

October 30, 2010  
Cross Country

## State Meet (Held at Wamego)

### Halstead Comments:

It was nice to be back on the state course. As in past years, the atmosphere was **incredible**. Great excitement, energy, and an upbeat feeling surrounded the Wamego course. Six thousand or more fans were in attendance which really helps motivate the best runners in the state. The weather cooperated nicely, with very pleasant temperatures. **The conditions were basically ideal.**

It is a great honor for anyone to make it to the meet. The course is such a tough place to run and just wears on a person physically. The race incorporated many of the steep hills at Wamego, and turned the competition into not only a race against other runners, but a mental test against oneself. I admire all the runners who competed, and am amazed at the efforts they give. **All are truly winners.**

**HALSTEAD RESULTS:** (\*\*Medal winner)  
**Name/Place (Time)**

### Varsity Girls: (4K)

Hannah Robinson – 21<sup>st</sup> (17:17.58)

Overall, I was very pleased with Hannah's effort. She finished 21st in a race that had 97 runners. The course takes energy out of you and makes it a mental as well as a physical race. Hannah wanted to finish in the top twenty and bring home a state medal, but has nothing to be ashamed of, and represented Halstead well. It's unfortunate that Hannah was just one place from being a state medal winner. Her time was almost identical to her time at regional's last week, but this is a much tougher course. She ran a good race, and established a respectable sophomore girl record for a Halstead runner on that course. She hopes to be able to return to state next season.

Coach Regehr and I want to take this opportunity to thank everyone for a good season. We appreciate the support of the parents, administration, and community. Your support of Halstead Cross Country means a great deal, and we hope you feel apart of our success.

Thank you to **ALL** team members for your hard work, dedication, sacrifices and commitment during the season! Thanks for allowing us to work with you and sharing in your success. You know now that next seasons success depends on what you do between now and next August. Seniors, we wish you the best and thank you for your contributions. We will have big holes to fill in terms of numbers and hope we can get more people out next season to take the challenge of running cross country.

**3A Results follow on Next Page.**

**Girls Team Results:**

1 Norton Community	73
2 Minneapolis	106
3 Douglass	126
4 Riley County	128
5 Belle Plaine	138
6 Winchester - Jeff Co. North	151
7 Prairie Village - KCC	154
8 SE- Saline	162
9 Holcomb	207
10 Hays - TMP	208
11 Fredonia	269
12 Burlington	272

**Boys Team Results**

1 Wichita - Independent	82
2 Holcomb	122
3 Sterling	124
4 Prairie Village-Kansas City	126
5 Norton Community	135
6 Hillsboro	141
7 Wellsville	173
8 Minneapolis	173
9 Marion	175
10 Winchester - Jeff Co. North	195
11 Osage City	220
12 Sabetha	290