

# CIRCLE CHRISTIAN SCHOOL CROSS COUNTRY

News Release – October 3, 2009

## **FLrunners.com Invitation Results**

Boy's Varsity Team finishes in 6<sup>th</sup> Place

12 Athletes set personal records



The Boy's and Girl's Cross Country teams traveled to Titusville on Friday afternoon to participate in the 10<sup>th</sup> Annual FLrunners.com Invitational at Brevard Community College. The meet is the largest cross county event in Florida with 17 different races going on over two days attracting most of the top high school teams in the state and many of the state universities. In this meet the varsity teams competed in the small school (class 1A and 2A) division against 28 teams. The Boy's Varsity team came away with their best showing of the year so far with a 6<sup>th</sup> place finish. The Girl's varsity team, competing without one of their top runners, managed to finish in 18<sup>th</sup> place while the Boy's Junior Varsity team finished with a respectable 11<sup>th</sup> place showing. Overall, 12 personal records were set by the 24 athletes competing in the meet. Two of the varsity boys, Michael Winz and Jordan Foster, moved into the top 10 list for the fastest individual cross country runners in the history of Circle Christian School. From this list, 5 out of the top 10 fastest times have

come from this years 2009 boy's team.

### **Boy's Varsity Results**

The Boy's varsity team, lead by 31<sup>st</sup> place finisher Mitch Zielke (2011), finished in 6<sup>th</sup> place with a score of 280 points. Zielke completed the 3.1 mile (5000 meter) course in a personal record of 18:19.35 (an average of 5:53 per mile). Following close behind was Senior Captain Zach Wainwright who finished in 44<sup>th</sup> place with a personal record of 18:38.35 followed by Junior Michael Winz (pictured right) who finished in 51<sup>st</sup> place and broke into the 18 minute barrier for the first time with a personal record of 18:49.46 which moves him into the 6<sup>th</sup> spot on the all time fastest individual list for Circle Cross Country. Rounding out the scoring for the top five was Freshman Jordan Foster who finished in 74<sup>th</sup> place with a personal best of 19:14.65 (9<sup>th</sup> fastest on the all-time list) and fellow Freshman Cliff Wonderly who placed 80<sup>th</sup> with a time of 19:22.04 which just barely missed his all time best. 8<sup>th</sup> Grader Jeffrey Henry (85<sup>th</sup> place in 18:26.05) finished 6<sup>th</sup> for the Centurions followed by Senior Joey Costo who set a personal record of 19:31.22 and an 87<sup>th</sup> place finish.



## Girl's Varsity Results



The Girl's Varsity team gutted out an 18<sup>th</sup> place finish (out of 18 teams) with 464 points on a sunny and hot day that saw temperatures rise to the mid 90's at race time. Despite the team missing Senior Co-Captain Kelsey Goldbarth who was on a College visit, many of the athletes were close to their personal records and one actually establishing a personal best. The team was lead by Senior Sarah Fretwell who finished in 21<sup>st</sup> place with a time of 21:17.30 (second fastest time ever run by a Circle runner) but was well off her season best and school record of 20:29.6. Following right behind Fretwell was 7<sup>th</sup> grader Cassie Ketchum who finished just off her personal best with a time of 21:35.9 for a 27<sup>th</sup> place finish. Finishing 3<sup>rd</sup> for the Centurions with a 124<sup>th</sup> place finish was 8<sup>th</sup> grader Maddie Jamerson (pictured left) who set a personal record of 25:35.90. Sophomore Jenny Lynn (26:40.40 / 144<sup>th</sup> place) and 6<sup>th</sup> grader Denae Chapman (27:23.80 / 148<sup>th</sup> place rounded out the scoring for the Centurions. Sophomore Kayla White and 7<sup>th</sup> grader Carlyn Attaway finished in 155<sup>th</sup> and 156<sup>th</sup> place with a time of 28:04.30 and 28:05.00 to finish in the 6<sup>th</sup> and 7<sup>th</sup> spots for the Circle Varsity team.

## Boy's Junior Varsity Results

The Boy's Junior Varsity team saw 4 personal records being set and finished in a respectable 12<sup>th</sup> place for the meet which included all 1A to 4A classifications. Sophomore Michael Fretwell led the way with a 17<sup>th</sup> place finish in a personal record of 19:52.12. He was followed by Junior Matt Ketchum who completed the course in 56<sup>th</sup> place with a personal best of 20:54.45. Freshman Josh Lusk, competing in his first cross country season, finished in 59<sup>th</sup> place with a personal record of 20:59.59. Rounding out the scoring of the top five team finishers was Senior Adam Weber (competing in both bowling and cross country this fall) who finished in a personal best of 22:15.14 for 101<sup>st</sup> place and 8<sup>th</sup> grader Josh Wainwright who finished in 119<sup>th</sup> place with a time of 23:23.40. Senior Victor Godlewski (155<sup>th</sup> place in 28:20.72) and 6<sup>th</sup> grader Jacob Miller (168<sup>th</sup> place in 33:52.73) competed the Centurion finishes for the Junior Varsity team. This has been one of the first years that Circle has been able to field a competitive Varsity and Junior Varsity team. The Junior Varsity Centurions have been working very hard this season and a number of athletes are beginning to push the varsity for positions.



## Girl's Junior Varsity Results

Without enough runners to compete as a team, three of Circle's Junior Varsity athletes raced in an effort to establish their personal individual best. Junior Schuyler Costro (pictured left) finished her third straight week of setting a personal record as she cruised the 3.1 mile course in a personal record of 29:14.27 which was good enough for 120<sup>th</sup> place. She was followed by



Junior Julie Felsted finishing in 153<sup>rd</sup> place with a time of 31:01.34. 6<sup>th</sup> Grader Kaylee Goldbarth finished up the JV efforts with 181<sup>st</sup> place finish in a time of 36:53.00 which was well off her season best of 31:40.00. This years race was run under very hot conditions and the Lady Centurions certainly gave some of their best efforts of the season. One of the highlights for this years meet was the opportunity to listen to and meet World Champion and 15 time Collegiate All-American Lauren Fleshman who gave out some great advice for the athletes to continue their running improvement and development.

Next week all the teams stay local and will compete in the Walt Disney World Classic at the Disney Wide World of Sports. Races begin on Friday, October 9 with the Girls Junior Varsity team starting off the competition at 3:00 pm followed by the Boy's Junior Varsity team competing at 3:30pm. The Girl's Varsity team will then compete at 4:00 pm and the Boy's Varsity will conclude the evening with their race beginning at 5:00 pm. Come support these hard working and talented Centurion athletes.