

Girls outdoor track and field All-Metro rankings

Patrick Henry's Lizzie Powell named T-D's top outdoor track athlete

By [Staff Reports](#)

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Long jump : 1. Nikki Nunn, Manchester, 19-7; 2. Elaine Derricott, Henrico, 19-3; 3. Montasia Golden, Lee-Davis, 19- $\frac{3}{4}$; 4. Briana Hudson, Deep Run, 18- $7\frac{1}{2}$; 5. Jasia Richardson, J.R. Tucker, 18- $6\frac{1}{4}$; 6. Amber Pierson, Prince George, 18- $\frac{1}{4}$; 7. Marlena Daly, Deep Run, 17-9; 8. Brandy Williams, J.R. Tucker, 17- $8\frac{1}{2}$.

Triple jump : 1. Briana Hudson, Deep Run, 40- $11\frac{1}{4}$; 2. Siobhan Ford-Holland, Thomas Dale, 40-3; 3. Jasia Richardson, J.R. Tucker, 40- $2\frac{1}{2}$; 4. Elaine Derricott, Henrico, 38- $8\frac{1}{2}$; 5. Montasia Golden, Lee-Davis, 38- $\frac{3}{4}$; 6. Jazmine Brown, Varina, 37- $8\frac{1}{2}$; 7. Sarah Nuttycombe, Patrick Henry, 37-2; 8. Nadia Natt, Hopewell, 36- $6\frac{1}{2}$.

High jump : 1. Briana Hudson, Deep Run, 5-7; 2. Sherhae Holloway, Highland Springs; 5-6; 3. Marlena Daly, Deep Run, 5-4; 4. Megan Bondi, Patrick Henry, 5-3; 5. All jumped 5-2: Ariel Barlow, Armstrong; Taryn Hare, Manchester; Katie Minczuk, Cosby; Brandy Williams, J.R. Tucker; Laura Holmes, James River; Lauren Schoenborn, Douglas Freeman.

Pole vault : 1. Lizzie Powell, Patrick Henry, 12-6; 2. Emma DeJarnette, Atlee, 12-1; 3. Cameron Overstreet, Atlee, 11-6; 4. Caroline Poma, Henrico, 11-0; 5. Stephanie Oleson, Henrico, 10-9; 6. Sydney Hobart, Patrick Henry, 10-3; 7. Caitlin Walton, Mills Godwin, 9-9; 8. Haley Sellers, Patrick Henry, 9-3.

Shot put : 1. Dominique Meeks, Collegiate, 38-4; 2. Kristen Greene, Thomas Dale, 37- $\frac{1}{4}$; 3. Jasmine Eddy, Manchester, 36- $5\frac{1}{4}$; 4. Christianna Moss, Patrick Henry, 36-1; 5. Briana Arrington, Meadowbrook, 35-11; 6. Elise King, Manchester, 35-5; 7. Aaron Goldstron, Meadowbrook, 35- $4\frac{3}{4}$; 8. Jazmin Pitts, Cosby, 34- $8\frac{1}{4}$.

Discus : 1. Christiana Moss, Patrick Henry, 140-9; 2. Alyssa Isham, Prince George, 110-10; 3. Kristen Greene, Thomas Dale, 109-1; 4. Laticcia Moore, Prince George, 108-7; 5. Leenora Linkous, Maggie Walker GS, 107-11; 6. Kate Ingroff, Lee-Davis, 107-5; 7. Briana Arrington, Meadowbrook, 107-5; 8. Madison Pachner, Hanover, 105-7.

3,200 relay : 1: Deep Run (Courtney Dobbs, Madalyn Nuckols, Sarah Dillon, Erica Dobbs) 9:25.18; 2. Midlothian, 9:27.39; 3. Douglas Freeman, 9:35.36; 4. Maggie Walker GS, 9:47.35; 5. Prince George, 10:00.16; 6. Monacan, 10:02.94; 7. Lee-Davis, 10:03.26; 8. Hermitage, 10:06.05.

100 hurdles : 1. Shaniquia Epps, Hermitage, 15.00; 2. Montasia Golden, Lee-Davis, 15.09; 3. Elaine Derricott, 15.19; 4. Jessie Ferguson, Patrick Henry, 15.41; 5. Erica Perkins, Manchester, 15.45; 6. Shay Hawley, Hermitage, 15.52; 7. Briana Hudson, Deep Run, 15.64; 8. Brie Jackson, Lee-Davis, 15.72.

100 : 1. Shyra Molton, Patrick Henry, 12.19; 2. Torie Cunningham, Meadowbrook, 12.29; 3. Jovonne Tyson-King, Clover Hill, 12.34; 4. Maria Warith, Varina, 12.34; 5. Ciarra Morris, Meadowbrook, 12.34; 6. Kayla Christian, New Kent, 12.36; 7. Jessica Copeland, Varina, 12.44; 8. Mary Allen, John Marshall, 12.49.

1,600 : 1. Kathleen Lautzenheiser, Midlothian, 5:02.22; 2. Barbara Strehler, Trinity Episcopal, 5:06.73; 3. Amy Witt, Midlothian; 5:06.80; 4. Erica Dobbs, Deep Run, 5:07.57; 5. Amanda Tomlin, Prince George, 5:08.79; 6. Paige Johnston, Midlothian, 5:09.38; 7. Courtney Dobbs, Deep Run, 5:10.26; 8. Clarissa Schick, Maggie Walker GG, 5:10.78.

400 relay : 1. Meadowbrook (Angela Harris, Jasmine Smith, Torie Cunningham, Ciarra Morris) 47.68; 2. Thomas Dale, 48.23; 3. Patrick Henry, 48.33; 4. Manchester, 49.13; 5. Hermitage, 49.30; 6. Varina, 49.44; 7. Clover Hill, 49.60; 8. Deep Run, 49.70.

400 : 1. Desi Scott, Prince George, 56.58; 2. Amber Pierson, Prince George, 56.99; 3. Nadia Natt, Hopewell, 58.01; 4. Faith Sykes, L.C. Bird, 58.33; 5. Mary Allen, John Marshall, 58.34; 6. Jordan Stokes, Maggie Walker GS, 58.51; 7. Taryn Saunders, Prince George, 58.74; 8. Shyra Molten, Patrick Henry, 58.76.

300 hurdles : 1. Montasia Golden, Lee-Davis, 44.38; 2. Lizzie Powell, Patrick Henry, 45.69; 3. Jasmine Smith, Meadowbrook, 47.20; 4. Elaine Derricott, Henrico, 47.21; 5. Tyeshia Govans, Prince George, 47.58; 6. Erica Perkins, Manchester, 47.69; 7. Jessie Ferguson, Patrick Henry, 47.72; 8. Brie Jackson, Lee-Davis, 47.82.

800 : 1. Paige Johnston, Midlothian, 2:13.42; 2. Kelsey Newcomb, Dinwiddie, 2:16.76; 3. Erica Dobbs, Deep Run, 2:19.12; 4. Barbara Strehler, Trinity Episcopal, 2:20.04; 5. Anna Spiers, Maggie Walker GS, 2:20.07; 6. Caroline Gecker, James River, 2:20.29; 7. Amy Witt, Midlothian, 2:21.24; 8. Hope Rainey, Monacan, 2:21.88.

200 : 1. Shyra Molton, Patrick Henry, 24.97; 2. Torie Cunningham, Meadowbrook, 25.26; 3. Ciarra Morris, Meadowbrook, 25.31; 4. Mary Allen, John Marshall, 25.51; 5. Leah Richardson, Dinwiddie, 25.69; 6. Angela Harris, Meadowbrook, 25.72; 7. Jovonne Tyson-King, Clover Hill, 25.84; 8. Nadia Natt, Hopewell, 25.87.

3,200 : 1. Barbara Strehler, Trinity Episcopal, 10:20.31; 2. Kathleen Lautzenheiser, Midlothian, 10:52.76; 3. Courtney Dobbs, Deep Run, 10:54.31; 4. Amy Witt, Midlothian, 11:04.11; 5. Madalyn Nuckols, Deep Run, 11:05.88; 6. Clarissa Schick, Maggie Walker GS, 11:15.97; 7. Claire Benjamin, Midlothian, 11:16.13; 8. Abby Badura, Clover Hill, 11:18.97.

1,600 relay : 1. Prince George (Amber Pierson, Tyeshia Govans, Courtney Walden, Desi Scott) 4:00.21; 2. Lee-Davis, 4:03.35; 3. Highland Springs, 4:03.59; 4. L.C. Bird, 4:04.39; 5. Maggie Walker GS, 4:04.69; 6. Douglas Freeman, 4:05.07; 7. Clover Hill, 4:06.99; 8. Varina, 4:08.98.