

ADA  
ALLEN EAST  
BLUFFTON  
COLUMBUS GROVE  
CRESTVIEW



DELPHOS JEFFERSON  
LIMA CENTRAL CATHOLIC  
LINCOLNVIEW  
PAULDING  
SPENCERVILLE

FOR IMMEDIATE RELEASE

Saturday Oct. 11, 2008

**THUNDERBIRDS / BEARCATS DOMINATE 2008 NWC X-COUNTRY MEET**

The Lima Central Catholic boys and the Spencerville girls won the 2008 Northwest Conference Cross Country titles today at Columbus Grove High School. The Thunderbirds beat Crestview by 18 points (52-70) in the boys race. The Bearcats placed five runners in the top six places to finish 34 points (16-50) better than Lincolnview in the girls race.

LCC senior Jim Heider was the fastest individual for the third year in a row, and was voted NWC Male Runner of the Year. Heider's time of 16:19.02 was 14 seconds faster than his 2007 winning time.

Spencerville junior, Lyndie Brown won the girls race, and was voted NWC Female Runner of the Year. Lyndie's time of 19:01.88 was 21 seconds faster than her second place time last year.

Conference Coach of the Year honors went to LCC Boys Coach Mike Griffo, and to Spencerville Girls Coach Brian McMichael.

In the junior high races, Crestview won the boys title with 44 points, and Allen East took the girls race with 36 points.

**Boys Final Standings**

1. L. C. C.	52
2. Crestview	70
3. Spencerville	80
4. Col. Grove	99
5. Lincolnview	100
6. Bluffton	131
7. Paulding	187

**Girls Final Standings**

1. Spencerville	16
2. Lincolnview	50
3. L.C.C.	64
4. Crestview	89
5. Col. Grove	136

**First Team Boys**

1. Jim Heider (12) LCC	16:19.02
2. Seth Wisener (12) L'view	16:45.30
3. Matthew Herron (10) Bluffton	16:46.49
4. Jonathan Rex (11) Spen.	16:53.79
5. Jim Kesner (10) LCC	17:11.55

**First Team Girls**

1. Lyndie Brown (11) Spen.	19:01.88
2. Kelli Lei (9) Spen	19:23.16
3. Ashley Gilroy (11) Spen.	19:39.20
4. Claire McConnell (10) Spen.	20:22.78
5. Casey Patterson (10) L'view	20:23.79