

## Evans, Cougars snap marks at Ask Relays

Written by Jim Ecker

Saturday, 29 March 2014 17:38 -

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Linn-Mar senior Josh Evans shattered a 27-year-old record at the John Ask Relays Saturday morning with an impressive performance in the 3200-meter run at Kingston Stadium.

His next target in the 3200 could be the state record.

Evans cruised to victory in 9 minutes, 14.95 seconds, snapping the old mark of 9:26.33 by more than 11 seconds on the first good day for outdoor racing this spring.

"I felt pretty good," said Evans, who beat Mitch Pritts of Prairie by about 150 meters. "I'm pretty happy. I'm pretty psyched for Drake and everything."

The state record is 9:05.58 by Kevin Lewis of Ottumwa in 2011. Evans clocked a 9:11.49 when he



finished second at the Drake Relays last year, and he thinks several runners have a chance to break the state mark this season.

There's an outstanding crop of distance runners in Iowa this year with Evans, Thomas Pollard of Gilbert and Michael Melchert of Monticello, all of whom figure to battle at Drake next month.

"I'm hoping I can pop a pretty good time at Drake with all that competition," said Evans. "I'm going to have pretty good company. I think we can have five guys under nine (minutes). It's going to be pretty crazy."

The Kennedy Cougars broke a 7-year-old record in the shuttle hurdle relay when Famiek Cook, Derek Jacobus, Marcus Perkins and Shaun Beyer were clocked in 58.61 seconds, snapping the

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old mark of 59.82 set by Linn-Mar in 2007.

"It felt good for our first meet," said Jacobus. "I like the time that we ran. It's a good start for the season. It's pretty impressive, especially at a historical meet like this."

The 55th Annual John Ask Relays featured seven teams under sunny skies and calm conditions, with the temperature sitting at approximately 50 degrees.

Prairie won the team championship with 118.5 points. Iowa City West placed second with 113 points, followed by Kennedy in third place with 99 points.

Kennedy won five events. Cook captured the long jump (21-1 3/4) and 200 meter dash (22.73) as well as running on the victorious shuttle hurdle relay. Beyer took the high jump (6 feet) and Perkins claimed the 400 low hurdles (57.17 seconds).

Tanner Rathje won the 800 for Linn-Mar (2:01.66) and the Lions claimed the 1600 sprint medley in 3:37.76 with a strong 800 anchor leg by Evans.

Shaquille Harbor won the 100 meter dash for Jefferson (11.36), but suffered a leg injury in the 200 and did not finish the race. The J-Hawks took the 4x200 relay in 1:31.33 with Jacob Beaton, Nate Karlan, Dan Larson and Dylan Chittick.

Michael Lamparek won the discus for Prairie (139-10).

Washington won the 4x100 relay in 44.65 seconds with Alex Herzog, Landen Akers, Robert Bolden and Mason Taylor.

Team Standings

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1. Prairie 118.5, 2. Iowa City West 113, 3. Kennedy 99, 4. Linn-Mar 82, 5. Jefferson 67.5, 6. Bettendorf 46, 7. Washington 32.

Champions

Shot put - Wade Webster, Bettendorf, 53-1.5

Discus - Micheal Lamparek, Prairie, 139-10

Long jump - Famiek Cook, Kennedy, 21-1.75

High jump - Shaun Beyer, Kennedy, 6-0

3200 - Josh Evans, Linn-Mar, 9:14.95 (meet record)

4x800 relay - Iowa City West 8:12.38

Shuttle hurdle relay - Kennedy (Famiek Cook, Derek Jacobus, Marcus Perkins, Shaun Beyer) 58.61 (meet record)

100 - Shaquille Harbor, Jefferson, 11.36

400 - Kaleb Greiner, Iowa City West, 52.71

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4x200 relay - Jefferson (Jacob Beaton, Nate Karlan, Dan Larson, Dylan Chittick) 1:31.33

110 hurdles - Andrew Gilbaugh, Iowa City West, 15.35

1600 - Daniel Gardarsson, Iowa City West, 4:28.12

200 - Famiek Cook, Kennedy, 22.73

400 hurdles - Marcus Perkins, Kennedy, 57.17

1600 sprint medley - Linn-Mar (Tim Wolfe, Tristan Freese, Dalton Gosch, Josh Evans) 3:37.76

800 - Tanner Rathje, Linn-Mar, 2:01.66

4x100 relay - Washington (Alex Herzog, Landen Akers, Robert Bolden, Mason Taylor) 44.65

4x400 relay - Iowa City West 3:32.24

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