

RCHS Girls' Cross-Country team wins invitational

The RCHS girls' cross-country team recently won the Boyle County Invitational cross-country meet held at Millennium Park in Danville. Over thirteen teams participated in the competition, including the top team from Rockcastle's region, as well as many other top programs. The girls' team defeated regional and state rivals Boyle County and Lexington Catholic, who finished 2nd and 3rd respectively, by thirty-one points to easily capture first place. The girls also defeated Danville, Lafayette, and Henry Clay. Leading the way for the girls was sophomore Kayla Hayes, who moved up to 3rd in the state in the Class 2A rankings. Kayla finished 3rd overall with an excellent time of 21:42.76. Sopho-

more Jessi Asher ran a terrific race and placed 4th overall. Her time of 22:49.4 was her best of the season. Junior Heather Hammond, running in her first race of the season, placed 6th overall with an outstanding effort of 23:09.07. The best performance of the meet for RCHS may have been that of 3rd grader Michaela Hunter. Michaela skipped the middle school race to participate in the much more competitive varsity competition. The top ten was composed entirely of runners sophomore age and above. Michaela ran an amazing race and finished 8th overall with a personal best time of 23:22.15. Sophomore Elizabeth Bussell ran her best race of the season. She finished 16th overall with an impressive time of 24:50. 8th grader Courtney Bullock also skipped the middle school race to compete for the varsity. Courtney was also running in her first-ever 5,000-meter cross-country race. Courtney ran a superb race and finished 36th overall in 27:03.09. Senior Anna Guilfoil ran an exceptional race and placed 45th overall with a time of 27:52.61. Sophomore Ashley Bullock ran a great race and finished 46th overall with a time of 27:52.61. The boys' team also had a great competition and placed 5th overall out of fifteen teams. Boyle County and Lexington Catholic finished 1st and 2nd overall. Junior Brandon Cole led the way for RCHS with an incredible performance. Brandon placed 4th overall out of 126 runners with a season's best effort of 17:47.14. Senior Andrew Nelson finished close behind with a great race of his own. Andrew placed 7th overall with a season's best time of 17:56.33. Junior Bill Burdett also ran his best race of the season. Bill placed 10th overall in 19:40.93. Sophomore Derrick Baker ran very well and finished 52nd overall in 21:06.17. 6th grader Blake Parsons ran an exceptional victory, forging an opportunity to win the middle school one. Blake finished 76th overall with an exceptional time of

21:54.52. Freshman Chandler Hunter ran his best race ever and finished 101st in 24:34.38. 6th grader Andrew Pensel also missed a chance to run the middle school race to contribute to the varsity team. Andrew ran very well and placed 115th overall in 26:26.71.

Several Rockcastle runners competed in the middle school meet. The elementary girls' team placed 2nd overall in the meet, despite not having team members Michaela Hunter and Courtney Bullock, who both ran varsity. With those two, the team would have easily won the meet. 5th grader Sara Hammond led the way for Rockcastle, finishing 6th overall with an excellent effort of 14:33.42. 6th grader Kristen Baker was very close behind, finishing 7th overall with an exceptional time of 14:56.56. 5th grader Kristen Bullock also made the top ten. She finished a great race in 10th place with an effort of 15:24.72. 6th grader Bethany Clontz also ran a spectacular race and finished 13th overall in 15:34.28. 5th grader Jasmine Johnson ran in her first-ever cross-country race and performed exceptionally well. Jasmine covered the 1.8-mile course in 19:24.47 and placed 38th overall.

The boys did not have enough participants for a team score. Nevertheless, all three Rockcastle competitors ran extremely well against over one hundred other runners. 4th grader Eric Roberts led the way for Rockcastle with a great race. Eric placed 40th overall with an awesome effort of 14:32.22. 5th grader Eliot Jackson also performed very well and finished 81st overall in 16:41.82. 6th grader Devin Davidson also had a great meet. Devin placed 90th overall with a time of 17:33.58.

This past Saturday, RCHS competed in the Southern Harrier Special hosted by Somerset and Pulaski Southwestern. Over thirty teams were on hand for the annual competition of many of the state's best cross-country runners.

Rockcastle's elementary girls' team got the day off to a great start. Last year's state championship runner-up and one of the favorites for this year's state title, Rockcastle took the elementary team championship by placing five runners in the top eleven. Even more amazing was the fact that the team also averaged a 6:18 mile during the race. 3rd grader Michaela Hunter led the way for Rockcastle with an awesome race and a 2nd place finish. Michaela covered the 1.2-mile course in 7:04.33, breaking the previous meet record by over twelve seconds. This was the second fastest time in the seven-year history of the elementary meet. 5th grader Sara Hammond also ran an awesome race and finished 4th overall with a blistering time of 7:26.89. 5th grader Kristen Bullock ran a spectacular race and finished 9th overall in 7:39.18. 6th grader Kristen

Baker also made the top ten with a great effort. She placed 10th overall with a time of 7:41.52. 6th grader Bethany Clontz finished very close behind. She placed 11th overall with an exceptional effort of 7:54.84. 5th grader Jasmine Johnson ran in only her second race of the season. Jasmine continues to improve and finished 36th overall in 9:38.08. 5th grader Kghusa Bussell ran in her first-ever cross-country race. With very little practice, Keesha ran extremely well and finished 45th overall in 10:10.39.

Rockcastle's elementary boys' team also had a great meet against some very good competition. The boys placed two runners in the top fifteen and finished 7th overall. 6th grader Blake Parsons led the way for Rockcastle with an awesome performance. Blake finished 3rd overall while shattering his own meet record time with an excellent effort of 6:33.52 and averaged 5:28 per mile during the race. 6th grader Andrew Pensel also ran a spectacular race and finished 15th overall with an exceptional time of 7:10.45. 4th grader Eric Roberts ran a great race and finished 43rd overall with an excellent time of 8:01.49. 5th grader Eliot Jackson ran a superb race and finished 53rd overall in 8:23.46. 6th grader Devin Davidson was very close behind and finished a great race in 54th place with a time of 8:32.64.

The varsity girls' team competed without Heather Hammond and Michaela Hunter. Despite missing two of their top four runners, the girls' team competed extremely well and placed 6th overall out of nearly thirty schools and 80 runners that competed in the meet. With their entire team, the girls would likely have finished 2nd overall. Sophomore Kayla Hayes led the way once again for Rockcastle with an awesome performance and a 6th place finish. Kayla ran her best time of the season, covering the 3.1-mile course in 20:47.49. Sophomore Jessi Asher ran an excellent race and finished 22nd overall with a great effort of 23:14.79. 8th grader Courtney Bullock, who could have easily won the middle school and junior varsity races, finished as the third best RCHS girl. Courtney placed 31st overall with an awesome new personal best time of 24:28.14. Sophomore Ashley Bullock ran one of her best races of the season and finished 31st overall in 27:03.24. Sophomore Elizabeth Bussell ran a great race and finished 56th overall in 28:02.65. Senior Anna Guilfoil also ran well and finished 61st overall in 28:36.23.

The varsity boys' team competed without the services of Brandon Cole. As a result, the team was just short of having enough for a team score. Senior Andrew Nelson led the way for RCHS with a tremendous effort. Andrew finished an amazing 9th overall out of 143 runners that competed. He covered the 3.1-mile course in 18:05.35. Junior Bill Burdett ran one of his best races of the season, finishing 26th overall with an awesome time of 19:25.67. Sophomore Derrick Baker continued his consistent running with a great race. Derrick finished 52nd overall in 20:43.35. Freshman Chandler Hunter also ran very well and placed 123rd overall in 25:09.39.

RCHS will next compete at E.P. Sawyer Park in Louisville this Saturday. The girls' team will compete in an invitational hosted by Sacred Heart. The boys' team will compete in an invitational hosted by Trinity.

"Teen Chastity"

(Cont. from A-8)

directly support the new sexual revolution that is healthier for kids and for the community.

This article is a service of Mountain Maternal Health League Planned Parenthood, Inc. with support from the United Way of the Bluegrass and the Berea College Appalachians Fund. We provide reproductive health services for both women and men. To find out about clinic services, organize free education programming, contact the Berea office at 988-2376, or e-mail carol.gilliam@ppfa.org.

"Youth Ball"

(Cont. from A10)

Rock-Hard Boni
Rockets 12 - Wayne Co. 6
Cody Mize and Dustin Bullock each scored for the Rockets.
8th Grade 42 - Wayne Co. 6
Dakota Smith scored three touchdowns and a two-point conversion. Jacob Woodall, Brian Mize and Zachary Burkhardt each scored a touchdown. Scott Daugherty and Andrew Thomas each accounted for a two-point conversion.



The Rockcastle elementary girls' cross-country team won the elementary race at Southern Harrier Special this past weekend. Thirty schools were present at the meet. Team members include, from left: Michaela Hunter, Kristen Baker, Jasmine Johnson, Sara Hammond, Keesha Bussell, Bethany Clontz and Kristen Bullock.



The RCHS girls' cross-country team won the Boyle County Invitational last week. The girls defeated Boyle County, ranked seventh in the state and Lexington Catholic by 31 points. Team members include, from row left: Elizabeth Bussell, Michaela Hunter, Ashley Bullock, Blake Parsons, from left: Courtney Bullock, Kayla Hayes, Heather Hammond, Anna Guilfoil and Jessi Asher.

In swimming at Berea College

Cox qualifies for Nationals

An 11-year member of the Cedar Rapids Dolphins swim team has qualified for the Nationals in swimming this year.

Cody Cox, a student at Berea College, has competed in track and field, cross-country and swimming at Berea for four years. He logged thousands of miles swimming, running and biking plus weight training to get to the Nationals.

The 200 freestyle and 200 medley relays competed and placed in the top 10 at the NATA Nationals held at Kansas City, Missouri in the spring of 2003. Cox's real passion for the past few years has been competing in triathlons and bike racing. He trains an average of 3-4 hours a day and has won bike races in Ohio, Kentucky and Tennessee. The races are general, 50-70 miles in length and bikers race at speeds up to 65 mph or more at times on highways and rural roads. In many races, the terrain is highly

competitive and the equipment used is very expensive and high-tech.

The triathlons consists of a mile swim, 15-40 bike race and 5-10 K run.

Also, the son of Tammy Cox and Bobby Cox of Mt. Vernon, is currently training for a race in Carrollton.



Cody Cox

"Volleyball"

(Cont. from A10)

service win each.

Mink and Danielle Arnold each contributed two kills to the match. The freshmen won their first game 21-16, lost the second by the same score and lost the match in the third game 15-9.

Owens got the most points on serve for her team, serving with one ace; Victoria Clontz put four winners across; Meredith Robinson and Holly Barnett each were credited with three aces; Ashley Cash and Kayla Bishop added one each.

Against power house Pulaski County Tuesday night, the Lady Rockets acquitted themselves very well -- not winning, but losing with class.

The Rockets were intimidated the first game, and it showed, winning only five points on their serves before losing 25-13. However, they calmed down in the second game and made the Lady Maroons work for the 30-28 win.

Jeni Durham and Allison Andersen took serving honors, with four winners each, including an ace for Durham. Rachel Childers added two winners, one an ace and Krystal Parsons and Jenna Owens each got a

service point. Owens an ace.

Childrens had the most kills in the match with three; Jessica Riddle got two and Stephanie Price, Owens and Andersen all accounted for one each.

The Lady Rocket Jayvee pushed their opponents to 25-23 before giving up the first game of their match. After being down 8-2, the Rockets came back to go ahead 22-21 but the Lady Maroons hung on for the 25-23 win.

After being down 7-5 in the second game, Danielle Arnold put across five straight service points, including three aces to put her team up 11-9 but the Lady Maroons came back and took the game 21-17.

In the match, Arnold took service honors with nine service points, including four aces. Jessica Robinson was credited with four service winners. Rose Prewitt got three. Kayla Bryant and Allie Mink accounted for two aces.

Arnold led in kills with two and Mink and Heather Hopkins got one each.

The freshman team also couldn't handle the Lady Maroons, losing 21-14 and 21-16.

Holly Barnett put the most service winners across, seven with three aces; Victoria Clontz got six and three; Jill Owens accounted for five winners with one ace and Erika McKinney served a winning point.



6th grader Blake Parsons finished third overall in the elementary race at Somerset this past Saturday. He also shattered his own course record established during the meet last season.



RCHS junior Brandon Cole placed second in the varsity race at Berea College.



RCHS sophomore cross-country runner Kayla Hayes won the varsity race at Berea last week. Kayla is currently ranked third in the state in Class 2A.

Godfather's
PIZZA

Back to School Special!

Buy any large one topper for only \$7⁹⁹ and get second one topper for only \$5 more

Not good with any other discounts/coupons

Dine-in or Carry-out

Phone **256-5079**

Godfather's
PIZZA

St. Jude Miracle Mile Walk

Date: Saturday, October 11, 2003

Time: 8:00 a.m. - 2:00 p.m.

Place: Rockcastle County Middle School (Track)

For More Information and To Obtain Sponsor Sheets Contact:

Lorene Lawrence 758-8879

Lisa Hopkins 758-4246

Prizes: \$75 - Sports Bag & T-Shirt

\$35 - T-Shirt

All Monies Raised Will Go To St. Jude Children's Research Hospital

So...Lend A Helping Hand...Walk For A Good Cause!

Help Find A Cure For A Child!