# 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 Chemaoi*

| 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 Pfleger*

| 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 Chemaoi (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 Chemaoi (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 Chemaoi (23)*

### *UTC FrontRunner Invitational (10/13 - 5K)*

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

*Top MT Finisher: Festus Chemaoi (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)*