



# Norton cross country teams qualify for State

By DICK BOYD

nortontelegram@nwkansas.com

Until last season, the Norton Community High School girls and boys cross country teams had not qualified in the same year to compete in the Class 3A State Cross Country Meet which will be on Saturday in Wamego.

On Saturday in Larned, the Blue Jay girls and boys both qualified as teams for the second straight year with the girls winning the Regional Championship and the boys finishing as the Regional Runner-up!

Last year in Cimarron, the Norton girls placed third in the regional and the boys finished in the runner-up spot.

The top three girls and boys teams and the fastest five individual runners not on a qualifying team earned berths in the upcoming state meet.

The Norton girls won the championship with 30 points, followed by Thomas More Prep-Marian of Hays, 59; Holcomb, 74; Larned, 116; Scott City, 125; Ellsworth, 134.

In the boys race, Sterling was the champion with 55 points, followed by Norton, 69; Holcomb, 99; Larned, 106; Lyons, 115; Scott City, 140; Phillipsburg, 184.

## Girls

Norton sophomore Astrid Moen placed second individually with a time of 15:57. She was followed by freshman Katelyn Engelbert, fourth, 16:40; sophomore Julia Kent, seventh, 16:47; freshman Darcy Bainter, tenth, 16:53 and senior Dustyna Sprigg, 11th, 16:55 to make up the five-girl team score.

Sophomore Kamilla Jones was right behind Dustyna in 12th with a time of 16:58 and freshman Marisa Maddy was right behind her in 13th with a 17:05 clocking.

All the Norton girls set personal records in the race!

"This was unlike any other cross country meet," said Norton head coach George Rossi. "The course was set among and around the buildings and grounds of the Fort Larned historic site.

"Running in such a historic setting was really something unlike any other race we have run.

"Our girls are unbelievable! All week long we talked about what we needed to do in order to win this race. One was to all run near or personal bests and the other was to all place high in the race. Both goals were accomplished; however, to place all seven girls in the top 13 was amazing!

"Marisa Maddy running her first varsity race was outstanding. She set a personal record by over a minute.

"Julia Kent lost her shoe with about 250 meters to go when a girl stepped on her foot and she ran the finish of the race through a sticker patch with no shoe and held off a hard charging Sterling runner.

"Dustyna, Darcy, Katelyn and Kamilla also ran their best race. All of the miles in the heat of summer and workouts that our girls did not really like are starting to pay off.

"The state meet is the ultimate test. Our girls will have to have both mental and physical toughness and must run as good or better than they did today but anything is possible!"

The top 10 girls were: Heather Ruder, TMP, 15:29.05; Astrid Moen, Norton, 15:57.20; Alison Pfeifer, TMP, 16:13.09; Katelyn Engelbert, Norton, 16:40.46; Karissa Pena, Holcomb, 16:43.38; Zoe Roth, Holcomb, 16:43.84; Julia Kent, Norton, 16:47.66; Maryn Robson, Sterling, 16:49.00; Jaden Bolmer, Lakin, 16:51.11; Darcy Bainter, Norton, 16:53.66.

Qualifying for the state meet as individuals were: Robson; Bolmer; Jordann Bell, Ellsworth, 14th, 17:07.85; Chelsi Hess, Scott City, 15th, 17:14.17 and Alex Martinez, Lakin, 16th, 17:47.82.

## Boys

Norton junior Zach Hartwell is a former resident of Larned and he returned on Saturday to place third individually with a season best time of 17:29.

Junior Bryan Henry also ran a season best time of 17:50 to place fifth.

Third best runner for the Blue Jays was freshman Marc Miller who was 22nd in 18:38. He was followed by freshman Alec Hager, personal best 18:39, 23rd and senior Troy Bainter, 25th in 18:55 for the five-boy Norton team score.

Also running for Norton and their times and places were: sophomore John Renner, 19:00, 29th and senior Kegan Vanover, season best 19:44, 42nd.

"Our boys continued to be fierce competitors with another great effort today," said coach Rossi. "Most of our boys did not have a real good start and there was a lot of pushing and shoving during most of the race on a very narrow path.

"Bryan, Troy, Marc, Alec and John did a great job of moving up through the pack. Bryan had a great finish, passing five runners in the last 300 meters.

"As with the girls, our boys will have to set many personal records at the state meet in order to finish in the top three. This team is capable. It is just going to take an all out effort."

The top 10 boys were: Josh Rankin, Ellsworth, 16:49.41; Tyler Roberts, Sterling, 17:21.42; Zach Hartwell, Norton, 17:29.14; Cody Rodriguez, Lyons, 17:46.20; Bryan Henry, Norton, 17:50.18;



One of the secrets to the Norton girls' cross country success this season has been running together to reach a winning team score, as they did in the Class 3A Regional Cross Country Meet at the Ft. Larned site west of Larned on Saturday. Pictured for Norton are, from left, freshman Darcy Bainter, senior Dustyna Sprigg, freshman Katelyn Engelbert, sophomore Julia Kent and freshman Marisa Maddy.

Telegram photo by Dick Boyd

Jahman Hill, Larned, 17:50.42; Juan Ramirez, Larned, 17:51.36; Brendan Thomas, Holcomb, 17:55.78; Peter Reed, Sterling, 18:00.68; Matt DeWerff, Sterling, 18:07.36.

Qualifying for the state meet as individuals were: Rankin, Rodriguez, Hill, Ramirez and Mario

Lopez, Phillipsburg, who placed 11th with a time of 18:11.86.

## Next action

The boys Class 3A race in the State Cross Country Meet this Saturday on the golf course at the west edge of Wamego will begin at 9 a.m. and the girls Class 3A race will begin at 10 a.m.

## Correction

Norton freshman runner Chris Chambers competed in the junior varsity cross country race at Lakeside but his name was unintentionally omitted from the story about the meet. Chris placed 31st with a time of 24:09.



Norton senior Kegan Vanover focused on the finish line as he completed the 3.1 mile run during the Class 3A Regional Cross Country Meet on Saturday at the Ft. Larned course west of Larned. Kegan recorded a season best time of 19:44.

Telegram photo by Dick Boyd

## Husky runner places first at Regional track meet in Marysville

Northern Valley junior Gunnar Hays continued to perform well in cross country in the 2010 season with a first place finish in the Class 1A Regional Cross Country Meet on Saturday in Marysville.

Gunnar was first in the chute with a time of 17:41.37 for 3.1

miles.

Gunnar will complete his outstanding season this Saturday in the Class 1A Cross Country State Championship race on the golf course at the west edge of Wamego.

He will run at 12 noon.

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## Good luck at state, Blue Jays!!!

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