

CIRCLE CHRISTIAN SCHOOL CROSS COUNTRY

News Release – October 18, 2009

10th Annual Holy Trinity Fall Classic

Numerous Team and Personal Record Set

Boy's Varsity Team Currently Ranked 6th in 1A State

Girl's Varsity Team Currently Ranked 12th in 1A State

Under near perfect running conditions, the Boy's and Girl's Cross Country teams competed in the 10th Annual Holy Trinity Fall Classic on Saturday, October 17 in Viera, Florida. With temperatures in the mid to upper 60's, both teams had their best meets of the season. Of the 20 athletes competing for Circle, 17 set personal records. Both the Girl's and Boy's Varsity Teams also set Team Records for the fastest cumulative team time for the top scoring 5 athletes. The girl's team shattered the previous record set in 2005 by 2:22 with an overall time of 1:51:05.13 (22:13.03 average per runner). The boy's team broke the previous record set in 2007 by 30 seconds with a time of 1:31:29.59 (18:17.92 average per runner). In the highly competitive meet dominated by large classification schools, the Girls Varsity Team finished in 8th place while the Boy's Varsity Team finished in 12th place. The Boy's Junior Varsity team finished with their highest placed result of the season with a 6th place finish. Following the meet, the latest state polls were released showing the Circle Boy's Varsity Team moving up to a 6th place ranking while the Girls Varsity Team moved up to the a 12th place ranking in Florida 1A polls.



Boy's Varsity Results

In the Boy's Varsity race, 6 athletes set personal records and many moved up the ranks on the All-Time Record list for Circle Christian Cross Country. At this time athletes from this year's 2009 team now own 8 of the top 11 individual times in Circle history. Junior Mitch Zielke ran a personal best time of 17:49.06 and now stands in 3rd place on the All Time List. 8th Grader Jeffrey Henry (pictured right) improved his



previous best time by 1:01 when he ran 18:16.31 which moves him to number 5 on the All Time List. Henry's time was the fastest time for an 8th grader in the state of Florida this year. Senior Zachary Wainwright ran a personal best of 18:20.31 (6th All Time)

while Freshman Jordan Foster finished in a personal best of 18:30.47 good for 8th on the All Time List. Sophomore Michael Fretwell running on the varsity team for the first time this season made the most of his opportunity finishing as the 5th scorer for the team in a personal record of 18:33.43, an improvement of 1:20 that was good enough for 9th on the All Time List. Finishing out the Varsity results were Junior Michael Winz who completed the 3.1 mile course in 18:52.42 (10th All Time) and Senior Joey Castro (pictured left) who ran a personal best of 18:54.15 which placed him 11th on the All Time List.



Boy's JV Results

The Boy's Junior Varsity Team finished the meet in 6th place and set 4 new personal records. Freshman Cliff Wonderly (pictured above), a top varsity athlete missed the start of the varsity race when his family got lost driving to the meet. He responded with his best race of the season in the Junior Varsity event running a personal record of 18:22.37 which was good for 5th place. His time also is the 7th fastest individual time ever



run in Circle Cross Country history. Junior Matt Ketchum (pictured left) ran a personal record of 19:10.31 breaking his old personal best by 1:44 and moving him up to number 11 on the All Time List. Freshman Josh Lusk ran a personal best of 19:37.90 bettering his previous best by 1:22. 8th grader Josh Wainwright also slipped in under the 20 minute barrier running a personal record of 19:57.15 besting his previous record by 1:47. The Junior Varsity scoring was rounded out by Senior Victor Godlewski (pictured right) who finished with a season best of 25:51.75.



Girl's Results

The Girl's Teams have been battling the Flu for the past few weeks and most were uncertain as to how well they would be able to compete. The great weather and top level competition helped motive the team as all the athletes finished in personal records or seasonal best performances. Senior Sarah Fretwell lead the way bettering her personal record and school record by running



20:10.36. Her performance was good enough for an overall 14th place finish. She was closely followed by 7th grader Cassie Ketchum who finished in 20th place and set a personal best by 1:00 when she completed the 3.1 mile course in 20:30.75. Her time was the second fastest time ever run by a Circle Christian School female athlete and the 4th fastest time in the State of Florida run this year by a 7th grader. Senior Kelsey Goldbarth finished her race in a season best time of 22:00.25 which was good for 40th place overall. Rounding out the scoring was 8th grader Maddie Jamerson who finished in 70th place with a time of 23:34.82 which improved her previous best by 2:00 and Sophomore Jenny Lynn who improved her personal best by 1:34 by running 24:48.95 which was good for 82nd place. 6th and 7th place finishers for the Varsity were 8th grader Carlyn Attaway who ran a personal best with a time of 25:49.87 and Junior Julie Feldsted who finished in a personal record of 27:57.05. In the girl's Junior Varsity race, Circle's only entrant, 6th grader Kaylee Goldbarth, posted the biggest individual improvement of the day when she improved her best time by 3:43 when she ran 28:58.14.

Next week all the teams will travel to Mount Dora to compete in the 36th Annual Mount Dora Bible Invitational. The Girls' Varsity competition will start at 4:30pm followed by the Boy's Varsity at 5:15pm. The Boy's Junior Varsity event will begin at 6:00 pm followed by the Girls Junior Varsity race at 6:05. This meet will mark the last race prior to the State Series beginning with the District Championship on November 7. Look to come and support these Centurions!!