

St. Anthony High School
Athletes of the Week
November 2009



Melissa Marsh

Melissa Marsh made quite the impact in her first competitive season as a cross country runner in the 2009 season. Melissa, who is only an 8th grader, was the team's #1 runner for most of the season, earned All-Conference honors, and also earned a spot at the state meet which will be Saturday, November 3rd at St. Olaf College. Melissa is going to be the first St. Anthony girl to run at the state meet and also ran the second fastest time in school history with her 16:16 time at the region meet (records go back to 1988). Marsh was key in the girls team strong finish to the season, finishing 4th in the Tri-Metro Conference, and 3rd in region 4A—these results were much better than expected at the beginning of the year. Melissa is also an outstanding teammate, she embodies what the Cross Country program is looking for, someone who puts in their full effort, has a positive attitude, and someone who is supportive of their teammates. Nice Work Melissa!!