



LONE STAR CONFERENCE CROSS COUNTRY

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Contact: Melanie Robotham | Assistant Commissioner | Office: 972-234-0033 x. 103 |
E-mail: melanie@lonestarconference.org | www.lonestarconference.org | Twitter: @LoneStarConf

LSC CROSS COUNTRY RUNNERS OF THE WEEK

MALE

Thomas Toth, Cameron University, SR, Lakefield, Ontario

Toth led the Cameron cross country team to a third place finish at the University of Central Oklahoma Land Run on Sept. 7 in Edmond, Okla. With a time of 20:08.88, Toth picked up a fourth place individual finish in his first official race as an Aggie.

FEMALE

Gabby Ruiz, Midwestern State University, JR, Tulsa, Okla., East Central HS (Allen CC)

Ruiz led 16th-ranked Midwestern State to a team victory in its fourth consecutive season opener Thursday night at the MSU/Strohman Dental Stampede. The 5-1 junior from Tulsa covered the 4K course in 15:26.5 to claim second place individually as the Mustangs outdistanced Dallas Baptist by 20 points.

OTHER TOP RUNNERS

None.

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

Angelo State

Cameron

In their first event of the fall, the Cameron University cross country team placed third at the UCO Land Run Saturday morning in Edmond, Okla. The Aggies were one of eight teams that ran in this four mile race that looped around the campus of Edmond Santa Fe High School. They had a total time of 1:46:31.4, average time of 21:18.29. Individually, the Aggies were led by Thomas Toth, who was in the front of the pack the whole race, and finished in fourth at a time of 20:08.88, and Janis Pastars, who placed in the top ten with an eighth place finish at a time of 20:52.68. Steve Orwell ran in his first fall race for the black and gold and finished in 15th with a 21:30.01 time. Cody Campbell placed 23rd at 21:59.47 and was followed by first year runner Damien Porter who was 24th at a time of 22:00.38. Rounding out the Aggie runners were Antonio Moreno (23:26.29), Cole Atchinson (24:03.17), and Methuselah Lagat (26:45.03). The Aggies will have a couple weeks to train and improve on this weekend's performance as they will head to the Missouri Southern State Stampede in Joplin, MO on Sept. 21.

Eastern New Mexico

Midwestern State

Midwestern State claimed a team title at its opener for the fourth consecutive season last Thursday at the MSU/Strohman Dental Stampede... Six Mustangs finished amongst the first 11 runners to cross the finish line at the 4K meet... Junior transfer Gabby Ruiz (15:26.5) finished second followed by senior Ashley Flores (15:31.2), senior Janel Campbell (15:38.1) and junior Michelle Krezonoski (15:48.2) while junior transfer Emma Ramirez (15:48.2) took ninth to close out MSU counters... The Mustangs have claimed at least one team meet victory in each of the last six seasons... MSU is 27-5 with four wins in season opening meets since coach Koby Styles took over the reins of the program in 2007... The Mustangs ranked 16th in the in USTFCCCA Top 25 and were rated fifth in the stacked South Central Region... Midwestern competes in the UTA Season Opener/Gerald Richey Invitational Saturday in Arlington...

Tarleton State

Texas A&M-Commerce

Texas A&M-Kingsville

West Texas A&M

The West Texas A&M men's cross country team heads into the 2013 season looking to build off a successful campaign last fall. The Buffs received votes in the USTFCCCA Preseason National Coaches Poll and are the seventh-ranked team out of the South Central Region. The greatest strength of the Buffs this year will be their experience and opportunity to build off of last year's postseason progress. They finished seventh in the South Central Regional Championships, one spot from qualifying for the National Championships. The Buffs' eight returning runners are highlighted by Doss, who is entering his junior season at WT. There is also good talent arriving in Canyon this fall, notably freshman Steve Lagat and junior-transfer Paul Fort. The defending Lone Star Conference champion West Texas A&M women's cross country team looks to claim another berth in the NCAA National Championships in 2013. The Lady Buffs, who return six runners from 2012, race into the fall ranked 10th in the nation. They finished fifth at the South Central Regional Championships last season followed by an 11th place showing at the Division II National Championships in Joplin, Mo. Among WT's six returning athletes is lone senior Amber Moore. Also returning are juniors Rhemecka Graham, Emma Love and Haley and Taylor Sparks and sophomore Mireia Guarner. WT will commence its season on Sept. 13 as it takes a trip down I-27 to Lubbock, Texas, to compete in the Texas Tech Red Raider Open.

WEEKLY AWARDS

Male Runner

S-12 Thomas Toth, CU

Female Runner

S-12 Gabby Ruiz, MSU

