

AU men and women compete at Empire 8 cross country championships

11/01/10



SARATOGA SPRINGS, NY - The Alfred University men's and women's cross country teams competed at the Empire 8 Conference championships Sunday at Saratoga Springs. The AU women placed sixth on the five-kilometer course and the Saxon men seventh in the eight-kilometer race. Junior Elisabeth Phillips-Jones (Watertown, MA/Watertown) led the AU women, finishing 11th in 18:56.00. Senior Melissa Haahr (Owego, NY/Tioga) was 31st (20:06.00); senior Kate Lepore (Port Jefferson Station, NY/Comsewogue) was 51st (21:48.00); sophomore Amy Morrissey (Hornell, NY/Hornell) was 22:22.00 (22:14); and junior Tiffany Buck (Freeport, ME/Freeport) was 66th (24:06). Junior Ken Noll (Valatie, NY/Ichabod Crane) led the AU men's team, finishing in 27th place with a time of 27:45.00. Senior David Cogswell (Afton, NY/Afton) was 61st (31:09.00); sophomore Eric Shromann (Batavia, NY/Notre Dame) was 65th (31:35.00); senior Eric Hudack (West Seneca, NY/St. Francis) was 68th (33:06.00); and sophomore Eric Selzo (Shoken, NY/Oneonta) was 73rd (38:09.00). The AU men's and women's teams are in action next on Saturday, Nov. 13, at 11 a.m. the NCAA Atlantic Region championship meet in Oneonta, NY.