

ASU Women's Cross Country Wins Winthrop Invitational

Written by Megan Samassa
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Appalachian State University women's cross country team defeated the entire field at the adidas/Winthrop Invitational this afternoon. The Mountaineers finished with 58 points, while Liberty came in right behind with 70 points and Coastal

Carolina came in third with 168 points.

Senior Amanda Hamilton led the Apps for the second straight meet, finishing second overall with a season-best 18:10.26, while Allison Cook finished third overall and second for Appalachian, running a 18:13.57. Kaitlyn Cagle came in third for the Apps, with a tenth place overall finish, and Justine Stocks rounded out the scoring with a 17th overall finish.

"We are very excited about the win," said head coach Michael Curcio, "Hamilton and Cook went out there and performed great. Cagle and Stocks also had a great day and Sarah Williamson had a great run for us as well."

Appalachian State will be back in action on Friday, Sept. 28 when they travel to the 49er Invite in Charlotte, N.C. The meet is scheduled to start at 4 p.m.

Men's Cross Country Finishes Second at Rock Hill

Appalachian State University men's cross country team came in second for the second straight meet at the adidas/Winthrop Invitational. The Mountaineers were led by senior Sean Soderman, who finished in sixth overall with a 24:48.79, while Michael Lilley came in with a 12th overall finish, running a 25:12.70.

Head Coach Michael Curcio stated, "Sean looks really good, he is right back where he belongs." Alex Taylor, Mitch McLeod and Josh Cox rounded out the scoring for Appalachian as they all finished within seconds of one another. "We are pleased with the results, but we aren't satisfied," said Curcio, "We are glad we had seven guys under 26 minutes."

The Apps finished right behind Louisville who had 44 points, while Appalachian finished the afternoon with 72 points and Liberty came in third with 89 points. Appalachian State will be back in action on Friday, Sept. 28 when they travel to Charlotte, N.C. for the 49er Invite. The meet is scheduled to start at 4 p.m.

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Photo Courtesy: Amanda Hamilton, ASU Athletics