

CROSS COUNTRY

HU sophomore Emma Wilson continues to make a name for herself across the country by being named, for the third time this fall, the NAIA Women's Cross Country National Runner of the Week as announced by the national office earlier today.

The undefeated Wilson had another record-breaking performance on Saturday at the Midwest XC Challenge. The sophomore transfer broke Taylor's course record with a winning time of 17:11. Twenty-five seconds separated her from the next finisher.

Wilson continues to hold the collegiate women's fastest 5K time nationally this fall across all divisions. In addition to boasting three National Runner of the Week badges, the Greencastle native has also claimed four Crossroads League Runner of the Week honors.

HU's final race this fall is the Crossroads League Championships set for November 6.

WOMEN'S GOLF

The HU golf program wrapped up its fall season by hosting a women's JV dual match with Saint Francis over the weekend at Brookwood Golf Club. The Forester women posted a 361 to take a back seat to the Cougars who fired a 327.

"The dual match with Coach Potts' squad was a good opportunity for our five freshmen to compete and learn more about golf at the college level," said Coach Sholund. "Overall, I believe we have a lot of positives to take from this."

The one-round outing saw Abby Sheehan and Akira Seals-Perkins each turn in an 89 to pace Sholund's rookie crew. Danielle Tinsley finished two strokes back with a 91. Lauren Slottke carded a 92 while Kristin Piel rounded out HU's play with a 100.

"This was a positive step for Akira and Abby in building confidence in competition," said Shockey. "Lauren and Kristen both have strong short games and will be able improve on their scores when they can gain some length. That is their goal for the offseason."

"This was not Danielle's best round, she is capable of much better scores. She has had a solid start to her collegiate career this fall, she just needs to keep the 'off days' more in check."

Sholund is already looking forward to the off season in preparation for this spring. "This will be a good off season for them to learn how to prepare for the next season and improve in the areas they each need. Each one has the potential to compete at this level and I am confident they will work the process to do so. I am excited to see them grow and improve."

The Garn Championship hosted by Spring Arbor at the end of March is the Foresters' first spring event.