



LONE STAR CONFERENCE CROSS COUNTRY

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LSC CROSS COUNTRY RUNNERS OF THE WEEK

MALE

Peyton Heinig, Tarleton State University, FR, Austin, Texas, McNeil HS

Heinig finished fifth in the Division I UTSA Ricardo Romo Classic in San Antonio, TX. The freshman from Austin, TX crossed the line in a personal best of 16:15.50 in the 5K. Heinig helped lead his squad to a first place finish with a total time of 1:23:35 for the Texans. This was a Division I meet that included the University of Texas, UT-San Antonio and Prairie View A&M.

FEMALE

Gabby Ruiz, Midwestern State University, SR, Tulsa, Okla., East Central HS

Ruiz set the school's cross country 5K record covering the 5K course at the Missouri Southern Stampede in 18:08.00 leading the Mustangs to an impressive fifth-place team showing. The senior from Tulsa, Okla. nipped former LSC Runner of the Year Sydnee Cole's former record by 0.35 seconds. Ruiz now owns all three of MSU's program records at the 5,000 meter distance as she ran 18:00.76 indoors last season before clocking a 17:45.22 outdoors.

OTHER TOP RUNNERS

Tylo Farrar, Tarleton State University, finished third in the Division I UTSA Ricardo Romo Classic in San Antonio, TX. The junior from Spearman, TX crossed the line in a personal best of 19:25.40 in the 5K. This is the second straight top three finish by Farrar who has lead the TexAnns in both meets she has competed in this season. This was a Division I meet that included the University of Texas, UT-San Antonio and Prairie View A&M.

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

Angelo State

Cameron

Eastern New Mexico

Midwestern State

Midwestern State vaulted into the United States' Track & Field and Cross Country Coaches' Association Top 25 entering at No. 12... The Mustangs placed fifth at the Missouri Southern Stampede placing behind Arkansas, Tulsa, Oklahoma and host Missouri Southern... Senior Gabby Ruiz broke the school cross country 5K record by finishing 25th overall with a time of 18:08.00... Ruiz was one of five MSU runners to set personal best at the Missouri Southern Stampede and was joined by senior Michelle Krezonoski (18:18.65/31st), senior Kim Krezonoski (18:40.78/40th), junior Brittany Adams (18:44.72/43rd) and senior Emma Ramirez (18:54.84/46th)... MSU is ranked fourth in the USTFCCA's South Central Region Rankings behind Adams State, Western State Colorado and Metro State (Colo.)... The Mustangs next compete in the Metro State Pre-Regional on Oct. 4 in Denver...

Tarleton State

Texas A&M-Commerce

Texas A&M-Kingsville

West Texas A&M

The West Texas A&M men's and women's cross country teams did not compete last weekend. They will both return to action this Friday, Sept. 26, as they host their annual intrasquad race at The Range on campus in Canyon, Texas. The Buffs will also compete the following day (Sat., Sept. 27) at the Oklahoma State Cowboy Jamboree.

SCHEDULE

Friday, September 26, 2014

West Texas A&M at WTAMU Intrasquad Meet
Angelo State at Islander Splash Invitational
Texas A&M-Kingsville at Islander Splash Invitational

Saturday, September 27, 2014

Cameron at Oklahoma State Jamboree
Eastern New Mexico at Oklahoma State Jamboree

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

Female Runner

- S-11 Michaela Johnson, West Texas A&M
- S-18 Michaela Johnson, West Texas A&M
- S-25 Gabby Ruiz, Midwestern State



Nov. 8, 2014 | Wichita Falls, Texas

