

**Wabaunsee Jr High  
Cross Country Results**

**At: Rock Creek      Date: 9-28-2021      Weather: hot, breezy**

**GIRLS:**

**7<sup>th</sup> Grade:**

Adalynn Miller      5<sup>th</sup>      14:46

**BOYS:**

**7<sup>th</sup> Grade:**

Corbin Russell      16<sup>th</sup>      15:44

**Comments:**    These were pretty decent times considering the course and conditions. We've also been in the middle of our highest mileage for training, which means that getting PR's at races usually is a little more hit or miss. Both runners weren't far of PR's and by the next time they compete, we'll be reducing our practice mileage which usually pays dividends for these last meets. We'll look forward to seeing how Adalynn and Corbin finish of their seasons at the Riley County and MEL Meets!