

## ASU Women's XC Ranked 8th in Southeast Region

Written by Staff Reports

Tuesday, 02 October 2012 17:27

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Appalachian State University women's cross country team has moved up in the USTFCCCA's rankings after a strong finish in the 49er Invite in Charlotte, N.C. last weekend. The Mountaineers who were previously ranked No. 14 have moved

up to No. 8 in the Southeast region after a second place finish, behind only No. 7 Clemson. William & Mary currently leads the region, followed by NC State and North Carolina. The Apps were led by senior Amanda Hamilton for the third time this season as she crossed the finish line ninth overall in the 6,000m event. Junior Justine Stocks finished second for the Black and Gold and 20th overall, crossing the line with a personal-best 22:20.27.

Kaitlyn Cagle came in third for Appalachian and 24th overall in Charlotte, while Sarah Williamson finished close behind coming in fourth for the Mountaineers and 27th overall. Both Cagle and Williamson ran personal-record times in the 6,000m event as Cagle crossed the line at 22:26.66 and Williamson finished at 22:30.54.

Junior Allison Cook rounded out the scoring for the Apps, finishing 35th overall with a personal-best 22:43.25. The Mountaineers also captured the title of Queen of the Mountain in the 17th annual dual with Western Carolina. Appalachian has now earned the jug, which is face jug pottery made by Appalachian State alumni Bill Dotson 15-of-17 times.

Appalachian State will be back in action on Friday, Oct. 13 when they return to Boone for its final home meet of the 2012 campaign. The Blue Ridge Open is scheduled to start at 3 p.m.