

MPSSAA 4A West Region Championships

Lakelands Park | Thu, Oct 30, 2025

Results

Boys 5,000 meters Varsity

Team Scores

PI	Team	Score	Scoring Order						
1	Bethesda-Chevy Chase	30	2	5	6	8	9	(12)	(15)
2	Walt Whitman	82	3	10	19	21	29	(35)	(48)
3	Winston Churchill	85	4	7	23	25	26	(31)	(55)
4	Wheaton	106	14	16	17	22	37	(45)	(51)
5	Northwest	135	20	24	28	30	33	(36)	(68)
6	Clarksburg	208	1	42	50	56	59	(60)	(61)
7	Richard Montgomery	214	27	32	49	52	54	(72)	(76)
8	Walter Johnson	223	11	34	57	58	63	(64)	(70)
9	Quince Orchard	241	38	41	44	53	65	(66)	(67)
10	Seneca Valley	267	13	46	62	71	75	(78)	(81)
11	Gaithersburg	278	39	40	43	77	79	(82)	(84)
12	James Hubert Blake	281	18	47	69	73	74	(80)	(86)
13	John F Kennedy	432	83	85	87	88	89	(90)	(91)

Individual Results

PI	Pts	Name	Yr	Team	Time
1	1	#19 Ahmad, Ayaan	12	CLARKSBURG	16:25.6
2	2	#3 Habib, Michael	12	BETHESDA-CHEVY...	16:48.6
3	3	#190 Pritts, Zack	12	WALT WHITMAN	16:53.2
4	4	#250 Gutierrez, Santiago	12	WINSTON CHURC...	16:55.2
5	5	#4 Hicks, Donovan	12	BETHESDA-CHEVY...	17:01.2
6	6	#6 Lanpher, Peter	12	BETHESDA-CHEVY...	17:08.2
7	7	#253 Pardo, Patricio	9	WINSTON CHURC...	17:13.3
8	8	#2 Connolly, Tobin	12	BETHESDA-CHEVY...	17:25.2
9	9	#7 Mostofi, Alec	11	BETHESDA-CHEVY...	17:25.9
10	10	#193 Wolf, Maxwell	12	WALT WHITMAN	17:27.2
11	11	#209 Levens, Grant	12	WALTER JOHNSON	17:27.7
12	(12)	#9 Von Heideken, Alex	10	BETHESDA-CHEVY...	17:31.0
13	13	#167 Hamdani, Saaim	12	SENECA VALLEY	17:31.4
14	14	#231 Brener, Lev	10	WHEATON	17:31.9
15	(15)	#6 Skendaj, Daniel	12	BETHESDA-CHEVY...	17:32.3
16	16	#237 Ploeger, Benjamin Ch...	12	WHEATON	17:39.0
17	17	#235 Ketema, Kaleb	11	WHEATON	17:39.0
18	18	#67 Oh, Zachary	11	JAMES HUBERT BL...	17:45.9
19	19	#192 Stearns, Ethan	12	WALT WHITMAN	17:46.3
20	20	#99 Harris, Richard	11	NORTHWEST	17:46.7
21	21	#187 Johnson, Samuel	10	WALT WHITMAN	17:47.8
22	22	#233 Del Sole, William	11	WHEATON	17:59.7
23	23	#255 Shah, Jaylen	10	WINSTON CHURC...	18:02.5
24	24	#101 Kaine, Atryeu H.	9	NORTHWEST	18:04.1
25	25	#256 Sood, Krish	10	WINSTON CHURC...	18:04.4
26	26	#248 Billington, Dominic	10	WINSTON CHURC...	18:10.4
27	27	#143 Huang, Evan	11	RICHARD MONTG...	18:15.9
28	28	#102 Kaneshige, Nathaniel	11	NORTHWEST	18:17.5
29	29	#191 Sakai, Yuishiro	12	WALT WHITMAN	18:18.6
30	30	#97 Burger, Timothy M.	9	NORTHWEST	18:20.0
31	(31)	#259 Zhang, Samuel	11	WINSTON CHURC...	18:20.5
32	32	#141 Haugen, Inder	11	RICHARD MONTG...	18:21.0
33	33	#95 Alvarez, Wesley	11	NORTHWEST	18:28.5
34	34	#213 Silberglied, Evan	10	WALTER JOHNSON	18:30.3
35	(35)	#182 Anderson, Durke	10	WALT WHITMAN	18:34.7
36	(36)	#103 Quezada, Noah G.	9	NORTHWEST	18:35.2
37	37	#230 Armonda, Michael	12	WHEATON	18:37.1
38	38	#122 Lalmansingh, Aaron	12	QUINCE ORCHARD	18:37.8
39	39	#39 Colavito, Joseph	10	GAITHERSBURG	18:38.6
40	40	#43 Heath, Sean	9	GAITHERSBURG	18:39.1
41	41	#121 Hodge, Evan	11	QUINCE ORCHARD	18:41.1
42	42	#27 Sadd, Aaron	12	CLARKSBURG	18:43.2

Individual Results

PI	Pts	Name	Yr	Team	Time
43	43	#46 Mills, Tennyson	11	GAITHERSBURG	18:43.8
44	44	#126 Skinner, Henry	9	QUINCE ORCHARD	18:44.4
45	(45)	#238 Tesfay, Nathan	12	WHEATON	18:46.2
46	46	#163 Bizuayehu, Mathias	10	SENECA VALLEY	18:50.2
47	47	#65 Lizama Sanchez, Chris	11	JAMES HUBERT BL...	18:56.7
48	(48)	#183 Dracoulis Vargas, Em...	9	WALT WHITMAN	18:59.0
49	49	#145 Libeau, Evan	10	RICHARD MONTG...	18:59.8
50	50	#23 Foley, Jackson	10	CLARKSBURG	19:00.2
51	(51)	#234 Dillen, Dashiell	11	WHEATON	19:03.4
52	52	#148 Ponraj, Adhi	12	RICHARD MONTG...	19:03.7
53	53	#124 Marshall, Luke	12	QUINCE ORCHARD	19:04.2
54	54	#147 Mullinax, Theodore	9	RICHARD MONTG...	19:04.7
55	(55)	#251 McNelis, Daniel	12	WINSTON CHURC...	19:06.7
56	56	#21 Chang, Jonathan	12	CLARKSBURG	19:10.2
57	--	#239 Valdez Perez, Maurice	12	WHEATON	19:12.4
58	57	#214 Silberglied, Jeremy	12	WALTER JOHNSON	19:12.9
59	58	#207 Gladstone, Eyal	10	WALTER JOHNSON	19:14.6
60	59	#24 Geary, Joel	12	CLARKSBURG	19:15.0
61	(60)	#26 Kapoor, Vineet	12	CLARKSBURG	19:21.0
62	(61)	#20 Brameyer, Craig (CJ)	9	CLARKSBURG	19:21.4
63	62	#173 Veliz, Felix	12	SENECA VALLEY	19:22.6
64	63	#211 Robinson, Blake	10	WALTER JOHNSON	19:31.5
65	(64)	#212 Robinson, Carter	10	WALTER JOHNSON	19:36.4
66	65	#120 Hinshaw, Devin	10	QUINCE ORCHARD	19:37.4
67	(66)	#128 Wockley, Aaron	12	QUINCE ORCHARD	19:38.0
68	(67)	#119 Gonzales, David	12	QUINCE ORCHARD	19:38.8
69	(68)	#98 Devereux, Luke	11	NORTHWEST	19:45.1
70	69	#68 Peace, Alexander	12	JAMES HUBERT BL...	19:49.8
71	(70)	#217 Washecka, Ryan	11	WALTER JOHNSON	19:55.7
72	71	#169 Marye, Patrick	11	SENECA VALLEY	19:59.8
73	(72)	#146 Marshall, Benjamin	11	RICHARD MONTG...	20:05.8
74	73	#69 Renkema, Oliver	11	JAMES HUBERT BL...	20:26.2
75	74	#61 Belay, Raey	11	JAMES HUBERT BL...	20:37.4
76	75	#165 Chrobak, Nicholas	11	SENECA VALLEY	20:38.6
77	(76)	#149 Vasquez Sanchez, A...	11	RICHARD MONTG...	20:40.4
78	77	#44 Iglesias, Gabriel	10	GAITHERSBURG	20:41.4
79	(78)	#162 Alexanian, Allen	10	SENECA VALLEY	20:41.8
80	79	#45 Leintu, Brendan	9	GAITHERSBURG	21:04.0
81	(80)	#63 Diaz, Christopher	9	JAMES HUBERT BL...	21:15.7
82	(81)	#168 Hybl, Phoenix	12	SENECA VALLEY	21:27.0
83	(82)	#81 Sakibov, Isham	9	GAITHERSBURG	21:54.5
84	83	#87 Fornah, David	11	JOHN F KENNEDY	22:10.3
85	(84)	#38 Beadling-Thompson,...	12	GAITHERSBURG	22:12.7
86	85	#86 Weber, Nathan	9	JOHN F KENNEDY	22:20.8
87	(86)	#62 Bowers, Noah	10	JAMES HUBERT BL...	22:27.5
88	87	#82 Griffiths, Jackson	12	JOHN F KENNEDY	23:24.7
89	88	#85 Ragan, Isom	10	JOHN F KENNEDY	23:43.8
90	89	#87 Zecena Cruz, Gilmar	10	JOHN F KENNEDY	24:42.5
91	(90)	#84 Poteau, Xavier	9	JOHN F KENNEDY	24:46.9
92	(91)	#80 Everett, Gideon	9	JOHN F KENNEDY	25:02.7

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Results

Girls 5,000 meters Varsity

Team Scores

PI	Team	Score	Scoring Order						
1	Bethesda-Chevy Chase	47	1	4	11	15	16	(18)	(20)
2	Northwest	87	2	10	12	27	36	(49)	(50)
3	Winston Churchill	96	7	9	21	26	33	(38)	(39)
4	Walt Whitman	106	8	17	19	28	34	(37)	(46)
5	Walter Johnson	140	22	25	30	31	32	(42)	(51)
6	Richard Montgomery	147	14	23	29	40	41	(44)	
7	James Hubert Blake	188	13	24	45	52	54	(68)	(69)
8	Clarksburg	198	3	35	47	55	58	(62)	(70)
9	Quince Orchard	224	5	43	57	59	60	(61)	(65)
10	Gaithersburg	278	6	56	67	74	75	(78)	(79)
11	Seneca Valley	317	53	63	64	66	71	(72)	
12	Wheaton	354	48	73	76	77	80		

Individual Results

PI	Pts	Name	Yr	Team	Time
1	1	#17 Stoian, Nya	11	BETHESDA-CHEVY...	19:32.1
2	2	#115 Wychulis, Audrey	12	NORTHWEST	19:32.4
3	3	#33 Kelly, Madeline	11	CLARKSBURG	19:37.5
4	4	#14 Ladstaetter, Alexia	12	BETHESDA-CHEVY...	19:52.0
5	5	#130 Donmoyer, Olivia	12	QUINCE ORCHARD	20:08.0
6	6	#56 Ryan, Adelaide	11	GAITHERSBURG	20:15.8
7	7	#267 Sagan, Margaret	12	WINSTON CHURC...	20:19.6
8	8	#201 Kapoor, Kinjal	10	WALT WHITMAN	20:27.1
9	9	#260 Austin, Korinne	12	WINSTON CHURC...	20:29.3
10	10	#116 Wychulis, Emily	10	NORTHWEST	20:31.2
11	11	#18 Summerfield, Ava	11	BETHESDA-CHEVY...	20:40.7
12	12	#114 Mudunuri, Divya	10	NORTHWEST	20:44.5
13	13	#79 Tusse, Sifen	12	JAMES HUBERT BL...	20:45.5
14	14	#154 Keller, Noemi	9	RICHARD MONTG...	21:06.2
15	15	#11 Dolven-Miller, Eliana	12	BETHESDA-CHEVY...	21:07.6
16	16	#16 Song, Mariana	10	BETHESDA-CHEVY...	21:09.6
17	17	#194 Cornelius, Emily	9	WALT WHITMAN	21:12.3
18	(18)	#15 Rich, Lilah	12	BETHESDA-CHEVY...	21:15.4
19	19	#199 Gros-Slovinska, Maya	10	WALT WHITMAN	21:17.6
20	(20)	#13 Hage, Allie	9	BETHESDA-CHEVY...	21:21.0
21	21	#263 Lund, Nadia	10	WINSTON CHURC...	21:29.0
22	22	#220 Blake, Audrey	12	WALTER JOHNSON	21:30.1
23	23	#152 Grossman, Maya	11	RICHARD MONTG...	21:31.0
24	24	#77 Kane, Zayra	9	JAMES HUBERT BL...	21:36.7
25	25	#226 McCarty, Natalie	10	WALTER JOHNSON	21:37.0
26	26	#264 Pardo, Emilia	11	WINSTON CHURC...	21:37.4
27	27	#110 Kanderian, Lucine	10	NORTHWEST	21:47.3
28	28	#203 Treadwell, Katja	12	WALT WHITMAN	21:52.4
29	29	#153 Keller, Adelaide	11	RICHARD MONTG...	21:54.0
30	30	#221 Heymann, Maya	10	WALTER JOHNSON	21:54.5
31	31	#228 Spencer, Alexis	9	WALTER JOHNSON	21:54.9
32	32	#225 Linkie, Ann	12	WALTER JOHNSON	21:55.5
33	33	#266 Rivera-Ray, Emma	9	WINSTON CHURC...	21:56.9
34	34	#196 Eckford, Bonita	10	WALT WHITMAN	21:57.4
35	35	#29 Carey, Emilee	9	CLARKSBURG	21:57.8
36	36	#113 Modur, Shreya	12	NORTHWEST	21:59.3
37	(37)	#202 Santos Pineiro, Caroli...	9	WALT WHITMAN	22:03.3
38	(38)	#271 Zuba, Aly	11	WINSTON CHURC...	22:04.6
39	(39)	#265 Park, Samantha	12	WINSTON CHURC...	22:16.9
40	40	#158 Tow, Keira	11	RICHARD MONTG...	22:43.3
41	41	#159 Turturro-luzzini, Vivien	11	RICHARD MONTG...	22:44.7
42	(42)	#218 Barrett, Sophia	12	WALTER JOHNSON	22:56.9
43	43	#131 Floro, Carmen	9	QUINCE ORCHARD	22:57.7

Individual Results

PI	Pts	Name	Yr	Team	Time
44	(44)	#160 Wadhams, Sascha	12	RICHARD MONTG...	22:59.0
45	45	#75 Foronda Nogales, Lis...	11	JAMES HUBERT BL...	22:59.7
46	(46)	#205 Velez, Lily	12	WALT WHITMAN	23:02.8
47	47	#37 Sarathchandra, Neluki	12	CLARKSBURG	23:05.2
48	48	#240 Abarca, Kathryn	11	WHEATON	23:06.7
49	(49)	#112 Mbonimpa, Laure	12	NORTHWEST	23:08.5
50	(50)	#108 Chandler, Aliyah	12	NORTHWEST	23:18.8
51	(51)	#222 Higgins, Grace	11	WALTER JOHNSON	23:33.1
52	52	#74 Carter, Simone	12	JAMES HUBERT BL...	23:38.1
53	53	#175 Carman, Kendra	10	SENECA VALLEY	23:40.2
54	54	#73 Aleigne, Rekik	9	JAMES HUBERT BL...	24:08.1
55	55	#36 Perera, Nikolina	10	CLARKSBURG	24:28.7
56	56	#58 Schafer, Elly	9	GAITHERSBURG	24:32.2
57	57	#137 Walters, Addilyn	9	QUINCE ORCHARD	24:40.4
58	58	#35 McIntyre, Ashlee	9	CLARKSBURG	24:42.2
59	59	#133 Lyons, Brooke	12	QUINCE ORCHARD	24:42.8
60	60	#136 Syeda, Humaira	12	QUINCE ORCHARD	25:02.0
61	(61)	#129 Buchner, Lily	10	QUINCE ORCHARD	25:37.0
62	(62)	#30 Cruz Morales, Fernan...	10	CLARKSBURG	25:41.1
63	63	#176 Chandiwana, Allyson	10	SENECA VALLEY	25:52.8
64	64	#174 Agali Moussa, Aissata	12	SENECA VALLEY	26:13.2
65	(65)	#135 Roumani, Miriam	10	QUINCE ORCHARD	26:26.1
66	66	#181 Tran, Angelina	10	SENECA VALLEY	26:42.4
67	67	#53 Lizama, Rosa	11	GAITHERSBURG	27:01.0
68	(68)	#76 Fuentes, Abigail	10	JAMES HUBERT BL...	27:20.3
69	(69)	#78 Sabala, Chloe	10	JAMES HUBERT BL...	27:34.4
70	--	#91 Moyer, Chloe	12	JOHN F KENNEDY	27:43.4
71	(70)	#31 Gracias, Megan	11	CLARKSBURG	27:51.5
72	71	#179 Kulowiec, Cheyenne	10	SENECA VALLEY	28:04.7
73	(72)	#178 Gerges, Anna	11	SENECA VALLEY	28:12.6
74	73	#247 Whaling, Charlotte	9	WHEATON	28:33.2
75	74	#55 Ogunniyi, Sarah Lynn	9	GAITHERSBURG	28:46.0
76	75	#50 Abate, Naomi	9	GAITHERSBURG	29:18.2
77	--	#88 Ayalew, Hana	11	JOHN F KENNEDY	29:35.9
78	76	#245 Umana, Natalie	10	WHEATON	29:48.1
79	77	#243 Jacobson, Allison	12	WHEATON	30:51.8
80	(78)	#54 Oben, Lorraine	9	GAITHERSBURG	31:16.8
81	--	#89 Coyoy, Ashley	9	JOHN F KENNEDY	32:04.6
82	(79)	#52 Cousar, Syriah	10	GAITHERSBURG	32:16.9
83	80	#241 Aquino Solis, Monser...	10	WHEATON	32:24.9
84	--	#90 Melendez Medina, S...	10	JOHN F KENNEDY	32:34.8
--	--	#242 Diaz, Kitzia	12	WHEATON	x 36:20.1
--	--	#93 Rodas Reyes, Camilla	10	JOHN F KENNEDY	x 39:45.8
--	--	#94 Wolfe, Elizabeth	11	JOHN F KENNEDY	x 50:24.5