

Amber Decker wins Metro Spotlight Award

Written by Metro Sports Report

Sunday, 12 October 2014 14:52 - Last Updated Sunday, 12 October 2014 14:54



Linn-Mar junior Amber Decker is the winner of the Metro Spotlight Award for high school girls this week, the Metro Sports Report announced Sunday.

Decker, one of the top runners in Iowa, posted a convincing wire-to-wire victory in the Mississippi Valley Conference Super Meet Thursday on the Prairie High School cross country course. She defeated runners from all 14 MVC schools, showing she's ready to compete for high honors at the state meet this year.

Decker finished ninth at the state cross country meet as a freshman in 2012 and placed eighth last year as a sophomore. Now she appears ready to take another step this season.

Decker also has excelled at the Class 4A state track meets the past two years. She has collected seven top-10 finishes in individual events and relays for Linn-Mar.

Decker was a member of the 4x400 relay that finished second at the 2014 state meet in May, but the Lions were awarded first place when Pleasant Valley was stripped of its title for using an ineligible runner (Kaley Ciluffo).

Decker finished fourth in the 800 meter run at the 2014 state meet, her highest finish in an individual event at state so far.

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Linn-Mar placed second at the state cross country meet in 2012 and finished fifth last year. The Lions placed seventh at the state track meet in 2013 and finished fifth this past year, all with Decker playing prominent roles.