

MSHSAA State Championship

Saturday, November 4, 2023 - Gans Creek Cross Country Course



STATE RACE

[Race Results](#) (PDF)

[Race Photos](#)

[Race Video](#)

[Team Split Sheet](#)

In Saturday's State Championship race, SLUH finished third overall, our highest finish since finishing second in 2020. Rock Bridge claimed the team championship, and Rockhurst was second. This is our 16th State team trophy and the sixth consecutive year we've finished as the top-placing team from the St. Louis area.

Weather, course, and race conditions all conspired for intense and fast racing. The action started out fast and furious, with our scoring runners averaging 6:00 through the first two kilometers. Over the second half of the race, Rock Bridge and Rockhurst moved up through the field and displaced us from our early team lead. By the penultimate scoring point at 4k, we were in third place, and this is where we would remain. At the front of the race, a pack of three runners found early separation from the field, and Jackson Miller went out at the front of the second pack, holding his position for the entire race. A sophomore from Rock Bridge and a senior from Kirkwood each ran under the previous course record, running 14:51 and 14:52, respectively. Jackson crossed the line first for us, in an amazing time of 15:17 that was good enough for 6th place overall. Charlie Murray stormed home over the final kilometer to finish in

15:39 for 18th overall. Our other three scorers were Alex Bendaña, Noah Evers, and Gus Talleur.

Thanks to all who supported the team, whether in person in Columbia, online via the live results link, or those who watched the live stream back in St. Louis. The 2023 season was yet another season filled with hard work, tremendous success, and fun and lasting memories. Looking back at where we were over the summer, the coaches firmly believe everyone should feel very proud of where we are now. The future is brighter than ever.

Good luck to those competing at NXR on Sunday and the Run for ALD the weekend after. See you all at the banquet in a few weeks!

CLASS 5 TEAM RESULTS	SLUH TEAM - PLACES & RESULTS
1. Rock Bridge, 91 (<i>Team Champion</i>) 2. Rockhurst, 99 (<i>Team Trophy</i>) 3. SLUH, 120 (<i>Team Trophy</i>) 4. Nixa, 131(<i>Team Trophy</i>) 5. Liberty, 171 6. Lee's Summit, 173 7. Raymore-Peculiar, 182 8. Webb City, 218 9. Kirkwood, 229 10. Liberty North, 236 11. Liberty (Wentzville), 253 12. Parkway South, 271 13. Lafayette, 293 14. Blue Springs South, 303 15. Eureka, 321 16. Francis Howell, 340	6. Jackson Miller, 15:17.6 18. Charlie Murray, 15:39.8 36. Alex Bendaña, 15:57.6 38. Noah Evers, 15:59.2 50. Gus Talleur, 16:11.9 87. George Donahue, 16:38.0 103. Mason Scargall, 16:46.1

STATE STATS	ALL-STATE MEDALISTS
3rd of 16 teams <i>158 runners in the race</i> Scoring spread: 0:54 Average time: 15:49 <u>Updated scoring results</u> from each kilometer	Jackson Miller, 6th Charlie Murray, 18th

STATE PRs	STATE NOTES
Noah Evers - 0:37 Jackson Miller - 0:23 Alex Bendaña - 0:11 Charlie Murray - 0:08	• We were the top-placing team from St. Louis for the sixth year in a row. • Our team average of 15:49 is the fastest 5k team average in program history. The previous best was 16:00, from State 2021. • Our 120 team points at State is our lowest since scoring 119 in 2019. • Jackson is now our highest-placing freshman ever at State and our first freshman to earn an All-State medal. He was the third-highest runner from the St. Louis area, behind only a Kirkwood and a Lafayette runner. • Jackson's time of 15:17 is our new 5k school record, eclipsing Tim Rackers's previous record of 15:26, set at NXR in 2010. • Charlie's time of 15:39 is #4 on our all-time 5k list, behind only Jackson, Tim, and Noah Scott (15:38 at State 2019) • Updated list of SLUH XC State records - HERE • Updated chart of SLUH XC State Performances - HERE • Updated list of SLUH XC State Team Split Sheets - HERE <i>Outside media:</i> • Click HERE to read the STLToday.com article on the Class 5 Boys and Girls Races and see a video of SLUH receiving the third place trophy. • Click HERE for a gallery of photos from the Class 5 Boys Race. (We were given this link by a local photographer.)