

L-R Women's Picked To Repeat As SAC Champions

Written by Staff Reports
Friday, 30 August 2013 05:54

The Lenoir-Rhyne Women's Cross Country Team was voted by the South Atlantic Conference Head Coaches to repeat as league champions in 2013. The Bears, winners of three of the past five conference crowns, garnered nine of the 12 first-place votes for a total of 116 points. Meanwhile on the men's side, Lenoir-Rhyne was picked to finish third overall while Mars Hill was voted to win its 17th consecutive South Atlantic Conference Championship. The Lions earned 11 of the 12 first-place votes in the coaches poll.

L-R junior Marie Mauhar (Mills River, N.C.) and senior Laura Rhyne (Taylorsville, N.C.) were named to the 2013 All-SAC Women's Cross Country First Team while senior Ashley Kale (Maiden, N.C.) was selected to the preseason all-league second team.

Both Rhyne and Mauhar earned All-South Atlantic Conference accolades last fall while Mauhar was named to the 2012 NCAA Division II All-Southeast Region squad as well.

Senior Aaron Nelson (Mayodan, N.C.) returns on the men's side after finishing eighth last year in the conference meet as the Bears' No. 1 runner. Nelson is a first-team all-conference preseason honoree.

In addition, Lenoir-Rhyne was ranked fifth and tenth, respectively, in the 2013 NCAA Division II USTFCCA Southeast Region Women's and Men's Cross Country Preseason Polls.

USTFCCA is the United States Track and Field and Cross Country Coaches Association.

The Lenoir-Rhyne Men's and Women's Cross Country Teams open the 2013 season Friday, September 6, at the Eye Opener Invitational in Spartanburg, S.C., beginning at 6:30 p.m.

2013 South Atlantic Conference Cross Country Preseason Coaches Polls WOMEN

- 1. Lenoir-Rhyne 116 (9)**
2. Wingate 112 (2)
3. Anderson 93
4. Mars Hill 91
5. Queens 82 (1)
6. Lincoln Memorial 70
7. Brevard 69
8. Carson-Newman 56
9. Catawba 36
10. Tusculum 24
11. Coker 22
12. Newberry 21

MEN

1. Mars Hill 121 (11)
2. Wingate 111 (1)
- 3. Lenoir-Rhyne 97**
4. Lincoln Memorial 80
5. Brevard 78

L-R Women's Picked To Repeat As SAC Champions

Written by Staff Reports
Friday, 30 August 2013 05:54

6. Queens 76
7. Anderson 74
8. Tusculum 47
9. Newberry 34
10. Catawba 30
11. Coker 27
12. Carson-Newman 17

2013 All-South Atlantic Conference Preseason Women's Cross Country Teams

FIRST TEAM

Keeley Wood, Wingate

Kristen Trammel, Mars Hill

Hannah Cook, Brevard

Marie Mauhar, Lenoir-Rhyne

Angela Canale, Brevard

Sydney Hazel, Anderson

Laura Rhyne, Lenoir-Rhyne

SECOND TEAM

Sam Haering, Wingate

Jessica Viscusi, Mars Hill

Ashley Kale, Lenoir-Rhyne

Tia Belter, Lincoln Memorial

Tiana Barnes, Wingate

Savannah Hulbert, Mars Hill

Heidi Hooker, Mars Hill

2013 All-South Atlantic Conference Preseason Men's Cross Country Teams

FIRST TEAM

Steve Hammond, Wingate

Alex Griggs, Mars Hill

Cesar Reyes, Mars Hill

David Cooper, Tusculum

Bradley Maldonado, Lincoln Memorial

Brady Adcock, Mars Hill

Aaron Nelson, Lenoir-Rhyne

SECOND TEAM

Parks Edwards, Anderson

Carter Benge, Mars Hill

L-R Women's Picked To Repeat As SAC Champions

Written by Staff Reports
Friday, 30 August 2013 05:54

Patrick Helmick, Brevard
Kiel Bollero, Mars Hill
Binyam Belachew, Wingate
Ryan Mecca, Lincoln Memorial
Nathan Collier, Newberry

2013 USTFCCCA NCAA Division II Southeast Region Cross Country Preseason Rankings

MEN

1. Mount Olive
2. King
3. Columbus State*
4. Queens (N.C.)
5. Mars Hill
6. GRU Augusta
7. Flagler
8. Belmont Abbey
9. Wingate
- 10. Lenoir-Rhyne**

WOMEN

1. Columbus State
2. King
3. Clayton State
- 4. Lenoir-Rhyne***
5. UNC Pembroke
6. Wingate
7. Montevallo
8. Flagler
9. Mount Olive
10. Mars Hill

*** = 2012 regional champions**