

Lauren Blankenship – Class of 2003

Honors & Involvement at Wesleyan

- Member of the cross country & soccer teams
- 2003 Gwinnett Super Six in Soccer
- 2002 & 2003 Gwinnett Goal Club Team of the Year
- 2002 Single season goals scored – 30
- 2000, 2001 & 2002 All-Metro cross country team by Atlanta Track Club
- 2000 & 2002 Gwinnett County Runner of the Year
- 2000, 2001, 2002 Gwinnett All-County Team
- 2002 Footlocker National Qualifier
- 2000, 2001, 2002 Individual cross country state champion
- 2002 Most Valuable Underclass Female Athlete
- 2003 Most Valuable Senior Female Athlete
- Chorale: Women's Ensemble
- Guatemala Mission Trip

Postgraduate Honors

- Cross country & track scholarship to Samford University
- Described by Samford website as the most decorated student-athlete in Samford history
- 3-time Ohio Valley Conference cross country champion
- 3-time OVC cross country runner of the year
- 3-time NCAA qualifier for the cross country national meet
- Cross country All-American in 2007
- 4-time OVC outdoor champion in track 5,000m
- 3-time NCAA qualifier & 2-time All-American in track 5,000m
- 2-time OVC champion in track 10,000m
- 3-time OVC champion in indoor 3,000m
- 2-time OVC champion in indoor 5,000m
- Samford school records:
 - Cross country: 5,000m
 - Indoor: 3,000m & 5,000m & distance medley relay,
 - Outdoor: mile, 3,000m, 5,000m & 10,000m, 4x800m relay, 4x1500m relay & distance medley relay

Story

“Lauren was a club soccer player who was persuaded by Libby Houk Sedgwick to “try” cross country as a sophomore. With little running experience, she was region runner up and state champion on the first Wesleyan girls team to finish as state runner-up. As a junior, she continued to be a part time runner and finished as region champion and individual state champion on Wesleyan’s first state championship team. As a senior, Lauren ran a lot more over the summer and really began to excel, finishing her senior year undefeated, region champion, and state champion. However it was as an individual that Lauren shined that year. She competed in the Foot Locker Cross Country regional in Charlotte, finishing 8th in the South and earning a trip to race against the 32 fastest girls in the nation in San Diego, CA. During her three years running cross country, her season PRs fell from: 20:03 to 19:17 to 18:07” –Dan Byrne