

# Athletic.net 4A SOUTH REGIONAL - Results

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## 4A SOUTH REGIONAL (HS)

Thursday, November 01, 2012 Fort Washington Park, Fort Washington, MD

Meet Info [A1 Priority Bail bonds](#)

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**Races** x

**Mens Races**

5,000 Meters Varsity Fort Washington Park  
 5,000 Meters Junior Varsity Fort Washington Park

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**Womens Races**

5,000 Meters Varsity Fort Washington Park  
 5,000 Meters Junior Varsity Fort Washington Park

**Entries** - Not Published

### All Results

#### Mens Results

##### 5,000 Meters Varsity

1. **Bowie** 34
2. **Northwestern-PG** 63
3. **C.H. Flowers** 89
4. **Oxon Hill** 103
5. **Eleanor Roosevelt** 112
6. **Henry A Wise** 119
7. **Parkdale** 138
11. **Abel Estifanos** 17:44.5 **Northwestern-PG**
12. **Justin Bentham** 17:52.1 **C.H. Flowers**
13. **Ryan LaTourneau** 17:58.3 **Eleanor Roosevelt**
14. **Kidus Amelga** 18:22.9 **Bowie**
15. **Donnell Davis** 18:29.4 **Bowie**
16. **Issa Basma** 18:35.1 **Bowie**
17. **Michael Adeshoga** 18:37.4 **Northwestern-PG**
18. **Michael Adeshoga** 18:37.4 **Northwestern-PG**
19. **Antonio Dacosta** 18:43.2 **Oxon Hill**
20. **Dwaine Thomas** 18:46.7 **Bowie**
21. **Eric Dong** 18:50.3 **Bowie**
22. **Nelson Arana-Vasquez** 18:57.9 **Northwestern-PG**
23. **Jason Coleman** 19:05.6 **Henry A Wise**
24. **Nathanael Lema** 19:17.6 **Northwestern-PG**
25. **Toye Barnard** 19:30.3 **High Point**
26. **Charles Fongno** 19:44.1 **High Point**
27. **Akorede Oliyawale** 19:45.4 **Parkdale**
28. **Adel Akalu** 19:50.3 **Oxon Hill**
29. **Joshua Abah** 19:53.4 **Parkdale**
30. **Ike Olumese** 19:56.5 **Oxon Hill**
31. **Timothy Crane** 20:00.7 **Eleanor Roosevelt**
32. **Gregory Johnson** 20:24.5 **Henry A Wise**
33. **Chris Thomas** 20:35 **C.H. Flowers**
34. **John Felder** 20:37.5 **C.H. Flowers**
35. **Damein Rose** 20:37.8 **C.H. Flowers**
36. **Ishmael Turay** 20:49.2 **Oxon Hill**
37. **Cameron Burgess** 21:04.3 **C.H. Flowers**
38. **Adenrele Adejupo** 21:13.2 **Parkdale**
39. **Dominic Hill-Coleman** 21:16.3 **Henry A Wise**
40. **Mark Bailey** 21:28.0 **Eleanor Roosevelt**
41. **Victor Lindvall** 21:33.4 **Eleanor Roosevelt**
42. **Rashad Robinson** 21:40.5 **Henry A Wise**
43. **Brandon Weston-Morris** 21:40.8 **Bowie**
44. **Max Campos** 21:45.3 **Northwestern-PG**

#### Womens Results

##### 5,000 Meters Varsity

1. **C.H. Flowers** 40
2. **Bowie** 56
3. **Eleanor Roosevelt** 69
4. **Parkdale** 84
5. **Henry A Wise** 87
12. **Charde Barnes** 20:26.7 **Bowie**
10. **Alexis Baynes** 21:39.0 **C.H. Flowers**
11. **Nina Johnson** 21:40.9 **High Point**
12. **Imani Matthews** 21:48.0 **C.H. Flowers**
13. **Ciara Scott** 21:53.2 **C.H. Flowers**
14. **Donica Morris** 22:02.2 **Henry A Wise**
15. **Esther Omolola** 22:15.0 **Parkdale**
16. **Dara Kelly** 22:20.4 **C.H. Flowers**
17. **Chyna Sequeira** 22:51.2 **Bowie**
18. **Elise Allen** 23:14.5 **Eleanor Roosev**
19. **Anne Dickerson** 23:17.9 **Eleanor Roosev**
20. **Jada Tinch** 23:24.6 **Henry A Wise**
21. **Jaemi Rowe** 23:28.5 **DuVal**
22. **Maya Perry** 23:34.4 **Bowie**
23. **Maggie Yuan** 23:43.5 **Eleanor Roosev**
24. **Obichi Onwukwe** 24:00.1 **Parkdale**
25. **Mary Anna Brugi** 24:00.6 **Eleanor Roosev**
26. **Jamilet Cordon** 24:00.8 **Parkdale**
27. **Meko Graves** 24:20.9 **Bowie**
28. **Briana Sealy** 24:22.3 **Bowie**
29. **Taylor McKinney** 25:00.0 **Bowie**
30. **Ashley Gbejo** 25:06.2 **Parkdale**
31. **Blanche Ngassa** 25:14.9 **DuVal**
32. **Tomi Tabler** 25:22.2 **Henry A Wise**
33. **Clara Beckert** 25:30.5 **Eleanor Roosev**
34. **Sydney Gainous** 25:49.3 **Henry A Wise**
35. **Jackie Jones** 27:16.1 **C.H. Flowers**
36. **Veronica Handunge** 27:51.5 **Eleanor Roosev**
37. **Janice George** 28:02.9 **Bowie**
38. **Alize Wells** 28:07.8 **Henry A Wise**
39. **Vaskia Bailey** 28:18.5 **Parkdale**
40. **Melanie Morris** 28:56.6 **Parkdale**
41. **DJeny Mokondji** 31:08.9 **Northwestern-I**
42. **Marie Hassan** 31:42.5 **Northwestern-I**
43. **Angeline Maignan** 34:31.1 **Northwestern-I**
44. **Josepha Tchangué Yamtcheu Pene** 37:22.1 **Northwestern-I**

42.	11	Noah Hess	21:46.0	Northwestern-PG
43.	9	Webster Allen	21:46.8	Henry A Wise
44.	12	Anthony Hurt	21:52.8	Bowie
45.	10	Elijah Rashad	21:54.8	C.H. Flowers
47.	12	Clayton Roush	22:16.2	Eleanor Roosevelt
48.	12	Victor Gonzalez	22:21.1	High Point
51.	10	Amilcar Romero	22:53.8	Northwestern-PG
52.	12	Gregory Mack	23:03.6	C.H. Flowers
55.	9	Jesse Ricks	23:41.9	Oxon Hill
55.	9	Hylton Irons	23:41.9	Eleanor Roosevelt
56.	12	James Long	23:55.1	Parkdale
57.	11	Jose Reyes	24:26.4	Parkdale
59.	11	Marcus Lowery	25:37.8	Henry A Wise
59.	11	Mamdudui Fofanah	26:18.1	DuVal
61.	12	Thaddeus Moore	27:00.6	Henry A Wise

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Maintained by David Bowdon, Track and cross country coach at New Hope Christian, in Oregon.

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