

Weiner Places at State XC for Fourth Year
By Judy Rogers

Golden Plains senior Emma Weiner placed fourth at the Kansas 1A State Cross Country Meet in Wamego on October 28 with a season best time of 19:38.30, just shy of her 19:37.01 run last year for the state championship. Weiner missed the early part of her senior season due to a leg injury and has worked her way back to the state meet.

This is her fourth year to place in the top four at the state meet. She placed third as a freshman, and was state champion her sophomore and junior year. Her career best time is 19:03.36 which she ran at Norton in 2022.

Weiner has been the Regional Champion all four years of high school. She placed first at every meet as a sophomore and junior and in the top three of every meet as a freshman and as a senior.

“Emma has had an outstanding high school cross country career,” said Coach Mindy Fleckenstein. “She has been so much fun to coach. She never backs down from a challenge and always works to get better every day. I look forward to watching Emma run and pursue her goals after high school.”

Weiner has been a dedicated runner throughout high school as she also holds state track championships in both the 1600m and the 3200m. She hopes to qualify and place again this spring and looks forward to running both Cross Country and Track in college.

“To say that I’ve loved my high school cross country career would be an understatement,” said Weiner. “I’ve been blessed with great teammates over the past four years, and I absolutely couldn’t have asked for a better coach. XC has taught me so much, and I can’t wait to see what my college running career brings. I also look forward to seeing the Golden Plains XC runners continue to succeed!”