

### North Division

Cameron University  
University of Central Oklahoma  
East Central University  
Harding University  
Ouachita Baptist University  
Northeastern State University  
Southeastern Oklahoma State University  
Southwestern Oklahoma State University



### South Division

Abilene Christian University  
Angelo State University  
Eastern New Mexico University  
Midwestern State University  
Tarleton State University  
Texas A&M University-Commerce  
Texas A&M University-Kingsville  
Texas Woman's University  
West Texas A&M University

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Fred Jacoby  
Commissioner

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FOR IMMEDIATE RELEASE  
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## Abilene Christian University Sweeps Lone Star Conference Cross Country Honors

RICHARDSON, TEXAS -- Just as they did by winning men's and women's cross country conference titles, the Abilene Christian University Wildcats have swept the post-season Lone Star Conference cross country honors.

In balloting of the LSC coaches and sports information directors, Abilene Christian coach **Jon Murray** has won both the LSC *Men's Coach of the Year* and *Women's Coach of the Year* honors for 1996. Murray's men's team won the LSC team championship last Saturday (Oct. 26) in Commerce, Texas, with 28 points, the sixth consecutive LSC title for the Wildcats. ACU runners took the top three individual finishes and five of the first 13 to place 47 points in front of runner-up Harding University (75). ACU's men's team, ranked seventh nationally, runs at the NCAA Regional Meet on November 9 in Canyon, Texas.

Murray guided the ACU women's cross country team to a first place finish at the LSC meet last week with 21 points, the fourth straight LSC title for the women's team. The Wildcats took three of the first four places, including the top three finishes in the race. ACU's women's team, ranked sixth nationally, runs at the Regionals in Canyon on November 9.

First year ACU runner **Miranda Boonstra** has been named *LSC Women's Freshman of the Year* and Wildcat **Dustin Hawes** has won *LSC Men's Freshman of the Year* honors.

Boonstra finished third at the LSC meet with a time of 18:54.76 over the 5,000 meter course. She had four of the top 15 fastest times of LSC runners this season in 5,000 meters, including the second fastest of 17:35 on September 21 at Missouri Southern. In fact, Boonstra had three of the five fastest times in the LSC this year (5K) and won three races.

Hawes placed ninth at the LSC Meet with a time of 27:13.35 for 8,000 meters. He recorded one of the LSC top 30 times this season in 8,000 meters and four miles. His fastest time in the 5K was 26:43 on September 28 at Jacksonville, Fla.

### 1996 All-Conference Honors

The top seven finishers at the Lone Star Conference Meet earned All-Conference honors.

#### *1996 LSC Men's All-Conference Team*

1. **Musa Gwanzuna**, Abilene Christian 24:51.68
2. **Thomas Korir**, Abilene Christian 24:53.99
3. **Falody Moonga**, Abilene Christian 25:05.89
4. **Jonah Tanui**, Harding 25:58.61
5. **Frankie Simon**, Central Oklahoma 26:20.81
6. **Karsten Duncan**, Angelo State 26:39.68
7. **Allen Millsap**, Angelo State 26:41.37

#### *1996 LSC Women's All-Conference Team*

1. **Vivian Ruiters**, Abilene Christian 18:30.52
2. **Josie Martinez**, Abilene Christian 18:42.16
3. **Miranda Boonstra**,  
Abilene Christian 18:54.76
4. **Rachel DeLeon**,  
Texas A&M-Kingsville 19:14.94
5. **Kati O'Harran**, Abilene Christian 19:22.55
6. **Cynthia Farris**, Angelo State 19:26.33
7. **Danielle Schaeffer**,  
Texas A&M-Kingsville 19:29.20