



Date: November 10, 2003

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**EMPIRE 8 ANNOUNCES WOMEN'S CROSS COUNTRY ALL-CONFERENCE TEAM
Ithaca Takes Top Honors; Bombers' Amanda Laytham Named Athlete of the Year**

ROCHESTER, NY – The Empire 8 announced its 2003 Women's Cross Country All-Conference team. Junior Amanda Laytham of conference champion Ithaca College was named the Athlete of the Year after finishing first in the Empire 8 Women's Cross Country Championships at Saratoga Springs State Park. She finished the 5k course in 17:48, which was 22 seconds faster than runner-up and teammate Bridgette Pilling.

First-year runner Rachel Blasik of Ithaca was named Rookie of the Year. She finished fifth in the conference championship and earned first-team all-conference honors. William Ware was named Coach of the Year for leading the Bombers to the team title.

Empire 8 2003 Women's Cross Country All-Conference Awards

Athlete of the Year: Amanda Laytham, Ithaca College

Rookie of the Year: Rachel Blasik, Ithaca College

Coach of the Year: William Ware, Ithaca College

First Team

Name	Yr.	School
Amanda Laytham	Jr.	Ithaca College
Bridgette Pilling	Jr.	Ithaca College
Heidi Spalholz	Sr.	RIT
Anastasia Kasianchuk	So.	Ithaca College
Rachel Blasiak	Fr.	Ithaca College
Susan Meyer	Fr.	Ithaca College
Lindsay Dalpiaz	Jr.	Ithaca College

Second Team

Kristen Cravotta	Sr.	Ithaca College
Irena McQuarrie	So.	Ithaca College
Trisha Sliker	Fr.	RIT
Alyssa Tingle	Jr.	Ithaca College
Shala Wilson	Jr.	Hartwick College
Kara Krebs	Jr.	Ithaca College
Liz Burns	Fr.	Nazareth College

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