Cross Country ready for UTC Front Runner Invitational

Compete in last regular season meet of the season

October 16, 2008 · Russell Luna

Murfreesboro, Tenn. - The Middle Tennessee men's and women's cross country teams prepare for their final regular season race of the year this Saturday, Oct. 18 at the UTC Front Runner Invitational. The women will run the two-mile race at 3:30 p.m. EDT and the men will begin the 5K at 4:00 p.m. at the Moccasin Bend Course in Chattanooga, Tenn. Junior Zamzam Sangau is coming off her best finishing time at the Greater Louisville Classic. Sangau earned Sun Belt Runner of the Week honors for the week of Oct. 7 with a finishing time of 17:44.07. She has placed in the Top 15 in all five races this year, including a first place finish at the Agnes Scott Invitational in Atlanta and a second place finish at the WKU Old Timer's Classic in Bowling Green, Ky. Sophomore Marla Bailey finished second on the Blue Raider squad with a 70th place finish at a time of 18:45.34. Bailey's best performance of the year was a third place finish at the Agnes Scott Invitational. The men's cross country team is ranked 9th in the South Region according to the United States Track and Field Coaches Association's weekly release (USTFCCA). Junior William Songock has paced the men in the last four events, including two top-ten finishes. Songock has finished in the Top 15 in all five races with his latest placement of 15th at the Greater Louisville Classic. Sophomore Festus Chemaoi finished behind Songock with a 45th place finish. Chemaoi has three Top 10 finishes, including a first

place win at the Agnes Scott Invitational. Saturday's race will be the last competition before the Blue Raiders compete in the Sun Belt Championships in Bowling Green, Ky., on Nov. 1. "I like this race because it's a shorter distance," head coach Dean Hayes said. "This is a good speed workout before we head to the Sun Belt Championships." Full results for Saturday's meet will be posted on GoBlueRaiders.com.

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