October 5th 2015 Hilliard Davidson Boys Cross Country Report

Pittsburgh Central Catholic Invitational 47 Degrees, rain and lots of mud!

 **Name 1M 2M Pitt Plac PR Pitt .**

1. **Andrew Tighe-10**  5:20 10:58 16:38 13 16:43 16:38
2. **Matt Rose-12** 5:21 11:06 16:49 18 16:56 16:49
3. Chris Egolf-11 5:20 11:07 16:50 19 16:52 16:50
4. **Ryan O’Rorke-12** 5:25 11:15 16:51 21 17:42 16:51
5. **Andrew Taylor-10**  5:28 11:12 16:52 24 17:08 16:52
6. **Max LeClair-9** 5:34 11:18 16:59 F-4 17:25 16:59
7. **Jack Altman-9**  5:34 11:22 17:08 F-5 17:19 17:08
8. Patrick Keck-12 5:27 11:28 17:22 36 17:08 17:22
9. Adam Hoover-12 5:20 11:10 17:26 38 16:32 17:26
10. **Brian Egolf-11** 5:43 11:43 17:28 O-1 18:00 17:28
11. **Conner Johanssen-9** 5:40 11:42 17:40 F-8 18:30 17:40
12. **Ian Cook-11** 5:43 11:45 17:42 O-3 17:42 17:42
13. **Matt Apodaca-**11 5:44 11:45 17:43 O-4 18:24 17:43
14. **Reed Farmer-11** 5:43 12:00 18:16 O-11 18:55 18:16
15. Drew Sauvey-12 5:44 11:56 18:17 O-13 18:18 18:17
16. **Nick Sauvey-9** 5:50 12:15 18:28 F-14 19:07 18:28
17. **Peter Burback-9** 5:52 12:18 18:33 F-17 19:12 18:33
18. Nick Caiazza-11 6:14 12:53 19:28 O-38 19:20 19:28
19. **Colin Taggart-10**  6:28 13:03 19:29 20:01 19:29
20. **Carson DeCarlo-9** 6:23 13:42 20:28 21:01 20:28
21. **Anas Nur-10** 6:25 13:20 20:37 21:58 20:37
22. Emmitt Hoying-9 6:53 14:00 20:59 21:31 20:59
23. Luke McWherter-9 6:52 14:10 21:26 21:02 21:26
24. **Aakash Patel-12** 6:43 14:12 21:33 23:23 21:33
25. **Manny Jenkins-9** 7:03 14:27 21:40 23:26 21:40
26. **Phil Nolette-9** 7:22 15:03 22:34 23:36 22:34
27. **John Steitz-9** 7:24 15:05 22:45 24:19 22:45
28. Isaac Getz-11 DNR shin 17:47
29. Scott Earley-11 DNR shin 17:01
30. Koichi Nakazawara-10 DNR shin 20:52
31. Layne Marshall-10 DNR hip

**Team Stats: 3rd Place**

**Record:**

**Split:** 16:38 to 16:52 = 14 seconds!

**Score:** 13, 18, 19, 21, 24 = 95 points. Good but no low score!

**Teams**: 1. Mount Lebonan-70 2. Pittsburgh Central Catholic-75 **3. Hilliard Davidson-93**

**Davidson Frosh:** Champions! 43 Points. Great races and focus as a team.

**Davidson JV’s**: Champions! 32 Points! Congrats to Brian Egolf-1, Race Champion. The top five we awesome and ran together for an impressive win over North Allegheny.

**Thoughts:** This Invitational had everything we needed: A hard course, Great competition and Bad conditions. The JV’s and Freshmen were awesome and rose to the challenge. The Varsity was good but did not compete when it was pain time. Reed Farmers fought so hard as well as Conner Johanssen in their races. Those two never gave up even when the going got tough. The Varsity was good but not on fire. We need to remember that we must fight with those around us early and beat them in the end and that means we must stay focused in the middle to make this happen. Our strength is our mental toughness and I did not see it. It is time to address our individual goals and make a commitment to them. This focus and commitment will bring the team even closer as we approach the tourney. It is good that we learned about this now because we have time to adjust and get things in order. It is also good that we are progressing but not too fast because our goal is STATE and that means it is time to dream big and know that we must fight harder. Varsity will go into a two week training focus to prepare for the tourney. Our big race is Regionals so let’s get ready.

**Outstanding Runners**: Andrew Tighe-10, Matt Rose-12, Ryan O’Rorke-12, Andrew Taylor-10, Max LeClair-9, Jack Altman-9, Brian Egolf-11, Conner Johanssen-9, Ian Cook-11, Matt Apodacca-11, Reed Farmer-11, Nick Sauvey-9, Peter Burback-9, Colin Taggart-10, Carson DeCarlo-9, Anas Nur-10, Aakash Patel-12, Manny Jenkins-9, Phil Nolette-9, John Steitz-9

**Putting Pittsburgh in Perspective:** The race winner ran 16:12 and has run on that course in 15:48. By the OCC, I am confident each of you can drop 24 seconds from the Pitt time. You have gained a great deal of strength the last three weeks and you have learned many lessons about how each of you needs to stick to the competition during the middle and believe in yourself when you push the last mile. Championships are won in the last mile and that will come in the next few weeks.

**Last Thoughts on the Race:** After watching the video I thought we were great until the downhill. Then came the gut check in the rolling hills. After the climb to the top we were ok but the video showed weakness in the finish. Tighe was beaten by two runner’s right at the end. A Central Catholic guy went by both Rose and Egolf at the line. O’Rorke was passed right at the line with no fight. Taylor was ok. After Taylor there was a 15 second gap with no runners. Mount Lebanon 4 and 5 came next but way back while Central Catholic’s 5th was also way back in 29th place but like 20 seconds behind Davidson’s 5th. We were great on pack but our fight lost the race. We gave up 5 easy points at the line which was really 10 points. I hope you learn from this. We are very good but the fire to be great needs to build.

Mount Lebanon 2 3 10 26 34 16:20. 20, 35,17:12, 17:30

Central Catholic 7 8 16 17 29 16:30 31,47, 47, 17:24

Davidson 13 18 19 22 24 16:38, 49, 50, 51, 52 Tight!

16:12 won 16:20 for 2-3 16:38 for Tighe, so close. 16:52 for Taylor @ 24th

**Boys Not running at Darby Dash:** Adam Hoover-12, Andrew Tighe-10, Chris Egolf-11, Matt Rose-12, Andrew Taylor-10, Ryan O’Rorke-12, Patrick Keck-12, Max LeClair-9, Jack Altman-9. This group will follow the training schedule this week.

**Darby Dash @ Darby Fields.**

 9:30 AM Arrive at Darby fields

11:00 AM Boys Race All run in this race

**The Next Three Weeks**: VO2 season is here. The next three weeks will make you champions. Be rested and focused. Look at the spacing between workouts and prepare your positive mental images of our goals.

State JV Championships November 1st 2015 http://www.ohioathletics.com/crosscountry/