

Blue Raiders sweep SBC cross country honors

David receives third award; First for Kapkiai

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MURFREESBORO, Tenn. -- Middle Tennessee senior Justus David and freshman Lucy Kapkiai were named Sun Belt Male and Female Cross Country Runners of the Week, as announced by the league office on Wednesday.

The honors come after their performances at this past weekend's Greater Louisville Classic. David placed second in the men's competition with an 8k time of 23 minutes, 49.04 seconds while Kapkiai clocked a time of 17:20.20 to finish 11th in the women's 5k race.

"This is the first time in the history of our program that we have swept the conference's weekly honors," said cross country coach Dean Hayes. "It is a testament to both Justus and Lucy and how hard they have worked. They both mean a tremendous amount to our program and I am extremely proud of them."

David has now been named the conference's male runner of the week after each of his three events this season. The Kitui, Kenya, native is now the first Blue Raider to receive the



Sun Belt's weekly cross country accolade three times in one season.



Meanwhile the weekly recognition is the first for Kapkiai who has placed in the top 15 in each of the team's four meets. Her performances mark the best start to a career for a Blue Raider freshman.

The Middle Tennessee cross country teams will take this weekend off before returning to the course on Oct. 15 at the Front Runner Invitational in Chattanooga, Tenn.

Follow the Blue Raider men's and women's cross country teams on Twitter @MTTrackField and on Facebook at the MT Track & Field page. Also, stay up-to-date on the teams on the new Track & Field Notebook, which can be found [here](#) as well as linked on the Track & Field page on GoBlueRaiders.com.

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