

2015 CROSS COUNTRY TOP PERFORMERS

Two-Mile		5K		6K	
1. Allie Mueller	12:02.67	1. Mary Reiser	18:22	1. Mary Reiser	20:45.70
	USC Open (9/23/15)		Winthrop Invite (9/19/15)		SEC Championship (10/30/15)
2. Anna McElrath	12:25.84	2. Monica York	18:42	2. Allie Sprague	21:52
	USC Open (9/23/15)		Winthrop Invite (9/19/15)		Paul Short Gold Run (10/2/15)
3. Allie Whitley	12:52.38	3. Emily Harding	18:58	3. Hannah Giangaspro	22:10.10
	USC Open (9/23/15)		Winthrop Invite (9/19/15)		SEC Championship (10/30/15)
4. Helena Harding	13:29.48	4. Hannah Giangaspro	18:59.54	4. Emily Harding	22:13
	USC Open (9/23/15)		Carolina Challenge (9/5/15)		Paul Short Gold Run (10/2/15)
5. Melanie Ng	13:35.22	5. Allie Sprague	19:05.80	5. Monica York	22:15
	USC Open (9/23/15)		Winthrop Invite (9/19/15)		SEC Championship (10/30/15)
6. Sequoia Brown	13:38.65	6. Kaylee Wessel	19:10.40	6. Martha McCoy	22:17
	USC Open (9/23/15)		Winthrop Invite (9/19/15)		Paul Short Gold Run (10/2/15)
7. Maya Evans	14:41.91	7. Samantha Farmer	19:10.90	7. Alexis Malmberg	22:32.10
	USC Open (9/23/15)		Winthrop Invite (9/19/15)		SEC Championship (10/30/15)
		8. Ashley Miller	19:11.47	8. Kaylee Wessel	22:35.80
			Carolina Challenge (9/5/15)		SEC Championship (10/30/15)
		9. Martha McCoy	19:13.60	9. Ashley Miller	22:42
			Winthrop Invite (9/19/15)		Paul Short Gold Run (10/2/15)
		10. Sarah Taylor	19:20.20	10. Samantha Farmer	22:42.20
			Winthrop Invite (9/19/15)		Pre-Nationals (10/17/15)
		11. Alexis Malmberg	19:26.90	11. Sarah Falta	23:08
			Winthrop Invite (9/19/15)		Paul Short Open Run (10/2/15)
		12. Sarah Falta	19:41.30	12. Meri Heneage	23:08.60
			Winthrop Invite (9/19/15)		SEC Championship (10/30/15)
		13. Meri Heneage	19:44.40	13. Sarah Taylor	23:21.30
			Winthrop Invite (9/19/15)		Pre-Nationals (10/17/15)
		14. Allie Mueller	19:51.70	14. Allie Mueller	24:05.60
			Winthrop Invite (9/19/15)		Pre-Nationals (10/17/15)
		15. Julia Nardone	20:12	15. Allie Whitley	24:32.30
			Winthrop Invite (9/19/15)		Pre-Nationals (10/17/15)
		16. Anna McElrath	20:37.20	16. Anna McElrath	23:43.40
			Winthrop Invite (9/19/15)		Pre-Nationals (10/17/15)
		17. Allie Whitley	21:30.93	17. Melanie Ng	25:04.30
			Carolina Challenge (9/5/15)		Pre-Nationals (10/17/15)
		18. Melanie Ng	22:14.40		
			Carolina Challenge (9/5/15)		

2015 CROSS COUNTRY PROGRESSIONS

Sequoia Brown • So. • Greenville, S.C.

Date	Meet	Dis.	Finish	Time
9/23	USC Open	2M	8th	13:38.65

Maya Evans • Jr. • Wilson, N.C.

Date	Meet	Dis.	Finish	Time
9/23	USC Open	2M	18th	14:41.91

Sarah Falta • Jr. • Seneca, S.C.

Date	Meet	Dis.	Finish	Time
9/5	Carolina Challenge	5K	13th	20:03.87
9/19	Winthrop Invite	5K	32nd	19:41.30
10/2	Paul Short Open Run	6K	49th	23:08
10/17	Pre-Nationals Open	6K	82nd	23:21.30
10/30	SEC Championship	6K	127th	23:23.80

Samantha Farmer • Fr. • Columbia, Mo.

Date	Meet	Dis.	Finish	Time
9/5	Carolina Challenge	5K	16th	20:09.58
9/19	Winthrop Invite	5K	18th	19:10.90
10/2	Paul Short Gold Run	6K	227th	23:06
10/17	Pre-Nationals Open	6K	67th	23:03.70
10/30	SEC Championship	6K	114th	22:42.40

Hannah Giangaspro • So. • St. Johns, Fla.

Date	Meet	Dis.	Finish	Time
9/5	Carolina Challenge	5K	4th	18:59.54
9/19	Winthrop Invite	5K	16th	19:09.30
10/2	Paul Short Gold Run	6K	247th	23:16
10/17	Pre-Nationals	6K	163rd	22:59.10
10/30	SEC Championship	6K	98th	22:10.10
11/13	Southeast Regional	6K	175th	24:21.6

Emily Harding • So. • Sarasota, Fla.

Date	Meet	Dis.	Finish	Time
9/19	Winthrop Invite	5K	11th	18:58
10/2	Paul Short Gold Run	6K	116th	22:13

Helena Harding • So. • Roanoke, Va.

Date	Meet	Dis.	Finish	Time
9/23	USC Open	2M	5th	13:29.48

Meri Heneage • R-So. • Lexington, S.C.

Date	Meet	Dis.	Finish	Time
9/19	Winthrop Invite	5K	33rd	19:44.40
10/17	Pre-Nationals Open	6K	98th	23:42.20
10/30	SEC Championship	6K	122nd	23:08.60

Alexis Malmburg • Fr. • Newton Square, Pa.

Date	Meet	Dis.	Finish	Time
9/5	Carolina Challenge	5K	14th	20:04.45
9/19	Winthrop Invite	5K	25th	19:26.90
10/2	Paul Short Gold Run	6K	161st	22:40
10/17	Pre-Nationals Open	6K	55th	22:53.70
10/30	SEC Championship	6K	106th	22:32.10
11/13	Southeast Regional	6K	154th	23:45.1

Martha McCoy • R-So. • Johnson City, Tenn.

Date	Meet	Dis.	Finish	Time
9/5	Carolina Challenge	5K	11th	19:44.14
9/19	Winthrop Invite	5K	19th	19:13.60
10/2	Paul Short Gold Run	6K	120th	22:17
10/17	Pre-Nationals	6K	129th	22:38.20
10/30	SEC Championship	6K	103rd	22:20.40

Anna McElrath • So. • Charlotte, N.C.

Date	Meet	Dis.	Finish	Time
9/5	Carolina Challenge	5K	20th	20:39.11
9/19	Winthrop Invite	5K	52nd	20:37.20
9/23	USC Open	2M	2nd	12:25.84
10/17	Pre-Nationals Open	6K	121st	23:43.40

Ashley Miller • Sr. • North Myrtle Beach, S.C.

Date	Meet	Dis.	Finish	Time
9/5	Charlotte Invitational	5K	6th	19:11.47
10/2	Paul Short Gold Run	6K	168th	22:42
10/17	Pre-Nationals	6K	144th	22:45.80

Allison Mueller • Fr. • Beaverton, Ore.

Date	Meet	Dis.	Finish	Time
9/5	Carolina Challenge	5K	21st	20:40.28
9/19	Winthrop Invite	5K	34th	19:51.70
9/23	USC Open	2M	1st	12:02.67
10/17	Pre-Nationals Open	6K	109th	24:05.60

Julia Nardone • Fr. • Glenelg, Md.

Date	Meet	Dis.	Finish	Time
9/5	Carolina Challenge	5K	17th	20:18.26
9/19	Winthrop Invite	5K	45th	20:12

Melanie Ng • Jr. • Winterville, N.C.

Date	Meet	Dis.	Finish	Time
9/5	Carolina Challenge	5K	32nd	22:14.40
9/23	USC Open	2M	6th	13:35.22
10/17	Pre-Nationals Open	6K	124th	25:04.30

2015 CROSS COUNTRY PROGRESSIONS

Mary Reiser • Jr. • Annapolis, Md.

Date	Meet	Dis.	Finish	Time
9/5	Carolina Challenge	5K	3rd	18:51.14
9/19	Winthrop Invite	5K	2nd	18:22
10/2	Paul Short Gold Run	6K	22nd	21:10
10/17	Pre-Nationals	6K	23rd	21:25.60
10/30	SEC Championship	6K	29th	20:45.70
11/13	Southeast Regional	6K	39th	21:57.8

Allie Sprague • So. • Marengo, Ill.

Date	Meet	Dis.	Finish	Time
9/5	Carolina Challenge	5K	8th	19:20.42
9/19	Winthrop Invite	5K	13th	19:05.80
10/2	Paul Short Gold Run	6K	81st	21:52
10/17	Pre-Nationals	6K	150th	22:49.20
10/30	SEC Championship	6K	92nd	22:04.10
11/13	Southeast Regional	6K	171th	24:04.01

Sarah Taylor • So. • Chester Springs, Pa.

Date	Meet	Dis.	Finish	Time
9/5	Carolina Challenge	5K	12th	20:00.41
9/19	Winthrop Invite	5K	21st	19:20.20
10/2	Paul Short Open Run	6K	87th	23:48
10/17	Pre-Nationals	6K	91st	23:32.80

Kaylee Wessel • So. • St. Charles, Ill.

Date	Meet	Dis.	Finish	Time
9/5	Carolina Challenge	5K	7th	19:14.30
9/19	Winthrop Invite	5K	17th	19:10.40
10/2	Paul Short Gold Run	6K	158th	22:38
10/17	Pre-Nationals	6K	191st	23:27.50
10/30	SEC Championship	6K	110th	22:35.80
11/13	Southeast Regional	6K	161st	23:54.3

Allie Whitley • Sr. • Stanley, N.C.

Date	Meet	Dis.	Finish	Time
9/5	Charlotte Invitational	5K	25th	21:14.40
9/23	USC Open	2M	3rd	12:52.84
10/17	Pre-Nationals Open	6K	118th	24:32.30

Monica York • So. • DeKalb, Ill.

Date	Meet	Dis.	Finish	Time
9/5	Carolina Challenge	5K	9th	19:26
9/19	Winthrop Invite	5K	7th	18:42
10/2	Paul Short Gold Run	6K	198th	22:47
10/17	Pre-Nationals	6K	127th	22:37.80
10/30	SEC Championship	6K	100th	22:15
11/13	Southeast Regional	6K	158th	23:50.4

