

## Griewisch Fourth At National Championships

Written by Staff Reports

Saturday, 19 November 2011 23:58

---

Lenoir-Rhyne's Kate Griewisch finished fourth overall out of 186 competitors at the 2011 NCAA Division II Women's Cross Country National Championship race held Saturday morning at Plantes Ferry Athletic Complex in Spokane, WA. Griewisch earned All-American honors for the third consecutive year with her performance. Griewisch, a senior from Banner Elk, N.C., ran the 6K course in a time of 21:26 and improved on her finishes of 19th and 18th place in the 2009 and 2010 national finals, respectively.

Augustana (S.D.) won the team title for the first time ever while Shippensburg's (Pa.) Neely Spence repeated as the NCAA Division II National Champion with a 20:53.

Griewisch ends her collegiate women's cross country career as a two-time winner of the South Atlantic Conference Championship (2009 and 2011) and a three-time champion of the NCAA Division II Southeast Regional race (2009-11).

Griewisch also earned first-team all-league honors four times (2008-11) and led Lenoir-Rhyne to the South Atlantic Conference Championship in 2008 and 2009.

Griewisch is a three-time USTFCCCA Southeast Region Women's Athlete Of The Year for NCAA Division II Cross Country (2009-11). USTFCCCA is the United States Track and Field and Cross Country Coaches Association.

As a student, Griewisch has been named the South Atlantic Conference Women's Cross Country Scholar-Athlete Of The Year three times (2009-11) and earned 2011 Capital One/CoSIDA Academic All-America second-team honors for women's cross country and track and field.

Griewisch was also the female recipient of the 2010-11 South Atlantic Conference Presidents Award, the highest award the conference gives out annually.

## NCAA Division II Cross Country National Championships

1. Spence, Neely SR Shippensburg, 20:53.8
2. Nelson, Alicia JR Adams State, 21:07.4
3. Kleppin, Lauren SR Western State, 21:16.6
- 4. Griewisch, Kate SR Lenoir-Rhyne, 21:26.8**
5. Lamb, Kelly SO Adams State, 21:28.0
6. Wolf, Dakota JR U-Mary, 21:28.5
7. Muir, Christina SR Ferris State, 21:28.8

## Griewisch Fourth At National Championships

Written by Staff Reports

Saturday, 19 November 2011 23:58

---

8. Edwards, Brenae SR Mansfield, 21:32.6
9. Keino, Ruth SR Alaska Anchorage. 21:35.0
10. Spratford, Katie JR Shippensburg, 21:35.3

**Photo Courtesy: Kate Griewisch, LRU Athletics**