

Cross-Country Teams compete at Trinity/Sacred-Heart Invitational

The RCHS cross-country teams recently competed in the Trinity/Sacred-Heart Invitational cross-country meet held at E. P. Sawyer Park in Louisville. Trinity High School, a perennial state power in most every sport, hosted the boys' competition for the 48th straight year. Sacred Heart Academy, another perennial athletic powerhouse, hosted the girls' competition. Over forty teams participated in the competition, including most of the best programs in the state, as well as several schools from Indiana and Ohio.

The girls' race was very competitive with 260 athletes competing. The competition proved to be more competitive than last year's state championship meet with the addition

of so many quality Class 3A teams. Nearly every top-ranked runner from all three-state classified was present. The RCHS girls' team finished an impressive 19th overall, despite missing two of their top four varsity competitors. Leading the way for the girls was sophomore Kayla Hayes with her best race of the season. Kayla finished 21st overall with an exceptional time of 20:44.47 and solidified her position as one of the state's premiere female runners.

Sophomore Jessi Asher ran an outstanding race and placed 60th overall. Her time of 21:59.07 was her best of the season and an improvement of over one minute from her last race. Eighth grader Courtney Bullock skipped the middle school race to

compete for the varsity. Courtney ran a spectacular race and finished 138th overall in 23:55.97. She is the most improved runner for RCHS at this point of the season and will continue to get better as the season progresses and her experience increases.

Sophomore Elizabeth Russell also ran one of her best races of the season. She finished 163rd overall with a very impressive time of 24:21.49. Senior Anna Gulliford ran an exceptional race and finished with her best time ever. She placed 207th overall with an awesome effort of 25:58.8. Sophomore Ashley Bullock ran a great race and finished 223rd with an excellent time of 26:44.67, her best time ever in a cross-country

race. The boys' team also had a great competition despite having only four varsity competitors. As with the girls' race, the boys' competition was extremely tough with 273 athletes competing, including state powers St. X and Trinity. Senior Andrew Nelson led the way for RCHS with an awesome performance. Andrew finished 55th overall with his best race of the season. He finished with a time of 17:35.21. Junior Brandon Cole also ran a superb race. Brandon finished 108th overall with an exceptional time of 18:27.65. Junior Bill Burdett continued to improve and may possibly be the most improved RCHS boy at this point in the season. Bill

placed 130th overall with a time of 18:48.93, his best this year. Sophomore Derrick Baker continues to be one of the most consistent RCHS performers. Derrick ran a great race and finished 206th overall with a time of 20:37.77.

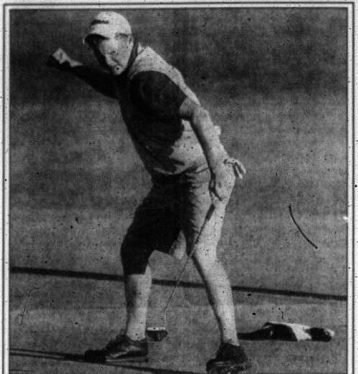
Several Rockcastle County middle school and elementary runners competed in the middle school competition, which included athletes in grades four through eight. The girls' race included 220 runners while the boys' race had 259 runners competing.

The girls' team had a great meet despite having only three runners present. Third grader Michaela Hunter led the way for Rockcastle.

even though she was technically too young to enter. She ran an amazing race against some much older competition and finished 206th overall. Her feat was even more amazing considering the age and size of her competitors. She covered the 1.5-mile course in an impressive 12:02.37. Sixth grader Kristen Baker also ran an exceptional race. She finished 57th overall with a very impressive effort of 13:00.72. Fifth grader Kristen Bullock was very close, finishing an awesome race in 65th place overall with a great time of 13:08.37.

The boys' team also had a great meet despite missing two team members. Sixth grader Blake Parsons led

(Cont. to A-10)



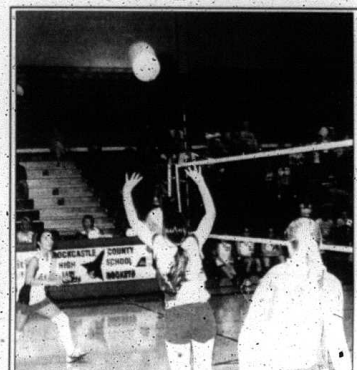
Henry Clay freshman Chandler Gilbert had a Tiger-like fist pump ready when he made his par putt on the 16th hole at Kearney Hill. Gilbert won the Fayette County High School Golf Championship with a 3-over-75. He is the son of Keith and Sherry Hamm Gilbert and the grandson of Carol Hamm of Mt. Vernon and the late Jerry Hamm and Joanne Gilbert and the late Doyle Gilbert.



RCHS junior Bill Burdett ran his best time of the season at the Trinity Invitational this past Saturday.



Rockcastle County third grader Michaela Hunter finished 20th out of 220 runners in the middle school cross-country race hosted by Sacred Heart.



Senior Jenna Owens sets the ball to Allison Anderkin. Also in the photo is Stephanie Price, No. 32. Following Tuesday night's win over Clay County, the Rockets are 18-13 on the season. They were runners-up in the Madison Central Lady Indians Tournament held in Richmond Saturday.

"Volleyball"

(Cont. from A-8)

ing third game. The Rockets again fell behind 0-6 and wound up losing 8-15.

Anderkin took service honors in the game with 44, including 18 aces. Durham had 39 and 21; Rogers was 36 and 7; Rachel Childress got 12 aces in 27 serves and took defensive honors with 20 kills and three blocks; Stephanie Price got 15 aces in 19 serves and Jenna Owens had 19 service winners with four aces and Kristal Parsons rounded out the service game with 8 winners and one ace.

Besides Childress's 20 kills on defense, Jessica Riddle, who sprained both ankles late in the tourney, was credited with 17 kills and one block; Price got 13 kills.

Anderkin 42, Sarah Mullins had nine kills and three blocks; Rogers accounted for eight kills; Owens had six and Trisha Beth Caswell got nine.

Tuesday night was recognition night for the team's eleven seniors and it wasn't pretty, but the team also held away over the Clay County Lady Tigers 26-24 and 25-22.

The Rockets service game went awry and the Rockets found themselves down 22-15 before Rogers won the first service point for her team with an ace serve. But, things still looked bleak for the home team, down 24-19 when Price stepped up and served the last seven points of the game, with three aces, for the 26-24 win.

The second game was nip-and-tuck all the way when, with the Rockets up by only one 7-7, Durham served up four winners, including two aces to put her team ahead 12-7. But, the Tigers fought back and with the score tied at 18 all, Price against stepped up and served up five straight service winners; with one ace, to put her team up 23-18. A Childress kill and a net serve by Clay gave the Rockets the second game 25-22.

The Rockets are off this Tuesday night but will play at No. 1 Laurel Tuesday night, travel to Madison Central Wednesday night and to Boyle County Thursday night to finish their regular season play.

Jayvee beat Clay

The Jayvee Lady Rockets also took the measure of Clay County Tuesday night, winning 21-17 and 21-14.

In the first game, the Lady Tigers were ahead 16-15 when Danielle Arnold served up two aces and another service point and Rose Prewitt finished off the game with two service winners and a kill.

In the second game, the Rockets were down 8-4 when Leighann Caldwell put across eight straight service winners and Kayla Bryant finished off the game with four points on serve, including a game winning ace.

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RUN AND HEALTH WALK

OCTOBER 11, 2003

Place: Start & Finish Line - Rockcastle Courthouse

Date & Time: Sat., October 11, 8 a.m.

Entry Fee: \$12.00 (must be postmarked before October 4, 2003)

\$15.00 Late Entry Fee

Parking: Free in courthouse area

Course: Marked, paved course within city limits

Packets: All race numbers will be available the morning of the race starting at 7 a.m.

Group Classifications

Wheelchairs	14 and under
15-19	20-29
30-39	40-49
50-59	60+

Awards

\$100 Cash awards to best overall male & female finishes

\$100 Cash awards to best 50+ male & female finishes

\$100 cash award to best wheelchair finish

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Entry Form

Name _____

Address _____

City _____ State _____

Phone () _____

Birthday _____

Age on Race Day _____ Sex _____

T-Shirt, Adult Size Preference (circle one) M L XL

Race Participation Agreement

I understand that my consent to these provisions is given in consideration for being permitted to participate in this event. I am in adequate physical condition to participate in this event. The race administrators may remove me from the race if they believe that my health may be endangered. I am aware of and voluntarily assume the risks of competing in this event. If I am injured, I agree that I will not sue, or otherwise try to hold responsible any race sponsor or its employees. I understand that I may be removed from the competition if I do not follow all the rules of this event. I give my permission to use any photographs, videotapes, or other recordings of me that are made during this event.

Signature _____

(Parent's Signature if under 18)

Send check and this form to: Bittersweet 5K Run, PO Box 1350, Mt. Vernon, KY 40456

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