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Cross Country heads to Louisville

Blue Raiders resume competition after two week break

Russell Luna

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MURFREESBORO, Tenn. - Middle Tennessee's cross country teams resume competition this weekend at the Greater Louisville Classic in Louisville, Ky., after taking two weeks off.

The men will run the 8K race at 9:30 a.m. EDT on Saturday, Oct. 4 and the women will begin the 5K at 10:15 a.m.

Junior William Songock has led the Blue Raiders in the last three meets. Songock has finished in the Top 10 in all four races this season and placed sixth in his last outing at the WKU Old Timer's Classic in Bowling Green, Ky.

Sophomore Festus Chemaoui also finished in the Top 10 at the Old Timers Classic, completing the race in eighth place. Chemaoui has managed three Top 10 performances out of four this season.

The Middle Tennessee men will look to continue their strong outing after finishing in the top five in team points in three races. The Blue Raiders are 11th in the South Region according to the weekly rankings released by the United States Track and Field and Cross Country Coaches Associations (USTFCCA).

"There are a large number of 30 teams in each division," head coach Dean Hayes said. "We are in the best pairing, so this will be a challenging race for us."

Sophomore Zamzam Sangau has been the top finisher for the Blue Raider women in every event this season. Sangau finished second in the WKU Old Timers Classic, for her seventh career Top 10 finish. Sangau's best finish this season was first place in the Agnes Scott Invitational in Atlanta.

Senior Ashley Comstock paced her second Top 10 finish of the year with a ninth place showing at the Old Timers Classic. Comstock's best performance of the year was her second place finish at the Agnes Scott Invitational.

"This will help us when we compete for the Sun Belt [Championships]. This is a large race and it will be very tight. It will be nice for us to run and it will be good competition," Hayes said.

Full results from Saturday's meet may be found at www.alltraxtiming.com.



Junior William Songock has been the top runner for the 11th-ranked Blue Raider men's cross country team so far this season. (Nelson Chenault)

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