



Tuesday, November 4, 2003

OU runner wins Mid-Con title, named Athlete of Year

Oakland senior cross country standout Kristie Kieffer (Sterling Heights, Mich.) added a big feather to her cap in her final season with OU, capturing the Mid-Continent Conference women's cross country individual title at the conference championship meet in Tulsa, Okla., Nov. 1.

Kieffer blazed through the 6K course in 21:25.22, taking home the win by nearly 30 seconds and shaving 10 seconds off her previous best time this season, which also was the previous top time in the Mid-Con this season. She was named the Mid-Con Cross Country Athlete of the Year for her efforts and helped the women's team to a second-place finish overall. The OU men's team also finished second, with Southern Utah sweeping both men's and women's team titles.

Finishing right behind Kieffer in third was Melissa Nasers (Battle Creek, Mich.) who covered the course in 22:23.51, giving the Golden Grizzlies two of the top three finishers. However, Southern Utah's depth proved to be too much for Oakland to overcome as the Thunderbirds placed all of their scoring runners in the top 10. The next finisher for OU was Sarah Kane (Sterling Heights, Mich.) who finished 18th with 23:34.86. Kim Schultz (Vermilion, Ohio) came in just behind Kane to finish 19th at 23:35.75. Laura Fisher (Grosse Pointe Woods, Mich.) was the final scoring runner for OU, taking 24th in 23:49.60.

Both Kieffer and Nasers were named first team All-Mid-Con runners for their performances.

The Oakland men placed three runners in the top 10, but it was not enough to overcome Southern Utah, which had their top five runners finish in the top seven to reclaim the Mid-Con title with 21 points.

Adam Frezza (Oxford, Mich.) and Jason Bruscha (Sterling Heights, Mich.) led the charge for the Golden Grizzlies, finishing third and fourth with times of 25:18.31 and 25:29.89 over the 8K course. John Cook (St. Clair, Mich.) was the other OU runner to finish in the top 10, taking ninth in a time of 25:56.51. Luke Williams (Wayland, Mich.) and Brandon Fisk (Shelby Township, Mich.) finished fourth and fifth for Oakland. Williams ran a 26:08.97 to take 12th, while Fisk was right behind with 26:09.42 for 13th.

Frezza and Bruscha each earned first team All-Mid-Con honors, while Fisk, Cook and Williams all received second team All-Mid-Con accolades.

Both OU's men's and women's cross country teams will compete in the NCAA Great Lakes Regional meet on Saturday, Nov. 15. The meet is being hosted by Indiana State in Terre Haute, Ind.

For more information on OU's cross country teams, visit the [OU Athletics](#) Web site.

SUMMARY

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