

MARYVILLE CHRISTIAN SCHOOL

LIONS 2009/2010



CROSS COUNTRY

RESULTS BOOKLET



MARYVILLE CHRISTIAN SCHOOL 2009 CROSS COUNTRY

Maryville Christian School

Maryville, IL

Website: go-mcs.org

School Director: Angela Cox

Coaches:



Bob Hull



Melissa Carlile



Mike Moore

2009 Award Winners

Captain: Alana Moore

Most Valuable Runner (Boys): Kevin Cushing and Harrison Mohesky

Most Valuable Runner (Girls): Becca Starrett

110% Award (Boys): Kevin Cushing

110% Award (Girls): Breanna Mills and Jenna Seest

Christian Sportsmanship (Boys): Michael Cushing

Christian Sportsmanship (Girls): Jenna Seest and Kayla Seest

Most Improved (Boys): Andrew Hull and Chase Carlile

Most Improved (Girls): Alana Moore, Kayla Seest, and Katie Hull

Varsity Letter: Becca Starrett, Alana Moore, Addie Moore

Junior Varsity Letter: Harrison Mohesky, Andrew Hull, Jenna Seest, Matt Mannisi, Michael Cushing, Katelyn Hull, Kaley Wallace, Kayla Seest, Chase Carlile, Breanna Mills, Kevin Cushing, Alyssa Wright, and Luke Cox.

MCS 2009 Cross Country Roster



<u>Name</u>	<u>Grade</u>	<u>Hometown</u>	<u>Letter</u>
Rebecca Starrett	7 th	Edwardsville, IL	Varsity
Harrison Mohesky	6 th	Maryville, IL	JV
Andrew Hull	6 th	Troy, IL	JV
Jenna Seest	6 th	Worden, IL	JV
Alana Moore	6 th	Collinsville, IL	Varsity
Matt Mannisi	5 th	Maryville, IL	JV
Addie Moore	5 th	Collinsville, IL	Varsity
Michael Cushing	5 th	Glen Carbon, IL	JV
Katelyn Hull	5 th	Troy, IL	JV
Kaley Wallace	5 th	Godfrey, IL	JV
Kayla Seest	4 th	Worden, IL	JV
Chase Carlile	4 th	O'Fallon, IL	JV
Breanna Mills	4 th	O'Fallon, IL	JV
Kevin Cushing	4 th	Glen Carbon, IL	JV
Alyssa Wright	4 th	Maryville, IL	JV
Luke Cox	2 nd	Troy, IL	JV



MCS 2009 Cross Country Schedule

<u>Day</u>	<u>Date</u>	<u>Opponent</u>	<u>Location</u>	<u>Time</u>
Saturday	08/29	Liberty/Lincoln	SIUE	9:30 a.m.
Thursday	09/10	Alton Invitational	Gordon Moore Park	3:30 p.m.
Saturday	09/12	Liberty Invitational	SIUE	3:00 p.m.
Monday	09/21	St. Mary Invitational	Centralia, IL	3:30 p.m.
Saturday	09/26	St. Theresa Invitational	Salem, IL	9:00 a.m.
Saturday	10/03	Turner CC Invitational	Jacksonville, IL	1:30 p.m.
Tuesday	10/13	Highland Invitational	Highland H.S.	4:00 p.m.



RESULTS

MCS Cross Country Time Trials, Drost Park

One Mile

August 13, 2009

Andrew Hull
Addie Moore
Becca Starrett
Harrison Mohesky
Michael Cushing
Alana Moore
Kevin Cushing
Matt Mannisi
Breanna Mills
Chase Carlile
Jenna Seest

7:08
7:12
7:21
7:30
7:36
7:39
8:00
8:01
8:31
9:48
10:10

October 6, 2009

Becca Starrett
Andrew Hull
Kevin Cushing
Addie Moore
Alana Moore
Matt Mannisi
Brenna Mills
Katie Hull
Chase Carlile
Alyssa Wright
Kaley Wallace

6:24
6:56
7:05
7:10
7:19
7:32
7:51
7:55
7:58
11:20
11:50

Half Mile

Katie Hull
Kayla Seest

4:17
4:23



RESULTS

August 29, 2009 Liberty/Lincoln/MCS

We were excited to be invited to attend Liberty and Lincoln Middle School's annual intersquad meet. The meet was held on the challenging 2.1 mile SIUE cross country course with over 150 runners competing against each other in one race.

Michael Cushing	15:35
Kevin Cushing	15:41
Harrison Mohesky	16:08
Becca Starrett	16:10
Addie Moore	16:13 (Addie ran a 18:53 in 2008)
Andrew Hull	16:22 (Andrew ran a 19:37 in 2008)
Luke Cox	16:30
Alana Moore	16:46 (Alana ran a 20:53 in 2008)
Matt Mannisi	19:15 (Matt ran a 20:07 in 2008)
Chase Carlile	19:16
Brenna Mills	20:25

The following ran the first mile of the course:

Katie Hull	9:08
Jenna Seest	9:27
Kalya Seest	9:28
Alyssa Wright	9:28



RESULTS

September 10, 2009, Alton Invitational, Gordon Moore Park, Alton, IL, 2 miles

This was probably the toughest course that we ran all year. We measured up very well as Becca and Addie finished in the top third of the runners in their race. It should be noted that Becca and Addie were the first runners in MCS CC history to run in a varsity race. The kids did fantastic in the open race as well. We placed our top five boys in the top third of the race. Kevin had a fantastic race and Andrew was our second runner showing a 3:34 improvement over his 2008 time on this course.

Girls Varsity Race

18. Becca Starrett	15:03	(First Varsity Race)
26. Addie Moore	15:22	(First Varsity Race/2:47 faster than 2008 time)

Open Race – 175 Runners

18. Kevin Cushing	15:02	
33. Andrew Hull	15:48	(3:34 faster than 2008 time)
35. Michael Cushing	15:54	
38. Luke Cox	16:07	
42. Harrison Mohesky	16:11	
73. Alana Moore	17:16	(1:43 faster than 2008 time)
107. Chase Carlile	18:36	
114. Breanna Mills	19:10	
119. Matt Mannisi	19:24	(8 seconds faster than 2008 time)
123. Jenna Seest	19:30	



RESULTS

September 12, 2009 Liberty Invitational, Edwardsville, IL 3:00 p.m. 82 Degrees

This race was unique in that it was just two days after the Alton Invitational. It's always tough to recover and respond well just a couple days after running a very tough course like Alton; however, our kids responded very well. We ran three girls in the varsity race at this meet. Becca led the way finishing in 16th place, earning the first varsity medal in MCS school history. Alana was close behind and just missed a medal, and Addie followed. Kevin Cushing led the way for the boys and Breanna Mills led the girls.

Girls Varsity Race, 2.1 miles

16. Becca Starrett	15:30
23. Alana Moore	15:52
34. Addie Moore	17:11

Open Race, 2.1 Miles

Kevin Cushing	15:33
Harrison Mohesky	16:19
Luke Cox	16:22
Michael Cushing	16:27
Andrew Hull	17:13
Matt Mannisi	17:48
Chase Carlile	18:45
Breanna Mills	19:00
Jenna Seest	20:42

The following ran the first mile of the course:

Kayla Seest	8:39
Alyssa Wright	8:56
Katie Hull	9:29



RESULTS

September 21, 2009 St. Mary Invitational, Centralia, IL

JV Girls – 107 Runners, 1.25 miles, MCS placed eighth out of 18 schools

1. Cherree Miller	Chester	9:27
2. Sophia Keith	Pinckneyville	9:32
3. Anna Simmers	Carriel-O'Fallon	9:37
4. Taylor Rauch	East Richland –Olney	9:47
5. Addie Moore	MCS	9:50 (Trophy/27th in 2008)
6. Allysa Vest	Franklin Park-Salem	9:58
7. Christian Daniels	St. Theresa-Salem	9:58
8. Madison Hood	Selmaville	9:59
9. Anna Krenz	Trinity-Hoffman	10:01
10. Alana Moore	MCS	10:05 (Trophy/58 th in 2008)
40. Breanna Mills	MCS	11:10
68. Alyssa Wright	MCS	12:13
72. Jenna Seest	MCS	12:27
74. Kayla Seest	MCS	12:37
87. Katie Hull	MCS	13:35

JV Boys Race – 150 Runners, 1.25 miles, MCS placed seventh out of 24 Schools

1. D'Aaron Owens	Centralia Jr. High	8:14
2. Christian Covington	Centralia Jr. High	8:16
3. Shandon Webster	Centralia Jr. High	8:26
4. Giulian McLean	Selmaville	8:33
5. Lundyn Waithe	Central City	8:38
26. Kevin Cushing	MCS	9:27
40. Harrison Mohesky	MCS	9:42
54. Matt Mannisi	MCS	10.10
59. Michael Cushing	MCS	10:13
62. Andrew Hull	MCS	10:15
63. Luke Cox	MCS	10:17
98. Chase Carlile	MCS	11:14



RESULTS

September 21, 2009 St. Mary Invitational, Centralia, IL (continued)

Varsity Girls – 101 Runners (Becca beat the eventual first and second place Class “S” SIJHAA state meet runners in this meet). Other runners in front of her in this meet were from much larger schools.

1.	Emily Holtzclaw	Highland	8:26	
2.	Jayden Shelton	Highland	8:26	
3.	Saegan Phillips	Franklin Park-Salem	8:44	
4.	Courtney Frazier	Franklin Park-Salem	8:57	
5.	Sam Lapp	Carriel-O’Fallon	8:59	
6.	Jillian Shufelt	Carriel-O’Fallon	9:04	
7.	Allie Hood	Selmaville	9:04	
8.	Becca Starrett	MCS	9:04	(First varsity trophy in MCS history)
9.	Hannah Rueter	Trinity-Hoffman	9:05	
10.	Olivia Taitt	Carriel-O’Fallon	9:07	

Open Race – 134 Runners

Kaley Wallace



RESULTS

September 26, 2009, St. Theresa Invitational, Bryan Memorial Park, Salem, IL.

Girls Junior Varsity, 1.25 miles, 110 Runners, MCS placed Eighth out of 24 teams.

1.	Kendra Tichellar	O'Fallon-Fulton	8:25	
2.	Cheree Miller	Chester	8:34	
3.	Anna Simmers	Carriel-O'Fallon	8:45	
4.	Katie Edmonds	Edwardsville-Lincoln	8:47	
5.	Dianna Craig	Edwardsville-Lincoln	8:48	
6.	Addie Moore	MCS	8:54	(Trophy)
7.	Alana Moore	MCS	8:58	(Trophy)
8.	Maddy Hood	Selmaville	8:58	
9.	Lydia Keasey	Edwardsville-Lincoln	8:58	
10.	Grace Moore	O'Fallon-Fulton	9:01	
67.	Breanna Mills	MCS	10:34	
71.	Jenna Seest	MCS	10:47	
84.	Kayla Seest	MCS	11:05	
95.	Katie Hull	MCS	11:55	
104.	Alyssa Wright	MCS	13:05	

Top 12 of 24 teams listed:

Salem Franklin Park	128	St. Theresa	281
Raccoon	137	Chester	282
Field	147	Steeleville St. Mark	308
Olney St. Joseph	161		
O'Fallon Fulton	168		
Selmaville	206		
Central City	223		
Maryville Christian	235		
Edwardsville Liberty	264		

Boys Junior Varsity Race, 1.25 miles, 145 Runners

29. Kevin Cushing	MCS	8:32
36. Michael Cushing	MCS	8:41
64. Matt Mannisi	MCS	9:14
66. Andrew Hull	MCS	9:16
105. Chase Carlile	MCS	10:06



RESULTS

September 26, 2009, St. Theresa Invitational, Bryan Memorial Park, Salem, IL.
(Continued).

Open Race – 1.25 miles, 103 Runners

98. Kaley Wallace MCS 12:15

Girls Varsity Race, 1.25 miles, 127 Runners

Becca ran a fantastic race, placing tenth out of 127 runners. She beat the first, second, and fourth place eventual runners that later ran the class “S”, SIJHAA state meet clearly showing that she could have been the “Class S State Champion” if we had been eligible as a school to run in that meet.

1.	Elaine Gorom	O’Fallon, Fulton	7:43
10.	Becca Starrett	MCS	8:18 (Trophy/School Record)
13.	Hannah Clark	Selmaville	8:22 (Later second at State Meet)
15.	Allie Hood	Selmaville	8:25 (Later fourth at State Meet)
20.	Emily Wade	Selmaville	8:35 (Later “State Champion” at State Meet)



RESULTS

Saturday, 10/03/09, Turner CC Invitational, Jacksonville, IL, 1:30 p.m.

The girls competed in the seventh grade girls race while the boys competed in the seventh grade boys race. The competition was very challenging and provided an excellent opportunity to runner against much bigger schools. Highlights were Becca's ninth place finish, improved times by Addie and Alana, and Kayla's excellent race. Our top five boys had a 65 second spread.

Girls Race, 2 Miles, Very Cold, 137 Runners

9.	Becca Starrett	MCS	12:55	(Medal)
46.	Addie Moore	MCS	14:17	(15:36 in 2008)
49.	Alana Moore	MCS	14:25	(15:51 in 2008)
97.	Breanna Mills	MCS	15:58	
107.	Jenna Seest	MCS	16:44	
116.	Kayla Seest	MCS	17:45	

Boys Race, 2 Miles, Very Cold, 129 Runners

50.	Harrison Mohesky	MCS	13:34	
53.	Kevin Cushing	MCS	13:37	
63.	Michael Cushing	MCS	13:55	
78.	Andrew Hull	MCS	14:24	(15:41 in 2008)
86.	Matt Mannisi	MCS	14:39	(16:24 in 2008)
112.	Chase Carlile	MCS	16:01	



RESULTS

Tuesday, 10/13/09, Highland Invitational, Highland H.S., Highland, IL, 4:00 p.m.

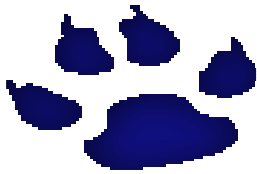
This was our last meet of the year. Thanks to Coach Carlile, Coach Moore, and Mrs. Lori Moore for your help at this meet. The girls ran 1.2 miles and the boys ran 1.8 miles. We ran both the girls and the boys in the varsity races in this meet to gain experience for 2010. A factor in this race was that we had a few people that were running sick and that all of our runners had ran the MCS walk for education and were a bit flat.

Girls Varsity Race, 80 Runners, Very Cold, 11th place out of 12 teams.

14.	Becca Starrett	MCS	8:24
57.	Addie Moore	MCS	9:45 (9:20 in 2008 Open Race)
59.	Alana Moore	MCS	9:46 (10:05 in 2008 Open Race)
65.	Breanna Mills	MCS	9:59
78.	Katie Hull	MCS	11:13

Boys Varsity Race, 83 Runners, Very Cold, 12th place out of 12 teams.

69.	Harrison Mohesky	MCS	13:29
70.	Andrew Hull	MCS	13:36 (14:04 in 2008 Open Race)
71.	Michael Cushing	MCS	13:42
72.	Kevin Cushing	MCS	13:43
78.	Matt Mannisi	MCS	14:51 (14:48 in 2008 Open Race)
83.	Chase Carlile	MCS	18:26



Thank You

Thanks to each and every athlete that ran this year. Your hard work paid off as you represented MCS and FBCM in the highest regard. We gained real credibility with other coaches in the state and now hope to build on our success. We will be offering a running club during the Spring and Summer of 2010. My hope is that you would consider joining us as we prepare for the 2010 season! Our goal is to go to the state meet and finish in the top 10 in both the boys and girls races. To achieve that goal we will need you to work hard and help to recruit others to join us.

A special thanks to Mrs. Angela Cox, Coach Carlile, Coach Moore, Mrs. Shannon Mills, Mrs. Lori Moore, Mrs. Laura Mannisi, and countless other parents for their hard work and dedication this year!



Go Lions!