

# 2018 Jamestown Blue Jays Girls' Cross Country

**Jamestown Orriginals Invite**  
Aug. 24 2018, 11 a.m.  
Parkhurst Recreation Area, Jamestown,  
N.D.

**Team totals Top 5/WDA (5,000 meters)**  
1. Fargo Davies, 56; 2. West Fargo, 84; 3. GF  
Central, 139; 4. Mandan, 167; 5. GF Red  
River, 186; 8. Jamestown, 282

**Individual winner:** Meghan Ford,  
Jamestown, 18:44.22

**Top 10**  
1. Meghan Ford, Jamestown, 18:44.22; 2.  
Lana Krack, Thompson, 19:33.84; 3. Megan  
Lundstrom, Fargo Davies, 19:42.38; 4. Kelby  
Rinas, Mandan, 19:51.03; 5. Elise Ramberg,  
Langdon-E-M, 19:55.34; 6. Alexis Roehl, GF  
Central, 20:07.91; 7. Dreak Frolek, Sargent  
Central-L, 20:29.75; 8. Payton Lane, Fargo  
Davies, 20:30.52; 9. Hope Pringle, West  
Fargo, 20:31.06; 10. Clare Bolding, West  
Fargo, 21:05.59

**Jamestown results**  
1. Meghan Ford, 18:44.22; 37. Maddy Orr,  
22:41.81; 69. Alyssa Allen, 24:18.06; 83.  
Amanda Sargent, 24:51.34; 92. Peyton Rud-  
nick, 25:36.75; 96. Sydney Zalumskis,  
25:51.93; 102. Emily Sargent, 26:17.06;  
110. Jera Truax, 26:43.25; 112. Sadi Meiss-  
ner, 27:04.53

**Notes:** This was the season-opening meet  
for Mandan and Jamestown...Jamestown's  
Meghan Ford was individual champion, fin-  
ishing the 5,000 meters in a time of  
18:44.22...There were 137 varsity runners.