

Cross country strides to state

BY MELISSA PAQUETTE

"We have had a great year and we are going to show that to everyone at state on the 4th", said Rachelle Hammond, senior cross

country member.

You heard right.. Both teams went to Regionals on October 28 in Mercer County.

Coach Quigley expressed her feelings by saying, "It's a big season for us, a record setting season, because we've never had a boys team-or an individual qualify for state."

The girls finished second overall winning a trophy for getting regional runner up. With a total of 45 runners the girls all placed above 30th place. Rachelle Hammond received 6th, Rebekah Lyons, 12th and Ashley Lawson finished 29th place. Two middle school girls helped with the victory, by getting the 13th and 15th place.

The boys finished 3rd place with the top four teams qualifying for state. Josh Ramsey was the first Rockcastle boy to finish at 14th place. Andrew Nelson 15th, Stephen Shackelford, 27th place. Two middle school boys also helped with the victory by receiving 18th and 24th place.

The boys and girls are both ready to go to the Kentucky Horse Park tomorrow, November 4, to compete.

"I'm so proud of them because they worked very, very hard," said Coach Quigley.



Senior Jeremiah Myers competes at a cross country meet.



Brian Reynolds, a sophomore member of the golf team putts during a match.

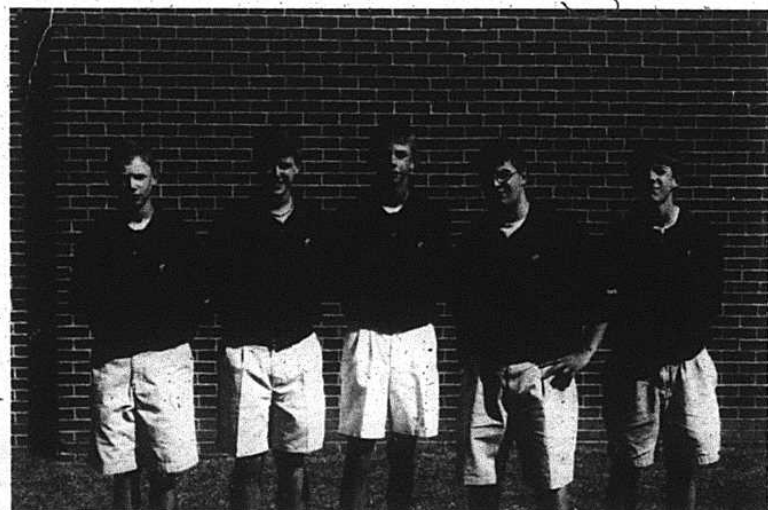


Congratulations, golf team, on a wonderful year!

A little Tee-time humor:

Why do golfers need to bring an extra pair of pants while putting???

In case they get a hole in one!!!



Members of the Varsity golf team for the 2000 season included, from left to right: Matthew Silcox, Stephen Hopkins, John Bray, Brian Reynolds, and Joseph Lambert.

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