

St. Anthony High School  
Athletes of the Week  
October 2009



**Chris Lawson**

Sophomore Chris Lawson has been running varsity cross country since he was in eighth grade, and he has been improving ever since. Chris has consistently been the CC team's number one runner for most of this year—topping it off with a 2nd place finish at the Locke Park Invite yesterday, where he ran a 2 mile P.R. (personal record) of 10:52. Other highlights for Chris this year include a 16th place finish at the St. Olaf Invite and a 24th place finish at the Roy Griak Invitational—both elite meets for our five state region. Chris' passion for running shows in his dedication in the summer time, and his enthusiasm for practice (which isn't an easy thing), the CC team has both the Tri-Metro Conference meet and the region 4A meet coming up, where Chris is hoping to continue his improvement and come away with some great times and hopefully a state meet entry.