

MEN'S CROSS COUNTRY 2017-18 RECAPS

Men's Cross Country NJCAA Nationals hosted by Iowa Central CC

November 11, 2017 @ TBD

Men's team finishes 34th at the National meet.

The Muskegon Community College men's cross country teams competed at the NJCAA Division 1 National Championships in Fort Dodge, Iowa. Less than ideal conditions greeted runners with a race-time temperature in the 30's with wind and light rain.

The men's race began well for the 25th-ranked Jayhawks but one of their top-5 runners was forced to drop out due to an injury. The remaining men battled hard but came up short of their goal, finishing 34th out of 44 full teams. "When you run at nationals everything has to go right for a great team place because everyone at nationals is so good," said Coach Dan Fishel. "Three of our top 4 runners had their best races of the season on Saturday, and I know everyone else gave everything they had. We needed 5 PR's to achieve our goal of a top 25 team this year."

Leading the Jayhawks was freshman Mitch Johnson (Fruitport HS) who finished in 77th place out of 320 finishers with a time of 27:01. He was the 4th best finisher from Michigan behind 3 Lansing runners and he beat the top Grand Rapids runner for the first time all season. Also running their best races of the season were freshman Tylor Carmean (Oakridge HS) finishing in 27:49 and sophomore Brandon Harthorn (Cedar Springs HS) finishing in 28:49. "Our men have a lot to be proud of this season," continued Coach Fishel. "Many of the guys ran an equal or faster pace for an 8k than they ran for a 5k in high school during the season, and that says a lot. I've really enjoyed coaching this group of guys, and we've had a lot to be thankful for this season."

The women had the most complete team race of the day finishing in 30th place out of 42 full

Men's Cross Country at NJCAA Region XII & MCC Championship hosted by Lansing CC

October 28, 2017 @ TBD

Men's team finishes in 5th place at regional

The Men's Cross Country teams competed in the Region XII & MCCA tournament at Grand Woods Park in Lansing, MI.

Leading the way for the Jayhawk men was freshman Mitch Johnson (Fruitport HS) who finished 10th place overall in a personal best 8K time of 26:29. The finish earned him All-Region, All-MCCA, and All-Freshman Team Honors. Also running best times of the season were freshman Kyle Benham (North Muskegon HS) 26th place in 27:32, freshman Tylor Carmean (Oakridge HS) 28th place in 27:41 and sophomore Brandon Harthorn (Cedar Springs HS) 36th place in 28:15. "We had our BEST race of the season Saturday," said Coach Dan Fishel. "Our top 5 average time was 27:54 – a full 14 seconds per runner faster than our last meet. Every guy on the team knew that every second and place was important, and I'm proud of the whole team for stepping up

big-time today.” Johnson has automatically qualified for the national meet. The rest of the team will find out on Wednesday if they qualify to compete also.

Men’s Cross Country at Jayhawk Invitational

October 13, 2017 @ 1:30 pm - 5:00 pm

Men's team finishes 8th in Jayhawk Invitational.

University Park Golf Course was the host site for the Jayhawk Cross Country Invitational on Friday, 10/13.

Freshman Mitch Johnson (Fruitport HS) led the men with a 24th place out of 215 finishers in a time of 26:36 for the 8k. The other men running personal best or season best times were freshman Tylor Carmean (Oakridge HS) with a time of 27:46, Brandon Harthorn (sophomore/Cedar Springs HS) with a time of 28:28, and freshman Jake Phillips (Grand Haven HS) with a 30:08. “Our men had our best team race of the season for the 2nd week in a row,” said Coach Dan Fishel. “Although a few guys didn’t have PR’s, the men that did improve helped lower our team average time. We also beat a nationally-ranked team for the first time this season (#24 Indian Hills CC from Iowa). We now have 2 weeks of training to achieve some of our season goals at regionals”.

The next action for the team will be the Region XII and MCCA championships at Grand Woods Park in Lansing, Michigan on Saturday, 10/28 at noon.

Men’s Cross Country at the Lansing Invite hosted by Lansing CC

October 6, 2017 @ 1:30 pm - 5:00 pm

Men finish 12th at Lansing Community College Invitational.

Muskegon Community College traveled to Grand Woods Park in Lansing to compete at the LCC Invitational.

In the men’s race freshman Mitch Johnson (Fruitport HS) led the team with a 23rd place finish in 26:59 for the 8k. Places 2-9 on the team in order were freshman Kyle Benham (North Muskegon HS) in 27:40, freshman Tylor Carmean (Oakridge HS) in 28:19, freshman Raven Lockard (Fruitport HS) in 28:48, sophomore Brandon Harthorn (Cedar Springs HS) in 29:19, freshman Jake Phillips (Grand Haven HS) in 30:26, freshman Caleb Sidock (Orchard View HS) in 32:02, freshman Don Timmer (Orchard View HS) in 33:15, and sophomore Jake Lysiak (Orchard View HS) in 34:42. “Our men had their best team race of the season!” said Coach Dan Fishel. “They have had a rough last two meets, but we bounced back in a big way today with our best team time of the season! I’m proud of the way our men’s team raced today, and I think we are just beginning to hit our stride! We train to peak at the end of the season, and I think our men are coming on at the right time of the season.”

Next up the Jayhawks will host their own event, the Jayhawk Invitational, at University Park Golf Course on Friday, 10/13. The men’s race will go off at 1:30 pm followed by the women at about 2:15 pm.

Men's Cross Country at the Warrior Invite hosted by Wisconsin Lutheran College September 30, 2017 @ 11:00 am - 3:00 pm

Men's team finishes 8th.

The Jayhawk Cross Country teams traveled to Wisconsin to run in the Warrior Invitational on Saturday.

The men's team was led by Mitch Johnson (freshman/Fruitport HS) taking 10th place out of 150 finishers. Jake Phillips (freshman/Grand Haven HS/PR by 15 seconds), Caleb Sidock (freshman/Orchard View HS/PR by 42 seconds), and Don Timmer (freshman/Orchard View HS/PR by 42 seconds) all had personal best races.

Head Coach Dan Fishel said, "Some of our men ran well, but we've got some work to do to get where we need to be as a team. Overall, there were a lot of positives today."

Next up for both teams is the Lansing Community College invitational at Grand Woods Park on Friday, 10/6.

Men's Cross Country at the Raider XC Invite hosted by GRCC

September 22, 2017 @ 3:15 pm - 7:00 pm

No Results

Men's Cross Country at the Spartan Invite hosted by MSU

September 15, 2017 @ 11:50 am - 4:00 pm

Jayhawks run hard at MSU Invitational.

The Muskegon Community College Jayhawks competed in the Spartan Invitational hosted by Michigan State University at Forest Akers East Golf Course in East Lansing, MI

Mitch Johnson (Freshman/Fruitport) led the men's team by finishing the 8k course as the 15th place NJCAA runner out of 90 finishers. The rest of the top 5 were Tylor Carmean (Oakridge HS), Raven Lockard (Fruitport HS), Kyle Benham (North Muskegon HS), and Jake Phillips (Grand Haven HS).

"The teams ran hard but tired due to the heat, sickness (on the women's team), and tired legs", said Head Coach Dan Fishel. "Although the meet was unscored, we still would have beat the majority of the community college teams in the race".

Next up will be a trip to Riverside Park in Grand Rapids for the GRCC Invite on Friday, 9/22. Race time is 3:15 pm.

Men's Cross Country at the Vanderbilt Invite hosted by Hope College

September 2, 2017 @ 10:30 am - 3:00 pm

Men finish 5th in the first meet of the 2017-18 Cross Country Season.

The Jayhawk cross Country teams both competed in Holland, MI on Saturday in the Vanderbilt Invitational.

Mitch Johnson (Freshman – Fruitport HS) was the top Jayhawk finisher at 11th in 27:22 for the 8K. Kyle Benham (North Muskegon HS) finished 17th in 27:42, Tylor Carmean (Oakridge HS) ran 28:32, Raven Lockard (Fruitport HS) ran 28:45.

“I was proud of how our guys started the season today,” said Coach Dan Fishel.

Next up for the teams is the Auto Owner's Spartan Invitational hosted by Michigan State University at Forest Akers East Golf Course on Friday, 9/15.