Sangau and Songock continue to lead Raiders

Hayes pleased with overall team effort

October 4, 2008 · Christian Lemon

Louisville, Ky. - After two weeks off Middle Tennessee juniors Zamzam Sangau and William Songock both placed season bests leading the Middle Tennessee cross country teams at the Greater Louisville Classic in Louisville, Ky.

Sangau ran a 17:44.07 5K finishing 13th overall for the women while William Songock beat his season best running a 24:22.48 8K finishing 15th overall for the men. Both runners had very strong finishes in large fields.

Although impressed with his top runners, head coach Dean Hayes was more pleased with the team as a whole.

"They were solid as a team. Overall, we ran a great team race. This performance is what we are looking for in team effort," Hayes said.

The men's team overall finished with a solid eighth out of 33 schools in a very competitive meet, while the women finished 16th.

Sophomore Fetus Chemoai finished 45th in 25:00.48, sophomore David Emery placed 63rd in 25:18.10, junior Julius Kirui was 73rd in

25:25.92, and sophomore Isaac Biwott rounded out the men finishing 82nd in 25:29.62

On the women's side sophomore Marla Bailey and senior Ashley Comstock ran well finishing 70th (18:45.34) and 78th (18:50.96) respectively.

The Blue Raiders cross country team is off next week and will race again in Chattanooga, Tenn., at the UTC Invitational on Oct. 18 at 2 p.m.

MEN - 8K

15. William Songock - 24:22.33
45. Fetus Chemaoi - 25:00.48
63. David Emery - 25:18.10
73. Julius Kirui - 25:25.92
82. Isaac Biwott - 25:29.62

WOMAN - 5K

13. Zamzam Sangau - 17:44.07
70. Marla Bailey - 18:45.34
78. Ashley Comstock - 18:50.96
147. Ashleigh Thaler - 19.46.84
169. Kristen Tithof - 20:00.64
233. Jackie Serem - 21:14.64
259. Tramayne Gillyard - 23:47.37

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