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## Middle Tennessee Has Strong Showing At UTC Invitational

*MT Media Relations*

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**CHATTANOOGA, Tenn.** - Geoffrey Lagat is hitting his stride at the right time for the Middle Tennessee cross-country team. The senior standout led a strong contingent of Blue Raiders at the UTC Front Runner Invitational Saturday, finishing 11th overall with his strongest showing of the fall.

Lagat ran the 4-mile course in 15:47 to help lead the Blue Raiders to a third-place finish with 67 total points. Middle Tennessee had four runners in the top 15 and all five point producers finished in the top 22.

The Lady Raiders, led by newcomer Sara Lunning, also had a good showing at the meet and finished fourth overall in the 5000-meter run.

"Overall, we ran well as a team and I am pleased with the overall performances," Middle Tennessee coach Dean Hayes said. "Our runners continue to show improvement with each meet and that's a good sign with the Sun Belt meet coming up in two weeks."

Lagat set the tone for the Blue Raiders but his teammates were on his heels at the finish line. Derek Dell (15:53) was close behind at No. 12, followed by Steve Safstrum (13th, 15:54), Jonathan Guillou (14th, 15:56), and David Hughes (22nd, 16:40).

The top five finishers for the Lady Raiders were Lunning, Marjorie Gombert (24th, 13:03), Miranda Gallaway (26th, 13:06), Kishara George (39th, 14:17), and Catherine Chester (48th, 15:07).

Middle Tennessee will participate in the Sun Belt championships at Arkansas-Little Rock, Oct. 30.

### Team Results

#### **MEN 4 miles**

- 1 Chattanooga 20
- 2 Samford 62

#### **3 Middle Tennessee 67**

- 4 Chattanooga Track Club 79
- 5 Alabama State 144
- 6 Mercer 155
- 7 Tennessee State 180

- 11 Geoffrey Lagat 15:47
- 12 Derek Dell 15:53
- 13 Steve Safstrum 15:54
- 14 Jonathan Guillou 15:56
- 22 David Hughes 16:40

#### **WOMEN 5,000-meters**

- 1 Samford 28
- 2 Chattanooga 29
- 3 Mercer 90
- 4 Tennessee State 131

#### **5 Middle Tennessee 131**

6 Alabama State 144

7 Montevallo 172

23 Sara Lunning 12:55 24 Marjorie Gombert 13:03 26 Miranda Gallaway 13:06 39 Kishara  
George 14:17 48 Catherine Chester 15:07

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