Chemaoi sets record for season victories at Front Runner Invitational

Senior's fourth individual win of the season

October 16, 2010 · Christian Lemon

CHATTANOOGA, Tenn. - Middle Tennessee's Festus Chemaoi set a school record for most individual first place finishes in a single season on Saturday, winning the 5,000 meter men's race at the 2010 UTC Front Runner Invitational in Chattanooga, Tenn. Deanna Brasz was the top female on the MT roster, placing fourth in the women's two mile.

"Festus looked strong and easy," said head coach Dean Hayes. "His time of 15:03 is a course PR for him. He ran under great control the entire race and kicked to victory over the last half mile. With his speed there are not too many people that can beat him the last 800 meters of a race."

Chemaoi's victory gives him four on the year and eight in his Blue Raider career. He will run October 30 in Bowling Green, Ky., at the 2010 Sun Belt Championships as a favor to take the conference title.

Chris Mason continued his impressive senior campaign placing ninth overall at the meet in a time of 15:57. Teammate Isaac Biwott took 11th in a time of 16:01. Mason improved his time by 10 seconds from earlier this season at the UTC PowerAde Invitational run on the same course. Biwott shaved 12 seconds from his previous mark.

Newcomers Justin Cacaro and Keith Davis rounded out the men's lineup. Cacaro finished 13th in 16:04 and Davis took 24th in 16:45.

The men scored 58 team points placing them third overall behind runner-up Kennesaw State and

host Chattanooga.

In the women's race, Deanna Brasz was the top finisher on the Middle Tennessee roster for the fifth consecutive race cementing herself as the team's top runner heading into the conference championship. The Vineland Station, Ontario native placed fourth overall in 11:13, 14 seconds faster than her time earlier in the season.

Alyssa Ruggle posted her best performance of the season. The sophomore took 15th overall in 11:45 as the second Blue Raider finisher, edging teammates Carolyne Tanui and Kristen Tithof who placed 16th and 17th, respectively. Both Tanui and Tithof completed the course in PR time of 11:45.

Autumn Gipson rounded out the Blue Raider top five, placing 21st overall with a time of 11:54 to give the ladies a combined team score of 72. The team placed third behind Chattanooga and winner Samford.

"All of the women ran personal best on this course. It was good final race before the Sun Belt Championships in two weeks. The team will have a hard week of training before tapering off the week before the meet."

Full coverage of the Middle Tennessee cross country teams at the 2010 Sun Belt Championships will be available on GoBlueRaiders.com.

Middle Tennessee Men
1. Festus Chemaoi - 15:02
9. Chris Mason - 15:57
11. Isaac Biwott - 16:01
13. Justin Cacaro - 16:04
25. Keith Davis - 16:45

4. Deanna Brasz - 11:13
16. Alyssa Ruggle - 11:44
17. Carolyne Tanui - 11:45
18. Kristen Tithof - 11:45
21. Autumn Gipson - 11:54
23. Rachel Islam - 11:58

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