



# LONE STAR CONFERENCE CROSS COUNTRY

## WEEKLY RELEASE | OCTOBER 23, 2014

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### LSC CROSS COUNTRY RUNNERS OF THE WEEK

#### MALE

**Thomas Toth, Cameron University, SR, Lakefield, Ontario, Lakefield District Secondary School**

Toth finished in eighth place at the Fort Hays State Open and helped CU place ninth in the 17 team race. He was the fourth highest attached runner in the 8k meet with a time of 23:57.0, which is his fastest time for an 8K race as a member of the Aggie cross country team.

#### FEMALE

**Gabby Ruiz, Midwestern State University, SR, Tulsa, Okla., Allen CC/East Central HS**

Ruiz clocked a personal best 6K time of 22:20.00 to lead 15th-ranked Midwestern State to its second team meet win of the season Saturday in the MSU Cross Country Stampede. The senior from Tulsa bettered her previous top time ran at the NCAA II South Central Region Championship last season in Denver by 34 seconds. It was her fourth Top 10 finish of the season.

### OTHER TOP RUNNERS

Dylan Littlejohn, Angelo State University, recorded his second-straight top five finish of the season at the MSU Stampede. The senior placed second and helped the Rams to a second place team finish after crossing the line in 26:51.2. The second place finish is a season best and Littlejohn has been ASU's No. 1 runner in all three meets this season.

Annifer Flores, Angelo State University, led the Rambelles to a second place finish at the MSU Stampede with her second straight top 10 finish of the year. The senior covered the 6k course in 22:52.1 and placed sixth overall. She is one of three ASU runners to place in the top 10.

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

#### Angelo State

The Rams & Rambelles placed second at the MSU Stampede ... Dylan Littlejohn led the Rams with his second straight top five finish of the season ... Tomas Callejas, Graham Hazlewood and Austin Watson all placed in the top 10 ... Three Rambelles finished in the top 10 led by senior Annifer Flores ... Candida Chairez and Chavelle Moreno each picked up top 10 finishes as well ... ASU will host the ASU Cross Country Classic on Tuesday, Oct. 28 at Red Arroyo Park.

#### Cameron

The Cameron University cross country team finished in ninth at the Fort Hays State Open. Thomas Toth led the team with his fastest 8K with a time of 23:57.70 and placed eighth individually. Methuselah Lagat finished with a time of 25:04.40, while Pascal Painter was just 49 seconds back of Lagat. Loic Soria, Stevel Orwell, Grant Wignall, and Henri Hansert all finished with times under 28 minutes. The team finished with a total time of 2:07:13.90. They will next compete on Nov. 8 at the Lone Star Conference Championships.

#### Eastern New Mexico

The Eastern New Mexico University cross country teams will return to action on Saturday, for the West Texas A&M Buffalo Stampede. The Stampede will be the last competition, prior to the Lone Star Conference Championship meet.

#### Midwestern State

Midwestern State claimed its second meet win of the season taking the 6K MSU Cross Country Carnival last weekend at the former Hawk Ridge Golf Course in Wichita Falls... The Mustangs tallied 33 points to finish ahead of Angelo State (62), Central Oklahoma (83), Texas Wesleyan (107) and Rogers State (Okla.) (122)... Senior Gabby Ruiz rolled to a second-place showing covering the 6K course in a personal best time of 22:20.00... Senior Michelle Krezonoski (22:33.80/3rd), senior Emma Ramirez (23:05.80/8th), junior Brittany Adams (23:10.60/9th) and senior Kim Krezonoski (23:29.60/11th) also recorded countable finishes for MSU... Midwestern State remained 4th in the USTFCCA South Central Region Rankings, but dropped one spot to 15th in the national poll... The Mustangs compete in the ECU Tiger Chase Saturday in Ada, Okla...

#### Tarleton State

#### Texas A&M-Commerce

#### Texas A&M-Kingsville

Did not compete.

#### West Texas A&M

### SCHEDULE

#### Saturday, October 25, 2014

West Texas A&M at Buffalo Stampede  
Eastern New Mexico at Buffalo Stampede  
Midwestern State at ECU Tiger Chase  
Texas A&M-Commerce at ECU Tiger Chase

#### Tuesday, October 28, 2014

Angelo State at ASU Blue & Gold Classic  
Tarleton State at ASU Blue & Gold Classic  
Texas A&M-Kingsville at ASU Blue & Gold Classic

### WEEKLY AWARDS

#### Male Runner

- S-11 Jacob Lozano, Eastern New Mexico
- S-18 Brett Villarreal, West Texas A&M
- S-25 Peyton Heinig, Tarleton State
- O-1 Thomas Toth, Cameron
- O-9 Geoffrey Kipchumba, West Texas A&M
- O-16 Dylan Willett, Tarleton State
- O-23 Thomas Toth, Cameron (2)

#### Female Runner

- S-11 Michaela Johnson, West Texas A&M
- S-18 Michaela Johnson, West Texas A&M (2)
- S-25 Gabby Ruiz, Midwestern State
- O-1 Candida Chairez, Angelo State
- O-9 Michaela Johnson, West Texas A&M (3)
- O-16 Michaela Johnson, West Texas A&M (4)
- O-23 Gabby Ruiz, Midwestern State (2)



Nov. 8, 2014 | Wichita Falls, Texas

