

October 1, 2005

Comstock, Guillou Both Win at ASU

MT Media Relations

MURFREESBORO, Tenn. - Freshman Ashley Comstock finished first for the women, leading her squad to a team victory, and junior Jonathan Guillou also was first, leading the men to a third-place finish, Saturday at the Arkansas State Invitational in Jonesboro, Ark.

The women won the team event with 29 points, as the top five finishers all placed in the Top 12. Comstock, freshman Kaitlyn Hammond and senior Sara Lunning were 1-2-3 on the 5K course with times of 19:07, 19:31 and 19:54, respectively.

Senior Marjorie Gombert placed 10th in 20:30, while sophomore Miranda Galloway was 12th in 21:16. Freshman Tiffany Sawyer finished 13th (21:20), while freshman Ashleigh Thaler was 20th (23:40) and sophomore Catherine Chester placed 21st (24:15).

"The women really ran well and very solid," head coach Dean Hayes said. "They are looking more and more solid as a team each week."

Guillou's time of 25:44 was a personal-best at the 8K distance, as the men finished third as a team behind Ole Miss and Arkansas State.

Senior Derek Dell finished third in 26:14, while junior Tony Carufe was 16th in 28:11 and sophomore Matthew Young placed 17th in 28:33. The top four finishers for the Blue Raiders all posted personal-best times at the 8K distance.

Freshman Luke Pflieger finished 24th in 30:21, giving the men 61 points in the scoring. Freshman Ryan Hood placed 33rd in 33:37.

"The men also ran well. Jonathan led the whole race and the others got right in there. We just need some more depth right now."

Senior Steve Safstrom missed his second straight race, this time with an injury.

Both teams run again October 15 at the UTC Invitational in Chattanooga, Tenn., before heading to the Sun Belt Championships, October 29, in Miami, Fla.

RESULTS - ARKANSAS STATE INVITATIONAL

WOMEN - 5K (1st)

1. Ashley Comstock, 19:07
2. Kaitlyn Hammond, 19:31
3. Sara Lunning, 19:54
10. Marjorie Gombert, 20:30
12. Miranda Galloway, 21:16
13. Tiffany Sawyer, 21:20
20. Ashleigh Thaler, 23:40
21. Catherine Chester, 24:15

MEN - 8K (3rd)

1. Jonathan Guillou, 25:44
3. Derek Dell, 26:14
16. Tony Carufe, 28:11
17. Matthew Young, 28:33
24. Luke Pflieger, 30:21
33. Ryan Hood, 33:37

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