Songock Places 63rd at NCAA Regional

Freshman gains valuable experience in first career 10K race

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MURFREESBORO, Tenn. -Middle Tennessee's William Songock finished 63rd overall as the only Blue Raider competitor at the NCAA South Regional Cross Country Championships at Lambert Acres Golf Club in Maryville, Tenn., Saturday morning. Songock finished the 10K course in 33:40.6 in the first 6.2-mile race of his career. The weather was in the low 60's, overcast with a slight wind. The forecasted rain did not reach the area until after the men's race was concluded. "William did a good job and gained a lot of valuable experience," head coach Dean Hayes said. "He has never run a 10K before and they don't compete as much in Kenya as we do here in the U.S. So here's getting used to the training regimen and competing more often, and this was a good experience for next year." Middle Tennessee now moves on to indoor track season, with



the Blue Raider men and women beginning the year December 9 at Murphy Center in the MT Christmas Invitational.

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