

# Cougars have strong showing at NCAA regional

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PEORIA – The SIUE cross country teams completed the NCAA Midwest Regional Friday with [Ben Scamihorn](#), [Aly Goff](#) and [Emily Ellis](#) all hitting top times for the Cougars.

The meet took place at the Newman Golf Course in Peoria, Illinois. The SIUE men placed 23<sup>rd</sup> out of 31 teams overall. The women did not score as a team.

Scamihorn, senior from Marshall, Illinois, Placed 38<sup>th</sup> in the men's 10K. His personal record time of 31:55.1 is 13<sup>th</sup> fastest in SIUE history.

Also for the SIUE men, [Landon Skelly](#) took 90<sup>th</sup> with a time of 32:45.2. [Liam O'Connell](#) placed 142<sup>nd</sup> (33:43.9), [Austin Woodard](#) 151<sup>st</sup> (33:58.9) and [Joseph Stone](#) 199<sup>th</sup> (36:06.40).

Goff, who was honored with All-[Ohio Valley Conference](#) second team honors Oct. 27, placed 138<sup>th</sup> in the women's 6K at the Regional with a time of 22:31.3. Her time places her 20<sup>th</sup> all-time for SIUE in the 6K.

SIUE Freshman Ellis placed 138<sup>th</sup> while running the 11<sup>th</sup> fastest 6K time (23:27.2) for a freshman in school history. She now owns the second and 11<sup>th</sup> fastest freshman 6K times and the 20<sup>th</sup> fastest freshman 5K time in SIUE history.

[Kassidy Dexheimer](#) (24:04.1) and [Gabrielle Wood](#) (25:11.5) took 196<sup>th</sup> and 217<sup>th</sup> respectively for the SIUE women.