



VCU

CROSS COUNTRY



2005 WOMEN'S CROSS COUNTRY RESULTS BY MEET

Spider Alumni Open~ Sept. 5, 2005

Hosted by University of Richmond

VCU 3rd of 3

2 Mile Run -- 42 Runners

1. Evan Dove	17th	12:18.24
2. Libby Little	20th	12:24.18
3. Emily Thompson	21st	12:24.70
4. Samantha Hendel	23rd	12:37.21
5. Danielle Williams	25th	12:47.41
6. Sarah Saxton	26th	12:57.03
7. Katie Whitehead	28th	13:07.58
8. Kristina Rios	29th	13:07.96
9. Reagan Merriam	31st	13:25.66
10. Lindsay Holman	33rd	13:38.79
11. Rachel Albright	37th	14:27.22

George Mason Invitational ~ Oct. 1, 2005

VCU 4th of 9

4k Run -- 76 Runners

1. Danielle Williams	14th	15:19.00
2. Emily Thompson	15th	15:20.00
3. Libby Little	19th	15:34.60
4. Evan Dove	24th	15:49.00
5. Samantha Hendel	29th	16:00.00
6. Sarah Saxton	33rd	16:08.00
7. Reagan Merriam	37th	16:14.00
8. Katie Whitehead	38th	16:20.55
9. Kristina Rios	43rd	16:32.22
10. Lindsay Holman	51st	16:59.35
11. Alexis Feldt	54th	17:21.03
12. Rachel Albright	63rd	18:06.30
13. Lindsey Murph	70th	19:08.81

Lou Onesty Invitational ~ Sept. 10, 2005

Hosted by University of Virginia

VCU 8th of 9

5k Run -- 93 Runners

1. Libby Little	60th	20:18.48
2. Danielle Williams	63rd	20:24.72
3. Samantha Hendel	67th	20:34.62
4. Evan Dove	68th	20:44.62
5. Emily Thompson	72nd	20:48.48
6. Katie Whitehead	76th	21:11.49
7. Kristina Rios	78th	21:37.42
8. Reagan Merriam	84th	22:54.48
9. Lindsay Holman	87th	23:21.11

Tribe Open ~ Oct. 15, 2005

Hosted by William and Mary

VCU 2nd of 5

6k Run -- 57 Runners

1. Emily Thompson	10th	23:07.17
2. Danielle Williams	12th	23:13.24
3. Libby Little	19th	24:01.64
4. Samantha Hendel	24th	24:26.41
5. Katie Whitehead	26th	24:32.40
6. Sarah Saxton	28th	24:47.18
7. Evan Dove	29th	24:55.74
8. Kristina Rios	32nd	25:21.05
9. Reagan Merriam	35th	25:40.93
10. Lindsay Holman	37th	25:46.38
11. Alexis Feldt	39th	25:49.67
12. Rachel Albright	42nd	26:53.64

UNC Cross Country Challenge ~ Sept. 17, 2005

Hosted by University of North Carolina

VCU 3rd of 4

5k Run -- 32 Runners

1. Emily Thompson	16th	20:12.00
2. Libby Little	20th	20:37.00
3. Samantha Hendel	22nd	20:52.00
4. Katie Whitehead	25th	21:08.00
5. Evan Dove	26th	21:25.00
6. Danielle Williams	29th	21:59.00
7. Kristina Rios	31st	22:19.00

Colonial Athletic Association Championships

~ Oct. 29, 2005

Hosted by UNC Wilmington

VCU 9th of 10

6k Run -- 98 Runners

1. Danielle Williams	30th	23:39.78
2. Emily Thompson	36th	23:53.03
3. Samantha Hendel	57th	24:30.61
4. Sarah Saxton	60th	24:39.23
5. Evan Dove	61st	24:40.13
6. Libby Little	62nd	24:42.65
7. Katie Whitehead	68th	24:57.61
8. Reagan Merriam	72nd	25:06.68
9. Kristina Rios	82nd	25:36.37
10. Lindsay Holman	91st	26:22.80
11. Rachel Albright	95th	27:20.74



VCU

CROSS COUNTRY



WOMEN'S CROSS COUNTRY INDIVIDUAL RESULTS

Rachel Albright
So. • Ruther Glen, Va. • Caroline

Event	Dist.	Place	Time
Spider Alumni Open	2 mi	37th/42	14:27.22
Mason Invitational	4k	63rd/76	18:06.30
Tribe Open	6k	44th/57	26:53.64
CAA Championships	6k	95th/98	27:20.74

Evan Dove
Jr. • Midlothian, Va. • Midlothian

Event	Dist.	Place	Time
Spider Alumni Open	2 mi	17th/42	12:18.24
Lou Onesty Invitational	5k	68th/93	20:44.62
UNC CC Challenge	5k	26th/32	21:25.00
Mason Invitational	4k	24th/76	15:49.93
Tribe Open	6k	29th/57	24:55.74
CAA Championships	6k	61st/98	24:40.13

Alexis Feldt
Jr. • Virginia Beach, Va. • Kellam

Event	Dist.	Place	Time
Mason Invitational	4k	54th/76	17:21.03
Tribe Open	6k	39th/57	25:49.67

Samantha Hendel
Fr. • Rockville Centre, N.Y. • Oceanside

Event	Dist.	Place	Time
Spider Alumni Open	2 mi	23rd/42	12:37.21
Lou Onesty Invitational	5k	67th/93	20:34.32
UNC CC Challenge	5k	22nd/32	20:52.00
Tribe Open	6k	24th/57	24:26.41
CAA Championships	6k	57th/98	24:30.61

Lindsay Holman
Fr. • Virginia Beach, Va. • Salem

Event	Dist.	Place	Time
Spider Alumni Open	2 mi	33rd/42	13:38.79
Lou Onesty Invitational	5k	87th/93	23:21.11
Mason Invitational	4k	51st/76	16:59.35
Tribe Open	6k	37th/57	25:46.38
CAA Championships	6k	91st/98	26:22.80

Libby Little
So. • Spotsylvania, Va. • Courtland

Event	Dist.	Place	Time
Spider Alumni Open	2 mi	20th/42	12:24.18
Lou Onesty Invitational	5k	60th/93	20:18.48
UNC CC Challenge	5k	20th/32	20:37.00
Mason Invitational	4k	19th/76	15:34.73
Tribe Open	6k	19th/57	24:01.64
CAA Championships	6k	62nd/98	24:42.65

Reagan Merriam
Fr. • Fredericksburg, Va. • Massaponax

Event	Dist.	Place	Time
Spider Alumni Open	2 mi	31st/32	13:25.66
Lou Onesty Invitational	5k	84th/93	22:54.48
Mason Invitational	4k	37th/76	16:14.54
Tribe Open	6k	35th/57	25:40.93
CAA Championships	6k	72nd/98	25:06.68

Lindsey Murph
Jr. • Mechanicsville, Va. • Atlee

Event	Dist.	Place	Time
Mason Invitational	4k	70th/76	19:08.81

Kristina Rios
Sr. • Arlington, Va. • Wakefield

Event	Dist.	Place	Time
Spider Alumni Open	2 mi	29th/42	13:07.58
Lou Onesty Invitational	5k	78th/93	21:37.42
UNC CC Challenge	5k	31st/32	22:19.00
Mason Invitational	4k	43rd/76	16:32.22
Tribe Open	6k	32nd/57	25:21.05
CAA Championships	6k	82nd/98	25:36.37

Sarah Saxton
Fr. • Richmond, Va. • J.R. Tucker

Event	Dist.	Place	Time
Spider Alumni Open	2 mi	26th/42	12:57.03
Mason Invitational	4k	33rd/76	16:08.00
Tribe Open	6k	28th/57	24:47.18
CAA Championships	6k	60th/98	24:39.23



VCU

CROSS COUNTRY



WOMEN'S CROSS COUNTRY INDIVIDUAL RESULTS

Emily Thompson

Sr. • Crozet, Va. • Western Albermarle

<u>Event</u>	<u>Dist.</u>	<u>Place</u>	<u>Time</u>
Spider Alumni Open	2 mi	21st/32	12:24.70
Lou Onesty Invitational	5k	72nd/93	20:48.48
UNC CC Challenge	5k	16th/32	20:12.00
Mason Invitational	4k	15th/76	15:20.00
Tribe Open	6k	10th/57	23:07.17
CAA Championships	6k	36th/98	23:53.03

Katie Whitehead

Jr. • Piney Riverm, Va. • Nelson County

<u>Event</u>	<u>Dist.</u>	<u>Place</u>	<u>Time</u>
Spider Alumni Open	2 mi	28th/42	13:07.58
Lou Onesty Invitational	5k	76th/93	21:11.49
UNC CC Challenge	5k	25th/32	21:08.00
Mason Invitational	4k	38th/76	16:20.55
Tribe Open	6k	26th/57	24:32.40
CAA Championships	6k	68th/98	24:57.61

Danielle Williams

So. • Virginia Beach, Va. • Salem

<u>Event</u>	<u>Dist.</u>	<u>Place</u>	<u>Time</u>
Spider Alumni Open	2 mi	25th/42	12:47.41
Lou Onesty Invitational	5k	63rd/93	20:24.72
UNC CC Challenge	5k	29th/31	21:59.00
Mason Invitational	4k	14th/76	15:19.00
Tribe Open	6k	12th/57	23:13.24
CAA Championships	6k	30th/98	23:39.78