

# 2019 Jamestown Blue Jays Girls' Cross Country

**Jamestown Orriginals Invite**  
Aug. 24, 2019, 11 a.m.  
Parkhurst Recreation Area, Jamestown,  
N.D.

**Team totals Top 5/WDA (5,000 meters)**  
1. Mandan, 60; 2. WF Sheyenne, 63; 3. G.F.  
Red River, 71; 4. Kindred, 88; 5. Jamestown,  
101

**Individual winner:** Meghan Ford,  
Jamestown, 18:31.09

**Top 10**  
1. Meghan Ford, Jamestown, 18:31.09; 2.  
Elise Ramberg, Langdon Area, 19:26.43; 3.  
Kelby Rinas, Mandan, 19:48.11; 4. Onnica  
Stansbury, WF Sheyenne, 20:55.40; 5.  
Jakkia Duffy, LaMoure-L-M, 20:58.78; 6.  
Hannah Westin, Shiloh Christian, 21:05.46;  
7. Dreah Frolek, Sargent Central-L,  
21:09.81; 8 Peyton Gette, Kindred,  
21:15.47; 9. Ally Goodmanson, Kindred,  
21:18.09; 10. Drew Frolek, Sargent Central-  
L, 21:44.93

**Jamestown results**  
1. Meghan Ford, 18:31.09; 20. Maddy Orr,  
22:39.56; 32. Jera Truax, 23:51.24; 49.  
Emily Sargeant, 26:19.21; 52. Kyra Hoffer,  
27:09.50; 57. Alyssa Allen, 27:55.02

**Notes:** Mandan won the varsity meet and  
had three runers in the top 20...Meghan  
Ford of Jamestown was individual cham-  
pion