

## Soderman, Hamilton Pace Apps At Regionals

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Appalachian State University men's cross country finished 13th at the 2012 Southeast Regional Championships in Charlotte. The Mountaineers were paced by senior Sean Soderman who crossed the line 44th overall in the 10,000m event.

Soderman posted a new personal-best as he ran a 31:11.55, while senior Michael Lilley finished second for the Apps, crossing the line at a personal-best 31:42.84.

Redshirt freshman Kyle McFoy scored his first point for the Black and Gold this season as he finished third with a 32:08.77 and James Howard-Smith finished fourth for App State with a 32:21.51 in his first 10,000m race. Josh Cox rounded out the scoring for Appalachian as he crossed the line at 32:32.34, which was a new personal-best for the redshirt sophomore. All five runners posted new personal-best times, crossing the line all under 35 minutes in the 10,000m event.

The Apps finished ahead of all Southern Conference teams who competed in the Southeast regional, including No. 15 UNCG. Virginia took home the first place finish, scoring 64 points, while Eastern Kentucky finished second with 75 points.

The ASU women's cross country team finished 11th of 37 teams at the 2012 Southeast Regional Championships this afternoon. The senior duo of Amanda Hamilton and Sarah Williamson paced the Mountaineers as Hamilton crossed the line 27th overall with a 21:23.88 and Williamson posted a career-best 21:54.17.

Junior Justine Stocks finished third for App State, with a new personal-best 22:01.94. Juniors Kaitlyn Cagle and Allison Cook rounded out the scoring for the Apps as Cagle crossed the line at 22:03.38 and Cook posted a 22:28.68.

Appalachian defeated all Southern Conference opponents, finishing with 321 points on the afternoon. Duke took home the first place finish as the scored 81 points and William and Mary finished second with 123 points.

**Photo Courtesy: Amanda Hamilton, ASU Athletics**