

Cross Country: Bishop Qualifies for National Championships; Women Finish Third at Regionals

Jose Larios

The cross country program at Montreat College concluded a great season as they set more Montreat all-time records, and it will be represented for the first time at the NAIA National Championships at Kenosha, Wisconsin by Talisa Bishop. Bishop finished eleventh overall in 19:10.1 for the 5000 meter course (3.1 miles). The NAIA Region XII meet, held at Sycamore Shoals State Park in Elizabethton, TN, also served as the AAC championship meet. "I think we ran as well as we could've, considering the fitness levels from which we started," said Coach Larios. "I think the

entire field ran well, but I really think we had some great improvements from August. Today we announced to the AAC and the region that Montreat is going to be a contender in the years to come. Our runners ran admirably today!" The Lady Cavaliers had a tremendous team showing as they finished third out of 11 teams.

The Lady Cavs ran to some personal-best marks in route to their third place finish. Senior Megan Riser saved her best race for last as she broke the 21 minute mark for the first time, completing the championship course in 20:22.6. Also setting their



season best times were Kirsten Gnagy and Elyse Gildernew, finishing side by side in an impressive 21:19.0 and 21:19.5.

On the men's side, Montreat was not able to produce a team score; however, Ben Hall and

Justin Edwards had tremendous races for the Cavaliers. Hall completed the 8000 meter course (4.9 miles) in his season's best time, 27:30.4. Edwards also hit a personal best by running 29:01.5, just missing his goal of a sub-29 minute race. Also running his final cross country race as a Cavalier, Josh Woodward ran his best time in 31:55.3, taking over one minute off his previous best.

The regular cross country season is now over and most runners will

take a few days off prior to gearing up for their indoor and outdoor track seasons. Talisa Bishop will continue her training as she prepares to travel to Kenosha, Wisconsin. This will be Bishop's third time she has qualified for the NAIA National Cross Country Championship, which will be held on Saturday, November 17.

Volleyball: Montreat Holds Off Covenant in a Grueling Five-Setter During Senior Night

Jose Larios

Senior Night proved to be very special for Montreat's five senior players, as the Lady Cavs defeated a resilient Covenant College team in five sets, 30-21, 27-30, 22-30, 31-29, and 15-10. Prior to the game, Montreat honored its five seniors: Alison Williams, Danny Bowers, Madolyn Helms, Jessica Huntley, and Stephanie Hosack. "Tonight's effort was tremendous," said Head Coach Leslie Gehris. "In both the fourth and fifth game our girls had to overcome



more than a five point deficit in order to win those games. It showed they didn't quit." The

Lady Scots' front row had an unbearable time defending Ally Baumgartner's 31 kills for the evening. Danny Bowers also had a stellar night with 15 kills and 17 digs for Montreat.

McAlister Gymnasium's atmosphere was electrifying as both teams exchanged leads numerous times. Rebekah Henderson also had a fantastic defensive night by tallying 21 digs and hammering home 11 kills of her own.

The Lady Cavaliers and the

Montreat athletic community would like to thank its five seniors for their tremendous leadership this season and wish them all the best as they close out their collegiate career.

Golf: Montreat Concludes Fall Season; Lady Cavs Finish Second at SMC Invite

Jose Larios

Montreat's Lady Cavs finished second in The Spartanburg Methodist College Fall Golf Tournament. Leading the Lady Cavs was sophomore Ashley Mitcham. Mitcham's two day total of 191 (92-99) was good enough for fifth place overall. "I am very pleased with the ladies thus far," said Coach Dave Pennell. "Looking at our results from this past spring up to this fall's season, I feel we are ahead of where I thought we would be. We still have to work hard this winter to prepare to defend our NAIA Region XII cham-

pionship." The Spartanburg Methodist Tournament ended the fall golf season for the Lady Cavaliers. From last spring through this fall, the Lady Cavaliers have finished seven tournaments with a record of one first place finish, five second place finishes, and one fourth place finish. Their record for the 2007 fall season is 6-3. With the second place finish at Spartanburg Methodist, the Lady Cavaliers are the number one ranked team in Region XII of the NAIA.

Final Team Scores:

1. Spartanburg Methodist College: 362-367=729
2. Montreat College: 375-408=783
3. Mars Hill College: no team score
4. Louisburg College: no team score

Montreat Lady Cavaliers' Scores:

Ashley Mitcham (SO): 92-99=191
 Amanda Thompson (SO): 90-103=193
 Amber Cody (JR): 100-98=198
 Caitlin Dempsey (FR): 93-108=201
 Aimee Turner (SO): 102-108=210
 Allie Wall (FR): 109-108=217 (played in the tournament as an individual)

Men's Individual for Montreat College:

Cory Howard (FR): 76-87=163
 Sean McKaig (FR): 92-90=182

UPCOMING GAMES

**TUESDAY, NOVEMBER 20
5:30PM**
 WOMEN'S BASKETBALL VS.
 NORTH GREENVILLE
 UNIVERSITY

**TUESDAY, NOVEMBER 20
7:30PM**
 MEN'S BASKETBALL VS.
 WARREN WILSON COLLEGE

**TUESDAY, NOVEMBER 27
7:00PM**
 MEN'S JV BASKETBALL VS.
 LIMESTONE COLLEGE JV

**SATURDAY, DECEMBER 1
4:00PM**
 WOMEN'S BASKETBALL VS.
 UNION COLLEGE

**SATURDAY, DECEMBER 1
6:00PM**
 MEN'S BASKETBALL VS.
 UNION COLLEGE

**TUESDAY, DECEMBER 4
5:30PM**
 WOMEN'S BASKETBALL VS.
 BRYAN COLLEGE

**TUESDAY, DECEMBER 4
7:30PM**
 MEN'S BASKETBALL VS.
 BRYAN COLLEGE

**THURSDAY, DECEMBER 6
7:00PM**
 MEN'S JV BASKETBALL VS.
 CATAWBA VALLEY
 COMMUNITY COLLEGE

LOOK FOR EXCITING BASKETBALL NEWS AND UPDATES IN UPCOMING ISSUES!