

## Most is best in 100 hurdles

Written by Greg Viergutz

Thursday, 23 May 2013 16:40 -

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Valerie Most accomplished something that hasn't happened to a Brady athlete in over 10 years.

Most stood on the medal platform at the state track meet Saturday as a gold medal event champion in Class D. She led Brady performances at state with a first place finish in the 100-meter hurdles.

The last event champions for Brady came when Lane Fattig won the triple jump and Wade Penry took gold in the 1600, both in 2002, according to Eagle coach Rich Britten. Erin (Clark) Fairley) was the last girl to win a gold medal when she claimed the top prize in the high jump in 2001.

Going into the meet, Britten thought Most might have a chance to win if things fell right. They didn't in the preliminaries as Most clipped the first and final hurdle and placed second.

"That was part of the nerves of competing there for the first time in the hurdles," Britten said.

She had a clean run in the finals posting the winning time of 15.93 seconds.

For Most, the hurdles final began a busy 90 minutes for the Eagle junior. During that time she also competed in the high jump on one end of the track, participated in the pole vault at the other end and received her gold medal in a ceremony in the middle of the infield.

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“She was very busy down there,” Britten said. “She was going back and forth from one place to the other.

“She was kind of on another cloud. She jumped really well and she actually pole vaulted well.”



Most placed third in the high jump with a personal best effort of 5-3, one inch short of the winning height. Her best vault of 9-0 was just short of matching a personal best.

Brady’s girls placed in a tie for 15th in the team scoring with 16 points. O’Neill St. Mary was the team champion with 56 points.

Autumn Hild, who had been battling recent leg problems, was doing well in her 400-meter dash preliminary race before tightening up on the last straightaway, Britten said. She did not qualify for the final.

Shaylin McClellan’s best distance in the long jump was 15-5, which did not earn advancement to the finals.

Josie Palmer successfully cleared 5-0 in the high jump but did not place. She was having a little bit of trouble and her back was bothering her a bit, the coach said.

All four girls joined together for the 400 relay, but their time of 52.54 seconds did not place.

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“It was a better time than we ran all year,” Britten said. “They ran well and improved their time and so we’re happy with that.

Boys place 15th, too

The Brady boys also tied for 15th place, scoring 14 points.

The Eagles missed an opportunity to break a school record in their first competition at state, but the 1600 foursome accomplished that feat in the final event of the meet.

The 3200 relay composed of Bryley Roper, Troy Lusk, Cole Viter and Zach Mann placed sixth with a time of 8:17.22. That was about a second slower than their district time.

“We’ve been chasing the school record and we were hoping we could peel off about another four seconds from the district time to break the school record that’s been here since 1980,” Britten said.

Roper ran a strong anchor leg coming in at 2:01, but earlier runners just didn’t get him close enough at the start of the leg, the coach said.

Brady’s highest medal came in the 1600 relay. Eric Martin, Lusk, Mann and Roper set a new school record of 3:32.97 while placing third.

“We broke our record that we broke at district,” Britten said. “The school record before was 3:35 that we were one-tenth off last year at state. We’ve been chasing that all year and at district we broke that by two-tenths. We broke that by almost two seconds at state.”

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Don't let the name fool you. The 100-meter hurdle race is a sprint. It's a race where the fastest runner wins. The race is held over a distance of 100 meters, with 10 hurdles placed at 10-meter intervals. The race is one of the most exciting events in track and field, and it's a sport that requires a combination of speed, agility, and technique. The race is often used as a warm-up for longer races, and it's a great way to test a runner's speed and endurance. The race is also a great way to see the difference between a sprinter and a long-distance runner. The sprinter will be able to clear the hurdles much more easily than the long-distance runner, and they will be able to maintain their speed throughout the race. The long-distance runner will struggle to clear the hurdles and will be forced to slow down significantly. The race is a great way to see the difference between a sprinter and a long-distance runner, and it's a great way to test a runner's speed and endurance.