



*** MEDIA ALERT ***

Roper and Nowak Capture First Place Titles in 33rd Annual Foot Locker Cross Country Championships South Regional

RACE HIGHLIGHTS:

Cali Roper of Conroe, Texas, and Craig Nowak of Cypress, Texas, won the Foot Locker Cross Country Championships (FLCCC) South Regional today. The girls race was dominated by a tight group of runners, including Roper, Grace Tinkey of Macon, Ga., and Sophie Chase of Burke, Va. With 400 meters remaining, Roper overtook Tinkey and Chase to win the race in 17:02, marking her first foray at the FLCCC South Regional event. Chase, a junior at Lake Braddock Secondary School, finished second in 17:06, qualifying for the FLCCC National Finals for the second consecutive year, with Tinkey, a junior at First Presbyterian Day School, placing third in 17:08. Tinkey is a three-time FLCCC National Finalist.

The boys went out hard and fast with the lead changing hands several times throughout most of the race. Nowak, a senior at Cypress Woods High School, finally pulled away from the pack with only twenty meters remaining, to capture the Regional title in 14:37. Two-time FLCCC National Finalist Ahmed Bile of Annandale, Va., claimed second in 14:38, with Daniel Vertiz of San Antonio, Texas, placing third in 14:40.

WHEN/WHERE:

Saturday, November 26, 2011
McAlpine Greenway Park in Charlotte, N.C.

COURSE/WEATHER:

5,000-meter course; good race conditions; sunny, cool; 42 degrees

NATIONAL CHAMPIONSHIPS:

The top ten boys and the top ten girls in today's seeded races qualified to compete against runners from the Northeast, Midwest, and West Regional meets in the Foot Locker Cross Country Championships National Finals, on Saturday, Dec. 10 at Morley Field, Balboa Park in San Diego, Calif.

CONTACT:

Kenny Fried, 202-468-8200, kfried@bwfcom.com

*Race photos and video highlights are available by request or online at www.footlockercc.com

2011 Foot Locker Cross Country Championships – South Regional Results
McAlpine Creek Park – Charlotte, N.C.

Boys

| Place | Name | Hometown | High School | Time |
|--------------|-----------------|--------------------|----------------------------------|-------------|
| 1) | Craig Nowak | Cypress, Texas | Cypress Woods High School (12) | 14:37 |
| 2) | Ahmed Bile | Annandale, Va. | Annandale High School (12) | 14:38 |
| 3) | Daniel Vertiz | San Antonio, Texas | Ronald Reagan High School (12) | 14:40 |
| 4) | Joshua Brickell | Suwanee, Ga. | Peachtree Ridge High School (11) | 14:41 |
| 5) | Thomas Graham | Cary, N.C. | Cary Academy (12) | 14:52 |
| 6) | Sean McGorty | Fairfax, Va. | Chantilly High School (11) | 14:54 |
| 7) | Jacob Thomson | Louisville, Ky. | Holy Cross High School (11) | 14:55 |
| 8) | Thomas Madden | Front Royal, Va. | Skyline High School (11) | 14:56 |
| 9) | Mark Blackmon | Charlotte, N.C. | West Charlotte High School (12) | 15:01 |
| 10) | Robert Domanic | Lewisville, Texas | Hebron High School (11) | 15:02 |

Girls

| Place | Name | Hometown | High School | Time |
|--------------|-----------------|------------------------|-------------------------------------|-------------|
| 1) | Cali Roper | Conroe, Texas | Willis High School (12) | 17:02 |
| 2) | Sophie Chase | Burke, Va. | Lake Braddock Secondary School (11) | 17:06 |
| 3) | Grace Tinkey | Macon, Ga. | First Presbyterian Day School (11) | 17:08 |
| 4) | Megan Moye | Moseley, Va. | Cosby High School (12) | 17:11 |
| 5) | Olivia Ortiz | Bradenton, Fla. | Lakewood Ranch High School (11) | 17:13 |
| 6) | Samantha George | Raleigh, N.C. | Millbrook High School (12) | 17:15 |
| 7) | Bridget Blake | Orlando, Fla. | Dr. Phillips High School (11) | 17:26 |
| 8) | Alana Hadley | Charlotte, N.C. | Ardrey Kell High School (9) | 17:27 |
| 9) | Karis Jochen | College Station, Texas | A&M Consolidated High School (11) | 17:31 |
| 10) | Lily Williams | Tallahassee, Fla. | Lawton Chiles High School (12) | 17:32 |

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