

## Saxons' Baughman earns weekly cross country honors from Empire 8 Conference

10/30/14



[Mary Baughman](#) (Henrietta, NY/Rush-Henrietta), a sophomore on the Alfred University women's cross country team, has been awarded weekly honors by the Empire 8 Conference.

Baughman was named Empire 8 Women's Runner of the Week for her performance at the New York State Collegiate Track Conference (NYSCTC) championship meet Saturday in Rochester. She finished in eighth place on the six-kilometer course in 23:20.30, tops among Empire 8 runners in the field.

It marks the second time this season Baughman has earned Empire 8 Women's Runner of the Week honors. She was also cited for her performance at William Smith College on Sept. 1, when she won the six-kilometer race in 24:09, which was 31 seconds ahead of the runner-up.

AU is in action next on Saturday, Nov. 1, at the Empire 8 Conference Championships in Saratoga Springs, NY.