



St. Andrews
PRESBYTERIAN COLLEGE
SPORTS NEWS RELEASE

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For Immediate Release

Knights Take Sixth at Conference Carolinas Championships Holt Earns All-Conference Accolades Again!

October 23, 2009

CHARLOTTE, N.C.—St. Andrews Presbyterian College junior Doug Holt (Haddonfield, N.J.) earned Third Team All-Conference honors after finishing 14th overall at the 2009 Conference Carolinas Championships hosted by Queens University of Charlotte on Friday afternoon at McAlpine Park.

Holt ran a collegiate person record (PR) time in an 8,000-meter (8k) race to pace the Knights with his 14th place finish out of 82 harriers. Holt – a two time Conference Carolinas Runner of the Week this season – broke the 27 minute barrier for only the second time in his career with a blazing time of 26:49 that averages out to a five minute and 24 second mile pace.

Holt has garnered All-Conference recognition in each of his first three years racing in a Royal Blue & White uniform (First Team in 2008 and Third Team in 2007 and 2009).

St. Andrews entered the race as the defending Conference Carolinas Champions and gutted out a sixth place finish. The Knights finished in the middle of the pack out of 11 league schools and only competed with six healthy endurance runners. The host Royals, who are currently ranked No. 6 nationally, won the team title with a perfect score of 15.

Junior James Walls (Bear Creek, N.C.) was the second Knight to cross the finish line taking 24th overall with a speed of 27:50.

SAPC completed its team scoring with its next three entrants all completing the 8k race within 30 seconds of each other. Junior Jon Lecker (Minneola, Fla.) was the Knights median scorer finishing 38th by clocking in with a PR time of 29:26. Classmate Tommy Wilson (Salisbury, N.C.) followed in 41st at 29:42 while senior James Lloyd (Lusby, Md.) claimed 43rd just 11 seconds later at 29:53. Senior Brad McKee (Kings Mountain, N.C.) also raced for the Knights with a time of 32:04.

St. Andrews will compete in the NCAA Southeast Regional hosted by Wingate University on Saturday, November 7. The men's 10k race is scheduled to start at 10:15 a.m.

St. Andrews Results:

- 14. Doug Holt (26:49)
- 24. James Walls (27:50)
- 38. Jon Lecker (29:26)
- 41. Tommy Wilson (29:42)
- 43. James Lloyd (29:53)
- 59. Brad McKee (32:04)

-GO KNIGHTS-