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## Women's Track Places 12th At Central Collegiate Championships

Sophomore Sara Jeffers turns in personal-best and third-place time of 18:09.84 in 5,000-meter run.

Jan. 27, 2003

**Kent, Ohio** - Sophomore distance runner [Sara Jeffers](#) turned in a career-best and a third-place mark of 18:09.84 in the 5,000-meter run to help UIC to a 12th place finish at the Central Collegiate Championships, hosted by Kent State on Saturday afternoon.

Penn State captured the championship with 151.33 points, followed by Kent State (100.33), Ohio (64), Bowling Green (56), Toledo (55), Cincinnati (54.5), Akron (47.5), Detroit (23.33), DePaul (22), Youngstown State (21), Loyola (13), **UIC (11)**, Wright State (3).

"We have more work to do," UIC head coach [Jim Knoedel](#) said. "We need to improve as a whole to do well at the conference championships.

"It seems like more people are heading in that direction and I hope we continue to do so."

Senior [Monieka Thompson](#) also turned in a solid effort on Saturday with a pair of top-10 finishes. Thompson was fifth in the 400-meter dash (58.22) and followed that up with an eighth place performance in the 800-meter run (2:17.23).

Both [Crystal Sanders](#) and [Lauren Quinn](#) shattered their own previous records on Saturday afternoon as well.

Sanders turned in an eighth-place finish in the 60-meter hurdles with a mark of 9.28. The Central Michigan transfer set the record earlier this season with a time of 9.31 on January 11th at the Badger Track Classic.

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Senior Monieka Thompson turned in a pair of top-10 performances at the Central Collegiate Championships.

Quinn, UIC's first ever female pole-vaulter, broke her own mark by 9 ¾ inches with a vault of 8'4 ¼". Quinn set the previous mark of 7'6½" on January 10th at the University of Chicago mini-meet.

UIC will be back in action on Saturday afternoon, as the Flames will travel to Indianapolis, Ind., to participate in the Smith-Barney Invitational at 10:00 a. m.

[Women's Track Home](#)

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