Strong Regular Season Wrap for Blue Raiders

UTC Invitational was a strong tune up for the Blue Raider's cross country team

October 18, 2008 · Christian Lemon

Chattanooga, Tenn. - The Middle Tennessee cross country team finished their regular season strong at the UTC Invitational in Chattanooga, Tenn., as star runner Zamzam Sangau recorded her second win of the season.

With the Sun Belt and NCAA meets looming less than a month away, head coach Dean Hayes looked for a strong performance from both the men and woman in a tune up effort in Chattanooga. He got just that.

"This was a short course, but it was perfect for getting speed work for the Sun Belt Conference Championship," Hayes said.

Both men's stand out William Sangock and women's stand out Sangau continued their amazing seasons. Zamzam won the women's two mile race finishing in 11:07, while Sangock finished fifth overall for the men running a 15:20 5K.

"Zamzam's run well winning in 11:07, but we ran solid as team which is the biggest thing," Hayes said.

Great team running gave the Middle Tennessee men their second team win of the season. Strong running from Fetus Chemaoi and David Emery gave both runners top-10 finishes right behind Sangock which was a major contribution for the men.

Helping on the women side were Marla Bailey finishing 7th right in front of Kristen Tithof and Ashleigh Thaler who finished 14th and 15th respectively. The Blue Raiders will have a week off before they start their post-season campaign in Bowling Green, Ky., at the Sun Belt Championships.

Men

5. William Sangock 15:20
6. Fetus Chemoi 15:28
7. David Emery 15:29
11. Isaac Biwott 15:49
14. Julius Kurui 16:02
36. Darnell McCurdy 20:04

Women

1. Zamzam Sangau 11:07
7. Marla Bailey 11:43
14. Kristen Tithof 12:23
15. Ashleigh Thaler 12:30
32. Jacjie Serem 14:16

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