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# Dexter High School Cross Country Team Finishes 1st at Gans Creek

OCTOBER 01ST 2023 BY DEE LOFLIN

## Dexter High School Cross Country Team Finishes 1st at Gans Creek

The Dexter Bearcat Cross Country team is on fire! They traveled to Columbia, Missouri to compete in the Gan Creek CC Meet which just happens to be where the state championship is held also. Abbie Lloyd medaled in the girls varsity finishing 20th overall with a time of 21:38.10. There were three medalists in the boys division. Cameron Bell finished 1st with a time of 16:30.80 and broke his own school record again! Ben Dowdy finished 10th earning a medal with a time of 17:28.20 and Jaxon King shaved 45 seconds off his time earning 16th place and a medal with a time of 17:53.20.

The 'Cats also finished in first place out of 35 teams with a score of 82. Second place went to Priory and third place was Knob Noster.

"Today was a great day for our team," commented head Cross Country Coach Josh Dowdy. "We feel we had two of our best weeks of training leading up to this meet. It is nice to see their hard work continue to be rewarded."

"Our team average dropped from an 18:06 at Arcadia Valley to a 17:45 at Gans. That was in huge part to Jaxon King who improved his time by over 45 seconds. Jaxon has been a hard worker for us all summer long and we were so happy for him to join the 17 minute club," continued Dowdy.

"Chase Farmer has been battling staying healthy this year and he came out and ran an 18:30 which was huge for our team results. He has worked so hard doing his rehab—which

is not easy. We now have 5 guys under 18:30 and we plan to inch that down even further."

"Cameron Bell finished at the top of the podium by running a remarkable 16:30 and once again broke his own school record."

### **VARSITY GIRLS RESULTS**

ABBIE LLOYD 20TH 21:38.10 MEDALIST

KENADY KRAPF 103RD 26:06.50

### **VARSITY BOYS RESULTS**

CAMERON BELL 1ST 16:30.80 MEDALIST

BEN DOWDY 10TH 17:28.30 MEDALIST

JAXON KING 16TH 17:53.20 MEDALIST

HUNTER MASSEY 29TH 18:24.00

CHASE FARMER 30TH 18:30.60

NATHAN HARRIS 70TH 19:37.50

BLAKE LEE 120TH 20:37.70

### **TEAM RESULTS**

Finished in First Place out of 35 teams in the Gans Creek White Division

DEXTER        82 POINTS

PRIORY        129 POINTS

KNOB NOSTER 132 POINTS

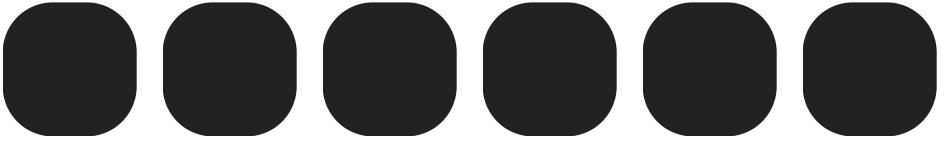
"To have a runner win a race of this magnitude and for our team to finish first is something our program has not seen before.....we now have a reason to run even harder at practice this week!"

The Cross Country Team will travel to Cape Girardeau to participate in the Notre Dame Cross Country Invitational on Saturday, September 30, 2023 at 10:00 a.m.

Photo provided.

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