

By Shari Friedel

Tribune Staff

Cross country runners' times are continuing to improve, with the most recent competition being one of the toughest courses at the UNK Invite on Monday, Sept. 26.

Senior veteran runner Ashley Kemling's time was close to her course best at 16:36.

"She held herself together very well after having to stop to tie a shoe. Sometimes this can really throw a runner off, but she is so strong mentally that she overcame it and ran a great race," said Coach Paula Wurst.

"Underclassmen Mariah Curtis and Kendra Hoffert were only 12 seconds off their season bests, which is astonishing, because UNK is far tougher than most courses. Courtney (Lyon) and Becca (Cornelius) also ran well," she added.

Jessi Hoffert and Nita Allgeier did not compete due to illness.

The boys continue to put forth excellent effort according to Wurst. Five of the seven ran course PRs.

"I am really pleased with the effort that they are putting into each race. Seth Burge and Brendon Barry's times were over a minute faster than last year at UNK, and Mark Hanson took an amazing two minutes off last year's time," she said.

Next Action

The Perkins County Invite and SPVA will be run concurrently at Grant today (Thursday Oct. 6), followed by D-5 Districts at Grant Thursday, Oct. 13.

Coach Wurst and the team invite fans to come out and cheer them on, and anyone willing to help at the meets would be appreciated. Contact Chip Kay at the high school if interested.

UNK Invitational

Girls

10th out of 23 teams

164 participants

13. Ashley Kemling 16:36

(medalist)

37. Mariah Curtis 18:20

88. Courtney Lyon 20:10

89. Kendra Hoffert 20:11

152. Becca Cornelius 24:46

Boys

19th out of 30 teams

203 participants

69. Seth Burge 20:32

89. Brendon Barry 21:06

90. Mark Hanson 21:12

117. Jake Sexson 21:52

120. Austin Thelander 22:03

131. Dalton McCormick 22:34

134. Robert Engel 22:42

