October 1st 2018 Hilliard Davidson Boys Cross Country Weekly Report

Buck Creek Invitational Cool conditions with soft footing, three big hills last 1000 meters.

Name 1M 2M 5K Place PR Improve

1. Conner Johanssen-12 4:58 10:01 15:58 1st 15:43 +15
2. Max LeClair-12 5:00 10:14 16:18 3 16:18 -12
3. Alex Hudson-9 5:21 17:00 15 17:00 -26
4. Colin Buckley-11 5:30 17:22 23 16:49 +23
5. Nate Gilbert-10 5:30 11:13 17:42 32 17:31 +11
6. RJ Sagrilla-10 5:37 11:26 17:58 40 17:28 +30
7. Nick Puhl-9 5:55 18:34 64 17:43 +51
8. Trevor Sommers-10 5:56 18:34 69 17:48 +46
9. Noah Pease-10 5:56 18:39 74 18:39 0
10. Zach Whitney-9 5:56 18:49 87 17:38 +71
11. Luke Perez-11 5:56 18:59 106 18:18 +41
12. AJ Hoying-10 6:11 19:27 137 18:28 +59
13. Carson DeCarlo-12 6:05 12:15 19:28 138 17:11 +137
14. Emmitt Hoying-12 6:06 20:03 169 18:18 +105
15. Roman Niemeier-9 6:20 20:10 178 18:56 +74
16. Jacob Bauer-12 6:31 20:16 195 19:02 +74
17. Nathan Hand-9 6:25 21:42 282 20:32 +70
18. Anthony Bray-11 7:01 22:02 302 20:56 +66
19. Ryan Zmuda-9 7:02 22:02 303 20:47 +75
20. Brady Whiteside-9 6:40 DNF Ham 19:37 x
21. Mitchell Messer-11 5:20 DNF Back 16:55 x
22. Alex Torrez-9 DNR Shin

**Buck Creek Race Report:** This was a new meet for Davidson and it just so happened to have a start of 27 full teams racing 120 meters to go onto a small path. Davidson’s Conner Johanssen-12 and Max LeClair-12, took to the front with their friend from Wayne. Mitchell Messer-11 and Alex Hudson-9 were out ok in 5:20 but Messer’s back was slowing him down, which slowed Hudson. Once Hudson broke free of Messer he began to make up ground on the runners ahead. Colin Buckley-11, was a bit crowed out early, but then ran a good middle of the race. Nate Gilbert-10 was running solid behind Messer and I was encouraging him to move up so I could pull Messer out. Gilbert-10 ran the fields hard but the three hills in the last 1k were tough on Gilbert crossing the line in 17: 42 losing 20 seconds on Buckley-11 who finished in 23rd place at 17:22. Conner Johanssen-12 was leading the race by a wide margin during the zig zags of the fields. Conner hit the 2 mile mark in 10:01 then cruised to the finish line in 15:58 for his first race win. Max LeClair-12 had a fight for the entire race with (15:40 runner) Houck of Wayne. Up the last hill together and into the finish chute, Max was outsprinted to take third in 16:18 a new PR. Freshmen Alex Hudson was third for Davidson in 17:00 for 15th place. Welcome back to Noah Pease who had a strong Tempo in 18:39.

**Team Stats:** 27 teams **1. Hilliard Davidson-72** 2. Shawnee-79 3. Butler-127

**Record:**  26 Wins 0 Lost **Total Record:** 98 Wins 2 Lost

**Split:** 15:58 to 17:42 = 1:44 **Score:** 1, 3, 15, 21, 32 = 72

**Cambridge Invitational 9-28-17 Cool but very muddy with soft ground.**

Name 1M 2M 5K Place PR Improve

1. Jack Altman-12 5:15 10:48 17:08 3 16:56 +12
2. Xavier Gallo-11 5:24 11:15 17:50 10 16:56 +54
3. Nick Sauvey-12 5:24 11:24 18:01 12 16:43 +78
4. Mitchell Montgomery-11 5:31 11:36 18:21 15 16:43 +98
5. Brian Stroh-11 5:38 11:41 18:23 16 17:09 +74
6. Nick DeSilva-11 5:38 11:45 18:34 21 17:59 +35
7. Henry Byrne-10 5:43 11:48 18:35 22 17:32 +63
8. Thomas Lynch-11 5:38 11:48 18:58 30 17:22 +96
9. Zach Lewis-11 6:00 12:09 19:12 35 17:42 +90
10. Jay Chung-10 5:57 12:09 19:17 38 18:21 +56
11. John Steitz-12 5:47 12:10 19:27 40 18:05 +82
12. Phil Nolette-12 6:10 12:43 20:18 60 18:15 +123
13. Kirk Myers-11 6:23 13:08 20:42 69 19:14 +88
14. Noah Andrews-10 6:28 13:23 20:58 74 20:58 -16
15. Colin Schleappi-10 6:44 13:51 21:52 88 21:03 +49
16. Tyler Engram-10 6:47 13:54 21:56 90 21:19 +37
17. Manny Jenkins-12 6:40 13:45 23:06 111 19:35 +211
18. Brayden Kulesza-10 7:10 14:54 23:42 115 22:11 +91
19. Tyler Schmidt-10 7:13 15:02 23:47 116 23:47 -13
20. Gabe Davis-9 8:38 17:28 27:31 137 26:17 +74
21. Ray Chung-12 DNR Knee 17:38
22. Kenneth Besson-9 DNR Shin 25:14
23. Adam Alsko-10 DNR Foot

**Team Stats:** 10 teams 1.Wheeling Park-40 **2. Hilliard Davidson-56**

**Record:**  8 Wins 1 Lost

**Split:** 17:08 to 18:23 = 1:15 **Score:** 3, 10, 12, 15, 16 = 56

**Cambridge Race Recap**: Davidson was in for a surprise from a very determined team from Wheeling Park WV. Davidson went out hard on the muddy Cambridge course and learned that once you take control of a position you better be ready to hold it. The hills and poor footing took its toll on the Davidson runners and one by one we were picked off by the Wheeling runners. Jack Altman-12 went out hard and raced very well finishing in third place in 17:08. The next runner came in 42 seconds after Altman and that was just way too much time to give up. Davidson had a 1:15 split from Jack Altman and that was the difference in the meet. What we learned is that course conditions cannot be an excuse and we need to fight and win our battles.

**What we learned about the two meet weekend:** The Buck Creek and Cambridge meets were designed to give each runner a chance to race hard after taking some time off from big meet racing. Both courses had hills and the footing was less than ideal. The experience we gained is very important because you never know what race day will bring and time is not as important as running in your position and beating the people you need to beat. Cross country is a numbers game and we need to have our varsity fit enough to get out and settle into a position. Once in the position we need to run with the flow and conserve energy. The last 1K of championship races, we need to go for it and lock in. We need to push and fight for every spot. This is what is ahead and we will be ready.