By Nick Phillips

Both the UNCP men’s and women’s cross country teams took part in the Peach Belt Conference Championsh ip races on Oct. 22, with men finishing second as Pardon Ndlovu and Chris Schroll captured first and second place overall, while the women finished fourth as a team and saw Livia Mahaffie and Kendra Dom both place in the top-10 in their race.

Men’s race
In the men’s 8K race, Ndlovu clocked a 25:11.93 time to pace the field, while Schroll finished 25 seconds later at the 25:36.99 mark to grab second. Zach Bayles gave the Braves three runners in the top-10 as he crossed the line with a time of 25:40.72 to finish sixth overall.

Kevin Clancy finished fourth for UNCP in 24th overall with his time of 27:54.66. Chris Judd placed 29th overall and was the fifth Braves runner with his 28:23.19 time.

Cedric Wilson (28:50.18) finished in 35th overall for UNCP alongside Nguyen (29:06.37) finished 46th to overall. The men were picked to finish second in the PBC in the pre-season polls, and they finished right on cue in the Championship race, totaling 62 points overall. Augusta State finished first with 57 points, while Clayton State, Columbus State and Georgia Southwestern were third through fifth, respectively.

Women’s race
Mahaffie missed the finish line third overall in the women’s 6K race with her time of 21:49.55 to finish sixth overall, while Dorn grabbed a sixth place finish with her 24:27.23 time.

Carrie Blankenship was the first lady with her time of 23:49.29 giving her a 28th place finish overall. Augsburg Doughty followed 10 seconds and Blankenship in 26th overall and as the fourth UNCP runner with a time of 25:30.23.

Annette Sems (25:12.61) finished third for UNCP runner and 29th overall, while Julia Ragsdale (25:51.41) finished 36th overall and Megan Carney (26:10.08) crossed the line to round out the Lady Braves runners.

Like the men’s team, the Lady Braves finished the season when they were picked in the PBC pre-season poll for fourth overall, although they dropped one position from their third place finish in last season’s PBC Championships.

Montevallo won the women’s race, followed by Clayton State and Augusta State before the Lady Braves.

Award winners
The PBC Runner of the Year honor is an award voted on prior to the championships recognizing outstanding achievement in the regular season. This is the first time she has been given that honor but second time being a member of all the conference teams.

In addition, both Ndlovu and Mahaffie were named first-team all-PBC after their finishes, while Schroll, Dorn and Graff also received first-team all- conference honors after their top-10 finishes.

Both UNCP teams will now prepare for the NCAA Division II Southeast Region Championships hosted by Queens University at McAlpine Creek Park on Nov. 5 in Charlotte.

By Nick Phillips

A lot of people like to go for a jog or hit the treadmill to stay in shape. To the mistaken eye of a casual observer, cross country runners are doing nothing more than going for a brisk run on a back trail or down the road. To someone who has worked out before, what these athletes work hard for, and what they accomplish, generally we turn our iPod on a good set of music and go at a nice, leisurely pace. Cross country runners move to the sound of their beating feet, one after the other, over and over on trails, grass, sand, concrete and whatever else might have to be done to get to the finish line. They run through rain, puddles, mud, heat and cold, and we skip a day at the gym if we are even remotely tired.

So the next time you have that ‘I could do that’ thought, try it.

What I am going to safely assume is that you will have to train a lot more than what these athletes work hard for, and what they accomplish.

By Curtis Brooks

The UNCP Men’s golf team finished third at the 2011 Will Wilson Southeast Regional Preview on Tuesday, Oct. 18 at the par-72 McAlpine Creek Park on Nov. 5 in Charlotte.

A final-round of 284 pushed the UNCP’s Pardon Ndlovu was named the men’s 2011 PBC Runner of the Year and also won the men’s PBC Championship race on Oct. 22 in Allen, S.C.

By Curtis Brooks

Asst. Sports Editor

The UNCP Men’s golf team finished third at the 2011 Will Wilson Southeast Regional Preview on Tuesday, Oct. 18 at the par-72, 6,063-yard course. According to Golfstat.com, competing in the tournament is one of many terrains cross country athletes run on.

Braves finish third as Lady Braves finish fourth with sixth place finish
Braves’ 83 points
Even before the races, Ndlovu and Mahaffie were already big winners, as they were named the men’s and women’s Runner of the Year.

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