

Bears Griewisch Earns Women's Cross Country Honors

Written by Staff Reports

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Lenoir-Rhyne senior Kate Griewisch (Banner Elk, N.C.) has been named the South Atlantic Conference Women's Cross Country Runner Of The Week.

Griewisch wins the award for the 11th time in her career including the second straight week. Griewisch, a two-time NCAA Division II All-American (2009 and 2010), was the top Division II runner at the Will Wilson Citadel Invitational this past Saturday at James Island County Park in Charleston, S.C.

Griewisch ran an 18:25 on the 5K course and finished second overall out of 92 competitors, trailing only College of Charleston's Dena O'Brien (18:13).

Griewisch led the Bears to a first-place finish among six NCAA Division II teams as L-R had five of the top six runners in the D-II race.

Griewisch has earned All-South Atlantic Conference First-Team honors three times (2008-10) and led Lenoir-Rhyne to consecutive league championships in 2008 and 2009.

Griewisch also won the 2009 SAC Championship race and placed first in the last two NCAA Division II Southeast Regional meets (2009 and 2010).

An outstanding student as well, Griewisch is a two-time recipient of the South Atlantic Conference Women's Cross Country Scholar-Athlete Of The Year (2009 and 2010) and was named to the 2011 Capital One Academic All-America® Second Team for women's cross country and track and field.

This past summer, Griewisch became the first Lenoir-Rhyne student-athlete ever to win the South Atlantic Conference Presidents' Award for 2010-11.

Wingate's Steve Hammond was named the South Atlantic Conference Men's Cross Country Runner Of The Week.

The Lenoir-Rhyne Men's and Women's Cross Country Teams next compete in the Charlotte Invitational on Friday beginning at 4 p.m.