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- Texas A&M University-Kingsville
- Texas Woman's University
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Cross Country: Academic awards announced

RICHARDSON, Texas – Southwestern Oklahoma’s Rachel Ingram and East Central’s John Sutrick headlined those recognized Friday when Lone Star Conference officials released the league’s all-academic awards.

Ingram was named the LSC Women’s Academic Runner of the Year for the third straight year, while Sutrick was tabbed LSC Men’s Academic Runner of the Year for the second consecutive time. Both were voted to the LSC All-Academic team, which recognized 11 runners -- six men and five women -- for both academic and athletic achievement. The All-Academic teams are voted upon by the league’s sports information directors.

Besides the All-Academic teams being announced, another 28 runners including 22 women and six men were named to the Commissioner’s Honor Roll for their academic success. To be eligible for both the Honor Roll and the All-Academic team, student-athletes must maintain a 3.20 cumulative grade point average.

With Ingram on the women’s All-Academic team were fellow teammate Stefanie Jones, Dorane Young of West Texas A&M, ECU’s Angela Ingram and Tarleton State’s Kymberlee Trnka.

Joining Sutrick on the men’s All-Academic team were Abilene Christian’s Julius Nyango, Angelo State’s Kendall Smith and Steven Barraza, and Eastern New Mexico’s Guy Kcholo and Kennedy Baiywo.

All the runners will compete in the LSC Cross Country Championships this Saturday, Oct. 20, in Commerce, Texas.

2007 Men’s Cross Country All-Academic Team

<i>Runner</i>	<i>Team</i>	<i>Year</i>	<i>Major</i>	<i>Hometown</i>
John Sutrick	East Central	Jr.	Biology	Sapulpa, Okla.
Julius Nyango	Abilene Christian	Jr.	Chemistry	Aldai, Kenya
Kendall Smith	Angelo State	So	Natural Resource Mgmt.	Johnson City, Texas
Steven Barraza	Angelo State	Jr.	Biochemistry	Ackerly, Texas
Guy Kcholi	Eastern New Mexico	So.	Biology	Yavne, Israel
Kennedy Baiywo	Eastern New Mexico	Sr.	Electronic Engineering	Eldoret, Kenya

SPECIAL RECOGNITION

Academic Runner of the Year: John Sutrick, East Central

COMMISSIONER’S HONOR ROLL

East Central: Tyler Jackson, So.; **Eastern New Mexico:** Jacob Wiklulnd, Jr.;
Texas A&M–Commerce: Alfredo Soto, So.; Robert Reed, So.;
Texas A&M-Kingsville: Anthony Ayala, Sr.; Isaac Saldivar, Sr.;

2007 Women's Cross Country All-Academic Team

<i>Runner</i>	<i>Team</i>	<i>Year</i>	<i>Major</i>	<i>Hometown</i>
Rachel Ingram	Southwestern Oklahoma	Sr.	Pharmacy	Springfield, Mo.
Stefanie Jones	Southwestern Oklahoma	Jr.	Pharmacy	Fort Smith, Ark.
Dorane Young	West Texas A&M	So.	Undecided	Canyon, Texas
Angela Ingram	East Central	Sr.	Kinesiology Educ.	Coalgate, Okla.
Kymberlee Trnka	Tarleton State	Jr.	Exer. and Sports Studies	Caldwell, Texas

SPECIAL RECOGNITION

Academic Runner of the Year: Rachel Ingram, Southwestern Oklahoma

COMMISSIONER'S HONOR ROLL

Abilene Christian: Hayley Garner, So.; **Angelo State:** Paige Massingill, So.;
East Central: Amie Schmidt, Jr.; Jenna Burns, So.; Betty Hernandez, Sr.; Valerie Navarro, Sr.;
Eastern New Mexico: Brittany Bauer, Sr.; Jeri Martin, So.;
Midwestern State: Hassie Sutton, So.; **Southeastern Oklahoma:** Echo Adcock, So.; Stephanie
Heald, Sr.; Kristen Cargal, So.; **Southwestern Oklahoma:** Emily Haskins, So.; Kate
Hollenshead, Jr.; Grace Anne Fath, Jr.; **Tarleton State:** Krista Morris, Jr.;
Texas A&M-Kingsville: Kylie Ward, So.; Raquel Tidwell, So. ; Erica Alvarado, Jr.;
West Texas A&M: Kristie Hartsfield, So.; Jisel Bailon, Sr.; Belinda Castanon, Jr.;

LSC