

Hamilton Named SoCon Athlete of Month

Written by Megan Samassa
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Senior Amanda Hamilton was named Southern Conference September athlete of the month for women's cross country after her outstanding performance this past month, the league

announced Thursday. Hamilton led Appalachian State in all three meets in the month of September, posting a third place overall finish in the Covered Bridge Open and leading her team to a second place finish behind only No. 4 Florida State.

The Cary, N.C. native helped the Mountaineers to a first place finish at the adidas/Winthrop Invitational as she finished second overall in a field of 251 runners, crossing the line with a season-best 18:10.26. App State defeated the entire field at the meet, which included five SoCon schools.

Hamilton led the Apps for the third time in the 49er Invite when she finished ninth overall in the 6,000m event with a 22:20.27. Her ninth place finish helped the Black and Gold to a second place finish behind regionally ranked Clemson.

Appalachian State will be back in action on Friday, Oct. 12 when they return to Boone for its final home meet of the 2012 campaign. The Blue Ridge Open is slated to start at 3 p.m.

Photo Courtesy: Amanda Hamilton, ASU Athletics