

October 14, 2010
Cross Country

CKL League Meet hosted by STERLING

Halstead Comments:

What a TOUGH MEET, The competition in the first CKL cross country meet was evident. There were some excellent individual and team performances at this meet, and should get everyone in the right frame of mind for the regional meet next week. It was a GREAT day for a cross country meet! Temperatures were in the mid 70's, with a slight breeze. The meet was held west of Sterling at the Sterling Country Club. This golf course provided a nice rolling terrain for the runners to showcase their abilities.

Results: **Medal Winner

Name/Place (Time)

Varsity Girls: (4K)

Hannah Robinson – ** 3rd (17:21)
Meg Talbott – **13th (18:16)
Macy Younger – 36th (23:01)

Varsity Boys: (5K)

Alex Wells – 16th (18:41)
Ignacio Solis – 21st (19:17)
Cody Reinert – 34th (20:10)
Custer Friesen – 39th (20:27)
Nate Murano – 40th (20:30)
Matthew Rodenberg – 42nd (20:39)
Caleb Bradfield – 52nd (21:22)
Joel Page – DNR

JV Girls: (4K)

Summer Werner – 3rd (22:41)

JV Boys: (5K)

Milan Dado – 8th (21:26)
Thomas Smith – 14th (21:49)
Isaac Solis – 45th (25:20)

Team Results:

Girls: 1. Pratt (41), 2. Haven (53), 3. Smoky Valley (74), 4. Hesston (76), 5. Lyons (97), **Halstead** - NO TEAM

Boys: 1. Sterling (57) 2. Hesston (71) 3. Hillsboro (84) 4. Smoky Valley (123) 5. Pratt (125), 6. Lyons (137), 7. **HALSTEAD** (147) 8. Haven (157)

Overall, I felt our runners ran WELL. Many ran their best times of the year. Some had a personal best. Again, the meet was very tough and should be a prelude for the regional meet next week.

The Regional meet is next Saturday, and we will be running at the Cessna Activity Center in Wichita. The girl's race will begin at 2:00 p.m., with the boys to follow at 2:30 p.m. This regional meet may possibly be the **most competitive** 3A regional in the state, with several area teams ranked, and many schools capable of placing in the top three. Hope to see you at the meet.