

2011 3rd Milton Cross Country Invitational-“Run for the Eagle Cup”

The Milton Cross Country teams hosted its 3rd Invitational meet and 10 schools on Sept 17th and were able to defend the Eagle Cup. The Eagle Cup is awarded to the school with the lowest combined score from the Varsity & JV races, both boy's and girls.

VARSITY GIRLS

In perfect race conditions the meet started with the girl's varsity race. Ranked teams were in attendance and included Lakeside (Evans) ranked 5th-All-Class and #1 in AAAA, John's Creek (6th in AAAA), North Hall (6th in AAA), Riverwood (7th in AAA), Lovett (3rd in AA) and host Milton (9th in AAAA). In the individual race, sophomore Alex Cameron of Dunwoody ran the 2nd-fastest time on the course with her win in 20:08. Cameron's victory of almost 20 seconds over Pope senior Molly Schenck (20:27) and Lambert's Leanne Zimmer (20:32) was decisive as she took the lead just before the 3000m mark and was never headed. With three finishers in the top-10, the Lady Eagles of Milton were able to upset Lakeside (Evans) 64-70 in the team race. John's Creek was a distant 3rd (103 pts). Leading Milton was the front running of Annie Kelly. Her 4th place finish (20:35, a personal best on her home course) paced the Eagles. With juniors Blair Gelb (8th-22:02) and Maddie Butzer (9th-22:03) finishing in front of Lakeside's 3rd finisher pushed the Eagles to the big victory. A big run by junior Olivia Koerner (16th-22:38) was instrumental in Milton's win. Freshman Amy Ruiz (37th-23:07), senior Amanda Lockwood (32nd-23:15) and freshman Juanita Pardo (41st-23:29) rounded out the scoring for the Lady Eagles.

VARSITY BOYS

The continued good weather conditions and strong field of teams led to a very fast boy's varsity race. The big matchup of schools included all-class ranked teams Lakeside (Evans), 5th, host Milton, 6th and AAA power North Hall, 9th and the race did not disappoint! With many runners in the top-15 the entire race it was not until the last 1000 meters that Lakeside took control and squeaked by Milton & North Hall, 45-60-72. The individual race was a barn-burner with 4 runners going under the course record (17:49) and the 5th tying the record. Sid Vaughn of Lakeside took control from a lead pack that at times numbered 8 runners and went on to not only break the high school course record (17:30) his time also broke the open course record set by Ian McCann by the Atlanta Track Club in 2009 (17:37)! Chasing Sid was Pope's Patrick Fleming (2nd-17:34) and his teammate Chase Fowers (17:44) along with Milton junior Nate Riech (17:47). Kyle Sexton of Dunwoody

was 5th matching the previous course record of 17:49. Following Nate for the Eagles was the front-running Ryan Kelly. Ryan pushed the pace early and led a majority of the race until the Lakeside runners assumed control late. Ryan (7th-17:57) finished between North Hall's top runners to secure the team's 2nd place finish. A fast-charging Alex Marshall (9th-18:01) put the Eagles top-3 runners ahead of Lakeside's. But the Panthers countered with their 4th and 5th runners in the top-16 to secure the win. Milton's scorers kept the race close throughout and included junior Miles Dayoub (19th-18:20) and senior Kegan Baird (21st-18:22). Junior Justin Thornsberry (30th-18:53) and sophomore Kevin McGorrey (33rd-18:59) contributed to Milton's runner-up finish.

JV GIRLS

The team battle was never in doubt as the Lady Eagles dispatched 8 schools in their convincing victory. Milton (28 pts) easily outdistanced John's Creek (64pts) and 3rd place Dunwoody (103 pts) with 10 runners in the top-15! Winning the race was Dunwoody's Ansley Heavern in 23:11. Leading the charge for Milton was senior Alyssa Strom (3rd-23:25) as she worked her way through the field as she has done all season to record a personal best on the Milton course. The freight-train of Lady Eagles was not far behind as Milton put 8 runners in the next 10 positions. Junior Sarah Williamson (23:59), sophomore Madeline Bluth (24:05), senior Kelly Albano (24:05), junior Hayley McIntyre (24:07), freshman Hallie Howell (24:09), freshman Michelle Pick (24:15), freshman Meagan Thistleton (24:17), and sophomore Kim Toscano (24:23) placed 6th through 13th place respectively and posted the dominating victory.

JV BOYS

The JV Boys race was almost a mirror image of the JV Girls contest as the Eagles of Milton were overpowering winners by placing 6 runners in the top-9 to score a low point total of 24! This follows their perfect score of 15 just last week at the Volunteer Classic in Tennessee. The battle for 2nd was a little closer as Lakeside (Evans)-(91 pts) got the last trophy by a mere 2 points over Pope (3rd-93 pts). Mitchell Beck of Lakeside (Evans) was the overwhelming winner in 19:02. But it was the Milton runners that dictated the race the entire way with no fewer than 4-6 runners in the top-7 at anytime. By the time the dust had settled the Eagles finished with 3 runners in the top-4 (junior Tom Jurgens-who went from 8th to 2nd place in the last mile of the race-19:21, junior Austin Isaac-3rd, 19:28, senior Andy Holben-4th-19:28). With 3 more runners in the top-10 (sophomore Brendan Kemple-7th, 19:43, sophomore Bobby Ashcom-8th, 19:55 and senior Brent Neal-9th,

19:57) the Milton Eagle victory was secure.

OPEN RACE

Milton dominated the open race with 7 boy's in the top-9 led by senior Adam Sizemore's win in 19:19. For the girl's, the Lady Eagles were led by junior Abbey Clear's win in 25:52.

EAGLE CUP SCORING

The Eagles of Milton retained the Eagle Cup with a total team low-score of only 176 pts to easily outpace Pope (2nd-494 pts) and John's Creek (3rd-555 pts).

The Milton cross country teams are off next weekend as they begin preparations to defend their Best Overall Program award (and girls varsity and both boy's and girls JV titles) at the Fulton County Public Schools Cross Country Championship to be held at Webb Bridge Park in Alpharetta (host school Northview HS) on Saturday, October 1st at 2pm.