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Midland runner wins award

August 19, 2010 @ 12:00 AM**DAVID WALSH****The Herald-Dispatch**

ONA -- Cabell Midland High School's Jacob Burcham received a major award Sunday for the success he enjoyed in cross country and track in 2010.

The freshman received the Ray McCoy Award in a ceremony at Cabell Midland High School. The award is named in memory of the legendary track coach at Huntington High School and is presented annually to Cabell County's top track athlete.

Burcham is the first freshman boy to get this honor. The first freshman girl to win this award was Cabell Midland's Danielle Winningham, who earned her second McCoy honor after her senior season.

"He's definitely the real deal," Knights coach Chris Parsons said. "He's focused and grounded. He knows where he's at and where he wants to go. There's so much more you could say, but the highlights say it all."

Burcham set 10 Cabell Midland records during the season. Many of those times and wins put him on the national map.

"He's given the state national attention," Parsons said. "He has room for improvement. It'll be a good journey the next three years."

Burcham is not playing football this fall so he can give all his attention to cross country.

Here's the rundown on the accomplishments that are listed on the McCoy Award.

Set 10 New Cabell Midland school records.

Second fastest freshman mile in U.S. history (4:15.10).

No. 1 Freshman in the nation in the 1500, 1600 and mile.

ESPN Rise.com selection top 3 Freshman in the nation.

Voted Athlete of the Week seven times on RuntheArb.com.

New Balance Mile National Qualifier (4:15.10). National record is 4:15.07.

Member of West Virginia Class AAA 4x800 state champion team.

**Sholten Singer/The Herald-Dispatch**

Jacob Burcham of Cabell Midland crosses the finish after his 800m race during the second day of competition for the West Virginia State High School Track and Field Championships on Saturday, May 22, 2010 at Laidley Field in Charleston.

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West Virginia Class AAA 1600 and 3200 state runner-up.

West Virginia Class AAA State Runner-up High Point (22 1/2).

Regional 1600 & 3200 champion.

MSAC 800 & 1600 champion.

Won 15 individual races during 2010 season.