Three Earn All-SBC, Women Take Third at XC Championships

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MURFREESBORO, Tenn. - Middle Tennessee's Ashley Comstock, Jonathan Guillou and Derek Dell earned All-Sun Belt honors with Top 10 finishes, and the women's team placed third, their highest finish since joining the league, at the SBC Championships Saturday at Kereiakes Park in Bowling Green, Ky. Saturday's meet was moved earlier this week from Miami, Fla., after Hurricane Wilma blew through south Florida on Monday. Comstock led a Middle Tennessee contingent that placed five runners in the Top 25, leading to the women's third-place finish. Comstock and fellow freshman Kaitlyn Hammond continued their strong performances, placing fifth and 11th, respectively, while the rest of the squad followed suit. "Ashley ran very well and so did Kaitlyn, but really all of the girls had good performances and we did as well as what we expected heading into the meet," head coach Dean Hayes said. Comstock became the first female harrier to earn all-conference honors since Dianne DeOliveira in 1992. Comstock finished the 5K course in 17:59.56, while Hammond just missed out on all-league accolades, placing 11th in 18:26.56. Sophomore Miranda Galloway continued her upward swing, finishing 17th in a time of 18:42.58, while senior Sara Lunning was 24th in 19:05.68 and senior Marjorie Gombert came in 25th in 19:06.75. Freshman Tiffany Sawyer placed 35th in a time of 19:43.56, and freshman Ashleigh Thaler was 56th in 20:56.54. On the men's side, Guillou, a junior, and Dell, a senior, were fifth and seventh, respectively, marking the second year in a row and third time in the last four years the Blue Raiders have placed two males in the Top 10. The men's squad finished eighth as a team, but less than 30 points from third place. Guillou finished the 8K course in 25:32.37, and Dell was right behind in 25:42.23. Junior Tony Carufe placed 40th in 27:40.62, while sophomore Matthew Young was 58th

(29:52.69), freshman Luke Pfleger came in 62nd (30:39.32) and freshman Ryan Hood was 64th (33:05.60). The men ran without senior Steve Safstrom, who has been sidelined by injuries since mid-September. "Jonathan and Derek really ran well and paced our team all season," Hayes said. "Not having Safstrom made a difference of probably 1-2 places, but middle of the pack is where we thought we'd be." Full results from the meet may be found at www.sunbeltsports.org or www.deltatiming.com. **SUN BELT CROSS COUNTRY CHAMPIONSHIPS**

KEREIAKES PARK

BOWLING GREEN, KY.

MEN - 8K

5. Jonathan Guillou, 25:32.37
7. Derek Dell, 25:42.23
40. Tony Carufe, 27:40.62
58. Matthew Young, 29:52.69
62. Luke Pfleger, 30:39.32
64. Ryan Hood, 33:05.60

WOMEN - 5K

5. Ashley Comstock, 17:59.56
11. Kaitlyn Hammond, 18:26.56
17. Miranda Galloway, 18:42.58
24. Sara Lunning, 19:05.68
25. Marjorie Gombert, 19:06.75
35. Tiffany Sawyer, 19:43.56
56. Ashleigh Thaler, 20:56.54

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