Songock Places Seventh, Named Freshman of the Year

Gombert, Zamzam lead women

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MURFREESBORO, Tenn. - Middle Tennessee's William Songock placed seventh, earning All-Sun Belt honors, and was voted Freshman of the Year, while junior Marjorie Gombert led the women's team with a 15th-place finish at the Sun Belt Cross Country Championships Saturday in Little Rock, Ark. Songock's time of 25:09.62 bested his previous 8K mark by more than four seconds and is the best mark by a men's runner since Geoffrey Lagat's 25:07 to win the 2000 SBC Championships. Songock is the fifth All-SBC performer for the men in the last three years and the ninth since joining the league. Junior Tony Carufe placed 39th for the men in 27:36.31, while freshman Philip Benavides was 53rd in 28:35.48. Junior Matthew Young finished 55th in 28:45.65, with freshman Chris Travis 59th in 29:29.04. Sophomores Luke Pfleger and Ryan Hood placed 60th and 62nd, respectively, with times of 29:31.88 and 29:48.80. The men's team tied for ninth overall with Arkansas State with 213 points. South Alabama won the men's event with only 28 points. On the women's side, the Blue Raiders placed fifth overall with 134 points, led by Gombert in 15th and freshman Sangau Zamzam in 18th. Gombert posted a time of 18:48.91 on the 5K course, with Zamzam right behind in 18:56.20. Senior Sara Lunning placed 28th in 19:27.49, with sophomore Tiffany Sawyer 33rd in 19:34.10. Sophomore Ashleigh Thaler was the final scorer for Middle Tennessee, finishing 40th in 19:51.42. Sophomores Ashley Comstock and Catherine Chester were 55th and 67th, respectively, with times of 20:24.85 and 21:38.82. "William ran really well and it's great he was the top freshman," head coach Dean Hayes said. "And Marjorie and Zamzam both did very well for the women. The guys were a little disappointing because I thought we'd do better, but the girls did a good job and finished just about right. We have to keep working and use this good cross country season during track." Some members of the men's and women's teams will participate in the NCAA South Regional on November 11 in Knoxville, Tenn. Full results may be found at deltatiming.com. **SUN BELT CHAMPIONSHIPS**

MEN - 8K

7. William Songock, 25:09.62
39. Tony Carufe, 27:36.31
53. Philip Benavides, 28:35.48
55. Matthew Young, 28:45.65

59. Chris Travis, 29:29.04
60. Luke Pfleger, 29:31.88
62. Ryan Hood, 29:48.80

WOMEN

15. Marjorie Gombert, 18:48.91
18. Sangau Zamzam, 18:56.20
28. Sara Lunning, 19:27.49
33. Tiffany Sawyer, 19:34.10
40. Ashleigh Thaler, 19:51.42
55. Ashley Comstock, 20:24.85
67. Catherine Chester, 21:38.82

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