

Men's Cross Country Has Strong Showing At The Royals Challenge:

The Lenoir-Rhyne Men's Cross Country Team placed seventh out of 28 schools in the NCAA Division II competition at the Royals Challenge, hosted by Queens, Friday evening at McAlpine State Park.

Duke was the Division I winner while King was tops among NCAA Division II schools.

Lenoir-Rhyne was led by sophomore Zach Millsaps (Statesville, N.C.), who placed 16th among D-II runners with a time of 26:07 over the 8K course.

L-R senior Aaron Nelson (Mayodan, N.C.) ran a 26:17 to place 21st while Duke's Brian Schoepfer was the overall winner with a 25:09.

On the women's side, Lenoir-Rhyne placed 12th out of 30 Division II schools while South Carolina (D-I) and Wingate (NCAA Division II) were the respective winners.

Sophomore Grace Turner (Lincolnton, N.C.) was the Bears' top runner on the 5K course. Turner finished with a 19:14, good for 33rd place, while South Carolina's Meredith Mill (17:03) won the women's competition.

The Lenoir-Rhyne Men's and Women's Cross Country Teams next compete in the 2013 South Atlantic Conference Championships on Saturday, October 26, in Black Mountain, N.C.

Royals Cross Country Challenge Charlotte, N.C. McAlpine Creek Park October 11, 2013

Lenoir-Rhyne's Results

MEN

- 16. Zach Millsaps 26:07
- 21. Aaron Nelson 26:17
- 59. Mike Ryan 27:32
- 70. Kyle Barry 27:55
- 106. Charles Koontz 28:51
- 135. Abram Logan 30:40
- 144. Gustav Meyners 31:14

WOMEN

- 33. Grace Turner 19:14

L-R Friday Round Up....

Written by Staff Reports
Saturday, 12 October 2013 11:08

44. Laura Rhyne 19:34
48. Paige Smith 19:38
84. Brittany Echard 20:29
120. Ashley Kale 21:38
127. Katie Schomburg 21:57
144. Hope Rust 22:55
216. Megan Carper 24:56
230. Haley Rawlinson 27:28

L-R Swimming Opens Season With Victories Over Mars Hill And Warren Wilson:

The Lenoir-Rhyne Men's and Women's Swimming Teams opened the 2013-14 season by beating both Mars Hill and Warren Wilson Friday evening at the Shuford Physical Education Center.

On the women's side, L-R defeated Mars Hill (179-75) and Warren Wilson (200-44) while Mars Hill downed Warren Wilson by a score of 180-64.

In the men's competition, Lenoir-Rhyne prevailed as well over Mars Hill (130-127) and Warren Wilson (201-41). Mars Hill beat Warren Wilson, 206-39.

The combined totals included L-R over both Mars Hill (309-202) and Warren Wilson (401-85) and Mars Hill getting the best of Warren Wilson, 386-103.

On the men's side, L-R junior Kyle Hites (Lenoir, N.C.) placed first in three events: the 100-yard (1:00.60) and 200-yard breaststroke (2:12.40) and the 200-yard individual medley (2:01.76) events.

Lenoir-Rhyne sophomore Leah Watts (Hickory, N.C.) was also a three-time winner for the Bears as she prevailed in the women's 100-yard freestyle (54.75) and 200-yard freestyle (1:58.32) and 200-yard individual medley (2:15.85) races.

L-R junior Chelsea Kyle (Knoxville, Tenn.), a 2012 NCAA Division II All-American, returned after a year of absence because of injury to win the women's 100-yard (1:01.96) and 200-yard butterfly (2:15.50) events.

Kyle was also part of L-R's first-place women's relay teams: the 400-yard medley relay (4:16.19) and 400-yard freestyle relay (3:53.58).

The Lenoir-Rhyne Men's and Women's Swimming Teams next compete in a tri-meet against Pfeiffer and Converse on Saturday, October 26, in Spartanburg, S.C.

Lenoir-Rhyne vs. Mars Hill and Warren Wilson

L-R Friday Round Up....

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Shuford P.E. Center - Hickory, N.C. October 11, 2013

MEN

Mars Hill 206 - Warren Wilson 39
Lenoir-Rhyne 201 - Warren Wilson 41
Lenoir-Rhyne 130 - Mars Hill 127

WOMEN

Mars Hill 180 - Warren Wilson 64
Lenoir-Rhyne 200 - Warren Wilson 44
Lenoir-Rhyne 179 - Mars Hill 75

COMBINED

Mars Hill 386 - Warren Wilson 103
Lenoir-Rhyne 401 - Warren Wilson 85
Lenoir-Rhyne 309 - Mars Hill 202