

2010 Big 12 Cross Country Championships
Oct. 30, 2010

Dave Smith, Oklahoma State Head Coach
Men's Team Champion

On the women's team...

"It was an awesome day. I am really proud of both teams. The women kicked it off and ran really well. We had a great race planned. We knew that we were the fifth or sixth best team coming in, and we knocked off Texas who was the 15th team ranked in the country. We thought we could get past Iowa State, but they ran a great race and held us off. They ran a great race and did a good job."

On the men's win...

"Unbelievable. In a conference that is this loaded and is this good with Oklahoma and Iowa State and Colorado and Texas. To do what they did with that group was pretty impressive. I think the guys ran very controlled, with a relaxed effort and then over the last 2K they worked pretty hard to separate themselves and did a great job. I think the race of the day went to Joseph Manilafasha. He had the best race he has ever ran here. I think he finished in the top 10. He is our lowest scoring fifth man in the Big 12 Championship ever. We are really proud of him. We have been looking for a fifth man all year and it looks like he stepped up into that role nicely."

Girma Mecheso, Oklahoma State
Big 12 Individual Champion

On his individual title...

"I feel great. Our hope was to win as a team, but it was nice to win individual. It was good for me and it was good for the team, but our main goal was to win as a team."

On winning both the team title and an individual title...

"That is something that everybody wants. Guys go all out and I am happy we did well and I am happy for our team."