

Leaks go All-American

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On Saturday Nov. 21, Greg Leak, UHS Class of 2006 ran in the Division III Cross Country Championship in Cleveland, Ohio. His time was 26:06 for the 8 km race on a very wet, muddy and hilly course. He placed 31st out of 276 runners. The top 35 runners in Division III are selected for All-America. Greg sprinted up the last hill to pass around 20 runners over the final 800 meters. Greg was the number one runner for his team. His time and his place are the highest ever in the history of Dickinson College. This is the third year that Greg has qualified to run at the National Championship and it is the first time he has been an All-American. This was Greg's last collegiate Cross Country race as he graduates in May. Here is a link to the story:

<http://www2.dickinson.edu/sports/article.cfm?articleIndex=1793>.

On Monday Nov. 23, Colin Leak UHS Class of 2005, ran in the Division I Cross Country Championship in Terre Haute, Indiana. His time was 30:21 for the 10 km race on a perfect day....cool, cloudy with a very light breeze. The race was extremely fast. He placed 40th out of 250 runners. The top 40 runners in Division I are selected for All-America. Colin was in around 60th place with 3,000 meters to go when he started moving up and began his kick to the finish. Colin placed third for his team. This is the first year that the College of William & Mary has had three All-Americans. They placed 5th out of 31 schools. This is the fourth year that Colin has qualified for the National Championship and it is the first time he has been an All-American. This is Colin's last collegiate Cross Country race as he graduates in May, too. Here is a link to the story:

<http://tribeathletics.com/story.php/9597/>.

Colin and Greg will take a short break and then begin to train for the track season. They will run in the 3,000, 5,000 and 10,000-meter races.