

Girls cross country runner of the year: Kathleen Lautzenheiser

All Metro Girls Cross Country Team

By [Staff Reports](#)

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Erica Dobbs

School: Deep Run

Year: Junior

The skinny: Produced a banner season that included victory in the Colonial District and Central District races. Ran 18:23 at the region meet and outkicked Midlothian's Kathleen Lautzenheiser at the finish. She covered the Great Meadow course in the state meet in 18:23 to finish seventh for all-state status. Ranked ninth on milestat.com's Cream of the Crop top 25 list.

If you had one wish, what would it be: No answer.

Marie Johnston

School: Midlothian

Year: Freshman

The skinny: Her sister Paige was one of the top runners in the region and state for four years. Now, Marie could do the same. She was third in the Dominion District meet, fifth in the Central Region race (18:56) and crossed the finish line at the state meet in 18:49 for 11th and all-state designation. No. 14 in milestat.com's Cream of the Crop.

If you had one wish, what would it be: That I would have the opportunity to run with my sister.

Megan Moyer

School: Cosby

Year: Sophomore

The skinny: Repeats as a first-team All-Metro selection. Also earned all-district, all-region and all-state honors. She logged an 18:49 in the Central Region meet for fourth place. She finished the Great Meadow course in 18:51 for 12th at the Group AAA meet. She ran a personal record 18:15 at the Foot Locker South Invitational and is No. 15 in the Cream of the Crop.

If you had one wish, what would it be: For everyone to understand the true meaning of Christmas.

Madalyn Nuckols

School: Deep Run

Year: Senior

The skinny: One of the Wildcats' standouts, Nuckols was third in the Colonial District meet. She finished sixth in the Central Region meet (18:57) and was sixth again, but with a better time (18:42), at the state meet. She was all-district, all-region and all-state. Was No. 8 on

milestat.com's Cream of the Crop Top 25.

If you had one wish, what would it be: To travel the whole world.

Clarissa Schick

School: Maggie Walker GS

Year: Senior

The skinny: Victories in the Newport News Invitational and William and Mary Invitational (set course record) highlighted her season. She also picked up course records at Patrick Henry and Hermitage and earned all-South honors after running a personal best 18:00 in the Foot Locker South regional. She ran second in the Colonial District race, was third at the region (18:43) and was 10th (18:49) at the state meet to earn all-state accolades. Ranked 13th on the Cream of the Crop list.

If you had one wish, what would it be: That no one would be hungry.

Bonny Turnage

School: Lee-Davis

Year: Freshman

The skinny: A bright future awaits for Turnage, who won the Capital District race, was eighth in the region meet (19:04) and ninth at the Group AAA (18:48) to earn all-district, all-region and all-state honors. She is No. 12 on milestat's Cream of the Crop rankings. Won the Lee-Davis Invitational and set a Pole Green course record with an 18:17. Her sister, Cassie, is an All-Metro first-teamer in field hockey.

If you had one wish, what would it be: To run forever.

SECOND TEAM

Runner school Year

Claire Benjamin Midlothian Jr.

Stephanie Cario Lee-Davis Sr.

Courtney Dobbs Deep Run Sr.

Anna Gordon Hanover Sr.

Lauren Hopper Hanover Sr.

Anna Spiers Maggie Walker GS Jr.

Julia Sroba Collegiate Jr.

Amy Witt Midlothian Sr.