

Daniel Murphy wins Metro Spotlight Award

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Linn-Mar senior Daniel Murphy is the winner of the Metro Spotlight Award for high school boys this week, the Metro Sports Report announced Sunday.

Murphy is one of the top distance runners in the state. He began the 2014 cross country season in style Saturday by winning the Prairie Invitational in 15 minutes, 26 seconds for an 11-second victory over the 5K course.

Murphy led Linn-Mar to the team championship at the Prairie meet.

Murphy placed third in the 3200 meter run at the Class 4A state track meet last May in 9:12.46. He also finished 10th in the 1600 meter run in 4:21.93.