

Freshman Nancy Banks won individual honors and led FSU's Lady Seminoles to their third straight Alabama Invitational cross-country title.

Banks ran the three-mile course in the record time of 18.50.

The Lady Seminoles finished with 32 points, to finish ahead of Auburn with 40 points and Alabama 72 points.

Nancy Jaquish, a Lady Seminole sophomore, finished sixth. Other Lady Seminole figuring in the scoring included sophomore Barien Andreau eighth and freshman Gale Grant ninth.

The Lady Seminoles performed without No. 1 runner and defending champion Kathy Moore, who was scratched 30 minutes before the meet because of illness.