

Griewisch Named The SAC Women's Cross Country Runner Of The Week

Written by Mike Kelly

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Lenoir-Rhyne's Kate Griewisch has been named the South Atlantic Conference Women's Cross Country Runner Of The Week, league officials announced today. Griewisch, a senior from Banner Elk, N.C., wins the award for the 10th time in her collegiate career.

Griewisch ran a course-record 18:13 over 5K to win the Lenoir-Rhyne Invitational this past weekend at Southside Park in Newton, N.C., for the second straight year.

Griewisch also helped the Bears finish second out of 10 teams in the race.

Griewisch is a two-time NCAA Division II All-American (2009-10) who also garnered First-Team All-SAC accolades (2008-10) the last three seasons.

Griewisch has also won the past two NCAA Division II Southeast Regional races and led L-R to back-to-back South Atlantic Conference Championships (2008 and 2009).

An outstanding student-athlete as well, Griewisch has been named the South Atlantic Conference Scholar-Athlete Of The Year for 2009 and 2010 and earned 2011 Capital One Academic All-America® Second-Team honors for women's cross country and track and field. Griewisch became the first-ever Lenoir-Rhyne student-athlete ever to win the South Atlantic Conference Presidents' Award in 2010-11 as well.

Mars Hill's Justin Gragg earned league weekly honors on the men's side after placing first at the L-R Invitational with a 26:09 on the 8K course.

The Lenoir-Rhyne Men's and Women's Cross Country Teams next compete in The Citadel Invitational on Saturday, September 24, in Charleston, S.C., beginning at 9:00 a.m.

Visit lrbears.com for the latest news and info on Lenoir-Rhyne University Athletics.

LRU Men's Golf Finishes Second At The Anderson Invitational

The Lenoir-Rhyne Men's Golf Team shot a 593 (+17) to finish second out of nine teams at the Anderson Invitational which concluded Tuesday at Cobb's Glen Country Club in the Bears' fall 2011 tournament opener.

Tusculum finished with a 589 (+13) on the par-72, 7,002-yard course to win the tournament.

L-R sophomore Zack Binkley (Kernersville, N.C.) earned all-tournament honors after finishing tied for fourth with a 146 (+2) while sophomore John White (Granite Falls, N.C.) carded a 148

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(+4) to tie for sixth overall.

Tusculum's Nick York captured the individual title with a one-under 143 and winning in a playoff over Erskine's Brad Thorne.

On the women's side, the Bears finished ninth with a 679 (+103) on the par-72, 5,952-yard course while senior Katie Thackerson (Earl, N.C.) placed third with a 154 (+10).

Senior Ashley Shealy (Lexington, S.C.) and junior Megan Katsch (Wilmington, N.C.) tied for 32nd with a 172 (+28) for Lenoir-Rhyne.

Tusculum also won in the women's event after finishing with a 621 (+45) while the Pioneers' Alyson Pugh placed first with a six-over 150.

The Lenoir-Rhyne Men's and Women's Golf Teams next compete in the Tusculum Fall Classic on September 26 and 27 in Greeneville, Tenn., at Link Hills Country Club.