

Cross country

The girls runner of the year is East Mecklenburg's Kathryn Daniel, who barely edges Providence Day's Elyse Kopecky.

Both have held the fastest time at McAlpine twice, with Daniel overtaking Kopecky late in the season.

The deciding factor: Daniel beat Kopecky at the Foot Locker Regionals. Daniel ran 19:22.3 (third in freshman/sophomore race), and Kopecky ran 19:38.2 (11th in freshman/sophomore race).

The girls coach of the year is Richard Prince of Myers Park. Prince's team won the Southwestern 4A for the first time in 15 years. The Mustangs finished fifth at the state meet.

Larry McAfee of East Mecklenburg is the boys coach of the year. His team won the Southwestern 4A after coming in third last year. The Eagles also won the western regionals.

Jim Martin of Myers Park finished with the second-best time in the city this year but beat No. 1 Shane Walts of East Mecklenburg in the last three big races of the year (conference, regionals and state meet).

Martin won the Southwestern 4A and was the top Charlotte finisher (13th) at the state meet, where he ran a personal best time.