

## **Four Alfred University runners earn all-Empire 8 cross country honors**

11/08/05

ALFRED, NY Four members of Alfred University's men's and women's cross country teams have been named Empire 8 Conference all-stars, the conference announced today. Empire 8 all-stars were determined using results from Saturday's New York State championship meet at Hamilton College. The top seven runners from Empire 8 schools earned First Team honors while those who placed eighth-14th earned Second Team honors. AU junior Travis Swan (Binghamton, NY/Binghamton) was named a men's First Team all-star. He finished fifth among Empire 8 runners (25th overall) with a time of 27:22.10 on the eight-kilometer course. Sophomore Fontana Fluke (Shaftsbury, VT/Mt. Anthony Union) was 10th among Empire 8 runners (42nd overall) after finishing the race in 27:41.30. Two members of the AU women's team earned Second Team all-conference honors. Freshman Krista Villoman (King's Park, NY/King's Park) was ninth among conference runners (30th overall), finishing the five-kilometer course in 19:15.00. Junior Kristen Egan (Robeson, PA/Conrad Weiser) was 10th among conference runners (31st overall) with a time of 19:15.90. The conference cited a men's and women's runner from each Empire 8 institution with Sportsperson of the Year honors. Honorees, chosen by their coaches, exhibit outstanding sportsmanship in keeping with the conference's mission of "competing with honor and integrity." Alfred's men's honoree is senior Jeff Norton (Buffalo St. Francis); the women's honoree is junior Kate Ciccone (Brooktondale, NY/Ithaca).