

ADA
ALLEN EAST
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COLUMBUS GROVE
CRESTVIEW



DELPHOS JEFFERSON
LIMA CENTRAL CATHOLIC
LINCOLNVIEW
PAULDING
SPENCERVILLE

FOR IMMEDIATE RELEASE

Saturday Oct. 13, 2007

LANCERS / BEARCATS DOMINATE 2007 NWC X-COUNTRY MEET

The Lincolnview boys and the Spencerville girls won the 2007 Northwest Conference Cross Country titles today at Spencerville High School. The Lancers edged out Spencerville by one point (52-53) in the boys race. The Bearcat girls were three points (28-31) better than Lincolnview in the girls race.

LCC junior Jim Heider was the fastest individual for the second year in a row, and was voted NWC Male Runner of the Year. Heider's time of 16:33.3 was 14 seconds faster than his 2006 winning time.

Lincolnview senior Katie Honigford won the girls race, and was voted NWC Female Runner of the Year. Katie's time of 19:21.1 was more than one minute faster than her second place time of 20:22 last year.

Conference Coach of the Year honors went to Lincolnview Boys Coach Matt Langdon, and to Spencerville Girls Coach Brian McMichael.

In the junior high races, Lincolnview won the boys title with 37 points, and Spencerville took the girls race with 20 points.

Boys Final Standings

| | |
|-----------------|-----|
| 1. Lincolnview | 52 |
| 2. Spencerville | 53 |
| 3. Crestview | 81 |
| 4. L.C.C. | 105 |
| 5. Bluffton | 125 |
| 6. Col. Grove | 131 |
| 7. Allen East | 161 |

Girls Final Standings

| | |
|-----------------|-----|
| 1. Spencerville | 28 |
| 2. Lincolnview | 31 |
| 3. Crestview | 90 |
| 4. LCC | 104 |
| 5. Col. Grove | 121 |

First Team Boys

| | |
|--------------------------------|---------|
| 1. Jim Heider (11) LCC | 16:33.3 |
| 2. Jonathan Rex (10) Spen. | 17:16.7 |
| 3. Matt Bittner (11) Crestview | 17:25.1 |
| 4. Seth Wisener (11) L'view | 17:31.8 |
| 5. Caleb Burkey (9) Allen East | 17:43.7 |

First Team Girls

| | |
|--------------------------------|---------|
| 1. Katie Honigford (12) L'view | 19:21.2 |
| 2. Lyndie Brown (10) Spen. | 19:22.1 |
| 3. Kylie Honigford (12) L'view | 20:07.2 |
| 4. Ashley Gilroy (10) Spen. | 20:22.9 |
| 5. Claire McConnell (9) Spen. | 20:51.0 |