



# LONE STAR CONFERENCE CROSS COUNTRY

## WEEKLY RELEASE | OCTOBER 3, 2013

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### LSC CROSS COUNTRY RUNNERS OF THE WEEK

#### MALE

**Thomas Toth, Cameron University, JR, Lakefield, Ontario, Lakefield District Secondary**

Toth finished first in the Non-Division I section of the OSU Cowboy Jamboree and helped Cameron to a third place finish last Saturday in Stillwater, OK. Toth and the Aggie runners had slower times due to a muddy track and rain that hit the local area during race time. His 25:16.02 time was nearly 30 seconds faster than the second place finisher and he would have placed 27th out of 102 runners in the overall race with the Division-I field. In three races Toth has two fourth place finishes and a first place finish.

#### FEMALE

**Ashley Flores, Midwestern State University, SR, Haltom City, Texas, Haltom HS**

Flores paced 17th-ranked Midwestern State to a ninth-place showing in the University Division Saturday at the 77th Annual Oklahoma State Cowboy Jamboree. The senior clocked a time of 19:16.98 to finish 39th overall in the high caliber, Division I-laden field which included seven regionally ranked squads.

### OTHER TOP RUNNERS

Michal Idziak, Texas A&M University - Kingsville, SO, Mosina Poland, Fork Union Military Academy, Michal Idziak led the Javelinas at the Islander Splash cross country meet at West Guth Park. He completed the 8k course in a time of 29:26 finishing 13th amongst attached runners in the Non-Division I division. He has led the Javelinas in each of the three meets this season.

Jamin Goecker, Angelo State University, JR, San Angelo, N/A, Jamin Goecker led the Rams with a first place finish and a first place team finish this past weekend at the Hardin-Simmons Invitational. Goecker ran the 4-mile course in a time of 22:07; despite the raining conditions and the mud. The rams scored a total of 32 points to win the meet.

Rebekah Jimenez, Texas A&M University - Kingsville, JR, McAllen, Tx, McAllen Memorial, Rebekah Jimenez placed sixth amongst attached runners. She covered the 5K in 20:43 edging a pair of runners by a second.

Jaylen Rodgers, Angelo State University, FR, Hamlin, TX, Hamlin High School, Jaylen Rodgers led the Rambelles in her first cross country meet of the season with a first place overall finish and a first place team finish at the Hardin-Simmons Invitational. Rodgers won the 3-mile race with a time of 19:50. This is the two-time Track and Field All-American's first season to run cross country.

### LSC CROSS COUNTRY NOTES (Submitted by LSC SID's)

#### Angelo State

#### Cameron

The Cameron cross country team finished third at the Cowboy Jamboree this weekend, running an average time of 27:03.40. Thomas Toth led the way as he placed first individually with a time of 25:16.02, 30 seconds faster than the second place runner. The Aggies also had three other runners in the top 25 times; Janis Pastars finished in 10th at 26:55.27, Killian Schreiner placed 13th at 27:11.77, and Cody Campbell finished in 22nd with a time of 27:47.42. Rounding out the CU runners were Steve Orwell in 26th, Methuselah Legat in 27th, and Damien Porter in 30th. The Aggies will head to Fayetteville, Ark. for the University of Arkansas Chile Pepper Festival this up coming Saturday, Oct. 5.

#### Eastern New Mexico

#### Midwestern State

Midwestern State finished ninth running in the University Division at the Oklahoma State Cowboy Jamboree...The Mustangs amassed 249 points running against a field which included No. 22 Oklahoma State as well as six other Division I regionally ranked squads including Kentucky, Northern Arizona, Furman, Texas Tech, Texas-Arlington and Stephen F. Austin... The Mustangs packed all five counters within 38 seconds led by senior Ashley Flores (39th/19:16.98) followed by Gabby Ruiz (41st/19:22.25), Michelle Krezonoski (48th/19:32.00), Danielle Chavarria (59th/19:49.73) and Janel Campbell (19:54.74)... Each of MSU's sixth and seventh runners also finished within 61 seconds of Flores as Emma Ramirez took 66th with a time of 20:02.23 and Kim Krezonoski took 71st with a time of 20:17.01... Midwestern State remained fifth in the USTFCCA South Central Region rankings but dipped one spot to 17th in the organization's Division II Poll...

#### Tarleton State

#### Texas A&M-Commerce

#### Texas A&M-Kingsville

Michal Idziak led the Javelinas at the Islander Splash cross country meet at West Guth Park. He completed the 8k course in a time of 29:26 finishing 13th amongst attached runners in the Non-Division I division. He has led the Javelinas in each of the three meets this season...Aside from Idziak, three other Javelinas finished in the top 19. Junior Jorge Alanis was 15th in 29:55 and freshman Joshua Taylor 17th in 30:09. Freshman Damien Feeney was 19th in 30:16.6... Rebekah Jimenez placed sixth amongst attached runners. She covered the 5K in 20:43 edging a pair of runners by a second...In all six Javelinas finished in the top 21. Claudia Fernandez was 10th in 21:14.9, while Janae Lewis was 11th in 21:32.1. Taylor Moore placed 13th with a time of 21:54.3. Marisa Reyes placed 19th (23:17.4) and Lillian Ramirez was 21st (23:37.1).

#### West Texas A&M

The Buffs and Lady Buffs enjoyed this past weekend off from competition. WT will return to action this Saturday, October 5th, when it travels to Fayetteville, Ark. to compete in the 2013 Chili Pepper Cross Country Festival.

### THIS WEEK'S SCHEDULE

Thursday, October 03, 2013

Midwestern State at Texas Wesleyan Invitational

Saturday, October 05, 2013

Cameron at Chili Pepper Cross Country Festival  
Eastern New Mexico at South Plains College Invitational

Tarleton State at Chili Pepper Cross Country Festival

West Texas A&M at Chili Pepper Cross Country Festival

Angelo State at Trinity University

### WEEKLY AWARDS

#### Male Runner

- S-12 Thomas Toth, CU
- S-19 Dorian McCradic, A&M-C
- S-26 Thomas Toth, CU
- O-3 Thomas Toth, CU

#### Female Runner

- S-12 Gabby Ruiz, MSU
- S-19 Terra Truitt, A&M-C
- S-26 Mireia Guarner, WTAMU
- O-3 Ashley Flores, MSU



October 26, 2013 | Portales, NM

