

Women

1. Girard, Georgetown, 16:58.9; 2. McGowan, Villanova, 17:14; 3. Startare, Penn State, 17:28.7; 4. Scott, Rutgers, 17:48; 5. Hauber, Syracuse, 17:58.4; 6. Ruff, Penn, 17:59.3; 7. McGellian, St. Joseph's, 17:59.9; 8. White, Penn State, 18:00.5; 9. Updegrove, Penn State, 18:01.1; 10. Eckel, Penn, 18:02.8; 11. Gerken, Penn State, 18:10.

1. Suzanne Girard (Georgetown), 16:58.9; 2. Mary Ellen McGowen (Villanova); 3. Doreen Startare (Penn State); 4. Desiree Scott (Rutgers); 5. Allcia Hauber (Syracuse); 6. Judy Ruff (Princeton); 7. Elaine McGillian (St. Joseph's); 8. Meredith White (Penn State); 9. Natalie Updegrove (Penn State); 10. Sue Eckel (Pennsylvania).

Note — Run on LU's 3.1-mile Saucon Valley course. Bold-faced finishers advance to NCAAs.

Region 2 scoring leaders: 1. Penn State, 58; 2. Villanova, 76; 3. Cornell, 104; 4. Princeton, 142; 5. Georgetown, 153; 6. Bucknell, 172; 7. Penn, 187; 8. West Virginia, 213; 9. Syracuse, 221; 10. Rutgers, 226.

Lady Lions Regional Champs

Doreen Startare and Meredith White finished third and eighth, respectively, and sparked Penn State's cross country team to another NCAA regional championship at Lehigh University's Saucon Valley course yesterday.

The Lady Lions scored 58 points to beat Villanova, which had 76. The two teams will represent Region II in the NCAA's at Bethlehem a week from tomorrow.

Suzanne Girard of Georgetown won the 5,000-meter race in 16:58.9. Mary Ellen McGowan of Villanova was second (17:14) and Startare was next at 17:28.7.

White, former State High runner, was clocked in 18:00.5.

Other Lady Lion scorers were Natalie Updegrave (ninth in 18:01.1), Heidi Gerken (11th in

18:10) and Carol Dickstein (27th in 18:42.2). Anne Shafer and Tammy Hart finished 32nd and 49th, respectively, for Penn State, which has dominated this event since its inception.

"For a kid who probably never broke 19 minutes in high school," Coach Gary Schwartz of Penn State said, "Meredith is doing one heckuva job. It has been a case of the unexpected coming through for us. . . people filling in for kids who were sick or injured. We didn't have Paula Renzi today and we're red-shirting Sue Miley. Kids like Holly Loht, Anne Shafer, Meredith and Suzanne Walker. Holly won the JV race today in 18:46, which would have been good for 29th in the varsity.

"Doreen just gets better every

race. She still has some things to work on. I feel good about going back to Bethlehem next Monday. That's almost our home course now.

"Meredith started running well at the Paul Short Invitational (about a month ago at Lehigh) and she's still improving. Has progress over the season has been outstanding. I'd say she's our MVP. She has gone from rags to riches."

State's goal will be to crack the top echelon a week from tomorrow.

"Our expectations are high," Schwartz said. "We have a good group of kids. The top teams have good depth, but some aren't that strong when it comes to the fourth and fifth runners."

... Women Capture Second

McGowan Paces Cats

Freezing temperatures and blustery winds might not sound like perfect conditions to most, but for Villanova's women's cross-country team, they provided the perfect setting for the Wildcats' national qualifying performance. By taking second place in the Region II meet at Lehigh University in Bethlehem, Pa., on Saturday, the women qualified to run in the NCAA Championships Nov. 21 on the same 500-meter course.

Junior Mary Ellen McGowan led the team, as she has all season, with her second-place finish in 17:14. She was followed by strong performances from freshmen Lauren Searby (14th in 18:16) and Melissa Grubb (16th in 18:20), and junior Jane Ashton (19th in 18:27). Frosh Katie Redden rounded out the team score of 76 points with her 30th place finish (18:45).

While Villanova has been considered a strong contender in Region II all season, its performance was nonetheless impressive because this is only its second year in Division I competition. They lost to perennial powerhouse Penn State by only 18 points and finished 28 points ahead of third place Cornell.



Mary Ellen McGowan.

Coach Bob Shoudt discounted any notions of his team being a novice among the other Division I schools: "We were certainly capable of doing this based on our performances throughout the season. Last year we only missed out on qualifying by six points. Hopefully, now we'll be able to start a tradition for the future."

Shoudt was especially pleased with his team's preparedness for the meet: "Everyone, from the first person to the last, went there with a purpose. The girls were not only physically but mentally ready to run a race."

The women also felt that they

had fulfilled personal goals with their success. McGowan remarked, "My time was 20 seconds faster than last year, so I'm very happy about that. Everything paid off after a full season of hard work." Searby said, "For our first regional meet we were very pleased." Grubb added that "all the running we're doing now is so much more than in high school, but it's really exciting and rewarding."

For junior Jane Ashton, being a member of this squad is no differ-

ent than being a member of the entire team: "I think that the whole squad realizes that without the hard work and encouragement of everyone on the team, whether they ran today or not, we never could have accomplished what we did. We all pushed each other to try harder and to make Villanova a team to be reckoned with."

The cross-country season now has only the nationals left to run. Shoudt feels that the team has a legitimate chance to do well in the sixteen team field. "We're going to go out there, Monday and do the best we can, just as we have all year."

IC4A women's mark falls

BETHLEHEM, Pa. — Suzanne Girard of Georgetown set a women's course record in 16:58.9 at yesterday's IC4A cross-country championships, held at Lehigh University. Villanova won the men's title and Penn State claimed the women's title.

Richard O'Flynn of Providence was the top men's finisher, in 30:05, but Villanova runners Gerard O'Reilly and Marcus O'Sullivan were second and sixth, respectively. Villanova was followed by Dartmouth and Georgetown. Fairleigh Dickinson was a disappointing sixth and Princeton was 10th.

Desiree Scott of Rutgers finished a strong fourth in the women's race. Behind Penn State were Villanova, Cornell, and Princeton. Rutgers was 10th.

► Suzanne Girard of Georgetown captured the women's District 2 Championship. Her 16:58.9 clocking over the 3.1-mile distance was just about the same as it was when she placed second a month ago in the Paul Short Invitational.

"It was harder today because it was much colder," Girard noted. "I led from the beginning. I like to do that so I can get my footing. I hope I can finish in the top 15 here next week."

Penn State captured the team race, led by third-place finisher Doreen Startare and ninth-place finisher Natalie Updegrave, a former Parkland High School runner.

Villanova was second in the team race and advances with Penn State to the nationals. Desiree Scott (fourth) of Rutgers and Alicia Hauber (fifth) of Syracuse join Girard as the individual qualifiers.