



## 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. 25<sup>th</sup> to compete in the 3A Region 4 Meet. The Seneca Park course is one of the oldest (cross country meets have been contested there for over 60 years) and fastest in the country. The cool temperature (49 degrees) was to the athletes' liking. Collins qualified two athletes for the State Meet.

In the boys' race, Trinity took the team title with a perfect score of 15 (finished with places one through five). The highlight for Collins was another top finish by junior Reece Delaney. Trinity's top five ran together pretty much throughout the race. South Oldham senior Rick Mshindi stayed with them until the end. Delaney was in the next group, just behind the Trinity top five. Trinity would have swept places one through seven with their entire team had it not been for Mshindi (6<sup>th</sup> place) finishing ahead of Trinity's two pushers.

Delaney, who broke the Collins school record in the first meet of the season, ran a well-paced race going 5:07 and 5:19 for the first two miles. He picked it up with 800 to go and charged in, covering the last mile in 5:07 to finish eleventh. His time of 16:06.12 broke his previous school record for 5K cross country by over ten seconds and made the US Silver Standard.



(Photo: L. Bolin)

*Collins' Reece Delaney (L) battles with North Oldham's Ian Dunlap at the finish of the 3A Region 4 race. Delaney broke his own school record in the race.*



Collins' next two finishers in the boys' race, senior Casey Vaughn and junior Ethan Kuzman, both got personal records (PR) on the flat and fast Seneca course. Vaughn got a 27 second PR (18:13) to finish 43<sup>rd</sup>, while Kuzman got a 22 second PR (18:14) to finish just behind Vaughn in 46<sup>th</sup> place. Collins ended up with 207 points with Aiden Kelly and Liam Royse rounding out the scoring.



(Photo: L. Bolin)

Ethan Kuzman (L) and Casey Vaughn both got PRs for the Titans at the regional race.

On the girls' side Collins finished with 261 points. The Titans' top finisher again was senior Sophie Bolin. Bolin ran well at Seneca last year at the region finishing 16<sup>th</sup> in a PR of 19:42. However, she outdid it Oct. 25<sup>th</sup> at this year's region. Bolin ran a smart race with a strong last mile (6:04) to better her performance last year. She finished in 12<sup>th</sup> place with a huge 30 second PR of 19:12 which made the US Silver Standard.



(Photo: S. Delaney)

The Collins girls got out well at the start of the regional race with Fern Creek (L) and Eastern.



The next Collins girl to score was sophomore Margo Treece (58<sup>th</sup> in 22:39). Freshman Lisa Smith was next claiming a huge 43 second PR to finish 61<sup>st</sup> in 23:01. Sophomores Mya Drake and Allyson Decker rounded out the Titan scoring.



(Photo: M. Bolin)

*Sophie Bolin of Collins leads two Sacred Heart runners at the mid-point of the regional race. Bolin destroyed her previous PR and hit the US Silver Standard.*

Both Delaney and Bolin were individual qualifiers for the State 3A Meet. Collins Head Coach Heather Rowe said, "I am proud of the effort our team at the regional meet. We had several PRs, and Reece broke his own school record. Both Sophie and Reece's hard work all season paid off as they both qualified for state."

The Running Titans next race is the State AAA Meet at the Horse Park in Lexington at 10:00 AM on Nov. 1st.

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