

# Follett turns in super time

For the first time in at least seven years, a Plymouth cross country runner has turned in a time under 18:00.

During last Tuesday's home dual meet against Crestline, Jay Follett was clocked in 17:59, which was good for second place behind the Bulldogs' Brandon Sampsel.

"Jay ran extremely well," coach Mike Follett said. "He ran with Brandon Sampsel for the first two miles and Sampsel was a regional qualifier last year."

Eliot Fackler was fifth in 20:27, which was the best time of his career. Joe Childs was seventh in 22:27, Wes Garcia was eighth in 22:52 and John Justice was 10th in

25:08.

"I think just about everyone had their best times ever," Follett said. "I was pleased from top to bottom with the way things went."

In the girls' race, April Schwaderer was third and Tiffany Shepherd was fifth.

On Saturday, the Big Red harriers went to Galion's Amanns Reservoir.

Follett was 41st in the open race in 19:37, followed by Fackler (162nd, 21:46) and Josh Conley (183rd, 22:09).

On the girls side, Schwaderer was 144th in 25:58, Shepherd was 139th in 26:42, Amanda Reeder was 165th in 28:04 and Heather Roll was 175th in 28:37.