

OKLAHOMA BAPTIST U INVITATIONAL

Shawnee, OK

Sat., Oct. 10, 2009

The OBU Invitational was held last Saturday, Oct. 10 on a muddy, soft, slow course after heavy rains Thursday and Friday. Our men won the OBU Inv. each year from 1992-2002, but we had not competed there since 2002. Our women's and men's teams performed very well and had their best overall races of the season to date. Both teams ran much faster team times than at the OSU Jamboree the previous week, our women by 52 seconds and our men by 1:10, despite the difficult course conditions.

Andrew Topham had another excellent race, starting conservatively and moving up steadily throughout the race to finish 2nd in 25:52, a very fast time considering the slow, muddy course. Frank Adelman continued his outstanding freshman season with a 26:20 in 6th place out of 64 runners, and sophomore Carrington Crum (26:33/10th) stepped it up and had the best race of his career. Zack Conroy struggled early in the race but came back well toward the finish to place 16th in 27:08, and freshman Clint Kessler had another quality race with his 27:11 in 20th. We got good support from Jimmy Bryant (27:32/27th) and Conner Drendel (27:40/30th), and Tanner McNinch had his best race in 2 years to place 51st in 30:44. We ran closer to what we are capable of than in previous meets, and finished 2nd in the team standings in the small but quality field of 6 teams.

Amy Pierson has had a huge cross country breakthrough this season and is obviously on a roll, and she cruised to her 2nd individual win of the season with an excellent 18:36 on the very slow course. Amy won by 18 seconds over 2nd place in the 65 runner field, opening a comfortable lead early and extending her lead throughout the race. Jennifer Hendrixson had her best race of the season, finishing in our #2 position with a 20:34 in 17th. Sydnee Nelson (20:43/20th), Arely Smith (20:52/23rd), Mychala Money (20:58/25th/PR), Alyssa Carter (21:20/30th), Erica Dunigan (21:43/32nd), and Larrissa Vasquez (21:48/35th) all competed well, ran closer together than in previous meets, and helped us accomplish the goal of closing the gaps between our runners. We finished 4th in the team standings in the very competitive field of 8 teams.

Our next meet is the Southwestern College/NAIA Mid-States Classic on Saturday, Oct. 24. There will be around 30 teams entered, and it is shaping up to be another great meet.