

## Cross Country Team Improves at Trego

By Ava Brantley

The Golden Plains Cross Country Team competed at the Trego meet in Wakeeney on September 15th. The boy's team consisting of four runners, placed 6th.

Returning junior Owen Patmon ran a personal best with a time of 21:37.78 which is 10 seconds faster than his time last season. "The course was difficult which, made it feel really good to have run a personal best," said Patmon.

Also running for the boy's was freshman Roberto Araux placed 38th with a time of 24:00.88. Sophomores Zeke Weiner ran a 20:05.51 placing him 15th and Tanner Black ran a 26:15.46 placing him 44th. Black's time was the best he has run this season.

Senior Emma Weiner intended to compete in this race. As Weiner was warming up by walking the course her leg started to hurt after walking all the hills. Weiner thought not running at this meet would be better for her as she prepares for the rest of the season. She intends to compete at the next meet alongside the boys at Norton on September 21.