

## TFS MS XC Highlights Georgia MS State Championships Oct 16, 2021

In his third race of the week, Ethan Wheeler placed 15th of 215 runners in the small school championship division at the 2021 Georgia Middle School State Cross Country Championship. His time ranked him 62nd out of 1085 harriers among the seven boys races during the day; his time of 12:37.38 is the second best TFS MS boys state time ever and #2 on the TFS XC Legacy List. Charlie Harris, Caleb Kelly, Morgan Martin, and Gavin Simmons also gained valuable experience racing amongst the throngs of harriers in an elite type of atmosphere.

Seventh grader Lizita Miller again paced herself strategically to place 22nd out of 191 in the small school championship division. Her 2 mile time of 15:04.38 ranked her 130th of 964 running throughout the day and set her as #6 on the TFS MS 2 mile Legacy List. Not very far behind her in 39th place (15:29.01) was Olivia Henderson, who ended up #7 on the Legacy List. Both Carsyn Griffis and Avery Keim finished in the top half of the race and only a second apart and in the top 20 of the teams Legacy List.

The interspersed clouds allowed for a respite between moments of comparatively intense zapping rays; overall, the atmosphere provided was truly one of a state meet experience. A lengthy trailer awards banner and podium, top 25 medals, tee shirt line as long as Atlanta traffic, a well laid out, fan friendly, challenging course, 145 schools or clubs racing during the day, record boards and signs everywhere, a gazillion porta potties, and a culture of “do your best” created lasting memories...and showed our runners it is a sport where you matter most.

### MS girls results

<https://ga.milesplit.com/meets/430276-georgia-middle-school-state-cross-country-championships-2021/results/775217/raw#.YXbDF1XMKpo>

### MS boys results

<https://ga.milesplit.com/meets/430276-georgia-middle-school-state-cross-country-championships-2021/results/775218/raw#.YXbC3IXMKpo>

TFS results <https://ga.milesplit.com/meets/430276-georgia-middle-school-state-cross-country-championships-2021/teams/20834#.YXbCoVXMKpo>



## MS XC Highlights Kent Kramer Classic October 14, 2021

The unseasonably warm day did not hinder TFS in running the best races of the season. Lizita Miller and Olivia Henderson (season best and only .2 behind) raced superbly to come from behind in the last 100m to earn the victory and runner-up medals and lead the team to the winner's podium, capping a stellar meet in which the varsity girls also earned the top trophy. Avery Keim (8th), Haylen McGugan (9th), and Molly Rickman (10th) raced smart and tough to finish the scoring by placing in the top 10. Two spots back, Carsyn Griffis was the first TFS displacer, immediately followed by Megan Prince. Lily Gaglio and Catherine Harris ran strong races.

Ethan Wheeler led the boys to a fourth place team finish by running 11:48.25 in third place on the deceptively tough 3k course. Gavin Dodd, Thatcher Tatum, Zeek Pruitt, and Charlie Harris were the other scorers. Pruitt, Martin Raybon, and Morgan Martin all ran personal records. Gavin Simmons was running stellar till sickness caught up and passed him. Dalton Blackwell and Caleb Kelly ran within two seconds of each other.

MS boys results <https://ga.milesplit.com/meets/427962-kent-kramer-classic-2021/results/774070/raw#.YXazCIXMKpo>

MS girls results <https://ga.milesplit.com/meets/427962-kent-kramer-classic-2021/results/774069/raw#.YXazNFXMKpo>

TFS results <https://ga.milesplit.com/meets/427962-kent-kramer-classic-2021/teams/20834#.YXay6VXMKpo>



## MS XC Highlights Tri State Championship @ TFS Farm October 12, 2021

On a magnanimous, sun kissed blue sky afternoon on the TFS Farm 3k rolling hill home pasture grass course, both TFS girls and boys finished second in the annual Tri State Cross Country Championship. In her best race of the season thus far, Lizita Miller led TFS as the runner-up in a near personal record 12:51.03, defeating another runner she had not placed ahead of in any of the earlier meets.

Carsyn Griffis gutted out the finish to place sixth, .31 ahead of the next competitor. Avery Keim ran her best to place two spots back and round out the Tri State scoring. Haylen McGugan and Molly Rickman were the next two TFS displacers, finishing 10th and 12th, respectively. Megan Prince (15th) and Lily Gaglio (16th) were the next duo sprinting across the finish line. Catherine Harris and Jazzy Marshall came under the banner within a second of each other.

Ethan Wheeler finished third, only three seconds behind the winner, while running the #5 3k Course Legacy List time of 11:12.91. Bentley Huff, nursing an injury, finished strong in sixth, followed immediately by Ryder Cantrell, who ran 30 seconds faster on the same course than previously in the season. Gavin Dodd, Thatcher Tatum, and Zeek Pruitt all finished in order from 11th-13th. Caleb Kelly ran a PR, followed by Charlie Harris. Morgan Martin ran a minute faster and Dalton Blackwell ran 30 seconds better than the CnQ race in September.

### Girls

Rabun Gap 13

TFS 14

Summit 19

Towns 45

Highlands DNS

### Boys

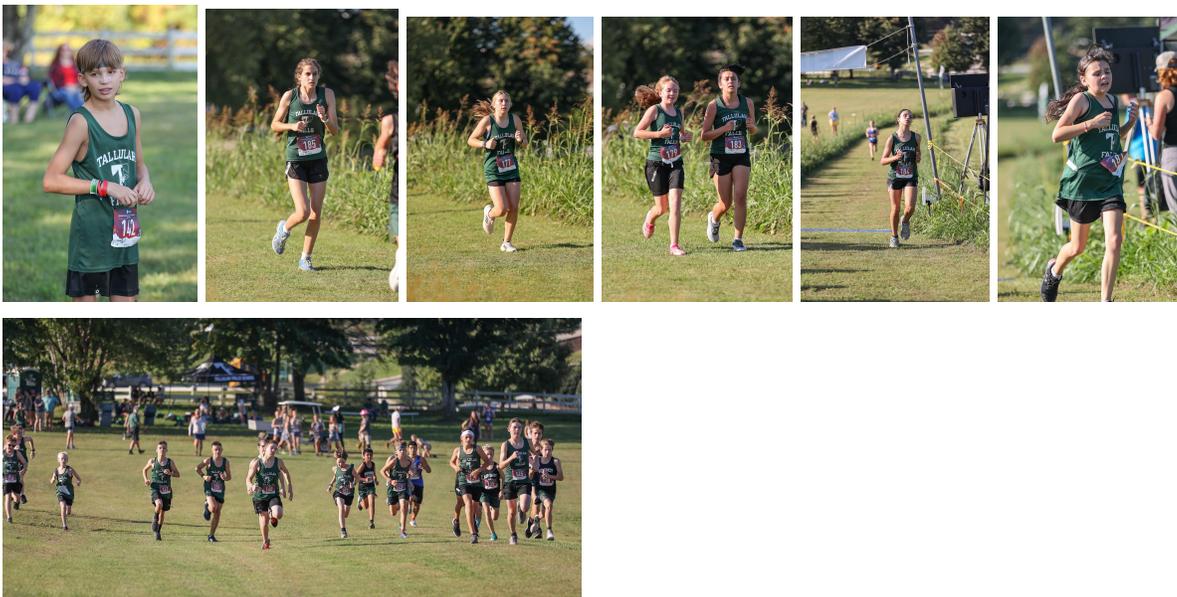
Summit 10

TFS 16

Highlands 26

Towns 38

Rabun Gap DNS



## TFS MS XC Highlights Tri State Meet #5 @ Towns Co Sept. 28, 2021

TFS boys (9 points) and girls (16 points) defeated Rabun Gap, Towns Co, Summit Charter, and Highlands at the fifth meeting between the schools this season. The 1.9 mile course at the Georgia Mountain Fairgrounds started and finished on a freshly cut hay ball field then entered a smashed horseshoe shape with a shorter asphalt inner loop that traipsed between boarded up vendor sites and then along an extended outer curve with lake views.

Lizita Miller, Olivia Henderson, and Carsyn Griffis led the team in scoring (3rd, 5th, 8th, respectively), all running personal records. Avery Keim (9th) and Haylen McGugan (10th) ran their PRs while displacing points for the other teams. Molly Rickman, Megan Prince, Lily Gaglio, and Catherine Harris all raced their best times of the season as well!

Bentley Huff raced to victory for the third time this season, quickly followed less than three seconds later by Ethan Wheeler; both continue to run with adept strategy and foresight. Ryder Cantrell finalized TFS scoring in 6th place. All three ran PRs. Gavin Dodd (9th) and Gavin Simmons (11th), as displacers, kept other schools from scoring higher while running all time bests; Simmons has cut so much time off since last year that he's come through a time warp.

Others who vamoosed their way to lifetime bests include Charlie Harris, Steven Jackson, Josh Lander, Morgan Martin, Zeek Pruitt, Martin Raybon, and Thatcher Tatum.

### Girls:

1st Tallulah Falls - 16 points  
2nd Highlands - 21 points  
3rd - Summit 26 points  
4th - Rabun Gap 31 points  
5th - Towns 64 points

### Boys:

1st Tallulah Falls - 9 points  
2nd Summit - 16 points  
3rd Highlands - 32 points  
4th Towns - 46 points  
Rabun Gap - DNS

Next meet: Thur Oct 7 @ Runners' Fit Mountain Invite - Unicoi State Park



## TFS MS XC Highlights Tri State #4 @ Rabun Gap Sept. 23, 2021

TFS girls (6 points) and boys (8 points) shined the light of TFS while defeating Rabun Gap, Summit, Towns County, and Trinity Christian to win the Tri State Conference meet #4 at Rabun Gap under a crisp, sunny, early fall afternoon on a 1.9 mile single loop grass, sidewalk, and packed rock dust course.

Lizita Miller was second overall, 2:20 faster than last year on the same course! Olivia Henderson was one point behind, also drastically reducing her time from 2020. Carsyn Griffis ran 1:52 better on the same course to round out the team scoring, placing fourth. Haylen McGugen crossed the line four seconds and one place later with a near two minute improvement. Avery Keim was the TFS second displacer finisher in 6th, also running her course best. Molly Rickman continued the line of TFS harriers in the top ten by placing seventh with a 1:18 course improvement.

Bentley Huff and Ethan Wheeler again ran a strategically strong and smart race, the former in victory and the latter only seconds behind in third. Ryder Cantrell crossed the line in sixth, a place better than a week ago and near his personal record time despite a longer course. Thatcher Tatum (10th) and Gavin Dodd (11th) displaced the other teams' scorers. Gavin Simmons cut off a whopping 2:44 from last year while Zeek Pruitt, Charlie Harris, and Martin Morgan set PRs.



## TFS Middle School XC Highlights Athens Academy Sept 16, 2021

Competing within themselves and amongst ten schools, 230 preteens in two races started on the polyurethane track before a horseshoe direction led them up a dirt/grass double stair incline to the upper tunnel, then through a short forest, grass path parallel to two different lakes prior to OMG hill, lastly emphatically pumping arms and lifting heavy legs around the reversed horseshoe bend before finally narrowly edging out a competitor as the clock flashed your paycheck.

Out of the 124 boy harriers, Bentley Huff placed sixth in a 3k time of 11:19.71. Less than a half a second and one place later, Ethan Wheeler ran a personal record time. Ryder Cantrell and Gavin Dodd both ran personal bests. Sixth grader Thatcher Tatum rounded out the scoring of the fifth place Indians (out of ten teams). Gavin Simmons ran 1:50 faster than his 3k PR time of 2020. Others who ran their fastest races include Steven Jackson, Caleb Kelly, and Martin Raybon while Dalton Blackwell ran his season best.

The TFS girls team placed fourth of eight scoring schools. Lizita Miller again led the team by placing tenth in a PR 3k time of 12:48.39. Olivia Henderson, Haylen McGugan, and Avery Keim scooted to their pinnacle times while Molly Rickman also scored for TFS in a season best performance. Carsyn Griffis was the team's first displacer in her lowest time while Lily Gagio and Catherine Harris hastened to their all time bests as well.

What was impressive was the number of TFS harriers who outsprinted people in the last quarter mile to move up in points, giving their all until the initial blade of white painted grass at the finish line while eyeing the red digits flicking one moment at a time. The pounding hearts, heaving lungs and wobbly - legs quickly turned to happy, proud tweens ready to put a sticker on their faces, representative of the happiness found in giving one's all.

TFS results <https://ga.milesplit.com/meets/433328-athens-academy-middle-school-2-2021/teams/20834#.YUQEDZhKipo>

Boys results

<https://ga.milesplit.com/meets/433328-athens-academy-middle-school-2-2021/results/763275/raw#.YUPstZhKipo>

Girls results

<https://ga.milesplit.com/meets/433328-athens-academy-middle-school-2-2021/results/763285/raw#.YUPtq5hKipo>



## TFS MS XC Highlights Tri State #3 @ Highlands, NC Sept 14, 2021

The Tri State Middle School Conference began in 2010 with schools from GA, NC, and SC. Because all of the schools were low in cross country numbers at that time, scoring for the XC meets were the top three places with the next two of that team's finishers as displacers, which keep another team from scoring. Normal XC meets score five and displace two. Today's meet, under drifting overcast intermittent canopy, was a 2.03 mile triple loop course run mostly on asphalt around the Highlands track and school area and included TFS, Highlands, Rabun Gap, Summit Charter, and Towns County.

Bentley Huff (1st), Ethan Wheeler (3rd), and Ryder Cantrell (7th) edged out the top three from Summit Charter for the team victory 11-13, running smarter from the get go all the way through the finish line. Thatcher Tatum, Gavin Dodd, and Zeek Pruitt were the next three TFS finishers, the former two as displacers. Gavin Simmons and Josh Lander also scurried adeptly on the course.

Lizita Miller (3rd), Olivia Henderson (6th), and Carsyn Griffis (7th) narrowly lost based on scoring three. Molly Rickman (9th), Avery Keim (10th), and Haylen McGugen (11) followed soon after, all racing smart and passing many along the triloop path.

Photos: Photos of the meet may be found at [plateuadailynews.com](http://plateuadailynews.com)





## TFS MS & HS XC Highlights North GA Championships @ Lamar Murphy Park August 28, 2021

The sweltering dew and intermittent scorching sun, varying breeze, and the bright rays sporadically covered for brief respites greeted 1455 finishers throughout the long morning on the high school 2 loop, 5k course and the middle school 3200m one and a half loop grassy trail at the Jefferson Lamar Murphy Recreation Center.

Junior Walker Bailey, having averaged over 40 miles per week over the summer, finished eighth of 183 in the varsity division and 55th of 310 overall boys while running a personal 5k record and 1:30 faster than last year on the same course over the same weekend. Zhigao Henry Xiong ran two minutes faster than 2020 to place 37th. Austin Ball ran 19:50, cutting two minutes from a 2020 August time. Jackson Shadburn, Timothy Beck, Jason Bard, and Josiah Turney all set 5k PRs.

Frosh Josie Chesser led the TFS girls to a 13th place finish of 22 scoring teams by running 24:20.83 for 43rd of 162 in the varsity division (88th of 238 overall). Within 23 seconds of her overall PR, Miranda Chapa came in shortly after, followed by Kailyn Neal, Caroline Ball, and Jenna Chesser to round out the scoring for TFS. Ninel Tarasova, Sandra Badia, Stasa Beratovic, and Zoja Cerovic all ran a 5k race for the first time.

Ethan Wheeler (7th of 279 in 12:20.59), Bentley Huff (11th in 12:29.92), Ryder Cantrell (64th), Gaving Dodd, and Josh Lander - who cut off over a minute from 2020 on the same course - led the Indians to a 12th place finish among 22 scoring middle school teams. Charlie Harris took well over two minutes off his time from a year ago. Gavin Simmons ran four minutes faster!

Carsyn Griffis ran 1:50 better than a year ago to lead the MS girls to 10th place of 20 scoring teams. Olivia Henderson, Avery Keim, Haylen McGugan, Megan Prince, and Molly Rickman all skedaddled their way through the simmering atmosphere significantly faster than 2020 on this course.

***TFS Harriers of the Meet: Walker Bailey, Josie Chesser***

***TFS MS Harriers of the Meet: Ethan Wheeler, Carsyn Griffis***

TFS HS results <https://ga.milesplit.com/meets/420450-north-georgia-championships-at-lamar-murphy-2021/teams/4745#.YSv6x5hKipo>

Varsity boys results <https://ga.milesplit.com/meets/420450-north-georgia-championships-at-lamar-murphy-2021/results/757533/raw#.YSqgFZhKipo>

Varsity girls results <https://ga.milesplit.com/meets/420450-north-georgia-championships-at-lamar-murphy-2021/results/757600/raw#.YSqgPphKipo>

JV boys #2 results <https://ga.milesplit.com/meets/420450-north-georgia-championships-at-lamar-murphy-2021/results/758143/raw#.YSv47JhKipo>

JV girls results <https://ga.milesplit.com/meets/420450-north-georgia-championships-at-lamar-murphy-2021/results/758010/raw#.YSv5eJhKipo>

TFS MS results <https://ga.milesplit.com/meets/420450-north-georgia-championships-at-lamar-murphy-2021/teams/20834#.YSv7L5hKipo>

MS boys results <https://ga.milesplit.com/meets/420450-north-georgia-championships-at-lamar-murphy-2021/results/757994/raw#.YSv5rphKipo>

MS girls results <https://ga.milesplit.com/meets/420450-north-georgia-championships-at-lamar-murphy-2021/results/758163/raw#.YSv5cJhKipo>

## TFS MS/HS XC Quadrathlon Highlights Aug 24, 2021

The 16th annual TFS cross country quadrathlon is a memorable escapade in a distinct mountain and lake atmosphere consisting of kayaking a loop from Tallulah beach around the old railroad trestles and back, swimming in the beach area, biking Terrora Circle, and running an out-and-back from the beach to the suspension bridge area for middle school and the entire Shortline Trail for high school. The approximately seven mile overall route integrates the joy of being active outdoors while toughening through discomfort, strategizing schemes, sharpening focus, and a smidgen of mechanical luck into a spectrum of minutes of lasting recollection. The memorable event is a longstanding TFS cross country tradition that brings together our XC families and promotes the unique atmosphere and distinguished treasure we have in Tallulah Falls.

Senior Evan Prince won for the third year in a row in 50:35. Walker Bailey finished second in 60:04 while Austin Ball tallied third in 63:03. Senior Caroline Ball won the girls division in 62:54. Lucy Alexander finished second in 62:55 and Kailyn Neal took the bronze in 70:14.

Ethan Wheeler and Bentley Huff tied in victory for the middle school boys in 51:46 each; Charlie Harris came in third. Olivia Henderson was victorious for the girls in 54:59 while Megan Prince followed in 59:59. Molly Rickman placed third. Each participant was fueled by cheering fans and inspiring scenery, the kind of scenery that is the backdrop of movies!

We are grateful for the special support by Thomas Burnett of the Fellowship of Christian Athletes who flipped hundreds of pancakes for our near forty participants and their families and the myriad of TFS staff and parent volunteers!