

Men's Cross Country 2015-16 Recaps

Cross Country at the NJCAA Nationals hosted by Iowa Central Community College

November 14, 2015 @ 8:00 am - 5:00 pm

The Jayhawks finish in 24th place out of 39 teams.

The Muskegon Community College men's cross country team finished 24th place out of 39 full teams with 667 points on Saturday at the NJCAA National Cross Country Championships held at Lakeside Municipal Golf Course in Fort Dodge, Iowa. Leading the Jayhawks was freshman Jose Hernandez (Muskegon HS/Muskegon, MI) finishing 108th place out of 287 finishers with a time of 28:07. Jose's 108th place finish at nationals was the 8th highest men's national meet finish for MCC since the program was restarted in 2010. Following Jose were freshman Ernesto Gutierrez (Muskegon HS/Muskegon, MI) finishing 117th place, sophomore Colin Duca (Mona Shores HS/Muskegon, MI) finishing 143rd place, freshman Ryan Ruel (Oakridge HS/Muskegon, MI) finishing 164th place, sophomore Austin Persoon (Mason County Central HS/Scottville, MI) finishing 195th place, freshman Joe Brown (Saugatuck HS/Holland, MI) finishing 227th place, and freshman Bailey Brown (Mona Shores HS/Norton Shores, MI) finishing 243rd place. "As a team we ran much better than we did at our regional meet!" said Coach Dan Fishel. "Our men were ranked much of the season but recently dropped out of the top 25 poll, so I'm happy we showed we belonged in the top 25 — despite what the rankers thought! With most of our team being freshman, I'm very excited for next season! Go Jayhawks!"

Cross Country at the NJCAA Region XII & MCCA Championship hosted by LCC

October 31, 2015 @ TBD

The Muskegon Community College men's cross country team celebrated Halloween at the Region XII and Michigan Community College Athletic Association Championships in Lansing, Michigan at Grand Woods Park. The team took 5th place out of 12 teams with a score of 117 points – only 3 points out of 4th place and #22-ranked Macomb CC. #10-ranked Lansing won the meet with 44 points followed by #23 Vincennes with 75 points and #19 Mott with 84 points. Leading the way for the men was freshman Ernesto Gutierrez (Muskegon HS/Muskegon, MI) earning All-Region Honors with a 15th place finish out of 72 finishers with a time of 27:33. Rounding out the top 8 in order were sophomore Colin Duca (Mona Shores HS/Muskegon, MI), freshman Jose Hernandez (Muskegon HS/Muskegon, MI), freshman Bailey Brown (Mona Shores HS/Norton Shores, MI) in a personal best time, sophomore Austin Persoon (Mason County Central HS/Scottville, MI) in a personal best time, freshman Ryan Ruel (Oakridge HS/Muskegon, MI), freshman Joe Brown (Saugatuck HS/Holland, MI), and freshman Josh Brandel (Muskegon HS/Muskegon, MI). The Jayhawks race next at the NJCAA national championships in 2 weeks in Fort Dodge, Iowa.

Cross Country home at the Jayhawk Invitational hosted by Muskegon Community College

October 16, 2015 @ 1:30 pm - 5:00 pm

The Muskegon Community College men's cross country team hosted runners from 23 different colleges at their home Jayhawk Invitational on Friday at University Golf Course. The meet included unattached freshmen from Michigan State University's cross country team, many 4-year colleges, and many community colleges. The Jayhawks took 10th place out of 16 full teams and were the 4th place NJCAA team out of 7 full teams. Leading the way for the Jayhawks again was freshman Jose Hernandez (Muskegon HS/Muskegon, MI) with a 58th place finish out of 167 runners. The rest of the runners in order were freshman Ernesto Gutierrez (Muskegon HS/Muskegon, MI), sophomore Colin Duca (Mona Shores HS/Muskegon, MI) in a personal-best time, freshman Ryan Ruel (Oakridge HS/Muskegon, MI) in a personal-best time, freshman Bailey Brown (Mona Shores HS/Norton Shores, MI) in a personal-best time, sophomore Austin Persoon (Mason County Central HS/Scottville, MI), freshman Joe Brown (Saugatuck HS/Holland, MI), and freshman Josh Brandel (Muskegon HS/Muskegon, MI) in a personal-best time. The Jayhawks compete next on Saturday, October 31st at the Region XII and MCCA championships hosted by Lansing Community College at Grand Woods Park. Races will start at Noon. [Race results can be found online here.](#) Please note: the places are all 1 place off.

Cross Country at the Lansing Invitational hosted by Lansing CC

October 9, 2015 @ 1:30 pm - 5:00 pm

The 18th-ranked Muskegon Community College men's cross country team competed Friday at the Lansing Invitational hosted at Grand Woods Park in near ideal conditions. The Jayhawks finished 9th place out of 19 full teams. The men were the 3rd place community college team behind 8th ranked Lansing CC and 21st ranked Macomb CC and defeated community colleges from Oakland, Grand Rapids, Alpena, Jackson, Glen Oaks, and Kirtland as well as 4-year schools Sault College, Madonna, Concordia, and Grace Bible College. Leading the way was freshman Jose Hernandez (Muskegon HS/Muskegon, MI) finishing 26th place out of 160 finishers in a personal best time of 27:16. Rounding out the top 7 in order were freshman Ernesto Gutierrez (Muskegon HS/Muskegon, MI) in a personal best time, sophomore Colin Duca (Mona Shores HS/Muskegon, MI) in a personal best time, freshman Joe Brown (Saugatuck HS/Holland, MI) in a personal best time, freshman Ryan Ruel (Oakridge HS/Muskegon, MI), sophomore Austin Persoon (Mason County Central HS/Scottville, MI) in a season best time, and freshman Bailey Brown (Mona Shores HS/Norton Shores, MI) in a personal best time. [Full race results can be found here.](#) The Jayhawks compete next at their only home meet on Friday, October 16th at University Park Golf Course. If you are in the area, come out to support the nationally-ranked Jayhawks at 1:30 p.m. The college races will be followed by the Greater Muskegon Athletic Association high school cross country championships. Spectators are encouraged to park at Muskegon Community College and walk next door to the golf course.

Cross Country at the Glen Oaks Invitational hosted by GOCC

September 25, 2015 @ 3:50 pm - 7:00 pm

The 24th-ranked Muskegon Community College Jayhawk men's cross country team raced Friday at the 1st annual Glen Oaks Cross Country Invitational in Centreville, Michigan, taking 2nd place out of 7 teams with runners in the race with a score of 35 points — 6 points shy of

team champion Mott CC. The Jayhawks had probably their best team race of the season led by freshman Jose Hernandez (Muskegon HS/Muskegon, MI) with his 5th place finish out of 33 finishers in a time of 29:18. Rounding out the top 7 in order were freshman Ernesto Gutierrez (Muskegon HS/Muskegon, MI) 6th place, sophomore Colin Duca (Mona Shores HS/Muskegon, MI) 9th place, freshman Ryan Ruel (Oakridge HS/Muskegon, MI) 13th place, freshman Joe Brown (Saugatuck HS/Holland, MI) 14th place, sophomore Austin Persoon (Mason County Central HS/Scottville, MI) 15th place, and freshman Josh Brandel (Muskegon HS/Muskegon, MI) 25th place. “The times do not do service to how well our men ran today in probably their best race of the season!” said Coach Dan Fishel. The Jayhawks compete next in 2 weeks at the Lansing Community College Invite at Grand Woods Park in Lansing.

Cross Country at the Spartan Invitational hosted by Michigan State University September 18, 2015 @ 11:50 am - 5:00 pm

The 24th-ranked Jayhawk men’s cross country team raced at the highly-competitive Spartan Invitational hosted by Michigan State University at Forest Akers East Golf Course on Friday. Leading the way in the non-scored competition was freshman Jose Hernandez (Muskegon HS/Muskegon, MI) with a 201st place out of 386 runners. Jose was also the 7th place community college runner to cross the finish line. Rounding out the top 7 in order were freshman Ryan Ruel (Oakridge HS/Muskegon, MI), freshman Ernesto Gutierrez (Muskegon HS/Muskegon, MI), sophomore Colin Duca (Mona Shores HS/Muskegon, MI), freshman Joe Brown (Saugatuck HS/Holland, MI), sophomore Austin Persoon (Mason County Central HS/Scottville, MI), and freshman Josh Brandel (Muskegon HS/Muskegon, MI). The Jayhawks compete next on Friday, September 25 at the inaugural Glen Oaks Invitational in Centreville, Michigan.

Cross Country at the LSSU Invitational hosted by Lake Superior State University September 12, 2015 @ 10:00 am - 12:00 pm

The Jayhawk men’s cross country team ran their 2nd meet of this season on Saturday at the Chris Yanni Memorial Invitational hosted by Lake Superior State University at The Oaks Golf Course in Kincheloe, Michigan (located in the Upper Peninsula). The course was primarily on grass with some dirt and sand, and the temperature was just over 50 degrees at race time. The men had a great first 8k of the season, finishing in 3rd place out of 6 teams — only losing to Northwood and Lake Superior State University (both NCAA Division II teams)! In the process the Jayhawk men defeated rival Alpena Community College. Leading the way for the Jayhawks were the 1-2 punch of freshmen Ernesto Gutierrez and Jose Hernandez (both from Muskegon HS/Muskegon, MI). Ernesto finished 18th with a time of 27:58 for 8k and Jose finished 19th with a time of 28:00 out of 58 finishers. Rounding out the top seven in order were sophomore Colin Duca (Mona Shores HS/Muskegon, MI), freshman Ryan Ruel (Oakridge HS/Muskegon, MI), freshman Joe Brown (Saugatuck HS/Holland, MI), sophomore Austin Persoon (Mason County Central HS/Scottville, MI), and freshman Bailey Brown (Mona Shores HS/Norton Shores, MI). “Many of our men today raced most of the 8k race with a teammate. The pack running helped us to push each other to better maintain pace. We had 4 guys under 29 minutes in our first 8k, and we never had more than 2 at a time run that fast last year”. The Jayhawks race next

on Friday at the Spartan Invitational hosted by Michigan State University at Forest Akers East Golf Course. Go Jayhawks! [Full results from this race can be found here.](#)

Cross Country at the Vanderbilt Invitational hosted by Hope College September 5, 2015 @ 10:30 am - 5:00 pm

4th place out of 7 teams -Top Community College finisher

The Jayhawk men's cross country team began their season on Sept. 5 at the 50th Annual Vanderbilt Invitational hosted by Hope College at Ridge Point Community Church. A very humid and unstable air mass threatened the meet, causing several lightning delays. Due to the humidity the meet director shortened the men's race from a normal 8k to a 5k. Despite the rough footing, a few muddy areas, and hills, the men fought hard and placed 4th out of 7 teams — defeating rival Grand Rapids Community College, Glen Oaks Community College, and Grace Bible College and losing to Hope College, Cornerstone University, and Adrian College.

Freshman Jose Hernandez (Muskegon HS/Muskegon, MI) led the Jayhawks by taking 27th place out of 78 finishers with a time of 17:07. Rounding out the top 7 in order were freshman Ernesto Gutierrez (Muskegon HS/Muskegon, MI), freshman Joe Brown (Saugatuck HS/Holland, MI), freshman Ryan Ruel (Oakridge HS/Muskegon, MI), freshman Bailey Brown (Mona Shores HS/Norton Shores, MI), sophomore Colin Duca (Mona Shores HS/Muskegon, MI), and sophomore Austin Persoon (Mason County Central HS/Scottville, MI). Partial race results for the top 7 runners on each full team can be found at the link

below: http://athletics.hope.edu/sports/mxc/2015-16/files/Vanderbilt2015_MenTeam.html

“I would say between the poor footing, hills, muddy spots, and humidity, the course ran close to a minute slower than a fast course,” said Coach Dan Fishel. “Not a single runner in a great field of college runners ran under 16 minutes for 5k, so you know the course was pretty slow. I like starting the season on a course like this in difficult conditions because it makes us tougher as a team and appreciate the faster courses more.”

“We are still currently running over 60 miles a week and had two hard workouts this week, so we are training through these early meets. Our goal is to peak at regionals and hopefully nationals in October and November. Our runners are usually some of the most improved in our region, and we had a pretty good start to the season today.”

The Jayhawk men compete next on Saturday at the Chris Yanni Memorial Invitational hosted by Lake Superior State University at The Oaks Golf Course in Kincheloe, Michigan.