

# 2010-11 Women's Track and Field/Cross Country Recruiting Class

**Nicole Augins**  
Chesapeake, Va./Western Branch

**Personal Bests-**

1,500-meters: 5:12.88  
3K: 11:26.20  
3,200-meters: 12:22.54  
5K: 20:28

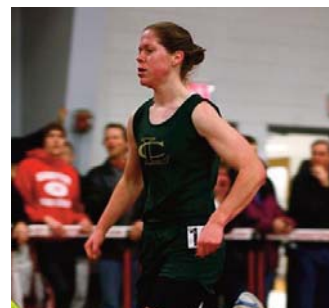


**Hannah Best**  
Louisa, Va./Louisa County

Three-time All-State  
All-District four straight years in indoor track, three years in outdoor  
Four-time All-District in XC

**Personal Bests-**

Mile: 5:20  
3,200-meters: 11:32  
5K: 18:38



**Tammy Cheung**  
Winchester, Va./Millbrook

Six-time All-State

**Personal Bests-**

400-meters: 1:03.05  
800-meters: 2:18  
1,600-meters: 5:08  
3,200-meters: 11:04  
5K: 18:59



**Nicole Harding**  
Charlottesville, Va./Western Albemarle

2010 Indoor State Champion in pole vault  
2009 Outdoor State runner-up  
2009 District and Region Champion (both indoor and outdoor)

**Personal Bests-**

PV: 11'3"



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**Dalton Kuhar**  
Scottsville, Va./Fuqua

VIC 2008, 2009 State Champion (XC)

**Personal Bests-**

3,200-meters: 11:58.67

5K: 19:56



**Mary Grace Lemon**  
Lynchburg, Va./EC Glass

#1 ranked discus thrower in Virginia (as of 5/19)

Two-time district, region and state finalist in both the shot and discus

Junior ROTC Deputy Commander - Seeking Marine Corps Commission

Four-year honor roll student



**Personal Bests-**

Discus: 132'

**Rebecca Sweeney**  
Chesterfield, Va./Cosby

**Personal Bests-**

800-meters: 2:23

1,600-meters: 5:35

5K: 19:33



**Molly Western**  
Roanoke, Va./Cave Spring

**Personal Bests-**

400-meters: 1:01.28

1,000-meters: 3:10.14

5K: 20:09

