

# M-S girls take team title, boys finish 2nd

## Powell and Sims win individual championships

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For the Mahomet Citizen

Mathias Powell and Elizabeth Sims couldn't be more different. Powell is the seasoned veteran for the Mahomet-Seymour boys' cross-country team. Sims is the young, bright-eyed freshman for the girls' cross-country team.

But they do have one thing in common: They're the best runners in the Apollo Conference.

Sims finished just ahead of senior teammate Brisa McGrath to clinch her first individual Apollo Conference championship Tuesday. Sims and McGrath's performances helped the girls' squad win the Apollo Conference team championship handily.

Meanwhile, Powell toasted the 72-man field to win the Apollo Conference individual title by almost 34 seconds. The boys finished second as a team in the Apollo Conference, just behind Mount Zion.

### Girls' cross-country

At Metamora. Sims placed second among 224 runners at the Metamora Invitational on Saturday as Mahomet-Seymour's girls' cross-country team finished first as a team with 96 points. Sims completed the 2.94-mile course in 17 minutes, 45.4 seconds. Brisa McGrath continued her standout senior year by placing seventh with a time of 18:03.4.

Olivia Bunting and Delaney King added standout performances. Bunting finished 26th with a time of 19:02.3. King was right on her heels, finishing 30th in

19:05.3. Madi Balbach and Grace Lietz finished 40th and 41st. Klein Powell and Chloe Allen also slipped into the top 50. Powell finished 46th in 19:44.3. Allen was 47th at 19:44.6.

At Mount Zion. What a freshman season for Sims. The youngster capped it off with an individual Apollo Conference championship. Sims finished the 3-mile race in 19 minutes, 48.49 seconds. But she had some help as seven of her teammates finished in the top-13 to help M-S overwhelm the rest of the Apollo Conference.

M-S finished with a team score of 18. Mount Zion (65) and Effingham (98) placed second and third, respectively. Mattoon, Charleston, Lincoln and Taylorville rounded out the standings.

McGrath's had a ridiculously good senior year and she finished second behind Sims with a time of 20:04.79. Grace Lietz was fourth (20:22.56), Olivia Bunting was fifth (20:28.87) and Delaney King was sixth (20:33.27).

Madi Balbach, Klein Powell and Emily Bednar finished 11th, 12th and 13th respectively. Chloe Allen (19th), Fiona Taylor (27th), Gretchen Scheele (33rd), Natalie Parrott (41st) and Tessa Ray (62nd) all got a chance to compete.

### Boys' cross-country

At Metamora. Powell is setting the table for a state championship. The senior won yet again on Saturday at the Metamora Invitational. With a time of 14 minutes, 55.2 seconds, Powell paced the field by 31.5 seconds. It was the third meet that Powell has won this season, and he helped M-S finish fourth as

a team at Metamora with a team score of 127.

Normal University High won the meet with a team score of 72. Bloomington (99) and Pekin (125) were second and third, respectively.

Bryson Keeble also had a top-10 performance as he finished the course in 15:58.7 to place 10th. Kyle Nofziger (14th in 16:08.3), Jonah Singer (34th in 16:40.1), Joseph Scheele (77th in 17:23.5), David Wilcoski (81st in 17:27.7) and Joe Taylor (87th in 17:30.0) all had rock-solid performances.

At Mount Zion. Powell better dust off the trophy case yet again. The Bulldogs senior won the Apollo Conference individual championship on Tuesday as he finished the 3-mile Mount Zion course in 15 minutes, 52.4 seconds. He beat the 72-man field by 33.82 seconds.

The Bulldogs finished second as a team, ending with 51 team points. Mount Zion won the Apollo Conference team championship with 39 points. Charleston (53), Taylorville (92), Mattoon (124), Effingham (162) and Lincoln (211) followed Mount Zion and M-S.

Nofziger had a heck of a performance for a freshman, finishing eighth with a time of 16:52.29. Keeble was 10th. Wilcoski (13th in 18:03.1), Scheele (19th in 18:51.87), Taylor (20th in 18:58.56), Peter Slezak (23rd in 19:22) and Singer (25th in 19:26.18) also had terrific showings.

Gaven Williams finished 26th, while Avery Seaman (32nd), Gabe Wisnasky (43rd), Josh Wilcoski (44th), Chase Misenheimer (52nd) and Karsten Waisath (53rd) also ran well.