

MEN'S CROSS COUNTRY 2016-17 RECAPS

Cross Country NJCAA Div I National Championship hosted by Butler Community College in Eldorado, KS

November 12, 2016 @ 12:00 pm - 2:00 pm

Final

Six Jayhawk men braved the 13+ hour drive to El Dorado, Kansas for the NJCAA Division I National Championships held at the Prairie Trails Golf Course. The course was fairly flat with long, very gradual hills, with a steeper hill at the finish and the race-time temperature was near-ideal in the low 50's with 5-8 mile-per-hour winds.

The day finished with the men's race for the 22nd-ranked Muskegon Community College Jayhawks. The Jayhawk men finished 30th place out of 40 full teams at the national championships. The lone bright spot for the men was the #6 runner, freshman Sam Deuling (Orchard View High School) who ran a PR of 29:32 for 8k! In only his 3rd race after returning from injury, Sam ran almost 2 minutes faster than his former 8k PR! "Sam ran a super race for having only a few weeks of training!" said Coach Dan Fishel. "I can't wait to have a full season of training with him next year to see what he can accomplish! The rest of the men and I were frustrated with our lowest-ever national meet finish, but I can honestly say that this was my 2nd best men's cross country team since 2013 when we were 14th at nationals. Every team usually has at least one poor team race during the season, but it's a bummer that ours was at nationals this year. Another bright spot is the guys don't have to wait until next year to redeem themselves after this race. Most will be competing in track & field for the first time ever at Muskegon Community College, and I know this group of men will excel on the track! Go Jayhawks!"

Cross Country @ NJCAA Region XII & MCCAAC Championship hosted by Lansing CC

October 29, 2016 @ TBD

Final

The 22nd-ranked men's team finished 4th at the Region XII meet on Saturday behind #14 Vincennes, #8 Lansing, and #10 Grand Rapids but defeating all other teams by a large amount. Bobby Haskin (freshman, West Catholic HS) led the way by taking 7th place and earning All-Region, All-MCCAAC, and All-Freshman team awards.

Cross Country Home Jayhawk Invitational hosted by Muskegon CC

October 14, 2016 @ 1:30 pm - 5:00 pm

Final

The 20th-ranked Muskegon Community College men's cross country team competed at their only home meet at University Park Golf Course on Friday. Large supportive crowds and an ideal

race temperature greeted runners from 22 different colleges. The Jayhawk men took 10th place overall and were the 4th place community college team behind #8 Lansing CC, #13 Grand Rapids CC, and Indian Hills CC (from Iowa). For the first time this season the Jayhawks had 5 runners faster than 28 minutes for the 8k distance. Leading the way for the Jayhawks was freshman Bobby Haskin (West Catholic HS) taking 48th place out of 189 finishers with a personal best time of 27:14. Rounding out the top 5 runners in order were sophomore Collins Kipkoech (Anestar Boys HS) taking 69th place in 27:41, sophomore Ernesto Gutierrez (Muskegon HS) taking 75th place in 27:48, freshman Zeke Clark (Mona Shores HS) taking 76th place with a personal best time of 27:52, and freshman Brandon Harthorn (Cedar Springs HS) taking 81st place with a personal best time of 27:57. "Time-wise we had our best race of the season." said Coach Dan Fishel. "This was our 5th weekend of racing in a row, so our legs need a racing break. We now have 2 weeks of training before we race at regionals, and I think these 2 weeks without racing will be exactly what we need to bounce back in a big way at the regional meet." The Jayhawks race next at the Region XII and MCCA Championships at Grand Woods Park in Lansing, Michigan on Saturday, October 29th. Go Jayhawks!

Cross Country @ Lansing Invitational hosted by Lansing CC

October 7, 2016 @ 1:30 pm - 5:00 pm

Final

The 20th-ranked Jayhawk men's cross country team competed in the warmest race of the season on Friday at the Lansing Community College Invitational held at Grand Woods Park in Lansing, Michigan. Despite the October heat, the Jayhawk men competed well, taking 3rd place out of 13 community college teams in attendance and taking 7th place overall. The Jayhawks were led again by freshman Bobby Haskin (West Catholic HS) who finished in 20th place out of 174 finishers with a personal best time of 27:24 for 8k. Rounding out the top 5 in order for the Jayhawks were sophomore Collins Kipkoech (Anestar Boys HS / Eldama Ravine, Kenya), freshman Brandon Harthorn (Cedar Spring HS), sophomore Ernesto Gutierrez (Muskegon HS), and freshman Zeke Clark (Mona Shores HS). "The men ran well for the heat," said Coach Dan Fishel. "Although Bobby went out a little fast, he was tough and battled the whole race! Collins is making a comeback and starting to run better, and Brandon and Ernie ran good races today." [Full race results here.](#)

The Jayhawk men race next in their only home meet at University Park Golf Course on Friday at 1:30 pm. Admission is free, come on out and support Jayhawk Cross Country!

Cross Country @ Warrior Invitational hosted by Wisconsin Lutheran College

October 1, 2016 @ 11:00 am - 5:00 pm

Final

The 19th-ranked Muskegon Community College Men's Cross Country Team had a great team performance Saturday at the Warrior Invitational hosted by Wisconsin Lutheran College at Greenfield Park in West Allis, WI. Despite constant rain and extremely muddy conditions, the

men took 3rd place out of 22 teams and were the top community college team in the race. Leading the way for the Jayhawks was freshman Bobby Haskin (West Catholic HS) taking 7th place out of 179 finishers with a time of 28:09. Rounding out the top 5 in order were freshman Zeke Clark (Mona Shores HS) taking 21st place with a personal best time of 29:03, sophomore Collins Kipkoech (Anestar Boys HS, Kenya) taking 28th place, freshman Brandon Harthorn (Cedar Spring HS) taking 31st place, and sophomore Ernesto Gutierrez (Muskegon HS) taking 35th place. “The guys had their best team race of the season so far,” said Coach Dan Fishel. “Bobby keeps improving every week and ran another outstanding race – much better than last week. He’s really getting used to the 8k distance. Zeke had the breakout race of the meet. He was our #6 guy last week and was our #2 guy today. Zeke ran so well that he beat his 8k PR in poor conditions. If he runs like he did today on a fast course, Zeke should skip down to the 27’s in no time. Although we are still improving, our men have great potential if we continue to work hard. The guys wanted to represent for Muskegon in Wisconsin, and we did so in a big way!”

[Complete race results can be found here.](#)

The Jayhawks race next on Friday, 10/8 at the Lansing Invitational at Grand Woods Park in Lansing, Michigan. Go Jayhawks!

Cross Country @ Raider XC Invitational hosted by Grand Rapids CC

September 23, 2016 @ 3:15 pm - 7:00 pm

Final

The 19th-ranked Muskegon Community College Jayhawk Men’s Cross Country team finished in 6th place at the Grand Rapids Community College Raider Invitational. The men were the 2nd place NJCAA team behind 12th-ranked Grand Rapids CC but defeated Northwood University’s “A” team, Cleary University, Grace Bible College, Mid-Michigan Community College, and Schoolcraft College. The Jayhawks improved from their MSU performances led by freshman Bobby Haskin (GR West Catholic HS) who ran a personal best 27:40 for the 8k distance and placed 21st out of 93 finishers. Rounding out the top 5 in order were sophomore Ernesto Gutierrez (Muskegon HS) in 27:53 (24th place), sophomore Collins Kipkoech (Kenya) in 28:38 (43rd place), freshman Kody Brooks (Fruitport HS) in a personal best 28:42 (45th place), and freshman Brandon Harthorn (Cedar Springs HS) in 28:43 (46th place). “Bobby’s doing a great job leading us in races!” said Coach Dan Fishel. “Kody Brooks had the best race of anyone and improved his PR by almost 2 minutes! Although we still have a way to go, we had a much better race Friday than we did a week ago at MSU due to a much better week of practice and following the plan. Grand Rapids and Lansing are pretty even at the top of the region right now, and both beat us soundly last week. This week we were much closer to GRCC and were actually beating them about 3.5 miles into the race. Grand Rapids and Lansing are great this year, but we have a chance at the end of October if we keep training smart every week. Time will tell.”

[Complete race results here.](#)

The Jayhawks race next on Saturday, October 1st at the Wisconsin Lutheran Warrior Invitational in West Allis, Wisconsin. Go Jayhawks!

Cross Country @ Spartan Invitational hosted by MSU.

September 16, 2016 @ 11:50 am - 5:00 pm

Final

The 16th-ranked Jayhawk team finished 3rd place out of 9 full community college teams Friday at the Auto Owners Spartan Invitational hosted by Michigan State University at Forest Akers East Golf Course. MCC (101 points) finished behind #3 Lansing CC (29 points) and #11 Grand Rapids CC (36 points). Leading the way for the Jayhawks for the 2nd week in a row was freshman Bobby Haskin (West Catholic HS / Grant, MI) with a 12th place out of 60 community college scoring runners with a time of 28:26 for the 8k distance. Rounding out the top 5 for the Jayhawks in order were sophomore Ernesto Gutierrez (Muskegon HS / Muskegon, MI), freshman Brandon Harthorn (Cedar Springs HS / Cedar Springs, MI), sophomore Collins Kipkoech (Anestar Boys HS / Eldama Ravine, Kenya), and freshman Zeke Clark (Mona Shores HS / Muskegon, MI). “Despite our 3rd place performance, we were not satisfied with our races today,” said Coach Dan Fishel. “Training is a science and racing performances are the result of training. Let’s just say there was a miscommunication about recovery runs that has been corrected. Although some colleges would be happy with 3rd place today, our goals are much higher this season. I take full responsibility for this training error, and we will be much improved next week.”

[Full race results here](#)

The Jayhawk race next on Friday 9/23 at the Raider Invitational hosted by Grand Rapids Community College at Riverside Park. Go Jayhawks!”

Cross Country @ Vanderbilt Invitational hosted by Hope College

September 3, 2016 @ 10:30 am - 5:00 pm

Final

The MCC men’s cross country team began their season at the Vanderbilt Invitational hosted by Hope College at Ridgepoint Community Church in Holland, Michigan. This year’s invite was a dual meet against Hope College’s best runners, and the Jayhawk men had a solid start to the season for the most part. The race-time temperature was near 70 degrees.

For nearly 3 miles, Collins Kipkoech (Anestar Boys High School / Eldama Ravine, Kenya) shared the lead with the top 2 Hope College runners while running comfortably at about 5:15 per mile pace over the challenging course. Ernesto Gutierrez (Muskegon High School / Muskegon, MI) was leading a chase pack that included Brandon Harthorn (Cedar Springs High School / Cedar Springs, MI), Bobby Haskin (West Catholic High School / Grant, MI), and Zeke Clark (Mona Shores High School / Muskegon, MI). In the last 2 miles, Kipkoech faded while Haskin picked up the pace to finish as the top Jayhawk, finishing in 6th place out of 22 finishers with a time of 28:21 in his first ever 8k race! Following Haskin across the line were Kipkoech (8th), Harthorn (9th), Gutierrez (10th), and Clark (15th). The first 4 MCC runners were only 5 seconds apart with Clark running a 29:13. Following Clark were Kody Brooks (Fruitport High School / Muskegon, MI) in 30:21 (18th) and Andrew Evans (Reeths Puffer High School / Muskegon, MI) in 33:32 (22nd). Harthorn, Clark, Brooks, and Evans also all finished their first-ever 8k races.

“Collins has been our leader during the first 4 weeks of practice, but he didn’t eat breakfast today and was very dehydrated,” said Coach Dan Fishel. “Your body is like a car in a way. You can have a fast car, but if you don’t gas in your car, it’s hard to go fast. I was proud of the way the guys ran today! Bobby gained confidence in the last mile to lead us today. Ernie showed a lot of sophomore leadership to the freshmen guys in the middle miles, but I was most impressed today with Brandon Harthorn! Brandon probably ran the most complete race of the men based on his workouts. Our men are young, hard-working, and I’m excited about our future!”

[Click here for complete race results.](#)

The Jayhawks compete next on Friday, 9/16 at the Spartan Invitational hosted by Michigan State University at Forest Akers East Golf Course in East Lansing, Michigan.