

PREP CROSS COUNTRY

Midland takes MSAC boys, girls championships

By Rick Elmore
The Herald-Dispatch

ONA — Cabell Midland swept the boys and girls Mountain State Athletic Conference team titles Wednesday at the conference cross country meet held at the Knights' home course and site of the state meet.

Madison Trippett of Parkersburg and Chris Barbera of Woodrow Wilson took the individual girls and boys titles with Trippett finishing way ahead of the rest of the field.

Barbera, the defending state champion, only recently began training this season and looked to be prepared to defend his state title.

Coming off the starting line, Barbera, George Washington's Jacob Birurakis and Cabell Midland's Steven Ball took the early lead and held those positions through the first mile of the race.

Then Sam LeRose took over third as Ball dropped to fourth while Barbera and Birurakis stayed in front.

As the runners hit the newly resurfaced track at Cabell Midland, Barbera had opened a sizable lead and defeated Birurakis by 25 seconds.

Trippett crossed the finish line with a time of 18:21. Trippett was one second faster than her time at the St. Mary's XC Festival in September, which she also won.

"I felt strong all the way through," said Trippett, a junior. "[The finish] surprised me. You never know what to



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GWs Jacob Birurakis finished second in the MSAC boys meet, 25 seconds behind Chris Barbera of Woodrow Wilson.

early lead followed by a group of Cabell Midland runners.

The three front-runners, led by Trippett and followed by Cabell Midland's Anya Miller and Parkersburg's Olivia Collett, emerged at the first mile marker. Those three held their positions at the 2-mile marker and coming onto the track.

Miller took second place at the meet, the best individual finish for the Knights. Emma Jenkins (ninth), Gretcher Mills (fifth), Brynn Smith (fourth) and Miller's second-place finish gave Cabell Midland four of the top 10 spots for 31 points overall.

In the girls field, Cabell Midland finished ahead of Parkersburg and Hurricane for the top three spots.

The Cabell Midland team beat Woodrow Wilson and

expect so you just have to run your hardest no matter what.”

Trippett led the girls race from the starting line through

Parkersburg to take home the top team spot.

The regional meets are next week and the state mee