

Cross-country

"We Run through the Woods"

Coach Heflin and his runners took the cross-country team to new heights this year. They raised the bar with wins over such 4A programs as Hartsville and 3A Lugoff-Elgin and Eau Claire. The Spartans opened with a 3rd place finish at SCISA champion Ben Lippen. After victories over Hartsville, L-E, and Lakewood, the team went to Wilson Hall. "We always look forward to that meet," Coach Heflin said. "Our theme this year was, 'We run through the woods.' Wilson Hall runs its meets on a farm and is a very tough course." Cole Kenworthy, Chad Henry, and Carter Langlo led the Spartans. Josh Davidian, Jonathan Garrett, Michael Wooditch and Craig Phillips, often a top three finisher, came through several times, providing crucial points. Brian Czech was always dependable, with first-time runners Bobby Bellows, Sam Geigler, Brian Wood, Andrew Smith, Nate Phillips, Adam Lazaras, and Craig Barker all contributing to team success. "We have built a solid foundation," said the coach. "When teams go up against CMA next year, they will know that they will really have to run through the woods."



Carter Langlo is "amazed" after the meet.



Senior Cole Kenworthy finishes strong.



Junior Chad Henry leads CMA past runners from Lugoff-Elgin and Pelion.



CMA and L-E have the county's only cross-country teams. Over the past three seasons CMA has yet to lose to L-E.



Spartans: AW Smith, D Lynch, SA Geigler, AW Lazarus, CA Henry, NP Phillips, CJ Langlo **Row 2:** KJ Markey, BJ Czech, TB Wood, DC Kenworthy, JN Garrett, RH Bellows, CP Phillips, JC Davidian, Coach Heflin (not pictured: M Wooditch, C Barker)



Brian Czech and Craig Phillips move past a Lugoff-Elgin runner.



Josh Davidian runs strategically to set up a Lower Richland runner.



Brian Wood, Bobby Bellows, Nate Phillips, and Andrew Smith: "Hey, Brian, I will win this one."



The CMA runners prepare to run through the woods.



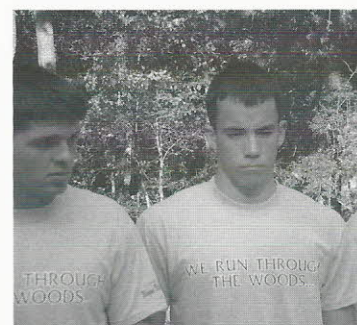
"Oh, we are going to fall!"



Brian Wood passes a runner from A. C. Flora.



Craig Barker leads the way for CMA.



Cole Kenworthy and Jonathan Garrett are wearing their cross-country look.