

## St. Andrews places 4th at Conference Carolinas Championships Three Knights garner All-Conference recognition

From: Staff Reports

SPARTANBURG, S.C.—Junior Mitch Cooper (Virginia Beach, Va.) ran a personal record (PR) at the 2007 Conference Carolinas Championships to lead the St. Andrews Presbyterian College men's cross country team to a fourth place finish on Saturday morning.

The Knights concluded in fourth place out of nine conference schools with 89 points. St. Andrews was sitting just one point out of second place after its three All-Conference runners crossed the finish line but strong depth on a couple other teams kept the Knights from a top-three finish.

Cooper, the 2006 Conference Runner of the Year and 2005 Conference Freshman of the Year, blazed the trails at the Roger Milliken

Research Park in a PR time of 25:59. Cooper's first collegiate 8,000-meter time under 26 minutes was good for fourth place out of 80 runners to acquire his third straight First Team All-Conference honors.

Sophomore Pedro Tapia Jr. (Sanford, N.C.), the 2006 Conference Freshman of the Year, posted a Second Team All-Conference performance with a sixth place finish. Tapia's 8k speed of 26:33 was good for his second straight All-Conference credit.

Freshman Doug Holt (Toms River, N.J.) just missed becoming the fourth straight St. Andrews men's harrier to be the Conference Freshman of the Year by finishing 11th overall with a time of 26:57. Holt was the

second fastest freshman in the field by setting a PR while earning All-Conference Honorable Mention admiration

Freshman Josh Pickett (Asheville, N.C.) logged a 31st place performance with a time of 28:18. Sophomore James Lloyd (Lusby, Md.) also finished in the top-half of the field in 37th place to conclude the Knights scoring five runners at 29:23.

Other Knights results included junior Perry Morris (Austin, Texas) clocking in at 29:49; freshman Tommy Wilson (Salisbury, N.C.) finishing in 30:11; freshman Brad McKee (Kings Mountain, N.C.) following in 30:28; and senior Patrick Hogan (Denton, N.C.) running a PR of 30:55.

## Lady Knights finish 5th at Conference Carolinas Championships Trovato earns First Team All-Conference honors

From: Staff Reports

SPARTANBURG, S.C.—Junior Alyson Trovato (Cedar Park, Texas) finished just 11 seconds behind the race champion in third place to garner First Team All-Conference recognition to lead the St. Andrews Presbyterian College women's cross country team to a fifth place finish at the 2007 Conference Carolinas Championships on Saturday morning.

The Lady Knights had 135 points, just 10 points out of third place, to finish in the top-half of the field in the 12 conference school competition.

Trovato just missed her personal record (PR) by four seconds, finishing the 5,000-meter course at the Roger Milliken Research Park (hosted by Converse College) in 19 minutes and 16 seconds. Trovato earned First-Team All-Conference honors for the second straight year with her third place finish out of 82 runners.

Senior Veronica Gobeyn (Mullins, S.C.) had a top-20 result for the Knights concluding in 18th place with a time of 20:35.

Freshman Marie Hibbard (Statesville, N.C.) set a new 5k PR at SAPC with a speed of 21:05. Hibbard's fastest time of the year by four seconds was good for 23rd place. Classmate Desiree Cavazos (Fayetteville, N.C.) tied her own PR with a 30th place result and a time of 21:37

Sophomore Bonnie MacDonald (Carthage, N.C.) was the Lady Knights fifth scoring runner at 24:03. Freshman Danielle Martin (Newport, N.C.) and sophomore Lauren Crabb (Kalamazoo, Mich.) concluded the raced with times of 25:19 and 25:42, respectively.

## St. Andrews picks up 10th conference win

From: Staff Reports

October 30, 2007

BELMONT, N.C.—Senior Lindsey Stansbury (Morgan City, La.) registered her 16th double-double of the season to lead the visiting St. Andrews Presbyterian College volleyball team to a 30-26, 32-30, 23-30, 30-16 victory at Conference Carolinas rival Belmont Abbey College on Tuesday night at the Wheeler Center.

The Knights snapped a six-match skid, improving to 11-23 overall and 10-9 in Conference Carolinas, while the Abbey falls to 8-23 overall and 6-13 in Conference Carolinas.

Stansbury led the Lady Knights with her team-highs of 14 kills and 21 digs. Freshman Kelly Williams (Laurel, Md.) tied Stansbury

with 13 spikes while sophomore Galina Podolsky (Raleigh, N.C.) was the third SAPC player to reach double-digit kills with 11.

Sophomore Jaime Hayes (Gulf Breeze, Fla.) handed out 49 assists, made 12 digs, and tallied five blocks. Defensively, libero Erin Haugen (Ft. Mill, S.C.) led the Knights with 20 digs. Senior Tara Lemieux (Panama City, Fla.) finished 13 digs to go along with nine kills and freshman Katie Lovett (Concord, N.C.) finished with 12 digs.

Podolsky and Lemieux each served up three aces to pace the Knights nine ace attack on the night.

The Abbey was led offensively by Sydney Steffen and Emily Frohnafel, who both finished with eight kills. Jennifer Angelich and Leanne Cassandra both added seven. Setter Allison Smith handed out 22 assists to go along with eight digs.

Defensively, the Abbey finished with 79 digs as Monica Halligan led the way with 20, while Carrie Markham added 18 and Kimmel finished with 10. Frohnafel paced the Abbey with four block solos and three block assists.

## Saints swimming spoils St. Andrews first-ever dual meet

From: Staff Reports

October 27, 2007

GAFFNEY, S.C.—The St. Andrews Presbyterian College men's and women's swim teams competed in the programs inaugural dual meet on Saturday afternoon at the Timken Aquatic Center against Limestone College. The hosts prevailed as the Lady Saints defeated SAPC 119-50, while the Saints men downed the Knights 128-48.

The Knights teamed up to win six events in their first head-to-head competition against a strong Bluegrass Mountain Conference opponent.

**WOMEN: Limestone 119, St. Andrews 50**

Freshman Sarah Supcoe (Charleston, W Va.) won a pair of events to lead the Lady Knights swimmers. Supcoe won the 200 individual medley (2:20.36) and the 100 breaststroke (1:12.60). Supcoe finished off her 22-point day with a runner-up finish in the 100 butterfly (1:03.08), concluding the race less than a second behind the winner.

The relay team of freshman Amy Tripson (Pittsburgh, Pa.), sophomore Leslie Firth

(Charlotte, N.C.), sophomore Courtney Bertram (Acworth, Ga.), and junior Kaley Rouse (Lexington, N.C.) took first in the 200 freestyle relay (2:12.36).

Individually, Tripson added a third-place finish in the 500 freestyle (5:59.30) and a fourth in the 200 freestyle (2:16.81) to give St. Andrews five more points. Rouse followed with a third place result in the 100 backstroke (1:23.66) and a fifth in the mixed 1000 freestyle (13:36.37).

Firth registered a couple of fourth place finishes in the 50 freestyle (36.31) and the 100 freestyle (1:21.39). Bertram followed in both events with times of 36.87 and 1:23.44, respectively. The Knights did not compete in the 200 medley relay.

**MEN: Limestone 128, St. Andrews 48**  
Freshmen Robb Vermillion (Williamsburg, Va.) and Dwight Richardson (Newport News, Va.) each won an individual event to pace the St. Andrews men's swimmers against Limestone.

Richardson won the 100 freestyle with a time of 49.54, which is good for nine Knights

points. Richardson was less than a second behind the winner in the 50 freestyle taking the runner-up spot with a speed of 22.24. Senior Ian Burkett (Columbia, S.C.) also competed in the same to events finishing with times of 31.19 in the 50 and 1:09.10 in the 100.

Vermillion was victorious in the 100 breaststroke by stopping the clock in 1:10.75.

The freshman foursome of Richardson, Adam Crago (Amhurst, Va.), Vermillion, and Brad Kochel (Winchester, Va.) earned 11 more points for the Knights with the victory in the 200 freestyle relay (1:40.66). Kochel, Vermillion, Crago, and freshman Joseph Hernandez (Hubert, N.C.) squeaked out a runner-up showing in the 200 medley relay (1:52.22).

Kochel added a third place result in the 100 backstroke (1:00.23) while Crago was fourth in the 100 butterfly (1:01.71). Hernandez concluded the Knights swimming with a pair of fourth place results in the 200 freestyle (2:21.00) and the 500 freestyle (6:40.59). SAPC did not compete in the 200 individual medley.