

# LANCASTER GOLDEN GALES BOYS CROSS COUNTRY

Coach: Jeff Koksall





## Gales Finish 3rd in District, Advance to Regional

The Lancaster Cross Country team finished 3rd in District I to advance to Regional competition for the 5th straight year. Nick Bosser led the Gales by finishing 10th in a

personal best time of 16:31. Robbie Harris was 16th at 16:41, followed by Zach Whipple in 18th at 16:44 and Noah Ball in 20th at 16:45. Whipple's time was also a personal best. Scott Gayfield was the 5th Lancaster scorer, finishing 21st in 16:51. Noah Hinson (23rd) and Isaak Kaiser (26th) completed Lancaster's Varsity squad on the day. The Gale's were the 4th seed coming into District competition, but rallied in the final mile to overtake Olentangy Liberty for the 3rd position. New Albany and Hilliard Darby earned 1st and 2nd place team finishes in District I. The Gales move to next week's Pickerington Regional and must finish as one of the top four teams to advance to the State Championship.

## Gales 2nd in OCC Ohio Division Championship

Led by Nick Bosser, Lancaster's first five runners finished within a 4 ½ second span to close out all but Pickerington Central in Saturday's OCC Ohio Division Championship. The Gales started conservatively and were moving from 4th to 3rd at the mile mark. The Gales continued to improve their position in the mid-race as the front pack pulled together for a final surge in the last half mile. The Lancaster pack closed hard to overtake Gahanna and finish within 8 points of Pick Central. Bosser (9th), Isaak Kaiser (10th), Robbie Harris (11th), Scott Gayfield (12th) and Noah Hinson (13th) all earned 2nd Team OCC Conference honors for Lancaster. Zach Whipple (17th) and Grant Luby (20th) earned conference honorable mention, with Frankie Meszaros, Reilly Linehan and Jack Weaver rounding out the Gales varsity team. Lancaster's depth was evident as the Gales took seven of the top 11 places to win the JV race.

## Gales Cross Country Wins The Darby Dash

Five Golden Gales finished in the top 10 as Lancaster defeated #15 Hilliard Darby, #23 Dublin Jerome and four other teams at the Darby Dash Cross Country Invitational. Noah Ball led the Gales in 4th place (16:31), followed by Isaak Kaiser in 6th (16:40), Nick Bosser in 8th (16:47), Scott Gayfield in 9th (16:48) and Zach Whipple in 10th (16:48). Robbie Harris, 12th in 16:50 and Noah Hinson 15th in 16:57 rounded out the Lancaster top 7. Sixteen (16) of 34 Golden Gale runners set new personal bests for the 5000M distance, including; Bosser, Gayfield, Whipple, Jack Weaver, Mason Kieffer, Frankie Meszaros, Andy Ferris, Caleb Bradford, Nic Cochenhour, Cody Feisel, Evan Franke, Billy Yokich, Clayton Braden, Patric Feisel, Josh Nicholson and Allen Sherrick. The Gales compete next Saturday in the OCC - Ohio Division Championship, hosted by Newark High School.

### **2014 Race Results:**

- [Oct. 2014 Ohio Division Championship - Newark, Evans Complex](#)
- [Sept. 2014 Midwest Meet of Champions](#)
- [Sept. 2014 Galion XC Festival - Amann's Park](#)