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Geneseo Captures NCAA Division III Women's Cross Country Championship

*Blue Knights claim first national title in school history
Woods named National Coach of the Year*

FREDONIA, N. Y. – The SUNY Geneseo women's cross country team was ranked #1 last week in the Cross Country Coaches Association Poll and lived up to their ranking at the NCAA Division III Cross Country Championships in Delaware, Ohio on Saturday. The Knights claimed the National Championship by scoring 88 points to runner-up and defending champion Williams (MA) College's 107. Geneseo placed 13th at last year's Championship meet.

The national title is the first team national championship in the history of Geneseo. The closest the Blue Knights have come in the past to a national title was by the 2004 men's soccer team and the 1994 women's soccer team, who each competed in the NCAA final four before being eliminated. The cross country team is also the first SUNYAC team to earn a title since the Oneonta State women's soccer team in 2003. And they are the first women's cross country team to finish at the top since Cortland in 1997.

First year Liz Montgomery led the Knights as she finished third in the six kilometer course with a time of 22:00.9. She was nine second behind the winning time set by Hailey Harren of Gustavus Adolphus. Montgomery was one of three Geneseo runners to earn All American honors for her performance. The other All American honors were given to senior Marta Scott and junior Shannon Griggs after finishing the race in 24th place (22:50) and 30th place (22:55), respectively.

Senior Renne Catalano finished 48th in 23:15 and first year Christiana Martin finished 56th in 23:20 to complete the scoring five. Rounding out the Knight's top seven was junior Christy Finke and sophomore Karen Merrill were 93rd in 23:54 and 117th in 24:12.

Head Coach Mike Woods was named the National Coach of the Year as the Knights won their first Championship and were undefeated in the 2005 season. Woods completes his 14th season at Geneseo as the Head Coach for the women's cross country team. The Knights were the dominant team in the region all season, winning the NCAA Atlantic Regional, the NYSCTC title and their sixth straight SUNYAC crown.