



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

Released to: Titan E-News, Sentinel-News

Collins High School, Shelbyville, KY

Cross Country 10-28-24

3A Region 4 Meet

The Running Titans traveled to Seneca Park in Louisville on Oct. 26th to compete in the 3A Region 4 Meet. The moderate temperature (66 degrees) and sunny sky was conducive to fast times. In the boys' race, North Oldham senior Charlie Townsend took over in the last mile, blazing a fast 14:58 on the flat Seneca course for the win. The course was fast indeed as nine boys ran under 16 minutes for the 5 kilometer race.

Collins' first boy across the finish line was sophomore Reece Delaney who placed 16th. He knocked 25 seconds off his previous personal record (PR) to finish in 16:28 which hit the US National Silver Standard. Senior Nathan Janes was next for the Titans in a season best 16:47 (22nd). He was followed by fellow senior Chase Delaney in 37th. Junior George Diakhate got a five second PR to finish in 17:47 (42nd), while sophomore Vance Boyd rounded out the scoring in a season best 19:20. The Titan boys' team time of 1:27:54 (17:35 per runner) was the fifth best time in Collins history. They finished with 169 points in seventh place and had two individual State Meet qualifiers, Reece Delaney and Janes.



(Photo: L. Janes)

Collins' Reece Delaney (R) at the finish of the Region meet. Delaney got a big PR which got him a ticket punched to the State Meet, as well as making the US National Silver Standard.



(Photo: L. Janes)

Nathan Janes (R) and George Diakhate close in on the one mile mark at the regional meet. Janes made the State Meet with a season best, while Diakhate got a PR.

Collins' girl top finisher again was senior Emma Kendall. She finished thirteenth in 19:26 (US Silver Standard). She was followed by junior Sophie Bolin who had a big race. Bolin cruised through the Seneca course in 19:42 (16th) which was an eleven second PR and hit the US National Silver Standard. The third Titan girl to finish was senior Grace Nelson. Nelson had a huge 38 second PR to finish in 20:03 (23rd). Kendall, Bolin, and Nelson all were individual State Meet qualifiers. Freshmen Mya Drake and Margo Treece both finished in 23:18 and rounded out the Titan scoring.



(Photo: R. RoBards)

Titan Senior Emma Kendall (R) at the 1K mark at the Regional meet. Kendall has led the Titans all season.



The girls' team time of 1:45:49 (21:10 per runner) is number nine on the all-time Collins list. This gave the Titans 173 points which was less than the 186 they scored last year. However, it was not enough to get the entire team to State as they finished seventh, just missing getting to State by one place or three points.



(Photo: R. RoBards)

Sophie Bolin got a big PR, made State, and hit the US National Silver Standard at the regional meet.

Director of Track and Cross Country George Sanderlin said, "It was tough for our girls just missing State, because they have worked so hard and done well all year. Sophie (Bolin) and Grace (Nelson) ran outstanding races that got them to State. Emma has been one of the most consistent runners in the state over the last few years. This is the sixth straight year that she has made the State cross country meet, which is a Collins record. Reece also had a big race and will be going to State for the first time. Nathan has also been one of the most consistent runners in the state. This is his fourth year to make the State cross country meet, which is also a school record."



(Photo: R. RoBards)

Collins senior Grace Nelson shows grit at the finish of the regional meet. She chopped a whopping 38 seconds off her previous best.

The Running Titans next race is the State AAA Meet at the Horse Park in Lexington at 10:00 AM on Nov. 2nd.

Contact:

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