September 28th 2020 Hilliard Davidson Boys Cross Country Report

Celtic Clash Invite 75 degrees with a dew point 60.

Name 1M 2M 5K Place Speed PR Improve

1. Connor Ackley-10 4:40 9:30 14:59 1 14:59 -9

2. Nick Puhl-11 4:52 9:54 15:27 3 15:27 -20

3. Noah Pease-12 4:58 10:16 16:08 12 16:08 -12

4. Brody Boyd-9 4:58 10:18 16:15 14 16:15 -14

5. Alexander Kafka-10 5:07 10:27 16:29 21 16:29 -25

6. Alex Hudson-11 5:07 10:29 16:36 25 16:36 -23

7. RJ Sagrilla-12 4:56 10:30 16:56 44 16:24 +32

8. Adam Alsko-12 5:13 10:48 16:58 45 16:58 -12

9. Nate Gilbert-12 5:03 10:40 17:03 48 16:39 +24

10. Zach Whitney-11 5:20 11:00 17:11 O-1 17:11 -26

11. Aaron Egolf-10 5:11 10:52 17:13 59 17:11 +2

12. Ryan Clark-10 5:25 11:10 17:28 O-2 17:28 -12

13. Brady Whiteside-11 5:20 11:04 17:33 O-3 17:33 -12

14. Jay Chung-12 5:20 11:01 17:34 O-4 17:19 +15

15. Henry Byrne-12 5:24 11:04 17:35 O-5 17:27 +8

16. Jackson Wickham-10 5:24 11:25 18:13 O-12 18:12 +1

17. Archith Yogith-10 5:38 11:40 18:22 O-14 18:22 -6

18. Tyler Schmidt-12 5:47 11:56 18:38 O-25 18:38 -5

19. Toby Banks-10 5:29 11:44 18:47 O-35 18:02 +45

20. Nathan Hand-11 5:57 12:32 19:46 O-74 18:53 +53

**Celtic ClashObservations**: Last week I said that we could run up to 20 seconds faster if the weather was good. Today we had an OK dew point which meant that a few would have to focus to achieve that goal and I am proud to say that we did not disappoint. Again, we did not run a perfect race, but we did have a few runners step up. Cross Country is a team sport and it take all of you to get to **that place** where we over achieve. We are in a transition right now, so what we did today was very good and the next few weeks will have us running very tight and competitive. Our goal is the state championships and that is many weeks off. Keep your mind open to great things and they will happen. Just believe!

**Celtic Clash Invite Recap:** Davidson again went to the line with an attitude of running hard and pushing the pace for a fast time. I want my runners to experience pain and learn to embrace it. Connor Ackley-10, again was challenged with setting the pace and pressing during the middle to set himself up for a sub 15:00. His guts took him to a school record 14:59, which is one of the fastest times in the country, great job Connor. Nick Puhl-10, also had a cramp free race and posted an incredible time of 15:27 for 3rd place. Noah Pease-12 continues to set an example of consistent hard work over time, produces great results. Noah Pease-12, finished in 12th place with an outstanding time of 16:08. Freshman Brody Boyd-9 produced the second fastest time by a freshman in the history of Davidson in running 16:15 for 14th place. His guts and determination are evident for all runners to strive for. Rounding out the scoring positions was Alexander Kafka-10. I challenged Alexander to press the pace and stay with Brody Boyd so we would have to bright red runners getting the job done. Alexander Kafka-10, took the challenge and stayed close to Boyd and dropped his time to 16:29 for 21st place. Steady improvement for Alex Hudson shows that he will be a force in tourney time. Alex Hudson improved his time to 16:36 for 25th place. Rounding out the top 7 was RJ Sagrilla-12. His fast early pace may have had him struggling at 16:56 for 44th place. RJ’s fast pace early this meet will help him in the meets ahead. Congratulations to Zack Whitney-11 for winning the Open race in 17:11 and earning the SCHLECHT AWARD! Congrats to Zach Whitney-11, Ryan Clark-10, Brady Whiteside-11, Jay Chung-12 & Henry Byrne-12 for a perfect score and Davidson victory in the open race.

**Davidson Stats:** Champions 15 Teams **15:52 average!**

 **Record:** 14 Wins 0 Lost **Total Record** 39 Wins 1 Lost

 **Split:**14:59 to 16:29 = 1:30 **Score:** 1, 3, 12, 14, 21 = 51 points

**Scores: 1. Hilliard Davidson-51** 2. Upper Arlington-97 3. Jerome-108 4. Orange-12

**Parent News:**Admissions Tickets to the Midwest Meet of Champions at Bradley HS, will be made available for online purchase the week before the race. Teams attending will receive a link to the online ticket site. It will be the responsibility of the coaches and/or athletic directors can pass this information along to the parents of the athletes. $7.00 admission per spectator.

**\*Always check with the Davidson Athletic Website to find information regarding the guidelines and Final Forms.**

**2020 Hilliard Davidson Boys Cross Country Schedule**

* **October 3rd Saturday Midwest Meet @ Bradly**
* **October 6th Tuesday Darby Dash 2M @Darby**
* October 17th Saturday OCC @ Westerville North
* October 24th Saturday District @ Hilliard Darby
* October 31st Saturday Regional @ Pickerington North
* November 7th Saturday State @ Obetz

**Midwest Meet of Champions Race Schedule October 3rd, 2020**

 7:15 AM Arrive at Bradley, NO BUS

 9:00 AM Session 1Boys Varsity (10 runners)

10:00 AM Session 1 Boys Open (10 runners Plus our others)

**Runners @MMOC:** 1. Ackley-HD, 2. Carney-Darby, 3. Phul-HD, 4. Orsinelli-NA, 5. Silliman-TW, 6. Latfi-DS, 7. Benseler-NA, 8. Pease-HD, 9. Boyd-HD, 10. Smith-TW, 11. McClellan-DS, 12. Horton-TW, 13. Lancaster, 14. Lancaster, 15. Sagrilla-HD, 16. Kafka-HD, 17. George-Bradly, 18. Lancaster