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Cross Country Heads to Belmont Squads both won teams competitions last week

Jo Jo Freeman



Senior Ashley Comstock placed second in last week's 5K event at the Agnus Scott Invitational in Atlanta, Ga. (MT)

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MURFREESBORO, Tenn. - Middle Tennessee cross

country teams return to action Friday at the Belmont Opener on the Vaughn's Creek Course at Percy Warner Park in Nashville, Tenn. The women race at 5:30 p.m. followed by the men at 6 p.m.

Sophomores Zamzam Sangau and Festus Chemaoui both placed first at last week's Agnus Scott Invitational in Atlanta, Ga. Sangau paced a women's finish of 1-2-3-4-9, while the men took the top five spots, as both squads won the team event as well.

Senior Ashley Comstock, sophomore Marla Bailey, freshman Kristen Tithof and senior Ashleigh Thaler all finished in the Top 10 for the women, while junior William Songcock and sophomores Isaac Biwott, David Emery and Julius Kirui paced the men.

"It was a good opening race last week and this week we'll continue to work with the five men and women and hopefully mix in a few more competitors," head coach Dean Hayes said. "This is another good opening event that we've traditionally run in and a good distance for the men and women at the beginning of the season."

Friday's women race will cover 4K, while the men will run 5K. Results from Friday's meet may be found at cfpfitiming.com.

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