

McLeod, Hamilton Earn SoCon Runner of Week Honors

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Appalachian State's Amanda Hamilton has been named as the Southern Conference women's cross country Runner of the Week for her performance

last week, the league announced Wednesday. The senior from Cary, N.C. finished third overall in a field of 50 in the first meet of the 2012 season, posting an 18:28.5 at the Covered Bridge Open in Boone, N.C.

Appalachian posted a second place finish with 46 points, while No. 4 Florida State captured the meet with 38 points. Mitch McLeod of the Mountaineers earned Southern Conference men's cross country Runner of the Week honors for his performance last week, the league announced Wednesday.

The freshman from Chapel Hill, N.C. finished third in a field of 55 runners in his first collegiate race, posting a 25:16.2 in the Covered Bridge Open in Boone, N.C. Appalachian finished just behind No.10 Florida State, who posted 35 points, while the Mountaineers were only six behind with 41.

The Apps will be back in action on Friday, Sept. 14 when they compete in the Mountaineer Open. The meet is scheduled to start at 5 p.m.