

BOYS CROSS-COUNTRY

M-S runners shine in Charleston

By **TERRY GREENE**

Mahomet Citizen sportswriter

The Mahomet-Seymour varsity boys cross-country team ran away from the competition to win the Charleston Invitational on September 7 at Eastern Illinois University in Charleston.

The Bulldogs swept through the 13-team field with 33 points, the lowest team score M-S has recorded since joining the meet in 2005.

The Bulldogs also had the lowest top-seven team time average that any of our Mahomet teams have had since 2005, with an average time of 16:27. According to M-S

Coach Neal Garrison, the Bulldogs adjusted well to a last-minute change in the meet schedule.

"The host of the meet switched from having a varsity race at 9:00 a.m. and an open race at 10:45 a.m. to a combined boy's race at 9:00 a.m.," he said. "This didn't give the majority of our team time to mentally adjust to running earlier. The runners did amazingly well warming up quickly and racing well."

The Bulldogs had 10 medalists, led by Alex Keeble's second-place finish.

Other runners who medaled included Jackson Powell (4th), William Wolf (9th), Ethan Russell

(10th), James Williams (11th), Gabe Pommier (19th), Andrew Walmer (26th), Kyle Appelquist (27th), Brian Butcher (32nd) and Jake Keller (38th).

Garrison pointed to the depth of his 2013 team, as the top seven finishers in the open race were all from Mahomet-Seymour.

They were Walmer (1st), Appelquist (2nd), Butcher (3rd), Keller (4th), Mason McAnally (5th), Daniel Middendorf (6th), and Curt Kupferschmid (7th).

"This shows the great depth of the middle of our team," Garrison said. "They work hard in practice and it showed in the meet."

Garrison noted that two M-S runners earned a place on the teams most improved over a career list.

"We look at a runner's first high school three mile race compared to their best overall 3 mile time in their high school career," he said.

"Nathaniel Cebulski ran a lifetime personal best of 19:09, which gave him a 5:50 career improvement for tenth on the list.

"Daniel Middendorf also ran a lifetime personal best of 18:33, which gave him a 6:28 career improvement. This moved him up to seventh on the all-time list."