

## Cross Country Runs at Regionals

By Ava Brantley

The Golden Plains Cross Country team competed on October 22 at Ness City for Regionals. Junior Emma Weiner won regionals with a time of 19:10.10 with second place being 2 minutes behind her. This is her third time winning regionals and qualifying for state. She will be defending her state title on October 29 in Wamego. “It felt amazing to win regionals and to qualify for state for the third time,” said Weiner. “I’m really anxious to see the Wamego course since I haven’t even ran there before.”

Although all of our boys ran hard and competed very well with all of them making their personal best times this season, they will not be heading to state with Emma Weiner. Sophomore Owen Patmon ran his personal best with a time of 22:01.00. Freshmen Ezekiel Weiner ran a 20:19.30 and Tanner Black ran a 24:03.30. “It feels really good to get a personal best on our last meet,” said Black. “I’m looking forward to next year and improving more throughout the season.”