

CIRCLE CHRISTIAN SCHOOL CROSS COUNTRY

News Release – September 27, 2009

Deland Invitation Results

Fretwell Shatters Circle Girl's Cross Country Record
Zielke and Ketchum move upon on the All Time List



The Boy's and Girl's Cross Country teams traveled to Deland on Saturday morning to participate in the 7th Annual Deland Invitational at the Sperling Sports Complex. The teams had their best showing of the year so far competing against some of the best teams in the state. This meet was comprised of schools from all classifications including state powerhouses Winter Park, Holy Trinity, Trinity Prep, and Boone High Schools. Overall 16 personal records were set by the 25 Circle runners who competed in this meet. Senior Sarah Fretwell (pictured) started the day off by shattering the school record for 5,000 meter Cross Country by finishing in 11th place and running a personal best time of 20:28. She broke her previous best by 1:02 (21:30) and obliterated the school record previously set by Amy Wallace (21:18.67) at the 2005 Region 1A Championships by 50 seconds! Fretwell was followed by

7th grader Cassie Ketchum who finished 27th overall and set a personal best of 21:30 and the fastest middle school time ever for Circle while moving up to number 3 on the all time best High School list in Circle Cross Country history. On the Boy's side Junior Mitchell Zielke recorded a personal best of 18:43 enroute to a 42nd place finish in leading the boys. His time moved him up to the number 4 spot for the fastest individuals in Circle Cross Country schools history.

Girls Varsity Results

The Girls Varsity team had their best showing of the year finishing in 8th place out of 20 teams with a score of 284 points. The team finished the meet as the third best 1A school and ahead of district opponents and last year state qualifier Mount Dora Bible and Father Lopez as well as ahead of a number of large school teams like Oviedo High School, Lake Howell High School, and Seminole High School. Following Sarah Fretwell (11th Place) and Cassie Ketchum (27th Place) was Senior Kelsey Goldbarth (41st place) who completed the course with a time of 22:32. Rounding out the scoring for the top 5 was 8th grader Madison Jamerson who finished with a personal record of 25:49 in 98th place and sophomore Jenny Lynn who finished in 107th place with a personal best time of 26:22. Fellow sophomore Kayla White (pictured) finished in 110th place also with a personal



record of 26:57 followed closely behind by 7th grader Carlyn Attaway (pictured) in 111th place with a personal best of 26:58. Overall, this was the girl's finest showing of the year and begins to show the potential that exists for these talented runners.

Boy's Varsity Results



The Boy's Varsity team had a solid team performance with a 9th place finish (out of 18 teams) with 256 points and was the third highest placing 1A team for the meet. Individually, 6 out of the 7 varsity runners set personal records (PR) in the event. Following Mitch Zielke's 42nd place finish was Senior Zach Wainwright (49th place) with a season best time of 19:08. Finishing behind Wainwright, the team packed in 4 teammates together lead by 8th grader Jeffrey Henry whose 54th place finish and time of 19:17 qualified him as the fastest middle school time ever and the 8th fastest high school individual time in Circle Cross Country history. Following right behind Henry was Freshman Jordan Foster (pictured) who finished in 55th place in a personal best time of 19:17, Junior Michael Winze (pictured) who finished in 56th place with a personal best time of 19:21 and Freshman Cliff Wonderly finishing in 57th place with a personal best time of 19:21. Senior

Joey Costro completed the varsity results with a 74th place finish in a personal best time of 20:07. The top five runners for Circle completed the 5,000 meter course within 37 seconds of each other with a season best team average time of 19:10. The team's strength continues to be this "pack" running style where they continually encourage and push each other to personal records and team improvement.

Girls Junior Varsity Results

The Girls Junior Varsity team finished in 12th place for the meet and were lead by 6th grader Denae Chapman. Chapman finished in a personal best time of 25:33 (25th place) which would have qualified her as the 4th fastest varsity runner's time. Next week at the FLrunners.com Invitational in Titusville she will move up and compete as a member of the varsity team. For the second week in a row, Junior Schuyler Costro (pictured) cut a minute off our best time and finished the meet in 65th place with a personal record of 30:32. She was followed closely behind by 6th grader Kaylee Goldsbarth who smashed her personal best by improving her time by 4:36 with her 74th place finish in 31:40. Junior's Julie Felsted and Courtney Barlow rounded out the scoring by finishing in 83rd place (32:50) and 86th place (35:16).



Boy's Junior Varsity Results



Capping off the day in the fourth and final race was the Boy's Junior Varsity team. By race time, the morning had gotten brutally hot which had an adverse affect on times. Still the team finished in 11th place with a score of 284 points and set one personal record. Leading the way was sophomore Michael Fretwell (pictured) who finished in 22nd place overall with a time of 20:35. He was followed by Junior Matt Ketchum who was coming off a

week of battling the flu and yet gutted out a 21:43 performance for a 45th place finish. Freshman Josh Lusk (pictured) continued the scoring for the Centurions with a 52 place finish in a time of 21:57 followed by 8th grader Josh Wainwright who injured his ankle and hobbled to an 82 place finish with a time of 23:23, well off his season best. He was followed by Senior Adam Weber who finished in 83rd place with a personal best time of 23:33. Fellow Senior Victor Godlewski finished in 110th place with a time of 29:33.

Next week all four teams travel to Titusville to compete in the prestigious FLrunners.com invitational on Friday afternoon, October 4. This event is one of the largest meets of the year and should prove a great test for the continued development of these hard working Centurion teams.

Runners of the Week



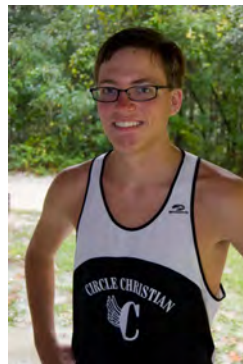
Sarah Fretwell



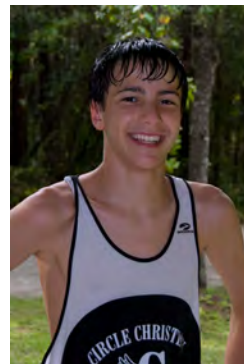
Cassie Ketchum



Kaylee Goldbarth



Mitchell Zielke



Jeffrey Henry