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DHS Boys CC Team Places First at SCAA Meet

OCTOBER 09TH 2023 BY DEE LOFLIN

DHS Boys CC Team Places First at SCAA Meet

Dexter held the 2023 Stoddard County Athletic Association (SCAA) Cross Country meet on Saturday at Charles Bland Stadium. The DHS boys team won the overall meet.

"Today was a great day for our team," commented head cross country coach Josh Dowdy. "We bounced back from a tough meet last week at Notre Dame to knock off a very good Woodland team led by two exceptional runners. Our kids did not pace themselves today...we raced! That is the kind of effort we need down the stretch to get out of our district."

The Lady 'Cats varsity girls team was led by Abbie Lloyd. She placed second with a time of 21:30.70.

Cameron Bell led the way for the boys placing 3rd for the Bearcats with a time of 16:37.80.

Varsity Girls Results:

ABBIE LLOYD 2ND 21:30.70

KENADY KRAPF 9TH 25.23.70

Varsity Boys Results:

CAMERON BELL 3RD 16:37.80

BEN DOWDY 4TH 17:12.80

JAXON KING 6TH 17:34.10

HUNTER MASSEY 8TH 17:43.50

JV Boys Results:

STRYKER MUZNY 7TH 21:25.30

PEYTON BALLANCE 9TH 21:49.70

"I want to thank our maintenance crew led by Josh Stearns for all of their time and effort in preparing our course," stated Dowdy. "The course was in great shape and made for a great day!"

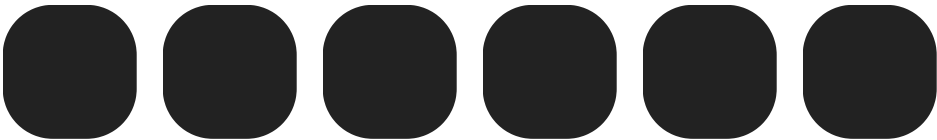
The Cross Country team travels to Notre Dame on Thursday for the SEMO Conference Meet.

Photo provided by Dexter High School

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Dexter High School Cross Country Team Finishes 1st at Gans Creek

OCTOBER 01ST 2023 BY DEE LOFLIN

Dexter High School Cross Country Team Finishes 1st at Gans Creek

The Dexter Bearcat Cross Country team is on fire! They traveled to Columbia, Missouri to compete in the Gan Creek CC Meet which just happens to be where the state championship is held also. Abbie Lloyd medaled in the girls varsity finishing 20th overall with a time of 21:38.10. There were three medalists in the boys division. Cameron Bell finished 1st with a time of 16:30.80 and broke his own school record again! Ben Dowdy finished 10th earning a medal with a time of 17:28.20 and Jaxon King shaved 45 seconds off his time earning 16th place and a medal with a time of 17:53.20.

The 'Cats also finished in first place out of 35 teams with a score of 82. Second place went to Priory and third place was Knob Noster.

"Today was a great day for our team," commented head Cross Country Coach Josh Dowdy. "We feel we had two of our best weeks of training leading up to this meet. It is nice to see their hard work continue to be rewarded."

"Our team average dropped from an 18:06 at Arcadia Valley to a 17:45 at Gans. That was in huge part to Jaxon King who improved his time by over 45 seconds. Jaxon has been a hard worker for us all summer long and we were so happy for him to join the 17 minute club," continued Dowdy.

"Chase Farmer has been battling staying healthy this year and he came out and ran an 18:30 which was huge for our team results. He has worked so hard doing his rehab—which is not easy. We now have 5 guys under 18:30 and we plan to inch that down even further."

"Cameron Bell finished at the top of the podium by running a remarkable 16:30 and once again broke his own school record."

VARSITY GIRLS RESULTS

ABBIE LLOYD 20TH 21:38.10 MEDALIST

KENADY KRAPF 103RD 26:06.50

Varsity Boys Results

CAMERON BELL 1ST 16:30.80 MEDALIST

BEN DOWDY 10TH 17:28.30 MEDALIST

JAXON KING 16TH 17:53.20 MEDALIST

HUNTER MASSEY 29TH 18:24.00

CHASE FARMER 30TH 18:30.60

NATHAN HARRIS 70TH 19:37.50

BLAKE LEE 120TH 20:37.70

Team Results

Finished in First Place out of 35 teams in the Gans Creek White Division

DEXTER 82 POINTS

PRIORY 129 POINTS

KNOB NOSTER 132 POINTS

"To have a runner win a race of this magnitude and for our team to finish first is something our program has not seen before.....we now have a reason to run even harder at practice this week!"

The Cross Country Team will travel to Cape Girardeau to participate in the Notre Dame Cross Country Invitational on Saturday, September 30, 2023 at 10:00 a.m.

Photo provided.

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Bell Breaks Another New Record at Arcadia Valley, Dowdy Hits Personal Best

SEPTEMBER 14TH 2023 BY DEE LOFLIN

Bell Breaks Another New Record at Arcadia Valley, Dowdy Hits Personal Best

The Dexter Bearcats Cross Country team competed at the Arcadia Valley Cross Country Meet on Saturday, September 9, 2023. They had a tremendous run with three medalists. The varsity 'Cats finished 4th out of 20 teams. Cameron Bell broke his school record from last week with a time of 16:43.63 and placed 2nd. Ben Dowdy finished fifth with a time of 16:59.56 just seconds behind Bell and a personal best.

Abbie Lloyd finished 13th with a time of 21:22.07 and also medaled.

"We had a great week of training this past week and it showed as we made significant gains," commented Josh Dowdy, head Cross Country Coach and Athletic Director.

"Cameron and Ben had personal bests by both of them breaking the 17 minute barrier. Cam broke his own record from last week with a time of 16:43. Jaxon and Hunter had a big day too."

"On the girls side, Abbie had a great run....seconds away from her personal best," continued Dowdy.

"We have had 4-5 of our kids put in anywhere from 35-50 miles per week since early July. I want to believe their persistence will pay off over the course of the season."

"We have high expectations for ourselves and we're not quite where we want to be yet—this group is hungry and I am confident they will continue chewing up the streets until they reach their goals."

VARSITY GIRLS RESULTS

ABBIE LLOYD 13TH 21:22.07 MEDALIST

KENADY KRAPF 91ST 27:41.08

JASMINE SMITH 98TH 27:33.11

LILLYN CROCKETT 107TH 28:37.33

QUINCEY MCCLAUGHLIN 111TH 29:13.66

KAYLEIGH HILFIKER 117TH 31:44.85

VARSITY BOYS RESULTS

CAMERON BELL 2ND 16:43.63 MEDALIST

BEN DOWDY 5TH 16:59.56 MEDALIST

JAXON KING 43RD 18:38.66

HUNTER MASSEY 44TH 18:40.94

NATHAN HARRIS 70TH 19:28.73

BLAKE LEE 94TH 20:13.16

JUNIOR VARSITY BOYS RESULTS

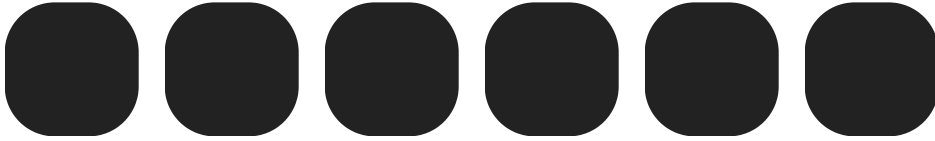
PEYTON BALLANCE 73RD 22:26.91

STRYER MUZNY 86TH 23:19.68

The Bearcats will travel to Gans Creek Cross Country in Columbia on Saturday, September 23, 2023. Junior Varsity will travel to Van Buren on Wednesday, September 20, 2023.

<https://showmetimes.com/Blogpost/vivc/Bell-Breaks-Another-New-Record-at-Arcadia-Valley-Dowdy-Hits-Personal-Best>

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Dexter Lady 'Cats Tennis Team Down Sikeston 8-1

SEPTEMBER 10TH 2023 BY DEE LOFLIN

Dexter Lady 'Cats Tennis Team Down Sikeston 8-1

The Dexter Lady Bearcat tennis team opened their home schedule by defeating Sikeston 8-1. This was their third straight victory.

Dexter swept the doubles matches with Dexter's Katarrah Churchill and Emerson Dorton defeated Chloe Lin and Aloni Hiren Maisuria 8-3.

Sophia James and Febe Chanel Worley defeated Juliet Francis Collins and Alanna Grace Jones 8-4 and Puja S. Maisuria and Kinsey Kennedy defeated Anna Christine Steward Purves and Cheyenne Taylor Parker 8-2.

Dexter picked up wins in five of the six singles matches also.

Emerson (DEX) defeated Maisuria 8-5

James (DEX) defeated Collins 8-0

Maisuria (DEX) defeated Purves 8-3

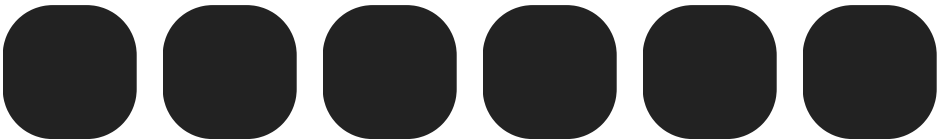
Avery Medley (DEX) defeated Parker 8-0

Lin picked up Sikeston's only win defeating Churchill 9-8 with a 8-6 tie breaker win.

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Dexter Cross Country Team Opens Season at Memphis Twilight

SEPTEMBER 10TH 2023 BY DEE LOFLIN

Dexter Cross Country Team Opens Season at Memphis Twilight

The Dexter Bearcat Cross Country Team opened their season at the Memphis Twilight Run on Saturday, September 2nd and what a run it was with Cameron Bell setting a new school record.

He finished the race in a time of 16:56.10

"Cameron was very dedicated over the summer and it showed as he broke the high school record," stated Dexter Cross Country Head Coach and High School Athletic Director Josh Dowdy. "His 26th place finish out of 470 runners is very impressive. I love seeing his hard work pay off!"

On the Lady Bearcats side Abbie Lloyd finished with a time of 23:23.39, Kenady Krapf 27:41.08, Lorelei Guethle 28:50.24, Lillyn Crockett 29:50.40 and Jasmine Smith 30:03.55.

Ben Dowdy finished behind Bell with a time of 17:53.93, Jaxon King 19:03.97, Chase Farmer 19:15.15, Hunter Massey 19:24.70 and Nathan Harris 20:11.98.

Dexter had three junior varsity runners compete. They were Blake Lee finishing at 20:17.49, Stryer Munzy at 23:17.49 and Peyton Ballance 24:00.03.

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