

### By Tim Linscott

*Managing Editor*

Emily Kemling of Perkins County finished fourth at the Ogallala Cross Country Invite on Sept. 26 with a time of 21:02.

“Emily is incredibly competitive. She has an internal desire to beat people,” Perkins County Schools cross country coach Paula Wurst said.

The girls team finished in fifth place with a score of 76, just behind Ogallala’s 63 team score. Courtney Lyon was 20th (23:00) while Kendra Hoffert finished 31st (25:15) for PCS.

Korey Lake ended the day with a time of 29:32.

The Ogallala course is a flat and fast course and provided some solid times for both PCS squads. The boys team had to deal with Brady Mailand going down to injury.

“Losing your lead runner is always tough. Fortunately, Matt (Sestak) was in a position to finish the race strong, and Coy (Aerni) and Sam (Rowley) and the rest of the team ran well,” Wurst said.

The boys had a team score of 203. Top runner for PCS was Matthew Sestak with a time of 21:20.

Coy Aerni finished with a time of 22:11 while Sam Rowley was close behind with a time of 22:21. Tyler Thelander had a time of 22:46 while Dylan Barry finished with a time of 23:21.

Both teams had to compete alongside larger schools such as McCook and host Ogallala, which Wurst explained can be a plus for her squads.

“Running against larger schools at McCook and Ogallala makes our runners more competitive. The competition won’t get any easier at UNK, SPVA, districts, or state, even if we are running against all Class D teams at those meets. It is important to race against a number of different opponents throughout the season,” Wurst said.

The teams were at the UNK Invite on Monday with the girls team finishing seventh. Kemling again led the Lady Plainsmen with a time of 22:04.02 for an 11th place finish, out of 168 runners. Lyon was 37th with a time of 24:25.93 while Hoffert was close behind her teammate with a time of 24:39.16.

Korey Lake had a time of 30:40.08 while Jakelynn Broeder ended the day with a time of 33:39.

Leading the PCS boys was freshman Tyler Thelander, stepping up to lead the Plainsmen with a time of 23:04.7 while Aerni had a time of 23:28.23. Barry had a time of 23:42.86 and Sestak finished with a time of 24:03.85.

Sophomore Dakota Prante finished the course with a time of 27:04.36

On Oct. 10 PCS will host the PCS/SPVA (South Platte Valley Association) Invite at Pheasant Run Golf Course in Grant.

“Hosting the SPVA invite at Grant is always a great experience,” Wurst said. “Our community is very supportive and I am always so appreciative of the people who come to help that day! Running on our ‘home’ course is an advantage for our team; they know exactly what to expect. I am hoping for excellent times and placings from the runners that day.”