David leads cross country at NCAA Regionals

Senior places third; Kapkiai finishes 19th in women's race

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TUSCALOOSA, Ala. -- Middle Tennessee senior Justus David placed third with a 10k time of 30 minutes, 51.50 seconds at the NCAA South Regional on Saturday morning in Tuscaloosa, Ala.

As a result of finishing third, David automatically qualifies for the NCAA Cross Country Championships on Nov. 21 in Terre Haute, Ind. He becomes the first Blue Raider to qualify for the national meet since Festus Chemaoi in 2009.

"Justus David ran extremely well today," said cross country assistant coach Keith Vroman. "He did what he had to do today and I am very happy for him qualifying for the NCAA Championships."

Meanwhile in the women's 6k competition, Lucy Kapkiai placed 19th in a time of 21:05.40. The freshman will now wait for a possible at-large selection to the NCAA Championships which will be announced on Sunday evening.

"Lucy competed very hard," Vroman said. "Considering her lack of experience, I thought she did really well."

David Forrester of Florida State won the men's race in a time of 30:43.30 while Seminole junior Amanda Winslow claimed the women's title with a time of 20:33.40. Florida State claimed both team titles, outpacing Florida in the men's race and Vanderbilt in the women's competition. The Blue Raider men finished fifth overall while the women's team did not qualify a team score.

Robinson Simatei was the second Middle Tennessee runner to cross the finish line, finishing 30th while clocking a 32:14.0. Freshmen Silas Taiget and Vincent Bett were late additions to the traveling squad this weekend and both came away with top-50 finishes. Taiget notched a 32:30.60 to place 37th while Bett finished 49th in a time of 32:53.80. Sophomore Keith Davis finished 82nd in 33:33.00.

"I cannot express how pleased I am with the performance of all of these guys," said Vroman. "This was the first time running a 10k for several of them. They faced some great competition and

performed at a high level."

Autumn Gipson was the only Blue Raider female to join Kapkiai in the women's 6k. The sophomore clocked a 23:37.70 to place 130th.

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.

Men's Team Results (Top 10) Finish, Team, Points 1, Florida State, 40 2, Florida, 68 3, Georgia, 94 4, Auburn, 194 **5, Middle Tennessee, 200** 6, Georgia Tech, 232 7, Kennesaw State, 258 7, Mississippi, 258 9, Chattanooga, 263 10, Belmont, 281 **Men's Individual Results (Winner and MT Finishers)** Finish, Name, Time 1, David Forrester, Florida State, 30:43.3 3, Justus David, 30:51.5 30, Robinson Simatei, 32:14.0 37, Silas Taiget, 32:30.6 49, Vincent Bett, 32:53.8 82, Keith Davis, 33:33.0 **Women's Team Results (Top 10 and Middle Tennessee)** Finish, Team, Points 1, Florida State, 34 2, Vanderbilt, 54 3, Florida, 62 4, Mississippi, 185 5, Georgia, 208 6, Alabama, 217 7, Lipscomb, 258 8, Mississippi State, 283 9, North Florida, 284 10, Belmont, 303 **Middle Tennessee, DNQ Women's Individual Results (Winner and MT Finishers)** Finish, Name, Time 1, Amanda Winslow, Florida State, 20:33.4 19, Lucy Kapkiai, 21:05.4 130, Autumn Gipson, 23:37.7

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