

# Cross-Country teams compete in state championships

The RCHS girls' and boys' varsity cross-country teams competed in the Class 2A State Championships held this past Saturday at the Kentucky Horse Park. The girls' team sought to improve upon their 20th place team performance from two years ago. The boys' team was making their first ever appearance at state.

The girls' team achieved their goal and finished 19th overall, their best finish ever at the state championships. The girls' race included representatives from forty-six teams. Sophomore Rebekah Lyons paced the girls with a 97th place finish out of 181 runners. Rebekah's awesome time of 23:23.1 was a personal best and eclipsed Brandy Reynolds' previous RCHS record from last year's state meet. Senior Rachelle Hammond was close behind and finished in 103rd place with an incredible time of 23:29.6. Rachelle broke the previous state meet record as well.

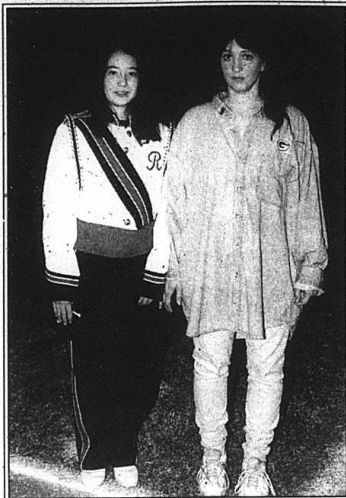
Seventh grader Mourine Ramsey turned in a stellar performance and finished 110th with an unbelievable time of 23:40, also breaking the previous RCHS state mark. Seventh grader Elizabeth Bussell turned in an inspiring performance and finished in 142nd place with a time of 25:13.7, her best of the season. Senior Ashley Lawson rounded out the scoring for the girls. Ashley placed 162nd overall and improved upon her regional performance by over one minute with a time of 26:57.7. It's important to note that in Class 2A, there are 83 teams divided into six regions. Many of those teams are not fortunate enough to qualify for the state championships. The RCHS girls' 19th place finish puts them in the top twenty out of 83 schools that have a chance to compete at the state level. A very impressive accomplishment.

The boys' team came into the State

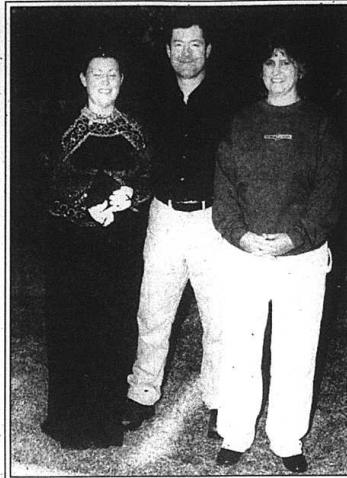
Championships a little unsure of what to expect; however, their uncertainty had little effect on their performance.

The boys' finished 24th overall out of 47 teams that were represented. Once again, there are 83 teams that compete in the Class 2A. Freshman Andrew Nelson ran an exceptional race and finished 100th for RCHS out of a total of 202 runners. Andrew's awesome time of 19:03.6 established a new record for the RCHS boys at the state competition. Eighth grader Brandon Cole was close behind. Brandon ran an unbelievable race and finished 117th in 19:24.2, one of his best times of the season. Senior Jeremiah Myers saved his best for his last race ever. Jeremiah finished 126th with a personal best time of 19:35.9. Junior Josh Ramsey, who led RCHS at the regional championships, overcame a difficult start to finish 139th with a time of 19:52.7. Eighth grader Matthew Whitaker ran a great race and placed 166th overall with one of his best times of the season - 20:38.4. Freshman Stephen Shackelford ran very well and placed 172nd with an exceptional time of 20:52.4. Eighth grader Bill Bundett, running with an ankle injury, finished with a courage effort. Bill was obviously not his usual self, but still managed an impressive finish with a time of 22:40.3. The boys' team remains very young and should be able to make a run at the regional championship, as well as another state appearance next season.

The RCHS cross-country team and coaches would like to thank all of those who supported us during our best season ever. Special thanks to the parents the athletes for their hard work and dedication throughout this great season. Also, much thanks to Mr. J. R. Middleton for the transportation he provides, as well as his continuous and undying support each and every season.



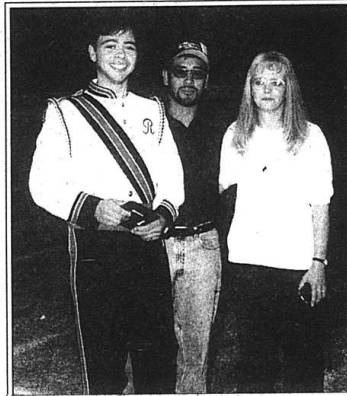
Ashley Carter and her mother, Jackie Gleissner



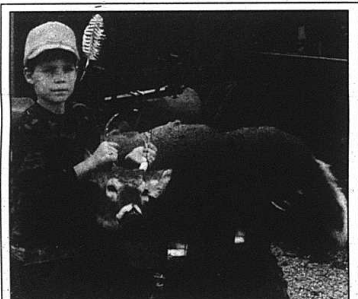
Amanda Chism along with her parents, Dr. James and Marsha Chism.



Josie Bengel with her grandmother, Jewell Bengel.



Mario Cadena along with his parents, Ididoro and Susan Cadena.



Nine-year-old Jonathan Early of Lily, Ky. killed this 4 point buck during Youth Hunt (October 2000) in Rockcastle County.

**X Lovell's Gun Sales and Repair X**

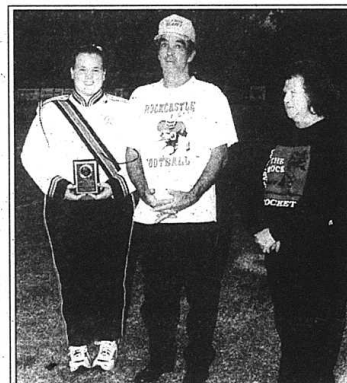
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Brandy Albright with her parents, Larry and Jeanette Albright.



Dora Chasteen and her parents, David and Beatrice Chasteen



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Granville Graves with his mother, Vickie Graves

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