

Regional and state cross-country results

The RCHS Cross-Country teams recently competed in the Class 2A Region 4 Championships held at Anderson-Dean Park in Mercer County. Despite the lack of depth, RCHS had high individual expectations for several members of the team. The last eight years have proved very successful for the RCHS cross-country program. The program has been represented in the state championships by either a team or an individual each of those eight years.

The girls' varsity race began with extremely cold temperatures and very windy conditions. The eighth grade trio of Kayla Hayes, Elizabeth Bussell and Mounire Ramsey had the daunting challenge of qualifying for state individually rather than as a part of a five member team.

In her first year of cross-country competition, Kayla has emerged as one of the top runners in the state. She has performed consistently well in some very competitive meets this year. Most notably, Kayla placed seventh overall out of 229 runners in the middle school state championships held at Cave Lake Park in Wayne County recently. Kayla broke Cheyenne Carmack's 5,000 meter record

in the process. She finished the season ranked 14th in the state in the final Class 2A state rankings and 17th in the cumulative Class 2A state rankings that were recently released. Kayla is the first RCHS cross-country runner to break into the top twenty.

She ran an awesome regional championship race, despite the frigid weather conditions. Lauren Arnold, a top-ten ranked senior from Lexington Catholic and last year's regional champion, provided a great test for Kayla. Kayla remained close throughout the race, but lacked the experience to pull off the upset. Nevertheless, Kayla ran her most competitive race of the season. She finished as regional runner-up with Lauren capturing her second straight regional title. Kayla covered the 3.1 mile course in 21:30.8, a new RCHS regional record. Going into the state championships, Kayla has an excellent chance to finish in the top twenty-five, which would earn her an all-state selection.

Elizabeth Bussell has also had a tremendous season thus far and sought to make her second straight appearance in the state championships. Elizabeth ran a spectacular race and

remained close to the lead pack for most of the 3.1 miles. She finished in first place overall with an exceptional effort of 24:24.1. Elizabeth easily qualified for the Class 2A state championships. Her performance was her best ever at the regional championships.

Mounire Ramsey also has shown a great deal of improvement this season. Much like her teammate, Elizabeth, Mounire sought her second straight state championship appearance. She ran an exceptional race, putting forth her best effort of the season on the very difficult, Mercer County course. Mounire finished 25th overall with an awesome time of 26:41.3. She missed qualifying for the state championships by only one place, despite her valiant effort.

The boys' varsity race was held with the same windy, cold weather conditions. Sophomores Andrew Nelson and Steven Shackleford, along with freshman Brandon Cole and Bill Burdett sought their second straight appearance in the state championships. The boys' team lacked the necessary fifth runner to score a state, but were just as determined to qualify

individually. The boys also had the challenge of running in one of the most competitive regions in the state. Region 4 contains three of the top ten Class 2A teams in the state. It also contains six of the top twenty runners in Class 2A, including number one ranked Daniel Morgan of Boyle County.

Andrew Nelson began the race very strongly and surged to the front of the Rockcastle pack. Andrew stayed close to the top six runners the entire race. The two weeks prior to region, he had battled illness and injury, but managed to attend every practice and run to the best of his ability. Andrew maintained his torrid pace throughout and finished in seventh place overall, despite the talented field of upperclassmen. His time of 18:38.2 was the best ever for an RCHS boy on the Mercer County course. Andrew's finish was also the best ever for an RCHS boy in the regional championships.

Brandon Cole has had a stellar season for RCHS, including a record breaking performance at the Boyle County Invitational earlier this year. Brandon ran an awesome regional race and remained on Andrew's heels the entire time. Brandon finished in 10th place overall with an exceptional time of 19:06.8, easily earning a berth in the state championships. Recently, Brandon placed 13th overall out of over 200 runners in the prestigious KTCCA Meet of Champions. He has consistently been one of the top runners in the state this season and has come very close to breaking into the top twenty on several occasions.

Bill Burdett continues to be one of the most improved RCHS runners in recent history. His presence became more apparent after his recent 34th place performance and personal best time from the Meet of Champions.

Bill ran an exceptional regional race and finished 12th overall. His time of 19:14 represented his best regional effort ever. Bill easily qualified for state and will give teammates Andrew and Brandon a serious challenge this weekend.

Sophomore Steven Shackleford has had a great season, culminating in a terrific regional performance. Steven ran a great race and placed 34th overall with a very good time of 22:41.5. This represented Steven's best regional performance ever.

Those qualifying for the 2001 Class 2A State Championships competed on Saturday at the Kentucky Horse Park in Lexington.

Over 230 female athletes took part in the Class 2A state cross-country championships meet. Kayla Hayes continued to perform exceptionally well and ran the best race of her career. She fought through the fast paced beginning of the race and remained in the top twenty for nearly the entire competition. Kayla finished 21st overall, the best ever for an RCHS competitor, and third overall among all eighth graders that competed. Kayla's time of 20:48.7 shattered her own RCHS 5,000 meter record and also represented a record for state competition. For her awesome effort during the regular season and at state, Kayla earned honorable mention all-state. She missed second team all-state by only three places at the state meet. This marked the first time an RCHS female has ever received this award. Overall, Kayla finished with the greatest individual season for an RCHS competitor in the school's cross-country history.

Eighth grade teammate Elizabeth Bussell made the best of her second straight state championship appearance. She ran a very hard fought race and finished with the second best performance at state for an RCHS female competitor since girls began running 5,000 meters three years ago. Elizabeth finished an impressive 83rd overall with an exceptional time of 22:57.3, her best ever in state competition.

The boys picked up where they left off at region and had spectacular state championship performances. Well over 200 competitors were present for the competition.

Freshman Brandon Cole continued his awesome season with a stellar state performance. Brandon got off to a great start in the race and continued to move his way to the front as the race progressed. Brandon finished as one of the top freshman runners and placed an amazing 33rd overall, the best ever for an RCHS male competitor. His awesome time of 17:58.8 was also an RCHS record for state competition. For his superb effort during the regular season and at state, Brandon earned honorable mention all-state honors, the first ever for an RCHS boy. Overall, Brandon finished with the greatest individual season for an RCHS male competitor in the school's cross-country history.

Sophomore teammate Andrew Nelson ran an awesome state race and continued his brilliance from the regional meet. Andrew began the race very strong and held his position pretty much throughout the entirety of the competition. He finished with a sensational effort of 18:06.2 and finished 38th overall. Andrew's time was the second best ever in state competition. His tremendous season earned him honorable mention all-state honors, establishing a first for RCHS, along with teammate Brandon Cole. His state time was also a personal best.

Freshman Bill Burdett had his best ever performance at state as well. Bill ran a hard fought race and finished with a spectacular time of 18:45.6, a personal best and his best race ever at the state championships. He placed 68th overall out of a very talented field of competitors. Bill narrowly missed honorable mention all-state honors, and is possibly the most improved RCHS runner this season.

Congratulations to the RCHS varsity cross-country teams for tremendous seasons. Results of the middle and elementary school state championships will appear in next week's Signal.

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The 6th grade Lady Rockets basketball team would like to thank the RCMS 6th grade cheerleading squad for their support during the season. Great performance girls! Members of the squad are pictured above, front row from left: Beth Renner, Whitney Fry, Carol Dees, Ashley Marcum, Alyssa Cape, and Leslie Burdette. Back row from left: Laura Childress, Courtney Bustle, Coach Erica Kirby, Catie Williams, and Brook Blount.

Rockcastle Co. 8th Grade Thanksgiving Tournament			
Lincoln Co. AAU			
Monday, Nov. 19th • 6 p.m.		Champion	
Whitley Co.			
Jackson Co.	Tuesday, Nov. 20th • 7:15 p.m.		
Monday, Nov. 19th • 7:15 p.m.		Third Place	
Rockcastle Co.			
		Tues. Nov. 20th • 6 p.m.	

FREE CAR WASH

Saturday, November 17th • 10 a.m. to 2 p.m.

ROCKET AUTO WASH EXPRESS

Between KFC & McDonalds

Get your choice of a free touchless wash

Saturday, November 17th • 10 a.m. to 2 p.m.

Congratulations Rockets on a Winning Season!!

From Keith, Betty, Randy, and Amber Bussell of CBFJ

Good Luck with Bell Co. this Friday night!!

New at Berea Hospital

Rheumatology Clinic

Introducing

Manoj Kohli, M.D.

Board Certified in Rheumatology

Special interest in treatment of:

- soft tissue rheumatism • inflammatory rheumatic disease • osteoporosis

Dr. Manoj Kohli

Clinic held Wednesday at Berea Hospital Specialty Clinic (First Floor - Medical Services Building)

To schedule an appointment, please call 859-977-4364 or 859-498-4364 and ask for Berea scheduling

Berea Hospital



Eighth grader Kayla Hayes placed 21st overall in the Class 2A State Cross-Country Championships, while shattering her own RCHS varsity record. She also earned honorable mention all-state honors for her spectacular season, including a regional runner-up finish.



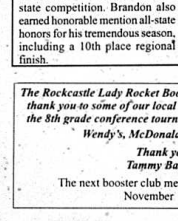
Freshman Bill Burdett finished 12th at the regional championships and placed 68th in the state championships with a personal best time.



Sophomore Andrew Nelson placed 38th overall in the Class 2A State Cross-Country Championships. Andrew finished with a personal best effort at state and also placed seventh at the regional championships. He earned honorable mention all-state honors for his superb season.



Freshman Brandon Cole finished 33rd overall in the Class 2A State Cross-Country Championships with an RCHS record time for state competition. Brandon also earned honorable mention all-state honors for his tremendous season, including a 10th place regional finish.



Eighth grader Elizabeth Bussell finished 83rd overall in the state championships with her best state performance ever. She also placed 15th at the regional championships.

The Rockcastle Lady Rocket Booster Club would like to send a special thank you to some of our local businesses that donated food for the 8th grade conference tournament: Taylor's Produce, Pizza Hut, Wendy's, McDonalds and Godfather's Pizza.

Thank you very much, Tammy Barnes- President

The next booster club meeting will be held at RCMS on November 19th at 5:30 p.m.

LIFE INSURANCE

Stop by to see Bobby Cummins

When it comes to insurance, I want to make your life easier.

The Farm Bureau Insurance Companies can help you plan for the future with a wide range of products: Annuities, IRAs, Mortgage, Disability Income, Whole or Term Life - you name it. For Life Insurance, or Home and Auto coverage, call for a no-obligation review.

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