



P R E S S R E L E A S E

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Collins High School, Shelbyville, KY

Cross Country 10-25-22 (v1)

Region 4 AAA Meet

The Running Titans traveled to Louisville on Oct. 22nd to compete in the Class AAA Region 4 Meet at Champions Park. The boys race started the action. The Titans had a young team toe the line (three juniors, two sophomores, a freshman, and an eighth grader) . Sophomore Nathan Janes went through a fast first mile in 5:21 with teammate Eli Moreno. He improved his position over the last two miles and tied his personal record 17:25 for the 5K which was good for 19th place. This made Janes an individual qualifier for the State Meet. Junior Moreno was next for the Titans in 18:14 (32nd). Moreno was followed by sophomore Chase Delaney (18:58 for 35th), junior Melbyn Velasquez (19:01 for 44th) and eighth-grader Reece Delaney (19:52 for 46th). This gave the Titans 180 points to finish seventh. The boys' total team time of 1:32:48 was 1:34 faster than last year.



(Photo: M. Bolin)

Nate Janes (843) qualifies for the State Meet by matching his personal record at the Regional Meet at Seneca Park on Oct. 22nd.



(Photo: M. Bolin)

Melbyn Velasquez (845) and Chase Delaney (839) work the last mile in Seneca Park at the regional meet.

The girls' race featured a stellar field with three (Assumption, Oldham County, and Sacred Heart) of the top teams in the state. Only six of the eleven teams would make it on to the State Meet. The adrenaline was pumping as the Titan girls got out fast on the smooth, flat, first mile. Freshmen Emma Kendall (5:55), Grace Nelson (6:22), and Katelynn Gaddis (6:22) led the initial Collins charge. Kendall, who was not her usual self, hung on to finish in 20:06 in 15th place. Gaddis (20th) and Nelson (22nd) were the next Titans to finish. They were followed by freshmen Sophie Bolin (34th) and Luci Renda (PR 22:04 for 37th). This gave the Collins girls 128 points and landed them in fourth place out of nine teams. That was enough to punch their ticket to the State Cross Country Meet. Their total team time of 1:46:08 ranks as the eighth fastest time in school history.



(Photo: S. Delaney)

Grace Nelson (835) leads Atherton senior Dakota Emerson.



(Photo: M. Bolin)

Sophomore Luci Renda had a big day for Collins chipping four seconds off her PR and finishing eight places better than last year.



Head Coach George Sanderlin said, "Our girls and boys are still young. I told the girls team two years ago that we might not make it to State until their sophomore year because our region is so strong. They made that prophecy come true today. Luci Renda really stepped up today. Now we are shooting for a top finish at State."

The Running Titans next race is the State AAA Meet at the Bourbon County Course in Paris on Oct. 29th.

Contact:

George Sanderlin
Director of Track and Cross Country
Collins High School
404-312-0945
georgesand@aol.com