

2012 Ohio Valley Conference Cross Country Report

Austin Peay | Belmont | Eastern Illinois | Eastern Kentucky | Jacksonville State | Morehead State | Murray State | Southeast Missouri | SIUE | Tennessee State | Tennessee Tech | UT Martin

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FOR IMMEDIATE RELEASE
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adidas® OVC RUNNERS OF THE WEEK

MALE RUNNER OF THE WEEK

**Matt Brick • Jacksonville State
 Sr. • Pell City, Ala.**

Brick was sixth out of 67 runners at the JSU Foothills Invitational on Friday in Oxford, Ala. The senior ran the 8K course in a time of 26:21.03, marking the fourth time this season he has been the Gamecocks top finisher. The meet served as a preview for the OVC Championship which will be run on the same course on Oct. 27. Brick's performance helped the Jax State team to a third place finish out of 10 teams.

Others Nominated: Mike Mahan, Tennessee Tech.

FEMALE RUNNER OF THE WEEK

**Xiamar Richards • Austin Peay
 Jr. • Clarksville, Tenn.**

Richards took first place out of 87 runners at the JSU Foothills Invitational in Oxford, Ala. on Friday. The junior covered the 5K course in a season-best time of 18:39.17, which gave her the victory by more than three seconds. The meet served as a preview for Richards and the Austin Peay team as it will be the site of the OVC Championship meet on Oct. 27. It was the third victory of her career and first since Oct. 2011. Her performance helped the Lady Govs to a fourth place finish out of 12 teams.

Others Nominated: Kailey Jensen, Jacksonville State; Oteia Prince, Tennessee State; Beth Miller, Tennessee Tech.

UPCOMING SCHEDULE

FRIDAY, OCTOBER 12

Blue Ridge Open (Boone, N.C.)
 Belmont

Bradley Classic (Peoria, Ill.)
 Eastern Illinois

Wisconsin adidas® Invitational (Madison, Wis.)
 Eastern Kentucky (men)

SATURDAY, OCTOBER 13

Front Runner Invitational (Chattanooga, Tenn.)
 Austin Peay
 Tennessee State
 UT Martin

NCAA Pre-National Meet (Louisville, Ky.)
 Eastern Kentucky
 Murray State
 Southeast Missouri

Alabama Crimson Classic (Tuscaloosa, Ala.)
 Jacksonville State

Fast Cats Classic (Owensboro, Ky.)
 Morehead State
 Murray State

SIUE John Flamer Invitational (Edwardsville, Ill.)
 SIUE

Berry Invitational (Rome, Ga.)
 Tennessee Tech

LAST WEEK'S RESULTS

JSU FOOTHILLS INVITATIONAL - OXFORD, ALA. (OCTOBER 5)

Austin Peay Men 8K - 6th of 10

14.	Konnor Kessler	26:58.88
18.	Tyler Kepley	27:24.84
33.	Geofrey Kosgei	28:36.36
42.	Austin Dabbs	29:24.96
47.	Genaro Martinez	30:16.33

Jacksonville State Men 8K - 3rd of 10

6.	Matt Brick	26:21.03
7.	Nick Hager	26:25.96
11.	Mickey Sanders	26:46.87
20.	Jordan Cummins	27:31.15
29.	Paul Lueck	28:00.61

Austin Peay Women 5K - 4th of 12

1.	Xiamar Richards	18:39.17
4.	Kendra Kirksey	18:48.54
8.	Chantelle Grey	19:20.84
27.	Miranda Weed	20:46.94
39.	Alyssa Molnar	21:33.11

Jacksonville State Women 5K - 2nd of 12

3.	Kailey Jensen	18:47.30
9.	Ryan Green	19:23.58
11.	Kevyn Tracy	19:30.71
18.	Taylor Uebersetzg	20:19.04
21.	Whitley Towns	20:28.27

TENNESSEE TECH INVITATIONAL - COOKEVILLE, TENN. (OCTOBER 5)

Tennessee State Men 8K - 6th of 6

41.	Jamill Jackson	31:16.42
42.	Adrian McDaniel	31:18.52
46.	Jalon McCutcheon	32:02.09
52.	Theodore Nichelson	33:15.63
53.	Jonathan Owens	33:16.33

Tennessee Tech Men 8K - 3rd of 6

8.	Mike Mahan	27:40.42
12.	Matt Bishop	28:10.82
17.	Sterling Smith	28:30.17
20.	Adam McLeod	28:51.66
22.	Daniel Francis	29:06.19

Tennessee State Women 5K - 5th of 5

16.	Oteia Prince	21:36.26
34.	Breanna Adams	23:20.25
36.	Charita Harris	23:49.79
40.	Latia Carney	24:28.83
42.	Gabrielle Todd	24:47.00

Tennessee Tech Women 5K - 2nd of 5

8.	Beth Miller	20:30.64
11.	Rebecca Cline	21:08.82
12.	Meghan O'Donoghue	21:19.58
14.	Peri Winborne	21:25.84
19.	Kathryn Forbes	21:43.90

OVC MEDIA INFORMATION

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WEBSITE: For updated stats, standings, news and notes, log on to the official OVC site: www.OVCsports.com.

WEEKLY NOTES: The OVC will release its Cross Country Athletes of the Week each Tuesday afternoon throughout the season. The full weekly report will be released each Tuesday throughout the season by 5 p.m. CT. The report is available via e-mail, and is posted on the league's Web site in text and PDF versions.

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Saturday, October 27
Oxford Lake Park (Oxford, Ala.)
Hosted by Jacksonville State University

TEAM NOTES

Preseason Predictions: Prior to the beginning of the season, OVC cross country coaches made their predictions for the 2012 season. On the men's side Eastern Kentucky was picked as the favorites (121 points, 11 first-place votes) and was followed by Eastern Illinois (103), Southeast Missouri (99), Belmont (93, 1 first-place vote), SIUE (73), Morehead State (72), Jacksonville State (57), UT Martin (51), Tennessee Tech (41), Austin Peay (39), Murray State (26) and Tennessee State (17). Eastern Illinois was picked as the women's preseason favorite (116 points, 7 first-place votes) and was followed by Eastern Kentucky (110, 3 first-place votes), Belmont (96, 2 first-place votes), Southeast Missouri (89), Murray State (85), Morehead State (68), Jacksonville State (58), SIUE (57), Austin Peay (45), UT Martin (32), Tennessee Tech (25) and Tennessee State (11). This year marks the first time the OVC has had 12 schools competing in its cross country championship, as Belmont and SIUE will compete in the event for the first time.

USTFCCCA Rankings: In the latest set of U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) national rankings (Oct. 1-2), the Eastern Kentucky men are ranked 20th nationally, up five spots from last week's poll after the team defeated five nationally-ranked opponents last week at the Notre Dame Invitational. In the regional rankings the Eastern Kentucky men are jumped up to No. 1 in the Southeast Region while the EKV women fell one spot to 11th. The Belmont men are No. 15 in the South Region while the Bruins women's team is No. 12. The next set of USTFCCCA polls will be released on Oct. 15-16.

Austin Peay: Austin Peay was one of two OVC schools to run at the JSU Foothills Invitational last Friday. The meet served as a preview for the OVC Championship which will be run on the same course on Oct. 27. The women's team finished fourth out of 12 teams while the men's squad was sixth out of 10 teams. Junior Xiamar Richards was named adidas® OVC Female Runner of the Week after winning the race that featured 87 total competitors. Richards covered the 5K course in 18:39.17, over three seconds ahead of second place. It marked the third victory of her career. The men's squad was led by Konnor Kessler who finished 14th in an 8K time of 26:58.88. Austin Peay will have its final tune-up for the OVC Championship on Saturday when it competes at the Front Runner Invitational in Chattanooga.

Belmont: After not competing last weekend, Belmont will return to action on Friday when the Bruins compete at the Blue Ridge Open in Boone, N.C. The meet will be the final tune-up for the teams before competing at their first OVC Championship on Oct. 27.

Eastern Illinois: Eastern Illinois did not compete this past week but is back on the course on Friday at the Bradley Classic in Peoria, Ill.

Eastern Kentucky: Eastern Kentucky was off last week but is back in action this weekend. The men's "A" team will travel to Madison, Wis. to compete in the Wisconsin adidas® Invitational against some of the nation's best teams on Friday. On Saturday the men's "B" team and the women's squad will run at the NCAA Pre-National Meet in Louisville, Ky.; that meet is run on the same course the NCAA Championship will be held on in November.

Jacksonville State: Jacksonville State hosted the JSU Foothills Invitational last Friday, a preview meet for the OVC Championship which will be run on the same course on Oct. 27. The Gamecocks women's team was second out of 12 teams while the men were third out of 10 squads. Senior Matt Brick was named adidas® OVC Male Runner of the Week after placing sixth out of 67 runners in the field. Brick covered the 8K course in 26:21.03 and led the Gamecocks for the fourth time this season. The women's team was paced by Kailey Jensen who was third overall with a 5K time of 18:47.30. The Gamecocks will travel to the Alabama Crimson Classic on Saturday, its final tune-up before hosting the OVC Championship.

Morehead State: After a week off Morehead State returns to action this week when they compete at the Fast Cats Classic in Owensboro, Ky. The meet is the final for the team before competing at the OVC Championship on Oct. 27.

Murray State: Murray State was not in action last week but will have one final tune-up weekend of competition before running in the OVC Championship on Oct. 27. Some of the MSU runners will be at the NCAA Pre-Nationals Meet in Louisville on Saturday while the rest of the program's competitors will run at the Fast Cats Classic in Owensboro, Ky.

Southeast Missouri: Southeast Missouri State returns to the course after a week off when they compete at the NCAA Pre-Nationals Meet in Louisville, Ky. this Saturday.

SIUE: SIUE was idle last week but is back on the course this Saturday when the program hosts the SIUE John Flamer Invitational in Edwardsville.

Tennessee State: Tennessee State was one of two OVC teams to compete at the Tennessee Tech Invitational in Cookeville last Friday. The women's team was led by Oteia Prince who was 16th overall with a 5K time of 21:36.26. The men were paced by Jamill Jackson who was 41st overall with a time of 31:16.42. The TSU teams are back in action on Saturday at the Front Runner Invitational in Chattanooga.

Tennessee Tech: The Golden Eagles hosted the annual Tennessee Tech Invitational at the Southern Hills Golf Course last Friday. The women's team finished second out of five teams while the men's team was third out of six squads. Mike Mahan led the men's squad with an eighth place finish, running the 8K course in 27:20.42. The women's squad was paced by Beth Miller who was eighth overall with a 5K time of 20:30.64. TTU will have its final meet before the OVC Championship on Saturday when it travels to Rome, Ga. to compete in the Berry College Invitational.

UT Martin: UT Martin was not in action last week. The Skyhawks will be one of three OVC teams to compete at the Front Runner Invitational in Chattanooga on Saturday.

2012 MEN'S TOP TIMES

8K

23:53.00	Soufiane Bouchikhi, Eastern Kentucky	Sept. 28
23:58.00	Ben Toroitich, Eastern Kentucky	Sept. 28
24:11.00	Thijs Nijhuis, Eastern Kentucky	Sept. 28
24:35.00	Yosi Goasdoue, Eastern Kentucky	Sept. 28
24:43.00	Wade Meddles, Eastern Kentucky	Sept. 28
24:44.00	Bryce Basting, Eastern Illinois	Sept. 14
24:51.00	Erwin Leysen, Eastern Kentucky	Sept. 28
24:52.00	Ole Hesselberg, Eastern Kentucky	Sept. 28
24:54.00	Pablo Ramirez, Eastern Illinois	Sept. 14
24:57.58	Amos Kosgey, Eastern Kentucky	Sept. 15

4 Miles (6.4K)

20:43.95	Soufiane Bouchikhi, Eastern Kentucky	Sept. 1
20:43.99	Thijs Nijhuis, Eastern Kentucky	Sept. 1
20:44.03	Ben Toroitich, Eastern Kentucky	Sept. 1
20:48.41	Amos Kosgey, Eastern Kentucky	Sept. 1
21:04.33	Zach Elliott, Morehead State	Sept. 1
21:13.84	Ole Hesselberg, Eastern Kentucky	Sept. 1
21:15.72	Erwin Leysen, Eastern Kentucky	Sept. 1
21:16.87	Sean Vandermosten, Eastern Kentucky	Sept. 1
21:18.18	Musa Kimuli, Eastern Kentucky	Sept. 1
21:24.85	Wade Meddles, Eastern Kentucky	Sept. 1

6K

19:28.4	Brent Collins, Southeast Missouri	Sept. 1
19:39.4	Alex Zisser, Southeast Missouri	Sept. 1
19:39.8	Nate Shipley, Southeast Missouri	Sept. 1
19:53.5	Craig Munie, Southeast Missouri	Sept. 1
20:02.7	Tyler Mullen, Southeast Missouri	Sept. 1
20:30.0	Ryan Anderson, Southeast Missouri	Sept. 1
20:31.1	Colton Strotheide, Southeast Missouri	Sept. 1
20:38.5	Tyler Holmes, Southeast Missouri	Sept. 1
20:47.7	Shane Brown, Southeast Missouri	Sept. 1
21:33.6	Max Weiser, Southeast Missouri	Sept. 1

5K

15:50.60	David Everett, Belmont	Aug. 31
15:51.90	Brandon Mahaney, Belmont	Aug. 31
15:56.30	Zack Beavin, Belmont	Aug. 31
16:08.20	Josh Helton, Belmont	Aug. 31
16:21.20	Kris Howard, Belmont	Aug. 31
16:21	Mickey Sanders, Jacksonville State	Sept. 1
16:23	Matt Brick, Jacksonville State	Sept. 1
16:24	Nick Hager, Jacksonville State	Sept. 1
16:29.50	Kyle Sullinger, Belmont	Aug. 31
16:36.30	Eamonn Kichuk, Belmont	Aug. 31

2012 WOMEN'S TOP TIMES

6K

21:34.52	Maria Elbon, Belmont	Sept. 15
21:37.62	Meri Rantanen, Eastern Kentucky	Sept. 15
21:40.68	Julia van Velthoven, Eastern Kentucky	Sept. 15
21:49.16	Ann Eason, Eastern Kentucky	Sept. 15
21:55.18	Viivi Rantanen, Eastern Kentucky	Sept. 15
22:24.83	Abbie Ashbee-Simmonds, Murray State	Sept. 15
22:43.98	Ashley Botham, Belmont	Sept. 15
22:45.40	Hannah Wittman, Belmont	Sept. 15
22:48.88	Carolyn Tanui, Murray State	Sept. 15
22:54.15	Hannah Miller, Eastern Kentucky	Sept. 15

5K

17:37.26	Ann Eason, Eastern Kentucky	Sept. 29
17:40.13	Julia van Velthoven, Eastern Kentucky	Sept. 29
17:42.59	Mia Elbon, Belmont	Sept. 29
17:51.13	Viivi Rantanen, Eastern Kentucky	Sept. 29
17:58.93	Rebekah Lawson, Southeast Missouri	Sept. 14
17:59.00	Carolyn Tanui, Murray State	Sept. 28
18:03.84	Britney Whitehead, Eastern Illinois	Sept. 29
18:05.00	Abigail Ashbee-Simmonds, Murray State	Sept. 28
18:11.74	Meri Rantanen, Eastern Kentucky	Sept. 1
18:20.90	Hannah Miller, Eastern Kentucky	Sept. 29

4K

14:32.40	Maria Elbon, Belmont	Aug. 31
14:36.2	Rebekah Lawson, Southeast Missouri	Sept. 1
15:14.50	Ashley Botham, Belmont	Aug. 31
15:23.90	Hannah Wittman, Belmont	Aug. 31
15:24.1	Gloria Westlake, Southeast Missouri	Sept. 1
15:30.00	Courtney Bishop, Belmont	Aug. 31
15:39.4	Jenny Govero, Southeast Missouri	Sept. 1
15:45.40	Maggie Harahan, Belmont	Aug. 31
15:56.0	Lindsey Seabaugh, Southeast Missouri	Sept. 1
15:58.40	Nicole Thinnies, Belmont	Aug. 31

2 Miles (3.2K)

12:05	Kailey Jensen, Jacksonville State	Sept. 1
12:14	Ryan Green, Jacksonville State	Sept. 1
12:22.97	Xiamar Richards, Austin Peay	Sept. 7
12:25.47	Chantelle Grey, Austin Peay	Sept. 7
12:27.03	Kendra Kirksey, Austin Peay	Sept. 7
12:29.64	Kathryn Skaggs, UT Martin	Sept. 7
12:32	Whitley Towns, Jacksonville State	Sept. 1
12:49.87	Amanda Wardlaw, UT Martin	Sept. 7
12:50	Taylor Uebersetzgig, Jacksonville State	Sept. 1
13:09.31	Kaycee Grimes, UT Martin	Sept. 7

2012 adidas® OVC RUNNERS OF THE WEEK

Male

Sept. 4	Soufiane Bouchikhi, Eastern Kentucky
Sept. 11	Pablo Ramirez, Eastern Illinois
Sept. 18	Bryce Basting, EIU & Ben Toroitich, EIU
Sept. 25	Matt Brick, Jacksonville State
Oct. 2	Soufiane Bouchikhi, Eastern Kentucky
Oct. 9	Matt Brick, Jacksonville State
Oct. 16	
Oct. 23	

Female

Meri Rantanen, Eastern Kentucky
Olivia Klaus, Eastern Illinois
Mia Elbon, Belmont & Rebekah Lawson, Southeast Missouri
Kailey Jensen, Jacksonville State
Ann Eason, Eastern Kentucky
Xiamar Richards, Austin Peay