

2007 MIDDLE TENNESSEE CROSS COUNTRY

Men's Individual and Team Results

Philip Benavides

Date	Event	Time (Finish)
08/31	Belmont Opener (5K)	16:43.71 (39)
09/07	UTC Powerade Invit. (5K)	17:08 (38)
09/15	Old Timers Classic (5 mi.)	28:03.71 (43)
09/29	Louisville Classic (8K)	27:14.18 (191)
10/13	FrontRunner Invitational (5K)	16:59 (11)
10/27	Sun Belt Championships (5 mi.)	27:30.91 (33)

Isaac Biwott

Date	Event	Time (Finish)
09/07	UTC Powerade Invit. (5K)	16:09 (23)
09/15	Old Timers Classic (5 mi.)	26:53.24 (27)
09/29	Louisville Classic (8K)	25:47.68 (99)
10/13	FrontRunner Invitational (5K)	16:05 (8)
10/27	Sun Belt Championships (5 mi.)	26:09.38 (10)

Festus Chemaoui

Date	Event	Time (Finish)
08/31	Belmont Opener (5K)	15:12.45 (1)
09/15	Old Timers Classic (5 mi.)	25:27.91 (4)
09/29	Louisville Classic (8K)	24:39.38 (23)
10/13	FrontRunner Invitational (5K)	15:16 (1)
10/27	Sun Belt Championships (5 mi.)	26:15.91 (11)
11/10	NCAA South Regional (10K)	32:33.99 (49)

Adam Cunningham

Date	Event	Time (Finish)
08/31	Belmont Opener (5K)	17:20.53 (55)
09/07	UTC Powerade Invit. (5K)	17:29 (46)
09/15	Old Timers Classic (5 mi.)	28:28.91 (54)
09/29	Louisville Classic (8K)	27:51.08 (215)
10/13	FrontRunner Invitational (5K)	18:02 (16)
10/27	Sun Belt Championships (5 mi.)	30:02.31 (61)

Julius Kirui

Date	Event	Time (Finish)
08/31	Belmont Opener (5K)	15:52.16 (16)
09/07	UTC Powerade Invit. (5K)	16:18 (27)
09/15	Old Timers Classic (5 mi.)	26:25.27 (18)
09/29	Louisville Classic (8K)	25:42.19 (85)
10/13	FrontRunner Invitational (5K)	16:02 (7)
10/27	Sun Belt Championships (5 mi.)	26:18.10 (14)

Luke Pflieger

Date	Event	Time (Finish)
08/31	Belmont Opener (5K)	18:43.81 (71)
09/07	UTC Powerade Invit. (5K)	18:25 (53)
09/15	Old Timers Classic (5 mi.)	31:03.40 (102)
09/29	Louisville Classic (8K)	30:28.76 (304)
10/13	FrontRunner Invitational (5K)	18:13 (18)

William Songock

Date	Event	Time (Finish)
08/31	Belmont Opener (5K)	15:51.63 (14)
09/07	UTC Powerade Invit. (5K)	15:59 (19)
09/15	Old Timers Classic (5 mi.)	26:26.15 (20)
09/29	Louisville Classic (8K)	25:16.20 (55)
10/13	FrontRunner Invitational (5K)	15:45 (5)
10/27	Sun Belt Championships (5 mi.)	26:01.49 (8)
11/10	NCAA South Regional (10K)	33:29.94 (73)

Chris Travis

Date	Event	Time (Finish)
09/07	UTC Powerade Invit. (5K)	19:09 (75)
09/29	Louisville Classic (8K)	29:34.50 (296)
10/13	FrontRunner Invitational (5K)	17:44 (13)

Matt Young

Date	Event	Time (Finish)
08/31	Belmont Opener (5K)	18:28.61 (69)
09/07	UTC Powerade Invit. (5K)	18:14 (52)
09/15	Old Timers Classic (5 mi.)	29:35.11 (75)
09/29	Louisville Classic (8K)	29:17.53 (230)
10/13	FrontRunner Invitational (5K)	17:44 (14)
10/27	Sun Belt Championships (5 mi.)	29:39.54 (60)

MEET RESULTS

Belmont Opener (08/31 - 5K)

1. Belmont	23
2. Eastern Illinois	84
3. Vanderbilt	99
4. Lipscomb	122
5. Middle Tennessee	125
6. Western Kentucky	159
7. Austin Peay	200
8. Mercer	219
9. Christian Brothers	224
10. Alabama State	252
11. UT Martin	309
12. Bethel College	371
13. Asbury	374

Top MT Finisher: Festus Chemaoui (2)

UTC Powerade Invitational (09/07 - 5K)

1. Auburn	49
2. Jacksonville State	69
3. Alabama	77
4. Georgia Tech	81
5. Chattanooga	113
6. Middle Tennessee	153
7. Ole Miss	167
8. Tennessee Tech	190
9. Covenant College	253

Top MT Finisher: William Songock (19)

WKU Old Timers Classic (09/15 - 5 miles)

1. Eastern Kentucky	34
2. Kentucky	51
3. Chattanooga	64
4. Middle Tennessee	112
5. Bryan College	132
6. Tennessee Tech	201
7. Western Kentucky	208
8. Christian Brothers	216
9. Memphis	240
10. Austin Peay	262
11. Arkansas State	305
12. Kentucky Wesleyan	326
13. UT Martin	368

Top MT Finisher: Festus Chemaoui (4)

Greater Louisville Classic (09/29 - 8K)

1. Louisville	58
2. Rend Lake College	146
3. Eastern Kentucky	169
4. Tennessee	199
5. Kentucky	210
6. Wake Forest	214
7. East Tennessee	238
8. Southern Indiana	250
9. Edinboro University	263
10. Chattanooga	271
11. Georgia Tech	318
12. Lindenwood Univ.	348
13. Dayton	376
14. Missouri-Rolla	382
15. Wayne State	389
16. Georgia State	414
17. Middle Tennessee	453
18. Morehead State	470
19. DePaul	516
20. Ole Miss	609
21. Harding Univ.	652
22. Vanderbilt	671
23. Lindsey Wilson College	673
24. Bryan College	677
25. Queens Univ.	687
26. Florida Southern College	751
27. Detroit-Mercy	777
28. Bowling Green	782
29. Centre College	789
30. Bellarmine Univ.	814
31. Florida International	822
32. Runners Market	826
33. Wright State	836
34. Western Kentucky	855
35. South Florida	888
36. Murray State	1144

Top MT Finisher: Festus Chemaoui (23)

UTC FrontRunner Invitational (10/13 - 5K)

1. Chattanooga	24
2. Middle Tennessee	32
3. Tennessee State	85

Top MT Finisher: Festus Chemaoui (1)

Sun Belt Championships (10/27 - 5 miles)

1. UALR	53
2. North Texas	75
3. Middle Tennessee	76
4. Western Kentucky	81
5. Florida International	154
6. Troy	159
7. Arkansas State	193
8. South Alabama	196
9. Florida Atlantic	224
10. Louisiana-Lafayette	264
11. Louisiana-Monroe	278

Top MT Finisher: William Songock (8)

2007 MIDDLE TENNESSEE CROSS COUNTRY

Women's Individual and Team Results

Marla Bailey

Date	Event	Time (Finish)
09/07	UTC Powerade Invit. (2 miles)	12:26 (25)
09/15	Old Timers Classic (5K)	19:43.27 (36)
09/29	Louisville Classic (5K)	19:08.80 (72)
10/13	FrontRunner Invit. (2 miles)	11:47 (8)
10/27	Sun Belt Championships (5K)	18:50.22 (13)

Catherine Chester

Date	Event	Time (Finish)
08/31	Belmont Opener (4K)	18:07.99 (91)
09/07	UTC Powerade Invit. (2 miles)	13:38 (50)
09/15	Old Timers Classic (5K)	21:35.77 (73)
09/29	Louisville Classic (5K)	21:32.52 (170)
10/13	FrontRunner Invit. (2 miles)	12:59 (17)

Ashley Comstock

Date	Event	Time (Finish)
08/31	Belmont Opener (4K)	15:36.30 (31)
09/07	UTC Powerade Invit. (2 miles)	12:03 (21)
09/15	Old Timers Classic (5K)	19:27.23 (34)
09/29	Louisville Classic (5K)	19:03.80 (65)
10/13	FrontRunner Invit. (2 miles)	11:40 (6)
10/27	Sun Belt Championships (5K)	19:06.75 (16)

Marjorie Gombert

Date	Event	Time (Finish)
08/31	Belmont Opener (4K)	15:21.55 (23)
09/07	UTC Powerade Invit. (2 miles)	11:54 (18)
09/15	Old Timers Classic (5K)	18:31.73 (16)
09/29	Louisville Classic (5K)	18:46.22 (52)
10/13	FrontRunner Invit. (2 miles)	11:23 (4)
10/27	Sun Belt Championships (5K)	18:14.07 (6)
11/10	NCAA South Regional (6K)	22:40.25 (51)

Kaitlyn Hammond

Date	Event	Time (Finish)
08/31	Belmont Opener (4K)	16:56.34 (59)
09/07	UTC Powerade Invit. (2 miles)	13:09 (42)
09/15	Old Timers Classic (5K)	20:41.06 (46)
09/29	Louisville Classic (5K)	20:28.57 (146)
10/13	FrontRunner Invit. (2 miles)	12:45 (15)
10/27	Sun Belt Championships (5K)	19:58.98 (35)

Sarah Nambawa

Date	Event	Time (Finish)
08/31	Belmont Opener (4K)	19:09.49 (107)
09/07	UTC Powerade Invit. (2 miles)	13:58 (56)
09/15	Old Timers Classic (5K)	22:18.10 (82)
09/29	Louisville Classic (5K)	23:05.01 (231)

Jennifer Poland

Date	Event	Time (Finish)
08/31	Belmont Opener (4K)	17:52.45 (77)
09/15	Old Timers Classic (5K)	21:56.14 (78)
10/13	FrontRunner Invit. (2 miles)	13:08 (18)

Tiffany Sawyer

Date	Event	Time (Finish)
08/31	Belmont Opener (4K)	16:23.65 (50)
09/07	UTC Powerade Invit. (2 miles)	12:33 (28)
09/15	Old Timers Classic (5K)	19:52.35 (39)
09/29	Louisville Classic (5K)	19:32.02 (105)
10/13	FrontRunner Invit. (2 miles)	12:26 (13)
10/27	Sun Belt Championships (5K)	19:54.32 (31)

Ashleigh Thaler

Date	Event	Time (Finish)
08/31	Belmont Opener (4K)	17:42.24 (75)
09/07	UTC Powerade Invit. (2 miles)	13:15 (43)
09/15	Old Timers Classic (5K)	20:48.08 (47)
10/13	FrontRunner Invit. (2 miles)	13:15 (20)
10/27	Sun Belt Championships (5K)	20:32.00 (46)

Zamzam Sangau

Date	Event	Time (Finish)
08/31	Belmont Opener (4K)	15:01.35 (12)
09/07	UTC Powerade Invit. (2 miles)	11:23 (4)
09/15	Old Timers Classic (5K)	18:17.31 (13)
09/29	Louisville Classic (5K)	17:50.13 (14)
10/13	FrontRunner Invit. (2 miles)	11:01 (1)
10/27	Sun Belt Championships (5K)	18:01.50 (3)
11/10	NCAA South Regional (6K)	21:26.55 (19)

MEET RESULTS

Belmont Opener (08/31 - 5K)

1. Tennessee	53
2. Vanderbilt	58
3. Belmont	75
4. UAB	75
5. Alabama	117
6. Murray State	146
7. Middle Tennessee	175
8. Lipscomb	195
9. Eastern Illinois	226
10. Mercer	265
11. UT Martin	346
12. Alabama State	375
13. Asbury	400
14. Christian Brothers	450
15. Bethel College	468
16. Crichton	487

Top MT Finisher: Zamzam Sangau (12)

UTC Powerade Invit. (09/07 - 2 miles)

1. Georgia Tech	48
2. Auburn	55
3. Chattanooga	55
4. Middle Tennessee	96
5. Tennessee Tech	139
6. Jacksonville State	149
7. Ole Miss	163
8. Tennessee State	241
9. Covenant College	267

Top MT Finisher: Zamzam Sangau (4)

WKU Old Timers Classic (09/15 - 5K)

1. Kentucky	29
2. Eastern Kentucky	76
3. Western Kentucky	85
4. Chattanooga	101
5. Middle Tennessee	138
6. Tennessee Tech	154
7. Memphis	198
8. Austin Peay	214
9. Arkansas State	236
10. UT Martin	250
11. Kentucky Wesleyan	313
12. Christian Brothers	340

Top MT Finisher: Zamzam Sangau (13)

Greater Louisville Classic (09/29 - 5K)

1. Kentucky	55
2. Louisville	103
3. Georgia Tech	174
4. Eastern Kentucky	175
5. Chattanooga	185
6. Western Kentucky	209
7. Bowling Green	222
8. Georgia State	273
9. Southeast Missouri	287
10. Wayne State	290
11. Middle Tennessee	308
12. Dayton	315
13. DePaul	317
14. Edinboro University	354
15. Florida International	416
16. Murray State	427
17. Southern Indiana	429
18. Rend Lake College	448
19. Bellarmine University	467
20. Morehead State	536
21. South Florida	569
22. Florida Southern College	581
23. Ole Miss	601
24. Lindsey Wilson College	701
25. Wright State	702
26. Vanderbilt	720
27. East Tennessee	767
28. Centre College	777

Top MT Finisher: Zamzam Sangau (14)

FrontRunner Invitational (10/13 - 2 miles)

1. Chattanooga	26
2. Middle Tennessee	32
3. Tennessee State	77

Top MT Finisher: Zamzam Sangau (1)

Sun Belt Championships (10/27 - 5K)

1. Western Kentucky	52
2. UALR	63
3. Middle Tennessee	69
4. Florida International	80
5. Florida Atlantic	138
6. North Texas	178
7. Arkansas State	207
8. Louisiana-Lafayette	211
9. Louisiana-Monroe	217
10. Troy	230
11. South Alabama	274

Top MT Finisher: Zamzam Sangau (3)