

LANCASTER GOLDEN GALES

BOYS CROSS COUNTRY

Coach: Jeff Koksall

Saturday 09/10/2016

McGOWAN INVITATIONAL - WATKINS MEMORIAL HIGH SCHOOL - [View Results](#)

Saturday 09/04/2016

GALES 2ND @ WESTERVILLE NORTH CLASSIC - [View Results](#)

The Golden Gales finished 2nd to Hilliard Darby at the Westerville North Cross Country Classic. Christian Bradford finished 6th to lead the Gales, followed by Freshman Tyler Lunsford in 9th. Seniors Jackson Brengman (19th), Justin Nauman (22nd) and Allen Sherrick (23rd) completed the Lancaster scoring five, however, it took a 6th runner tie break to separate the Gales from 3rd place Worthington Kilbourne. Zac Dalton broke the tie in Lancaster's favor by placing 25th compared to 35th place for the 6th Kilbourne runner. Lancaster runners went on to dominate the open race, taking five of the first six places. Of the 25 Lancaster runners who raced this weekend, 23 set new season bests and 12 ran all-timer personal bests. The full Golden Gale team will compete next on September 10th at the Watkins Memorial - McGowan Invitational.

Saturday 08/27/2016

FINISHTIMING CLASSIC - [View Results](#)

The Golden Gale Cross Country team finished 6th of 16 Division I teams on Saturday at the Finishtiming.com Classic. Zach Whipple led the Gales, taking 1st of 558 runners in a field which included Ohio's #2 Division I team and Kentucky's 3rd and 10th ranked AAA teams. Will Metcalf ran the best race of his young career to finish 7th and confirm his place as one of the top runners in Central Ohio. Sophomores Ambronsio Suarez and Drew Ward were the 3rd and 4th finishers for the Gales. Andy Ferris, Christian Bradford and Jackson Brengman completed Lancaster's top seven scorers for the meet. Fourteen of the Gales 21 returning athletes bettered their 2015 performances at Wilmington; 7 of 10 first year runners ran their best efforts of the young season. The full Golden Gale team will compete next on September 10th at the Watkins Memorial - McGowan Invitational.

Saturday 08/20/2016

OHSAA PRESEASON INVITATIONAL

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Festival 5K Run - [View Results](#)