The Watauga High women's cross country team turned in a gutsy performance Saturday at Tanglewood Park in Winston-Salem in the Class 4A state cross country meet.

Unfortunately, the field a little too strong and the WHS women finished in sixth place with 195 points. Sophomore Hannah Barbour paced WHS with a 35th-place finish in 19:59.75; senior Kayla Schneider was 39th in 20:01.28.

"If I was running in the (Class) 3A race, I would have finished in the top 20," said Schneider, who produced a sixth-place finish at the Western Regional in Charlotte. "Our level (Class 4A) is loaded from top to bottom. This race was a huge challenge. It's bittersweet for sure, but I am proud of our effort."

Barbour, who nearly collasped following a grueling race last week at McAlpine Park in Charlotte, turned in one of her better performances of the year, according to coach Randy McDonough said. "Hannah turned in a strong performance," he said. "This is a demanding course, and it can take a lot out of you, but she toughed it out. Our whole team really did that. I am very proud of the effort." But unlike past years, the course had a quick pace on Saturday. The top 11 finishers were all inside of 19 minutes. Laura Hoer of T.C.Roberson pulled off the upset by nosing out the favorite, Carolyn Baskir of East Chapel Hill. Hoer finished the race in 18:13.01; Baskir, who turned in a time of 17 minutes flat at a meet earlier this year in Cary, came in at 18:14.37.

"A lot of coaches understand how demanding this course can be," McDonough said. "And instead of working on speed, as was the case in the past, coaches are gearing their runners to run more demanding courses like this. In turn, the runners are in better condition, and their times have improved as well."

Schneider, who completed the race in 20:01.28, says the course can really wear on you, especially the hill.

"There is a big hill," she said. "And going over it the second time around can really take its toll on your legs."

Cary-Green Hope won the championship with 47 points. T.C.Roberson was second with 60; Terry Sanford finished third with 86. Darby Middlebrook was 52nd for WHS. Raleigh-Sanderson won the men's Class 4A race; senior Patrick Crawford of East Forsyth was the individual champion in 15:47.11.

NOTES: WHS freshman Madison Harmon did not run on Saturday. She had a 103-degree fever and was replace by sophomore Molly Ruble. Also, congratulations to Katie Greiwisch of Lenoir-Rhyne College (she attended Avery High during her prep days) won the Division II Southeast Regional at Wingate University Saturday.

Class 4A Women

1.) Cary-Green Hope 47

2.) T.C. Roberson 60

3.) Terry Sanford 86

6.) Watauga 195

Top 3 finishers:

1.) Laura Hoer, TCR 18:13.01

2.) Carolyn Baskir, East Chapel Hill 18:14

3.) Samantha George, Raleigh-Millbrook 18:48.36

Watauga runners:

35.) Hannah Barbour 19:59.75

39.) Kayla Schneider 20:01.28

52.) Darby Middlebrook

55.) Amanda Carringer

72.) Doria Kosmala

101.) Hailey Middlebrook

109.) Molly Ruble

Class 4A Men

1.) Raleigh-Sanderson 89

2.) Raleigh-Broughton 92

3.) West Johnston 106

Top 3 finishers:

1.) Patrick Crawford, East Forsyth 15:47.11

2.) Bryan Sprietzer, Cary-Green Hope 15:52.14

3.) Jack Anderson, Reagan 15:57.00