

Published December 5th, 2012

## SMC XC Runner Earns All-Region Honors

*Submitted by Marty Kinsey*



Rajpaul Pannu (right) Photo provided

At the WCC Championships, Saint Mary's cross country runner Rajpaul Pannu slipped in the second mile of the race. Despite the slip-up, Pannu finished eighth overall with a time of 24 minutes, 10 seconds.

The performance earned him All-WCC first-team honors. He is the first Gael to receive the designation since 2008.

Competing in the NCAA All-West Regionals, Pannu finished 19th. He earned All-Region honors, the first SMC men's runner to earn the award.

His perseverance has paid off all year long, as he has had one of the more successful individual seasons in recent memory.

"I get to see him every day, his attitude towards training and everything he brings to the team brings an advantage," said associate head coach Mark Carberry.

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