Women take 11th, men 24th at meet

BY JACK NICHOLL
Staff Reporter

The women’s cross country team continues to make strides.

Although it didn’t finish as well as it did a week ago, the entire team performed better at Saturday’s Southern Stampede in Joplin, Mo., junior Emma Kelly said.

“Compared to last year, it was definitely a step in the right direction,” Kelly said. “Last year, I had some freshmen step up and score for us, and actually everyone ran pretty hard some freshmen step up and score for us, and actually everyone ran pretty hard. But Kelly and DelNero did a great job of being able to push each other as runners for their times.

“Grace got out really well, and I just followed her,” Kelly said. “I try to talk when we can lead the way to talk which definitely helps keep just keeping positive mindset together.”

DelNero said she felt being able to run with a consistent effort and a quality pace during this year’s meet.

“This year is one of the best that Emma’s called that. There’s no way you’d ever know she’s been here,” Cochrane said. “She ran a really good pace in the regionals of last year and that pace is better than a minute from her time at this meet. She’s the top men’s runner, and actually everyone ran pretty hard some freshmen step up and score.

“DelNero has a really good concept of running and she’s her best runner now than last year, which DelNero said.

DelNero said that being able to run and her fitness also has improved.

“She ran a very good race in the regionals. She ran a very good race in the regionals. There are the two best that she’s run.”

Cochrane said he also noticed the two biggest improvements.

“Changes for the better in the two runners. Changes for the better in the two runners. The men’s running strategy is better down the road we’re going to do a lot better because of the race strategy we’re using right now.”

The Bulldogs don’t have another meet until next Friday, when they will face the Empire State University on Nick Vincent.

Freshman nets three goals in win

BY BLAKE TOPPMeyer
Assistant Sports Editor

Matt Kimball had to wait more than six games to experience his first collegiate goal. He touched the ball twice in the second half, but he waited more than six games to experience his first collegiate goal. He touched the ball twice in the second half, but he waited more than six games to experience his first collegiate goal. He touched the ball twice in the second half, but he waited more than six games to experience his first collegiate goal. He touched the ball twice in the second half, but he waited more than six games to experience his first collegiate goal. He touched the ball twice in the second half, but he waited more than six games to experience his first collegiate goal. He touched the ball twice in the second half, but he waited more than six games to experience his first collegiate goal. He touched the ball twice in the second half, but he waited more than six games to experience his first collegiate goal. 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