

FOR IMMEDIATE RELEASE  
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#233



### **Timok headlines Central's league performers of the week**

PELLA — After winning all five of his matches by fall or technical fall last week, Central College wrestler **Cam Timok (junior, Glen Allen, Va., Hermitage HS)** was the Iowa Conference male athlete and wrestler of the week.

Joining Timok in receiving accolades from the conference, men's basketball forward **Malik Wildermuth (senior, Normal, Ill., University HS)** and men's multi-eventer **Will Daniels (sophomore, Geneseo, Ill.)** were honored in their respective sports.

Starting his week with a 16-1 technical fall in Central's dual win over 28-12 Augustana College (Ill.), Timok rattled off four wins at the Milwaukee School of Engineering Invitational to take the title at 133 pounds. He defeated the wrestlers who finished second, third, fourth and fifth, pinning three of them.

The Dutch wrestlers close out the first semester with a 7 p.m. dual at home against Nebraska Wesleyan University Thursday in P.H. Kuyper Gymnasium

Wildermuth helped Central start 2-0 in conference play by averaging 20.5 points and 6.5 rebounds against Luther College and University of Dubuque. He dropped a career-high 23 points in the win over the Spartans.

Central will look to make it a 3-0 start in league play when hosting Nebraska Wesleyan University in P.H. Kuyper Gymnasium at 8 p.m. Wednesday.

Winning the Doane Happy Holidays heptathlon with 5,010 points, Daniels established the standard for the event across Division III. He won two of the seven events in the 14-man field, including clearing 6 feet, 9 inches in the high jump to tie his career-best mark.

The second and final pre-Christmas track and field meet for Central is the Dutch Holiday Preview on Saturday, December 9 starting at 11 a.m. with field events.