

2004 District meet...



News-Messenger/Dan Bowerman

FREMONT ROSS senior Derek Hill finished in eighth place with a time of 16:39 at the Division I district race at Oregon Clay on Saturday. Hill advanced to next weekend's regional race in Tiffin.

Hill, Bowen advance for Little Giants

News-Messenger reports

Fremont Ross boys cross country coach Cathy Esposito said Derek Hill and Nathan Bowen epitomize consistency.

And that translated into the two advancing to the Division I regional race in Tiffin as Hill finished the district race on Saturday at Clay in 16:39 (eighth place) and Bowen in 17:11 (12th).

St. John's won the district race with 46 points and the Little Giants were sixth with 118.

Ross ran without No. 3 Michael Flores, who incurred a stress fracture and missed the final three meets, and Elon Simms missed a bulk of the season with a hip malady.

Esposito said both her remaining runners are capable of traveling to the state meet in Columbus.

"There will be a lot of kids in the 15s (at regionals)," she said. "Derek will probably have to break 16. I'm sure Nathan will do well — he's really good on the Tiffin course. Both of them are awesome runners."

Hill's personal best on the season is 16:12, and Bowen's is 16:43.

The Little Giants advanced to regionals as a team last season but did manage to repeat as league champion this year.

"The league meet stands out because they won it for the second time in a row," Esposito said. "That was a really nice highlight to the season."

Esposito said Hill and Bowen have meant a great deal to the program.

"They have shown the others how important dedication is," she said. "They run all the time. The younger kids see that, and it motivates them."

Imagine what a trip to state could do in that regard.

Div. I Districts

at Clay Team Standings

1. Bowling Green	21
2. Anthony Wayne	60
3. Holland Springfield	81
4. Bowsher	114
5. Sylvania Northview	119
6. Fremont Ross	134
7. Tol. Rogers	220

For Ross — 16. Ashley Fischer
20:50.00, 20. Alyssa Bowerman
21:26.20, 29. Allison Adams 22:47.90,
33. Bryleigh Linton 23:04.70, 36. Liz
Munoz 23:32.20