

GREAT AMERICAN CONFERENCE

2017 ALL-GAC WOMEN'S CROSS COUNTRY RELEASE

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MAGNOLIA, Ark. - Following the 2017 Great American Conference Women's Cross Country Championships, the league announced its All-GAC teams, superlative recipients and scholar-athlete honors. Oklahoma Baptist's Abby Hoover and Matt Kennedy claimed the Runner and Coach of the Year accolades while Harding's Alicja Minczuk received the Freshman of the Year honor.

Led by Hoover, the Lady Bison tied a GAC record with five First-Team performers. Sydney Lawrence, Kaylee Crowson and Emily Sechrist finished second, third and fourth at the GAC Championships and Tesa Potter took 10th.

East Central put three runners on the First Team in Michaela Lombardi, Marisa Meza and Kyleigh Norris. Harding's Madison Drennan and Minczuk grabbed the final two First-Team spots.

The All-GAC Second Team, consisting of those runners that finished 11th to 20th on Saturday included five freshmen - ECU's Barbara Johnson and Gracye Werth, Harding's Kinga Szarzynska and Sharon Chepseba and Arkansas Tech's Aubre Gilreath. Two Tiger sophomores - Kelsey Horner and Abbie Winchester - plus Daisy VanMeter, Southern Nazarene's Kyra Fuller and Harding's Melita Sutherland filled out the Second Team.

In addition to her First Team honors, Sechrist received the GAC Elite Scholar Award. Sechrist, along with Arkansas Tech's Adrianna Simmons and Mary Simmons all garnered the Elite Scholar Award as all three own a 4.00 grade-point average. Ten GAC student-athletes - Harding's Victoria Hood, Kirstie Smith and Sutherland; Ouachita's Kesley Brown, Rachel Dilatush and Kallie Polk; Oklahoma Baptist's Lawrence and Zoya Timoshenko and Southern Nazarene's Kaitlyn Janka and Lauren Toney earned the Distinguished Scholar Athlete honor.

2017 WOMEN'S CROSS COUNTRY ALL-GAC FIRST TEAM

Abby Hoover, Sr., Oklahoma Baptist
Sydney Lawrence, Jr., Oklahoma Baptist
Kaylee Crowson, Jr., Oklahoma Baptist
Emily Sechrist Jr., Oklahoma Baptist
Madison Drennan, Sr., Harding
Michaela Lombardi, Sr., East Central
Alicja Minczuk, Fr., Harding
Marisa Meza, Sr., East Central
Kyleigh Norris, Fr., East Central
Tesa Potter, So., Oklahoma Baptist

2017 WOMEN'S CROSS COUNTRY ALL-GAC SECOND TEAM

Barbara Johnson, Fr., East Central
Daisy VanMeter, So., Oklahoma Baptist
Kyra Fuller, Jr., Southern Nazarene
Kelsey Horner, So., East Central
Melita Sutherland, Sr., Harding
Aubre Gilreath, Fr., Arkansas Tech
Gracye Werth, Fr., East Central
Abbie Winchester, So., East Central
Kinga Szarzynska, Fr., Harding
Sharon Chepseba, Fr., Harding

2017 GAC ELITE SCHOLAR ATHLETES

Adrianna Simmons, Arkansas Tech
Mary Simmons, Arkansas Tech
Emily Sechrist, Oklahoma Baptist

2017 GAC DISTINGUISHED SCHOLAR ATHLETES

Victoria Hood, Harding
Kirstie Smith, Harding
Melita Sutherland, Harding
Sydney Lawrence, Oklahoma Baptist
Zoya Timoshenko, Oklahoma Baptist
Kesley Brown, Ouachita
Rachel Dilatush, Ouachita
Kallie Polk, Ouachita
Kaitlyn Janka, Southern Nazarene
Lauren Toney, Southern Nazarene

2017 RUNNER OF THE YEAR: Abby Hoover, Oklahoma Baptist

2017 FRESHMAN OF THE YEAR: Alicja Minczuk, Harding

2017 COACH OF THE YEAR: Matt Kennedy, Oklahoma Baptist