

**CENTRAL REGION
CROSS COUNTRY
BOYS**

All-academic : Silas Frantz, Douglas Freeman; Brayden Burleigh, Midlothian; Darren Barlow, Midlothian; Andrew Catanese, Atlee; Sean Willard, Midlothian; Evan Niciphor, Cosby; Nathan Clarke, Manchester; Sam Hush, Midlothian; Ryan Peterson, Midlothian; Ronnie Calkins, Douglas Freeman; Kyle Murray, Midlothian; Michael Goolsby, Hanover; Andrew Gorsuch, Midlothian; James Poyer, Hanover; Daniel DeNijs, Mills Godwin.

GIRLS

All-academic : Megan Moye, Cosby; Erica Dobbs, Deep Run; Anna Spiers, Maggie Walker GS; Rachel Galton, Maggie Walker GS; Claire Benjamin, Midlothian; Kara Dickerson, Midlothian; Anna Gordon, Hanover; Kaila Blackburn, Monacan; Meghan Mulroy, Midlothian; Lindsey Blum, Cosby; Anne Menefee, Mills Godwin; Elizabeth Powell, Mills Godwin; Krista Willard, Midlothian; Katie Wood, Mills Godwin; Sarah Thornhill, Douglas Freeman.