

SEC XC WOMEN'S QUOTES

TENNESSEE HEAD WOMEN'S COACH J.J. CLARK (Fifth SEC trophy for Clark, third straight for UT Women)

On overall performance:

"This was very gutty performance. This team has overcome a lot of adversity. Every year it is very special. A lot of work went into this win. A lot of coaching, a lot of support and our medical staff and training staff was tremendous."

On fast course:

It was 6K meters and that was what we were supposed to run. To me it doesn't matter. The objective of this meet was to win and let everything else fall in line. I am very proud of this team. They pulled together and we needed every person to beat a very feisty Arkansas team.

On the future of Tennessee Women's Cross Country:

It won't be easy. It will be very difficult to maintain our momentum and keep improving from here, but that is our objective.

SECOND PLACE FINISHER FELICIA GUILFORD, TENNESSEE

On race:

"I felt really good from the jump. I went out in fifth place and felt relaxed. I knew going in it was going to be a dogfight between us and Arkansas. I just tried to remember to stay relaxed. In the third loop I started to make my move and I tried to catch Angela but I couldn't quite get there."

THREE-TIME SEC CHAMPION ANGELA HOMAN, AUBURN UNIVERSITY

On the race:

"I knew that the two girls behind me had been great on the track and they have the speed in their legs. I'm such an endurance runner that I could run all day long and probably run at the same pace, but they have the leg speed and they could easily guide me if we were on the track. You have that in the back of your mind, but what really helped me were my teammates, family and friends on the course telling where they are in the race compared to where I am. A former teammate was up that hill saying 'Angela, believe, believe!' giving me positive thoughts in my head. I think that's what really helped in that last 1200, 1500 meters in the race."

On the competition:

"My own teammates, I think, if I'm having a bad day they're going to beat me. There's people who have good days and people who have bad days so anybody in that line I don't second-guess, and that's the way I look at any race that I run. I always have the nerves on if I think I'm going to do well that day or I think I'm going to be bad that day."

On winning her third SEC Individual Title:

"I'm so happy. I just feel like I'm on the top right now, that adrenaline rush. I honestly feel like I can go out and run another race! And also, this past summer my former Coach Fox left to be head coach at Syracuse University and Peter Watson came in and is out coach now and has done a great job. I kind of want to thank him. It hasn't been a rough transition."

"Coming today and running the way I did, my confidence level is up, again, and my legs don't feel heavy as they have in the past. I found out I was iron deficient, so I got some iron in me and I'm starting to pay attention to what I'm putting in my body."