

Raby Paces Mountaineers at Regionals

Written by Kelsey Campbell
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Appalachian State University men's cross country finished in 16th place of 35 teams at the 2013 Division I Southeast Regional Championships.

Will Raby paced the Mountaineers by finishing first for the team and in 64th place overall. Raby earned a time of 30:48.10 in the 10,000m event, while James Howard-Smith followed with an 84th place overall finish with at personal-best time of 31:06.30.

Josh Cox and Kyle McFoy earned third and fourth place finishes and career-bests for the Apps as Cox posted a time of 31:12.80 and McFoy a time of 31:24.60.

Michael Ellis rounded out the top-five for the Mountaineers, finishing 110th overall and crossing the finish-line at 31:32.70.

Eastern Kentucky took home the title at regionals, posting 58 points. Virginia and NC State followed in second and third-place at the meet. Appalachian finished in 16th place, totaling 445 points.

Appalachian concludes the 2013 season after clinching two first-place finishes on the season.

Women's Cross Country Finishes in 16th at Regionals

Appalachian State University women's cross country finished in 16th place of 38 teams at the NCAA Division I Southeast Regional race in Charlottesville, Va. on Friday at Panorama Farms.

Justine Stocks paced the Mountaineers, finishing first for the team and 75th overall with a time of 22:10.80. Katie Cagle was not far behind, finishing 77th overall and posting a personal-best with a time of 22:12.60.

Meaghan McCauley finished third for the Apps and 94th overall with a time of 22:27.00, good enough for a new career best.

Dana Cox and Brittany Williams rounded out the top-five for the Mountaineers and both recorded personal-bests as Cox crossed the line at 22:36.10 and Williams posted a time of 22:55.20.

Virginia won the top spot in the race, totaling 57 points on the day. William & Mary came in second with 69 points, followed by NC State with 142 points. Appalachian recorded 484 points, coming in 16th place.

App State concludes the 2013 season, claiming a second-place team finish at the Covered Bridge Open and Blue Ridge Open and a first-place finish at the Winthrop Open.

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Photo Courtesy: Will Raby, ASU Athletics