin Bell Nelson.....	166.....	44:01.2
176.....	Grace Hall-Matson.....	(167).....	45:03.6

2023

Berry College | Mount Berry, Ga.

6K | 22 Teams | 168 Runners

Team Results

Place	Scores	Points
18.....	55-85-99-129-135-(138)-(141).....	503

Individual Results

Place	Runer	Score	Time
58.....	Carolina Wilson.....	55.....	24:33.94
93.....	Angelyn Wiggin.....	85.....	25:36.91
109.....	Maggie Minton.....	99.....	26:27.00
148.....	Alia Peets.....	129.....	29:46.41
154.....	Evie Sparacio.....	135.....	31:14.76
158.....	Etaf Jumaa.....	(138).....	32:37.20
163.....	Cecilia May.....	(141).....	33:58.13

2021

Milliken Research Center | Spartanburg, S.C.

6K | 24 Teams | 163 Runners

Team Results

Place	Scores	Points
20.....	104-106-113-129-130-(142)-(147).....	582

Individual Results

Place	Runer	Score	Time
106.....	Angelyn Wiggins.....	104.....	27:11.2
108.....	Lily Terwilliger.....	106.....	27:20.9
115.....	Anne Rucker.....	113.....	27:56.5
136.....	Anna Stockton.....	129.....	29:00.4
137.....	Alia Peets.....	130.....	29:01.7
150.....	Charlotte Hadley.....	(142).....	30:45.1
156.....	Evie Sparacio.....	(147).....	31:07.6



NCAA REGIONAL CHAMPIONSHIP HISTORY

2020

No Championship due to COVID-19

2019

*Shelby Farms Park | Memphis, Ten.
6K | 33 Teams | 239 Runners*

Team Results

Place	Scores	Points
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29.....	114-122-178-183-196-(211)-(216)	793
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Individual Results

Place	Runer	Score	Time
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122.....	Amber Snyder	114	25:13.7
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130	Erin Snyder	122	25:25.0
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194.....	Anne Rucker	178	27:42.6
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200.....	Madeline Rucker	183	28:11.9
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215.....	Hannah Marron	196	29:20.6
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233	Erin Bell Nelson	(211)	32:10.9
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239	Angelica Edwards	(216)	42:47.1
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2018

*Berry | Mount Berry, Ga.
6K | 32 Teams | 237 Runners*

Team Results

Place	Scores	Points
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30	135-163-164-195-199	856
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Individual Results

Place	Runer	Score	Time
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151	Victoria Lawson	135	27:15.7
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183.....	Amber Snyder	163	28:52.21
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184.....Erin Snyder.....16428:52.57

220Hannah Marron195..... 32:52.93

225Nora Florio199 33:29.61

2017

Did not compete

2016

Did not compete



TOP TIMES

6K

No.	Name	Time	Meet	Course (Location)	Date
1	Carolina Wilson	23:49.9	Roanoke XC Invitational	Green Hill Park (Salem, Va.)	10.13.23
2	Carolina Wilson	24:25.5	ODAC Championships	Green Hill Park (Salem, Va.)	10.28.23
3	Carolina Wilson	24:33.94	NCAA Regionals	Berry College (Mount Berry, Ga.)	11.11.23
4	Amber Snyder	25:11.0	ODAC Championships	Green Hill Park (Salem, Va.)	11.02.19
5	Erin Snyder	25:12.5	ODAC Championships	Green Hill Park (Salem, Va.)	11.02.19
6	Angelyn Wiggins	25:19.3	Roanoke XC Invitational	Green Hill Park (Salem, Va.)	10.13.23
7	Angelyn Wiggins	25:36.91	NCAA Regionals	Berry College (Mount Berry, Ga.)	11.11.23
8	Carolina Wilson	25:46.1	ODAC Championships	Green Hill Park (Salem, Va.)	11.02.24
9	Carolina Wilson	25:47.4	Roanoke XC Invitational	Green Hill Park (Salem, Va.)	10.19.24
10	Angelyn Wiggins	25:52.2	Roanoke XC Invitational	Green Hill Park (Salem, Va.)	10.14.22
11	Victoria Lawson	26:08.3	ODAC Championships	Kernstown Battlefield (Winchester, Va.)	10.27.18
12	Lily Terwilliger	26:09.8	Roanoke XC Invitational	Green Hill Park (Salem, Va.)	10.14.22
13	Angelyn Wiggins	26:10.0	ODAC Championships	Kernstown Battlefield (Winchester, Va.)	10.29.22
14	Maggie Minton	26:17.5	Roanoke XC Invitational	Green Hill Park (Salem, Va.)	10.13.23
15	Maggie Minton	26:27.0	NCAA Regionals	Berry College (Mount Berry, Ga.)	11.11.23
16	Angelyn Wiggins	26:39.10	ODAC Championships	Green Hill Park (Salem, Va.)	10.28.23
17	Angelyn Wiggins	26:39.2	Roanoke XC Invitational	Green Hill Park (Salem, Va.)	10.19.24
18	Angelyn Wiggins	26:39.8	ODAC Championships	Green Hill Park (Salem, Va.)	11.02.24
19	Angelyn Wiggins	26:41.39	NCAA Regionals	Choctaw Trails (Clinton, Miss.)	11.16.24
20	Carolina Wilson	26:54.8	Sweet Briar XC Invite	Sweet Briar (Sweet Briar, Va.)	09.30.23

5.2K

No.	Name	Time	Meet	Course (Location)	Date
1	Alisa Walsh	27:06.0	JMU Open	New Market Battlefield (New Market, Va.)	09.09.17
2	Jessie Melrose	28:46.0	JMU Open	New Market Battlefield (New Market, Va.)	09.09.17
3	Mardison Harpham	31:12.0	JMU Open	New Market Battlefield (New Market, Va.)	09.09.17
4	Hannah Marron	31:21.0	JMU Open	New Market Battlefield (New Market, Va.)	09.09.17



TOP TIMES

5K

No.	Name	Time	Meet	Course (Location)	Date
1	Carolina Wilson	20:49.5	Lancer Pink Invitational	Longwood University (Farmville, Va.)	09.16.23
2	Angelyn Wiggins	21:11.6	JWU Wildcat Classic	McAlpine Park (Charlotte, N.C.)	10.21.22
3	Carolina Wilson	21:22.7	Rooney Invitational	Green Hill Park (Salem, Va.)	09.08.23
4	Angelyn Wiggins	21:47.4	Lancer Pink Invitational	Longwood University (Farmville, Va.)	09.16.23
5	Anne Rucker	22:02.2	Hagan Stone Classic	Hagan-Stone Park (Pleasant Park, N.C.)	10.05.19
6	Amber Snyder	22:07.5	Hagan Stone Classic	Hagan-Stone Park (Pleasant Park, N.C.)	10.05.19
7	Erin Snyder	22:10.1	Royals XC Challenge	McAlpine Park (Charlotte, N.C.)	10.11.19
8	Maggie Minton	22:17.1	Lancer Pink Invitational	Longwood University (Farmville, Va.)	09.16.23
9	Victoria Lawson	22:20.9	VertCross Invitational	Redmon Complex (Kernersville, N.C.)	10.12.18
10	Lily Terwilliger	22:25.3	JWU Wildcat Classic	McAlpine Park (Charlotte, N.C.)	10.21.22
11	Angelyn Wiggins	22:25.7	Rooney Invitational	Green Hill Park (Salem, Va.)	09.08.23
12	Carolina Wilson	22:29.8	Lancer Home Open	Longwood Golf Course (Farmville, Va.)	09.07.24
12	Maggie Minton	22:37.8	Rooney Invitational	Green Hill Park (Salem, Va.)	09.08.23
14	Carolina Wilson	22:39.9	EMU Heritage XC Invite	EMU (Harrisonburg, Va.)	08.30.24
15	Angelyn Wiggins	23:00.6	Lancer Pink Invitational	Longwood Golf Course (Farmville, Va.)	10.08.21
16	Lily Terwilliger	23:15.1	Smith River XC Classic	Smith River Sports Complex (Axton, Va.)	10.16.21
17	Lily Terwilliger	23:16.1	Hornet Harrier Invitational	Kernstown Battlefield (Winchester, Va.)	09.24.22
18	Madeline Rucker	23:36.8	Royals XC Challenge	McAlpine Park (Charlotte, N.C.)	10.11.19
19	Carolina Wilson	23:33.61	Sweet Briar 5K	Sweet Briar College (Sweet Briar, Va.)	09.14.24
20	Lily Terwilliger	24:22.4	ODAC South Meet	HumanKind Course (Lynchburg, Va.)	02.26.21

4K

No.	Name	Time	Meet	Course (Location)	Date
1	Victoria Lawson	18:54.65	Eagles XC Challenge	Bridgewater (Bridgewater, Va.)	09.01.16
2	Victoria Lawson	19:19.6	ODAC Preview	Vista Links Golf Course (Buena Vista, Va.)	09.09.16
3	Jessie Melrose	19:44.09	Eagles XC Challenge	Bridgewater (Bridgewater, Va.)	09.01.17
4	Lydia Gullicksen	19:46.49	Eagles XC Challenge	Bridgewater (Bridgewater, Va.)	09.01.17
5	Victoria Lawson	20:00.61	Eagles XC Challenge	Bridgewater (Bridgewater, Va.)	08.31.18
6	Jessie Melrose	20:16.10	ODAC Preview	Vista Links Golf Course (Buena Vista, Va.)	09.09.16
7	Jessie Melrose	20:19.6	Eagles XC Challenge	Bridgewater (Bridgewater, Va.)	09.01.16
8	Alisa Wash	20:23.27	Eagles XC Challenge	Bridgewater (Bridgewater, Va.)	09.01.17
9	Lydia Gullicksen	21:19.9	ODAC Preview	Vista Links Golf Course (Buena Vista, Va.)	09.09.16
10	Lydia Gullicksen	21:51.9	Eagles XC Challenge	Bridgewater (Bridgewater, Va.)	09.01.16



ODAC CHAMPIONSHIP TOP TIMES

6K

No.	Name	Time	Place	Course (Location)	Date
1	Carolina Wilson	24:25.5	28th	Green Hill Park (Salem, Va.)	10.28.23
2	Amber Snyder	25:11.0	45th	Green Hill Park (Salem, Va.)	11.02.19
3	Erin Snyder	25:12.5	46th	Green Hill Park (Salem, Va.)	11.02.19
4	Carolia Wilson	25:46.1	64th	Green Hill Park (Salem, Va.)	11.02.24
5	Victoria Lawson	26:08.3	39th	Kernstown Battlefield (Winchester, Va.)	10.27.18
6	Angelyn Wiggins	26:10.0	45th	Kernstown Battlefield (Winchester, Va.)	10.29.22
7	Angelyn Wiggins	26:39.1	51st	Green Hill Park (Salem, Va.)	10.28.23
8	Angelyn Wiggins	26:39.8	74th	Green Hill Park (Salem, Va.)	11.02.24
9	Anne Rucker	27:09.8	64th	Green Hill Park (Salem, Va.)	11.02.19
10	Maggie Minton	27:19.0	57th	Green Hill Park (Salem, Va.)	10.28.23
11	Angelyn Wiggins	27:47.0	43rd	Bridgewater (Bridgewater, Va.)	10.30.21
12	Lily Terwilliger	27:32.3	60th	Kernstown Battlefield (Winchester, Va.)	10.29.22
13	Lily Terwilliger	28:38.4	52nd	Bridgewater (Bridgewater, Va.)	10.30.21
14	Alia Peets	21:41.8	85th	Green Hill Park (Salem, Va.)	11.02.24
15	Madeline Rucker	28:41.9	77th	Green Hill Park (Salem, Va.)	11.02.19
16	Alia Peets	29:41.7	73rd	Green Hill Park (Salem, Va.)	10.28.23
17	Anne Rucker	29:09.7	56th	Bridgewater (Bridgewater, Va.)	10.30.21
18	Hannah Marron	30:32.6	86th	Green Hill Park (Salem, Va.)	11.02.19
19	Jessie Melrose	30:46.5	73rd	Vista Links Golf Course (Buena Vista, Va.)	10.29.16
20	Lydia Gullicksen	30:05.5	79th	Virginia Wesletan (Vrginia Beach, Va.)	10.28.17



NCAA REGIONAL TOP TIMES

6K

No.	Name	Time	Place	Course (Location)	Date
1	Amber Snyder	23:13.7	122nd	Shelby Farms Park (Memphis, Tenn.)	11.16.19
2	Carolina Wilson	24:33.9	58th	Berry College (Mount Berry, Ga.)	11.11.23
3	Erin Snyder	25:25.0	130th	Shelby Farms Park (Memphis, Tenn.)	11.16.19
4	Angelyn Wiggins	25:36.91	93rd	Berry College (Mount Berry, Ga.)	11.11.23
5	Maggie Minton	26:27.0	109th	Berry College (Mount Berry, Ga.)	11.11.23
6	Angelyn Wiggins	26:41.3	116th	Choctaw Trails (Clinton, Miss.)	11.16.24
7	Angelyn Wiggins	27:11.2	106th	Milliken Research Center (Spartanburg, S.C.)	11.13.21
8	Victoria Lawson	27:15.7	151st	Berry College (Mount Berry, Ga.)	11.10.18
9	Carolina Wilson	27:17.2	130th	Choctaw Trails (Clinton, Miss.)	11.16.24
10	Lily Terwilliger	27:20.9	108th	Milliken Research Center (Spartanburg, S.C.)	11.13.21
11	Anne Rucker	27:42.6	194th	Shelby Farms Park (Memphis, Tenn.)	11.16.19
12	Anne Rucker	27:56.5	115th	Milliken Research Center (Spartanburg, S.C.)	11.13.21
13	Madeline Rucker	28:11.9	200th	Shelby Farms Park (Memphis, Tenn.)	11.16.19
14	Alia Peets	28:44.9	145th	Choctaw Trails (Clinton, Miss.)	11.16.24
15	Anna Stockton	29:00.4	136th	Milliken Research Center (Spartanburg, S.C.)	11.13.21
16	Alia Peets	29:01.7	137th	Milliken Research Center (Spartanburg, S.C.)	11.13.21
17	Hannah Marron	29:20.6	215th	Shelby Farms Park (Memphis, Tenn.)	11.16.19
18	Angelyn Wiggins	29:45.8	129th	Lee Hall Mansion (Newport News, Va.)	11.12.22
19	Alia Peets	29:46.4	148th	Berry College (Mount Berry, Ga.)	11.11.23
20	Charlotte Hadley	30:45.1	150th	Milliken Research Center (Spartanburg, S.C.)	11.13.21



TOP TEAM PERFORMANCES

6K

No.	Total Time	Meet	Course (Location)	Date
1	2:15.54	NCAA Regionals	Shelby Farms Park (Memphis, Tenn.)	11.16.19
2	2:16.36	Roanoke XC Invitational	Green Hill Park (Salem, Va.)	10.13.23
3	2:16.48	ODAC Championships	Green Hill Park (Salem, Va.)	11.02.19
4	2:17.39	NCAA Regionals	Berry College (Mount Berry, Ga.)	11.11.23
5	2:20.31	NCAA Regionals	Milliken Research Cente (Spartanburg, S.C.)	11.31.21
6	2:20.54	ODAC Championships	Green Hill Park (Salem, Va.)	10.28.23
7	2:23.59	ODAC Preview	Green Hill Park (Salem, Va.)	09.14.19
8	2:24.43	NCAA Regionals	Choctaw Trails (Clinton, Miss.)	11.16.24
9	2:26.03	ODAC Championships	Kernstown Battlefield (Winchester, Va.)	10.27.18
10	2:27.05	ODAC Championships	Bridgewater (Bridgewater, Va.)	10.30.21
11	2:28.32	ODAC Championships	Virginia Wesleyan (Virginia Beach, Va.)	10.28.17
12	2:29.53	Roanoke Invitational	Green Hill Park (Salem, Va.)	10.14.21
13	2:30.48	Sweet Briar Invitational	Sweet Briar College (Sweet Briar, Va.)	09.30.23
14	2:31.20	WildCat XC Invitational	HumanKind Course (Lynchburg, Va.)	2:31.21
15	2:31.23	NCAA Regionals	Berry (Mount Berry, Ga.)	11.10.18
16	2:32.32	ODAC Preview	Bridgewater (Bridgewater, Va.)	10.02.21
17	2:37.17	Golden Acorn Invite	Mary Baldwin (Fishersville, Va.)	10.07.22
18	2:38.17	Hornet Harrier Invitational	Kernstown Battlefield (Winchester, Va.)	09.22.18
19	2:43.40	Women's College Invite	Sweet Briar (Sweet Briar, Va.)	10.04.17
20	2:43.57	ODAC Championships	Kernstown Battlefield (Winchester, Va.)	10.29.22

5.2K

No.	Total Time	Meet	Course (Location)	Date
1	2:26.16	JMU Open	New Market Battlefield (New Market, Va.)	09.09.17



TOP TEAM PERFORMANCES

5K

No.	Total Time	Meet	Course (Location)	Date
1	1:56.53	Hagan Stone Classic	Hagan-Stone Park (Pleasant Garden, N.C.)	10.05.19
2	1:57.29	Lancer Pink Invitational	Longwood Golf Course (Farmville, Va.)	09.16.2023
3	1:59.26	Royals XC Challenge	McAlpine State Park (Charlotte, N.C.)	19.11.19
4	2:01.53	Lancer Pink Invitational	Longwood Golf Course (Farmville, Va.)	10.8.21
5	2:05.40	JMU Wildcat Classic	McAlpine State Park (Charlotte, N.C.)	10.21.22
6	2:06.16	Smith River XC Classic	Smith River Sports Complex (Axton, Va.)	10.16.21
7	2:11.54	Lancer Home Open	Longwood Golf Course (Farmville, Va.)	09.07.24
8	2:12.13	EMU Heritage XC Invite	Eastern Mennonite University (Harrisonsburg, Va.)	08.30.24
9	2:16.15	Hagan Stone Classic	Hagan-Stone Park (Pleasant Garden, N.C.)	10.06.18
10	2:20.41	Maroon Invitational	Mowles Spring State Park (Salem, Va.)	09.17.16

4K

No.	Total Time	Meet	Course (Location)	Date
1	1:45.21	Eagles XC Challenge	Bridgewater (Bridgewater, Va.)	09.01.17
2	1:46.26	ODAC Preview	Vista Links Golf Course (Buena Vista, Va.)	09.09.16
3	1:48.04	Eagles XC Challenge	Bridgewater (Bridgewater, Va.)	09.01.16
4	2:02.31	Eagles XC Challenge	Bridgewater (Bridgewater, Va.)	08.31.18



COURSE BESTS

BERRY COLLEGE (6K, 2 Meets)

INDIVIDUAL

24:33.84 Carolina Wilson 11.11.23

NCAA Regional Championships

TEAM

2:17.39 11.11.23

NCAA Regional Championships

BRIDGEWATER COLLEGE (4K, 1 Meet)

INDIVIDUAL

18:54.65 Victoria Lawson 09.01.16

Eagles XC Challenge

TEAM

2:52.17 09.01.17

Eagles XC Challenge

(6K, 2 Meets)

INDIVIDUAL

27:47.0 Angelyn Wiggins 10.30.21

ODAC Championships

TEAM

2:27.05 10.30.21

ODAC Championships

BUFORD MEREDITH XC COURSE (6K, 1 Meet)

INDIVIDUAL

29:34.8 Victoria Lawson 09.15.17

Virginia Tech Alumni

TEAM

2:52.17 09.15.17

Virginia Tech Alumni

CHOCTAW TRAILS (6K, 1 Meet)

INDIVIDUAL

26:41.4 Angelyn Wiggins 11.16.24

NCAA Regionals

TEAM

2:24.43 11.16.24

NCAA Regionals

EMU (5K, 1 Meet)

INDIVIDUAL

22:39.9 Carolina Wilson 08.30.24

EMU Heritage XC Invite

TEAM

2:12.13 08.30.24

EMU Hertiage XC Invite

GREEN HILL PARK (6K, 8 Meets)

INDIVIDUAL

21:22.7 Carolina Wilson 09.8.23

Rooney Invitational

TEAM

2:16.36 10.13.23

Roanoke XC Invitational

HAGAN-STONE PARK (5K, 2 Meets)

INDIVIDUAL

22:02.2 Anne Rucker 10.05.19

Hagan Stone Classic

TEAM

1:56.43 10:05.19

Hagan Stone Classic

HUMANKIND COURSE (5K, 1 Meet)

INDIVIDUAL

24:22.4 Lily Terwilliger 2.26.21

ODAC South Meet

TEAM

2:38.58 2.26.21

ODAC South Meet

(6K, 1 Meet)

INDIVIDUAL

29:18.7 Angelyn Wiggins 09.11.21

WildCat XC Invitational

TEAM



COURSE BESTS

2:31.21	09.11.21	2:37.17	10.07.22
<u>WildCat XC Invitational</u>		<u>Golden Acorn Invite</u>	

KERNSTOWN BATTLEFIELD (5K, 2 Meets)

INDIVIDUAL

23:16.0 Lily Terwilliger
Hornet Harrier Invitational

09.24.22 21:11.6 Angelyn Wiggins
JWU Wildcat Classic

TEAM

1:59.26
Royals XC Challenge

(6K, 3 Meet)

INDIVIDUAL

26:08.3 Victoria Lawson
ODAC Championships

10.27.18 27:11.2 Angelyn Wiggins
NCAA Regional Championships

TEAM

2:26.03
ODAC Championships

10.27.18 2:20.31
NCAA Regional Championships

LEE HALL MANSION (6K, 1 Meet)

INDIVIDUAL

2:18.4 Angelyn Wiggins
NCAA Regional Preview

09.16.22 24:46.6 Victoria Lawson
Maroon Invitational

TEAM

2:53.33
NCAA Regional Championships

11.12.22 2:20.41
Maroon Invitational

LONGWOOD GOLF COURSE (5K, 3 Meets)

INDIVIDUAL

20:49.5 Carolina Wilson
Lancer Pink Invitational

09.16.23 27:06.0 Alisa Wash
JMU Open

TEAM

1:57.29
Lancer Pink Invitational

09.16.23 2:26.16
JMU Open

MBU MURPHY DENNING CAMPUS (6K, 1 Meet)

INDIVIDUAL

27:49.5 Angelyn Wiggins
Golden Acorn Invite

10.07.22 22:2.09 Victoria Lawson
High Point VertCross Invitational

TEAM

REDMON COMPLEX (5K, 1 Meet)

INDIVIDUAL

22:2.09 Victoria Lawson
High Point VertCross Invitational

TEAM



COURSE BESTS

SHELBY FARMS PARK (6K, 1 Meet)

INDIVIDUAL

23:13.7 Amber Snyder 11.16.19
NCAA Regional Championships

TEAM

2:15.53 11.16.19
NCAA Regional Championships

VIRGINIA WESLEYAN COURSE (6K, 1 Meet)

INDIVIDUAL

27:18.89 Victoria Lawson 10.28.17
ODAC Championships

TEAM

2:28.32 10.28.17
ODAC Championships

SMITH RIVER SPORTS COMPLEX (5K, 1 Meet)

INDIVIDUAL

23:15.1 Lily Terwilliger 10.16.21
Smith River Classic

TEAM

2:06.16 10.16.21
Smith River Classic

VISTA LINKS GOLF COURSE (4K, 1 Meet)

INDIVIDUAL

19:19.6 Victoria Lawson 09.09.16
ODAC Preview

TEAM

1:46.26 09.09.16
ODAC Preview

SWEET BRIAR (4K, 1 Meet)

INDIVIDUAL

18:57.0 Lily Terwilliger 03.19.21
Women's College Invite

(5K, 2 Meets)

INDIVIDUAL

23:33.61 Carolina Wilson 07.14.24
Sweet Scramble

TEAM

2:37.41 03.26.21
Sweet Scramble

(6K, 1 Meet)

INDIVIDUAL

28:44.9 Victoria Lawson 10.29.16
ODAC Championships

TEAM

2:45.18 10.29.16
ODAC Championships

(6K, 2 Meets)

INDIVIDUAL

26:54.8 Carolina Wilson 09.29.23
Sweet Briar Invitational

TEAM

2:30.48 09.29.23
Sweet Briar Invitational



HOME COURSE RECRODS

6K, 2 Meets

INDIVIDUAL

26:54.8 Carolina Wilson 09.29.30 Sweet Briar Invitational

TEAM

2:30.48 Sweet Briar 09.29.30 Sweet Briar Invitational

5K, 2 Meets

INDIVIDUAL

22:33.61 Carolina Wilson, Sweet Briar 09.14.24 Sweet Briar 5K

TEAM

2:37.41 Sweet Briar 03.26.21 Briar Battle

4K, 1 Meet

INDIVIDUAL

18:57 Lily Terwilliger, Sweet Briar 03.19.21 Sweet Scramble