



SCAC RUNNERS WEEKLY

WOMEN'S CROSS COUNTRY REPORT

Tuesday, September 2, 2008

WEEK 1

<http://www.scac-online.org/>

Contact: [Jeff DeBaldo](#)

Top Times List (5K only)

(through meets of Aug. 30)

Rank	Name, School	Time
1.	Emily Loeffler – Trinity	19:46
	Liz Eder – Trinity	19:46
3.	Caitlin Masse – Trinity	19:53
4.	Krissy Ford – Trinity	20:16
5.	Tami Warner – Southwestern	20:29
6.	Jayde Gearing – Trinity	21:54
7.	Kristin Lahaie – Southwestern	22:19
8.	Jordan Hanson – Trinity	23:01
9.	Jenna Price – Trinity	23:07
10.	Liz Frost – Trinity	23:33

Top Times List (6K only)

(through meets of Aug. 30)

Rank	Name, School	Time
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

SCAC Runner-of-the-Week (Week 1)

LOLLY PLUMMER OF HENDRIX COLLEGE, a first year runner from Lake Charles La., has been selected the SCAC Women's Cross Country Runner-of-the-Week for meets run Friday, August 29 and Saturday, August 30.

Plummer was the top Division III finisher (second overall) at the Arkansas Tech Twilight meet. Plummer ran the two mile course in 11:53 and led the Warriors to a fourth place overall finish – beating cross town rival Central Arkansas for the first time and finishing ahead of Division I Memphis.

Other outstanding performances in the SCAC:

Sophomore Krissy Ford of Trinity paced the Tigers as they won the University of the Incarnate Word Relays. Ford ran her first ever 5K race in 20:16 to place fourth overall.

Sophomore Anna Johnson of Millsaps was the top Division III runner at the Mississippi College Season Opener meet. Johnson ran the 4K course in 16:42 and placed fourth overall.

Weekly Women's Honors

Aug. 30 Lolly Plummer Hendrix
Sept. 6
Sept. 13
Sept. 20
Sept. 27
Oct. 4
Oct. 11
Oct. 18
Oct. 25

Next Week's Meets

Friday, September 5

Millsaps @ University of Southern Mississippi (Hattiesburg, Miss.)

Saturday, September 6

Birmingham-Southern, Oglethorpe, Rhodes and Sewanee @ Sewanee Invitational (Sewanee, Tenn.)

Colorado College @ CU-Colorado Springs Invitational

(Colorado Springs, Colo.)

DePauw @ Wabash Hokum Karem

(Crawfordsville, Ind.)



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Division III Women's Cross Country Regional Rankings ***PRESEASON***

Atlantic Region Women

1. Geneseo State
2. Ithaca
3. The College of New Jersey
4. Cortland State
5. Brockport State
6. St. Lawrence
7. University of Rochester
8. Rensselaer Polytechnic Institute (RPI)
9. Plattsburgh State
10. Hamilton

Midwest Region Women

1. Johns Hopkins
2. Swarthmore
3. Allegheny
4. Grove City
5. Dickinson
6. Elizabethtown
7. Haverford
8. Juniata
9. Salisbury
10. Gettysburg

South/Southeast Region Women

1. Emory University
2. Washington & Lee University
- 3. Trinity University (TX)**
4. Roanoke College
5. Christopher Newport University
6. Lynchburg College
7. Univ. of Mary Washington
- 8. Rhodes College**
9. Mississippi College
- 10. Southwestern University**

Central Region Women

1. Luther College
2. Wartburg College
3. Loras College
4. St. Thomas University
5. Nebraska Wesleyan University
6. Simpson College
7. Bethel University
8. Carleton College
9. Central College
10. College of St Benedict

Midwest Region Women

1. Wisconsin-Eau Claire
2. Washington University
3. Wisconsin-Platteville
4. Wisconsin-LaCrosse
5. Wisconsin-Oshkosh
6. Wheaton College (IL)
7. University of Chicago
8. Wisconsin-Stevens Point
9. Carthage College
10. North Central College

West Region Women

1. Willamette
2. Whitman
3. Claremont-Mudd-Scripps
4. Occidental
5. UC Santa Cruz
6. Univ. of Redlands
7. Whitworth
8. Linfield
9. Lewis & Clark
10. Pacific Lutheran

Great Lakes Region Women

1. Calvin
- 2. DePauw**
3. Case
4. Oberlin
5. Kenyon
6. Baldwin-Wallace
7. Ohio Wesleyan
8. Otterbein
9. Ohio Northern
10. Wittenberg

New England Region Women

1. Amherst
2. Williams
3. Colby
4. Middlebury
5. MIT
6. Bowdoin
7. Tufts
8. Bates
9. Wesleyan
10. Connecticut College



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Division III Women's Cross Country Regional Rankings *PRESEASON*

Rank	Institution	Region	Totals
1	Amherst College (MA) - (8)	NE	280
2	Luther (IA)	C	265
3	Wisconsin Eau Claire	MW	263
4	Calvin College (MI)	GL	259
5	SUNY Geneseo (NY)	A	252
6	Washington University (MO)	MW	238
7	DePauw University (IN)	GL	232
8	Williams College (MA)	NE	218
9	Wisconsin-Platteville	MW	213
10	Case Western (OH)	GL	202
11	Ithaca College (NY)	A	197
12	Colby College (ME)	NE	196
13	Wartburg College (IA)	C	189
14	Middlebury College (VT)	NE	177
15	College of New Jersey	A	164
16	Wisconsin-LaCrosse	MW	161
17	Johns Hopkins (MD)	ME	148
18	Willamette University (OR)	W	138
19	Emory University (GA)	SE	136
20	Loras (IA)	C	126
21	Wisconsin-Oshkosh	MW	124
22	SUNY Cortland (NY)	A	103
23	St. Thomas (MN)	C	99
24	Whitman College (OR)	W	92
25	MIT	NE	84
26	Oberlin (OH)	GL	79
27	Swarthmore College (PA)	ME	68
28	Wheaton (IL)	MW	60
28	Kenyon (OH)	GL	60

30	Nebraska Wesleyan	C	51
31	Brockport (NY)	A	43
32	Washington & Lee	SE	37
33	Claremont-Mudd-Scripps (CA)	W	25
34	Bowdoin (ME)	NE	21
35	Allegheny (PA)	ME	16
35	Trinity Univ. (TX)	SE	16

Others: St. Lawrence (8).

BIRMINGHAM-SOUTHERN COLLEGE WOMEN'S RESULTS							
Team Score/Finish							

CENTRE COLLEGE WOMEN'S RESULTS							
Team Score/Finish							

COLORADO COLLEGE WOMEN'S RESULTS							
Team Score/Finish							

DEPAUW UNIVERSITY WOMEN'S RESULTS							
Team Score/Finish							

HENDRIX COLLEGE WOMEN'S RESULTS							
	Arkansas Tech Twilight (8/29 - 3.2 K)						
Mallory Bader	14:27 (42 nd)						
Brittany Bowman	14:19 (39 th)						
Alice Cawley	14:02 (36 th)						
Claire Corbaux	12:31 (14 th)						
Madaleine Keenan	13:50 (33 rd)						
Kelly Limeucelli	14:38 (44 th)						
Lolly Plummer	11:53 (2 nd)						
Liza Poris	12:48 (19 th)						
Team Score/Finish	104 pts (4 of 9)						

MILLSAPS COLLEGE WOMEN'S RESULTS							
	Miss. College Season Opener (8/29 – 4K)						
Anna Allred	21:44.44 (39 th)						
Kate Garand	23:59.35 (41 st)						
Maria Greene	19:02.63 (26 th)						
Anna Johnson	16:42.92 (4 th)						
Ginny Nippes	19:35.34 (32 nd)						
Team Score/Finish	125 pts (6 of 6)						

OGLETHORPE UNIVERSITY WOMEN'S RESULTS							
Team Score/Finish							

RHODES COLLEGE WOMEN'S RESULTS							
Team Score/Finish							

SEWANEE-UNIVERSITY OF THE SOUTH WOMEN'S RESULTS							
Team Score/Finish							

SOUTHWESTERN UNIVERSITY WOMEN'S RESULTS							
	UIW Relays (8/30 – 5K)						
Caitlin Buck	28:54 (43 rd)						
Lauren Hamlett	28:55 (44 th)						
Kristin Lahaie	22:19 (17 th)						
Kelly Parmet	25:04 (32 nd)						
Diana Urrego	25:09 (34 th)						
Tami Warner	20:29 (6 th)						
Team Score/Finish	132 pts (5 of 5)						

TRINITY UNIVERSITY WOMEN'S RESULTS							
	UIW Relays (8/30 – 5K)						
Kaileigh Byrne	25:13 (35 th)						
Danielle Cobb	24:53 (30 th)						
Liz Eder	19:46 (2 nd)						
Krissy Ford	20:16 (4 th)						
Liz Frost	23:33 (25 th)						
Jayde Gearing	21:54 (13 th)						
Jordan Hanson	23:01 (19 th)						
Emily Loeffler	19:46 (1 st)						
Caitlin Masse	19:53 (3 rd)						
Jenna Price	23:07 (21 st)						
Samantha Seale	25:55 (38 th)						
Caroline Sibley	24:44 (29 th)						
Team Score/Finish	23 pts (1 of 5)						