

NH's Byrne wins individual honors in Trinity Invitational

Written by Administrator

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Tyler Byrne won the individual boys' title (15:09) in the Trinity Invitational Saturday morning at E.P."Tom" Sawyer State Park, in eastern Jefferson County, Ky. The North Harrison boys' team was 3rd in a tough field. Floyd Central was in 19th place, with a score of 532.

Floyd Central was 18th in the girls' team standings (with 478 points) in the Valkyrie Invitational, which is hosted by Sacred Heart.

Byrne was fighting with a closely grouped pack about 2 ¼ miles into the race, when he started to make his move. Not long after, there was a downhill stretch, where he finally broke free and cruised to the title.

"That's several seconds ahead of anybody else," North Harrison boys' cross country coach Jerry Love said of Byrne. "He created a pretty good gap once he got past the 2 ¼ mile mark. He ran a smart race."

Love was proud of the other varsity runners in the boys' race though. Nine of the 10 members of the boys' team had personal records in time in the race.

"That's awesome; that's a great performance," said Love.

In addition, the North Harrison girls ran in the girls' open race in the Valkyrie Invitational portion, and three of five had personal records themselves.

Love thought that the runners of both of his teams were pumped by "the excitement of being among 49 schools. They wanted to make a statement."

This is the 4th straight meet where at least 75 percent of Love's runner's set a personal record.

"That shows how much they want it."

After three consecutive weeks of hard workouts, Love said that the hard work is paying off, with all of the runners improving their times.

"No matter what the places, the times show they're doing their job," Love said.

Floyd Central girls' coach Carl Hook pointed out that with four state champions from 2008 in the Valkyrie Invitational field, and with one of those four in 9th place in the team standings, "that should tell you the quality of that meet."

For now, with a team that is still in the rebuilding stages, Hook said he is trying to concentrate on individual performances for now. He figures that the team results will eventually take care of themselves.

"We knew what the team results were going to look like; we're trying not to get caught up in team results," Hook said.

Hook saw his team have their share of personal records set among the runners. Six of the girls had personal bests in the race. A seventh girl missed it by three seconds, and an eighth missed it by eight seconds.

Hook said, "We had great races from pretty much everybody."

Hook was especially pleased with the efforts of Hannah Keehn, Connie Rhodes, Abbie Ewing, and Ryan Meza.

Also, freshman Rachel Naville is "really coming on."

All of the local teams enjoyed the competition in the meet, and this was North Harrison's first time in either the girls' Valkyrie Invitational, or the boys' Trinity Invitational.

Love said, "We plan on being back. The kids like it."