

ASU SWEEPS WINTHROP INVITE

Appalachian State University men's cross country finished first out of 7 teams on Saturday morning at the Winthrop Open. Senior James Howard-Smith took first overall in the meet, posting a time of 25:04.05 and recording a new personal record.

Sophomore Kyle McFoy was not far behind as he finished second and obtained a personal record in the meet with a time of 25:19.31. The Apps were close to sweeping the top eight spots with junior Chris Garrett finishing fourth, followed by Will Raby, Josh Cox, Michael Ellis and Andrew Vandenburg, respectively.

The Mountaineers took first in the meet with a total of 18 points, followed by Western Carolina with 55 and Winthrop with 79 points.

Appalachian State University women's cross country topped the competition on Saturday morning at the Winthrop Open in Rock Hill, S.C. Junior Justine Stocks took first place overall, running a 18:02.84 and beating her former personal record by 2 seconds.

Senior Katie Cagle finished third in the meet for the Apps and also recorded a new personal best with a time of 18:08.12. Senior Meaghan McCauley and junior Kayla Schneider each tallied new PR's, finishing fourth and fifth overall with times of 18:09.55 and 18:10.33, respectively.

The Mountaineers had four other runners recording new personal records, including sophomores Dana Cox, Brittany Williams, Samantha Campanaro and Shelby Howell. The Black and Gold finished first with 19 points, followed by Davidson with 69 and Winthrop with 95.

Appalachian will be back in action when they host the Mountaineer Open in Boone on Oct. 4 at 5 p.m.

Lenoir-Rhyne Cross Country Competes At The Winthrop Invitational

The Lenoir-Rhyne University Men's and Women's Cross Country Teams competed Saturday morning in the Winthrop Invitational at the Winthrop Lake Course. For the Lenoir-Rhyne men, the Bears finished seventh out of 11 schools in the D-II race while senior Aaron Nelson (Mayodan, N.C.) was the top L-R runner on the day.

Nelson placed 27th overall with a time of 27:30 on the 8K course while freshman Charles Koontz (Flemington, N.J.) ran a 28:21 to finish 37th against non-Division I competition.

Appalachian State was the No. 1 men's squad overall while Emmanuel was best school in NCAA D-II competition. The Mountaineers' James Howard-Smith won the men's race with a 25:04.

On the women's side, Lenoir-Rhyne finished sixth out of 11 schools in the NCAA Division II race and was led by sophomore Grace Turner (Lincolnton, N.C.). Turner finished 16th overall with a time of 20:05 on the 5K course while senior Laura Rhyne (Taylorsville, N.C.) ran a 20:08 to place 17th.

Appalachian State was the top overall women's school in the race while the Mountaineers' Justine Stocks (18:02) finished first overall. Alabama-Huntsville won the women's D-II race.

The Lenoir-Rhyne Men's and Women's Cross Country Teams will next compete in the Mountaineer Open in Boone, N.C., on Friday, October 4.

SATURDAY'S COLLEGIATE ROUND UP.....

Written by Staff Reports
Sunday, 22 September 2013 08:38

Winthrop/adidas Cross Country Invitational Rock Hill, S.C. Winthrop Lake Course September 21, 2013

Lenoir-Rhyne's Results

MEN

- 27. Aaron Nelson 27:30**
- 37. Charles Koontz 28:21
- 42. Mike Ryan 28:35
- 44. Kyle Barry 28:41
- 55. Zach Millsaps 29:08
- 69. Abram Logan 31:03
- 79. Gustav Meyners 33:42

WOMEN

- 16. Grace Turner 20:05
- 17. Laura Rhyne 20:08
- 27. Paige Smith 20:44
- 28. Brittany Echard 20:47
- 52. Hope Rust 22:09
- 62. Ayana Smith 22:45
- 70. Katie Schomburg 23:31
- 81. Megan Carper 26:15
- 85. Bethany Griggs 27:37
- 86. Haley Rawlinson 28:07

JAMES MADISON BLANKS ASU FIELD HOCKEY

Appalachian State University field hockey dropped a match against James Madison on Saturday 7-0. The Apps would not find the net the entire match as James Madison took over, scoring seven times over the span of 70 minutes.

JMU took the lead early on with a goal by Roasalie Becker in the fourth minute of the match from an assist by Taylor West, before West scored one of her own late in the half, making the score 2-0 at halftime.

The Dukes came out strong again in the second, scoring quickly off the stick of Adrienne le Vatte. James Madison would continue the streak, scoring four more times from Bethany Ashworth, Danni Wilson, Taylor West and Robin De Bruyne

Freshman Lynnae Luettch, junior Laura Malinoski and sophomore Caroline Phillips recorded the Mountaineers' only three shots of the match, in comparison to the Duke's total of 34. Two of App's goalies saw time tonight as senior Sarah Anderson recorded seven saves and sophomore Cristina Ceppi tallied two.

SATURDAY'S COLLEGIATE ROUND UP.....

Written by Staff Reports

Sunday, 22 September 2013 08:38

The Black and Gold will return to action on Sunday against Rice at 1 p.m. in Harrisonburg, Va.