

2010 All-Metro Girls Cross Country team

Megan Moyer School: Cosby Year: Junior

The skinny: The TimesDispatch runner of the year is a first team All Metro pick for the third year in a row. Moyer won the Fork Union Invitational, the Oatlands Invitational, the milestat.com Invitational (course record), the Dominion District and Central Region (course record 17:51) races. She was third (18:03) in the State Group AAA meet and was ranked No. 6 in Cream of the Crop top 25.

What you didn't know: "I have always wanted to skydive"

CLAIRE BENJAMIN School: Midlothian Year: Senior

The skinny: Benjamin, an experienced winner, moves up from last year's All-Metro second team after spearheading the Trojans' run to another Group AAA state title. She earned all-state status with a 10th-place finish (18:31) in the state meet. She was third (19:01) in the Dominion District and sixth (18:37) in the Central Region run. Benjamin was ranked No. 18 on milestat.com's Cream of the Crop top 25 in the state list.

What you didn't know: "I went to preschool in Hong Kong."

ERICA DOBBS School: Deep Run Year: Senior

The skinny: She repeats as an All-Metro first-teamer. Dobbs was the defending champion in the Colonial District and Central Region races, but finished second in each this year. She ran an 18:42 in the district and 18:12 in the region. She earned all-state honors again by finishing seventh, same as a year ago, in the state Group AAA race (18:28) and was ranked No. 13 in milestat.com's Cream of the Crop list.

MOLLY BREIDENBAUGH School: Hanover Year: Freshman

The skinny: A banner first season as a varsity runner was highlighted by a victory (18:56) in the Capital District meet. She was fourth (18:25) in the Central Region meet and claimed all-state honors with a sixth-place finish in the state Group AAA meet. Breidenbaugh, No. 11 in the Cream of the Crop rankings, was the highest local finisher (17:58, 21st) in the Foot Locker South Regional.

What you didn't know: "I'm a two-time DAR (Daughters of the American Revolution) Award (for good citizenship) recipient:

ANNA GORDON School: Hanover Year: Sophomore

The skinny: Moves up from last year's second team. Gordon finished second in the Capital District race behind teammate Molly Breidenbaugh. Gordon, ranked No. 19 in the Cream of the Crop, was 10th (18:54) in the Central Region race, and closed out the season with an 11th-place finish (18:35) in the state Group AAA meet.

What you didn't know: "I used to hate running before the seventh grade."

ANNA SPIERS School: Maggie Walker GS Year: Senior

The skinny: Spiers moves up from last year's All-Metro second team with a year that rivaled Megan Moye's. Spiers won the Newport News and William and Mary invitationals, the Coastal Division in the Maymont Festival and the Colonial District. Her 18:20 in the district meet was 22 seconds faster than Erica Dobbs. A third-place finish (18:23) in the Central Region run was followed by a fifth (18:18) and all-state status at the Group AAA meet. She was ninth in the Cream of the Crop rankings.

What you didn't know: "I like puzzles of all kinds."

RACHEL BYRD

School: Powhatan

Year: Sophomore

The skinny: Byrd is the first Powhatan girls runner to make the All-Metro first team. She won the Southside District race, running a 20:39, and was third in the Group AA, Region I meet with a time of 20:07. She saved her best for last by covering the 5K course at Great Meadow in 18:21 to finish fifth in the state Group AA meet. Her time would have been good enough for sixth in the Group AAA run. She was No. 10 in the milestat.com Cream of the Crop rankings.

What you didn't know: "I love to dance."

Second Team

Daisy Banta, Maggie Walker GS, Fr.; Taylor Clevinger, St. Catherine's, Sr.; Kara Dickerson, Midlothian, So.; Ali Doswell, St. Catherine's, So.; Rachel Galton, Maggie Walker GS, So.; Karl Johnston, Midlothian, Fr.; Bonny Turnage, Lee-Davis, So.