

## ASU Sweeps SoCon Championships

Written by Megan Samassa  
Saturday, 27 October 2012 16:50

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Appalachian State University men's cross country earned its 15th Southern Conference Championship this afternoon as it defeated a field of 11 SoCon opponents. The win marks the first time the Mountaineers' have stood on the podium in

two years after a fourth place finish in its 2011 campaign. Senior Alex Taylor paced the Apps as he had his best outing of the 2012 season, finishing fourth overall with a 24:42.01. Senior Sean Soderman crossed the line second for App State as he finished 11th overall with a 25:12.35 and Michael Lilley crossed the line 14th overall with a 25:21.54.

Josh Cox followed right behind Lilley as he finished 15th overall with a 25:23.10 and senior Brian Graves rounded out the scoring for Appalachian with a 19th place overall finish, running a 25:35.31.

Soderman earned his fourth cross country SoCon title, as Taylor helped lead the Apps to his third title in his collegiate career. Taylor earned All-SoCon first team for his performance on the afternoon, while Soderman and Lilley both earned All-SoCon second team honors. Freshman Mitch McLeod earned All-SoCon freshman team for his performances in the 2012 season, while head coach Michael Curcio garnered Coach of the Year honors.

Appalachian State capped off the afternoon earning 63 points, finishing 28 ahead of Chattanooga who scored 91 points for a second place finish. UNC-Greensboro took home a third place finish behind junior Paul Chelimo who won the individual championship, crossing the line at 23:42.22.

App State will be back in action on Saturday, Nov. 3 when they travel to Cary, N.C. for the Three Stripes Invitational. The meet is scheduled to start at 9 a.m. In the women's finals, the Appalachian State University women's cross country team claimed its 9th Southern Conference title this afternoon at the SoCon Championships in South Carolina.

The win marks the first time the Mountaineers have clinched the title since 2002 and the first championship for the current Appalachian roster.

Senior Amanda Hamilton led the Apps for the fifth time this season as she finished fifth overall running a season-best 17:42.55 in the 5,000m event, while junior Allison Cook crossed the line at a personal-best 18:00.10 for a 12th place overall finish.

Sarah Williamson and Justine Stocks posted personal-best times for the Black and Gold as Williamson crossed the line 14th overall with an 18:03.72 and Stocks followed right behind with a 15th place overall finish, running an 18:05.43.

Kaitlyn Cagle rounded out the scoring for the Apps as she posted a personal-best 18:09.80 and an 18th overall finish.

Hamilton garnered All-SoCon first team honors for her 2012 season performance, while Cook and Williamson earned All-SoCon second team recognition. Freshman Dana Cox captured All-SoCon freshman team honors, while head coach Michael Curcio garnered Coach of the Year honors.

Four App State runners posted personal-best times in the event as App State took home the championship, finishing just four point ahead of second place Elon. The Mountaineers earned 64 points on the afternoon, while Elon capped off the event with 68 points. Samford finished third with 97 points, behind individual champion Lauren D'Allessio.

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**Photo Courtesy: Alex Taylor, ASU Athletics**