By Nick Phillips

Men’s cross country runner Pardon Ndholu is heading to the NCAA National Championship race — again. This time, he will not be racing alone, as teammate Chris Schroll also qualified for the highest race of the year after their times in the NCAA Division II Southeast Regional Championships on Nov. 5. Overall, the men’s team finished fifth out of 24 teams, while the UNCP women’s cross country team captured an eighth place finish out of 26 teams. Ndholu, a junior, will make his third trip in as many years to the National Championship, as he set the pace for the field in the men’s 10K race with his 30:19.7 time and the title of regional champion. The win was Ndholu’s fourth first place finish of the season.

Schroll, a sophomore, finished fourth overall with his time of 31:19.7, setting a new personal best while qualifying for the national championship for the first time.

Senior Zach Bayless gave the team three top-20 finishers with his personal-best of 32:48.4 giving him a 19th-place finish. Sophomore Cedric Wilson rounded out the UNCP runners with his personal-best time of 33:27.

Utah State University was the field, while senior Jordan Walor earned his second medalist honor of the fall at the Laker Invitational on Oct. 24 and 25.

Overall, the men’s team achieved a 217 total, along with Scott Lambert (73-73-72.217 total) who both finished in the top five.

Men’s cross country runner Pardon Ndholu is heading to the NCAA National Championship race — again. This time, he will not be racing alone, as teammate Chris Schroll also qualified for the highest race of the year after their times in the NCAA Division II Southeast Regional Championships on Nov. 5. Overall, the men’s team finished fifth out of 24 teams, while the UNCP women’s cross country team captured an eighth place finish out of 26 teams. Ndholu, a junior, will make his third trip in as many years to the National Championship, as he set the pace for the field in the men’s 10K race with his 30:19.7 time and the title of regional champion. The win was Ndholu’s fourth first place finish of the season.

Schroll, a sophomore, finished fourth overall with his time of 31:19.7, setting a new personal best while qualifying for the national championship for the first time.

Senior Zach Bayless gave the team three top-20 finishers with his personal-best of 32:48.4 giving him a 19th-place finish. Sophomore Cedric Wilson rounded out the UNCP runners with his personal-best time of 33:27.

Women

As she has all season, senior Livia Mahaffie paced the Lady Braves to an eighth place finish in the women’s 6K race.

Mahaffie’s time of 23:24 gave her a 30th-place finish and she regis-
tered a personal-best time as she cut 25 seconds off her time from the PBC Championship.

Junior Annette Sem was the second Lady Brave to cross the finish line, finishing 34th with a time of 23:30.1 to tally a new personal best.

Sophomore Ashlee Doughty continued the list of personal-best times with her 23:51.9 mark and 47th overall finish as the third Lady Brave to fin-
ish.

Freshman Carlee Blankenship cut over 50 seconds from her personal best time with her 23:52.8 pace and 33rd-place finish, while Kendra Dorn and Megan Carney were the fifth and sixth UNCP runners to finish, respectively.

Junior Julia Sem rounded out the UNCP women’s team with her time of 35:32.7.

Overall, the men’s team achieved a 217 total, along with Scott Lambert (73-73-72.217 total) who both finished in the top five.

Men’s cross country runner Pardon Ndholu is heading to the NCAA National Championship race — again. This time, he will not be racing alone, as teammate Chris Schroll also qualified for the highest race of the year after their times in the NCAA Division II Southeast Regional Championships on Nov. 5. Overall, the men’s team finished fifth out of 24 teams, while the UNCP women’s cross country team captured an eighth place finish out of 26 teams. Ndholu, a junior, will make his third trip in as many years to the National Championship, as he set the pace for the field in the men’s 10K race with his 30:19.7 time and the title of regional champion. The win was Ndholu’s fourth first place finish of the season.

Schroll, a sophomore, finished fourth overall with his time of 31:19.7, setting a new personal best while qualifying for the national championship for the first time.

Senior Zach Bayless gave the team three top-20 finishers with his personal-best of 32:48.4 giving him a 19th-place finish. Sophomore Cedric Wilson rounded out the UNCP runners with his personal-best time of 33:27.

Women

As she has all season, senior Livia Mahaffie paced the Lady Braves to an eighth place finish in the women’s 6K race.

Mahaffie’s time of 23:24 gave her a 30th-place finish and she regis-
tered a personal-best time as she cut 25 seconds off her time from the PBC Championship.

Junior Annette Sem was the second Lady Brave to cross the finish line, finishing 34th with a time of 23:30.1 to tally a new personal best.

Sophomore Ashlee Doughty continued the list of personal-best times with her 23:51.9 mark and 47th overall finish as the third Lady Brave to fin-
ish.

Freshman Carlee Blankenship cut over 50 seconds from her personal best time with her 23:52.8 pace and 33rd-place finish, while Kendra Dorn and Megan Carney were the fifth and sixth UNCP runners to finish, respectively.

Junior Julia Sem rounded out the UNCP women’s team with her time of 35:32.7.