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Cross Country prepares for NCAA South Regional Blue Raiders will look to advance to NCAA Championships

Russell Luna

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MURFREESBORO, Tenn. - Middle Tennessee's cross country teams will travel to East Tennessee this weekend for the NCAA South Regional hosted by the University of Tennessee.

The women will run the 6K at 10 a.m. EST, while the men follow with their 10K at 10:45 a.m. at the Lambert Acres Golf Club in Maryville, Tenn.

Sophomore Zamzam Sangau capped off her outstanding sophomore season with a second-place finish at the Sun Belt Conference Championships in Bowling Green, Ky.

Sangau, a native of Kampala, Uganda, finished in the Top-5 in five out of seven races this season and is expected to lead the Blue Raider women. She won the Agnes Scott Invitational in Atlanta on August 30 and the UTC Front Runner Invitational in Chattanooga, Tenn., on October 18.

Senior Ashley Comstock will also help pace the Blue Raiders after a ninth-place finish in the Sun Belt Championships with a time of 19:01.84. Sophomore Marla Bailey finished 11 with a time of 19:12.71.

"It's a reward for them working hard and see what they can do," head coach Dean Hayes said. "Zamzam has a good chance to advance individually."

The top two finishing teams will advance to the NCAA Championships in Terre Haute, Ind., while the top four individuals who do not qualify in the team events will also advance.

Festus Chemaoui and David Emery will be the front runners for the men after placing eighth and ninth in the Top-10 at the Sun Belt Championships.

The sophomores will lead the pack for the Blue Raiders, who are ranked 11th in the South Region according to the latest rankings released by the United States Track and Field and Cross Country Coaches Association (USTFCCA).

"We are just going up there to see what we can do," Hayes said. "It's a 10 meter run. This is the longest course we have seen this season. We will see how they react to that."

Results will be posted on GoBlueRaiders.com following the conclusion of the race.



Sophomore Zamzam Sangau proved she belongs among the elite runners in southeast region finishing 16th overall out of almost 200 with a time of 21:33.69 in the women's 6K.

(Athletic Communications) [f](#)

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