



**NORTH
COAST
ATHLETIC
CONFERENCE**

ALLEGHENY COLLEGE
CASE WESTERN RESERVE UNIVERSITY
DENISON UNIVERSITY
KENYON COLLEGE
OBERLIN COLLEGE
OHIO WESLEYAN UNIVERSITY
COLLEGE OF WOOSTER

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**NCAC Cross Country Championship Report
CASE RESERVE, ALLEGHENY WIN MEN'S AND
WOMEN'S NCAC CROSS COUNTRY TITLES**

For Immediate Release
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GRANVILLE, OH--Case Western Reserve University and Allegheny College won the men's and women's 1988 cross country championships of the North Coast Athletic Conference yesterday at the Denison University course in Licking County Park.

Temperature was a brisk 35 degrees., but it was a beautiful, sunny day, with a dry course for the fifth anniversary run of the NCAC championships.

Case Reserve, under head coach Bill Sudeck, won its third NCAC men's title in five years with 34 points. They were paced by three runners who finished in the top seven. Lead runner for CWRU was junior Kevin Landis (New London, OH), the second place individual finisher.

Finishing a close runnerup to CWRU was Allegheny College with 38 points. The Gators also had three runners in the top seven.

The first-place men's runner and the "Runner of the Year" in the NCAC was Scott Michalek of the College of Wooster, a senior from Pittsburgh, PA who ran the 8,000 meter course in a time of 25:38. It was the fourth time in four years that a Wooster runner had finished first.

Allegheny, under new head coach Ralph White, captured its third NCAC women's title in five years as they had a sizeable lead on the field, with 35 points to 44 for the runnerup, Ohio Wesleyan University.

The Lady Gators placed four runners in the top seven, led by the second-place individual finisher, Victoria Holden, a freshman from Shoreham, NY.

Ohio Wesleyan University was the runnerup, marking their highest NCAC finish ever; they are coached by Alison Stanford, who previously coached Allegheny to two women's titles.

Ohio Wesleyan University also claimed the first-place runner, Tara Craig, a freshman from Monroe, NY, who ran the 5,000 meter course in a time of 19:36.

The top seven runners in the men's and women's race claimed the first team all-conference honors.

Both champs, Case Reserve and Allegheny, should represent the NCAC well next Saturday in NCAA Division III regional action as both are ranked in the nation's Top 20 teams.

-NCAC-

1988 MEN'S TEAM FINISH	POINTS
1. Case Western Reserve University	34
2. Allegheny College	38
3. The College of Wooster	103
4. Kenyon College	108
5. Denison University	117
6. Oberlin College	125
7. Ohio Wesleyan University	217

1988 WOMEN'S TEAM FINISH	POINTS
1. Allegheny	35
2. Ohio Wesleyan University	44
3. The College of Wooster	82
4. Oberlin College	95
5. Kenyon College	101
6. Denison University	173
7. Case Western Reserve University	188

**MEN'S TOP SEVEN
INDIVIDUAL FINISHERS/
NCAC ALL-CONFERENCE**

**WOMEN'S TOP SEVEN
INDIVIDUAL FINISHERS/
NCAC ALL-CONFERENCE**

Name	Time	Hometown
Scott Michalek, WOO	25:38	Pittsburgh PA
Kevin Landis, CWR	25:48	New London, OH
Karl Knoll, CWR	25:53	Silverton, OR
Rick Hughes, ALL	26:04	Siverna Pk, MD
Tim Cardwell, ALL	26:06	Norwalk, OH
Dave Boehmer, CWR	26:11	Sandusky, OH
Jeff Lowenguth, ALL	26:16	Ontario, NY

Name	Time	Hometown
Tara Craig, OWU	19:36	Monroe, NY
Alyse Holden, ALL	19:39	Shoreham, NY
Sue Castor, ALL	19:50	Fairport, NY
Kara Berghold, KEN	19:59	Pawling, NY
Dawn Mullineaux, OWU	20:02	Binghamton, NY
Pam Karle, ALL	20:03	Cottage Grove, MN
Lynda Kohl, ALL	20:07	Cedar Knolls, NJ