

**PAUL LAURENCE DUNBAR HIGH SCHOOL
1600 MAN O' WAR BLVD.
LEXINGTON, KY. 40513
(606) 224-3140**

To Whom It May Concern,

Michelle Williams, a 100 meter hurdler and sprinter on the Dunbar girls track team, has been invited to compete in Europe this summer as a member of the World Sports Exchange International Team. It is indeed an honor to have been chosen for this team, as it is based on the recommendations from nationally recognized coaches. Only athletes who are nationally ranked in their event(s) are considered for the team.

While the track competition will take place in Barcelona, Spain, the team will travel to Madrid, Mont Serrat and Costa Dorada. They will have the opportunity to learn about a foreign culture and to meet and share ideal with foreign athletes.

Although the team is sanctioned by U.S. A. Track and Field, it is not sponsored by that or any other organization. Each athlete is responsible for paying the entire cost of their trip. Therefore, Michelle must raise \$1985. Her family does not have the resources to pay for the trip, so as a team, we have agreed to work bingo's and sell candy to help her earn the money. Additionally, we hope that contributions from individuals, groups or businesses will also help her reach her goal. We appreciate any consideration you may give to this request.

Michelle is a fine young athlete and this is a once-in-a-lifetime experience for her. She would not only benefit skillwise, but would gain an awareness and appreciation for other cultures that would be invaluable.

Thank you in advance for your consideration.

Sincerely,



Kathleen A. Smith
Track & Field Coach
Paul Laurence Dunbar High School

Paul Laurence Dunbar High School

1600 Man O'War Boulevard
Lexington, Kentucky 40513
Telephone (606) 224-3140

July 17, 1997

To Whom It May Concern:

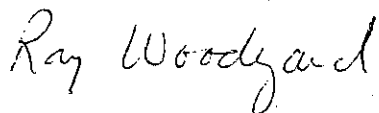
The purpose of this letter is to recommend Michelle Williams for your scholarship. Michelle is a student in good standing at Paul Laurence Dunbar High School where I am an associate principal.

At Paul Laurence Dunbar, Michelle is a member of the girls' track team, the Student Council, the Harambee Club, FBLA and was in the band and on the Senior Executive Board. As a member of the track team, she competed internationally in Spain in the summer of 1996 and is ranked highly in the nation. She placed on the first team in the state for two years and on the second team for two years. She was selected the Kentucky Track High School Girls Athlete of the Year in 1996 and won the High School Sportswoman of the Year for Kentucky in 1997. At Paul Laurence Dunbar, she was selected the Most Valuable Player.

At her church, Michelle is president of the youth group and of her choir. She has held several offices both locally and at conference levels in her church's organization.

If you have any questions, you may contact me at Paul Laurence Dunbar High School, (606) 224-3140.

Sincerely,



Ray Woodyard, Associate Principal

ADMINISTRATION

Jon R. Akers, Principal • Ray Woodyard, Associate Principal • Barbara Gateskill, Associate Principal • Pam Peace, Head Counselor



MICHELLE WILLIAMS

COACH: Re:

I am a consultant to USA Track & Field for Junior Programs. The above mentioned athlete(s) is considered to be among the elite "Junior" age athletes in the nation (those born in the year 1977 or later and who will not turn 20 years of age during 1996). It is our pleasure to inform you of a very exciting and valuable experience for your star at the end of your high school season! The U.S. Junior National Championships in Track & Field will be held June 28-29, 1996 in Columbus, Ohio at Ohio Wesleyan University. This Meet is open to "Junior" age athletes who have met a certain time or performance standard in their event (standards flyer is included in this mailout--check closely the date guidelines for entry standards--your athlete may be already qualified from late spring or summer 1995 efforts!). This competition will serve as the qualifying competition for the World Junior Championships in Sidney, Australia, August 20-25 1996.

We are sure that you will agree that this USA Junior National Championship competition and possible qualification for a U.S. National team with international competition would be an invaluable experience in the development of your athlete. The U.S. Junior Championships will be the only end of season Meet for High School athletes that can lead on to such a U.S. National team position.

The U.S. Junior Championship competition is a highlight of the season for the top high school athletes in the nation. Over half of the U.S. Junior National team selected from last year's U.S. Junior National Championship Meet was of High School age. Most College coaches follow the Junior Championships to discover future recruits

The enclosed results should give you an idea of the level of competition. Your athlete can be competitive at this level!

This mail-out is being done to the Coaches of top athletes to let them know about the Meet and put it on their busy June calendars. We will pass on actual entry blank information when it is available. For more information at this time on the 1996 USA Track and Field Junior Track and Field Championships write: U.S. Junior Championships, Columbus Recreation & Parks Dept - 90 West Broad Street - Columbus, OH 43215-9019 (614) 645-8431 (Phone) (614) 645-5801 (fax).

Start your planning now to include this fine athletic experience during the 1996 season! Make your trip to Ohio in June one that can lead to furthering the career of your fine young athlete as a member of a U.S. Junior National team.

Best of Luck this Spring--

Doug Speck - USA Track & Field - Consultant to Juniors

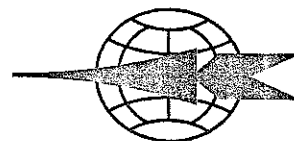
(818) 963-7709 (Phone) (818) 963-2955 (Fax)

cc: P. Duffy Mahoney - Director of Operations - USA Track & Field
Cathy Sellers - Manager of Operations Programs

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WORLD SPORTS EXCHANGE

"DEDICATED TO THE AMERICAN ATHLETE"



6 NORTH HOWELL • P.O. BOX 47 • HILLSDALE, MICHIGAN 49242
PHONE: (517) 439-4277 • FAX: (517) 439-1714

Dear MICHELLE,

Every year **World Sports Exchange** takes teams abroad for international competition, the opportunity to learn about foreign culture and to meet and share ideas with foreign athletes. We have been asked by the **Spanish Track & Field Association Directors** to assemble a team of **American Athletes** to compete in two international meets. One meet just outside Barcelona and the other the **Catalan Junior Track & Field Games in Barcelona, Spain**. The trip is recognized by USA Track & Field and the meets are sanctioned by the member Federation of the IAAF. The team will depart the USA **July 2 and return July 10, 1996**.

Based upon the recommendation of our coaches, you are officially invited to be a member of the **W.S.E. International Team**. The entire team will be made up of athletes from over 45 states. World Sports Exchange Coaches selected for this summers trips are listed on the back.

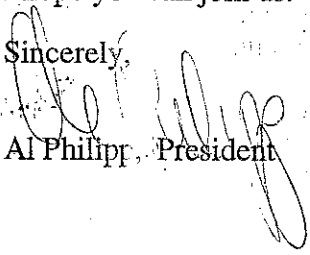
Congratulations on your invitation. In your packet is a green response card that tells us whether you can go or if the coaches need to invite someone in your place. You should notify the W.S.E. office as soon as possible by returning the enclosed green card. To assist the staff in assembling the team, we must learn of your intention to make the trip.

Each of us on the team must raise our own expenses of \$1985 for the trip which **includes absolutely everything**: round-trip airfare, hotel accommodations, all meals, all land transportation, all sightseeing excursions including all entrance fees, team uniforms, competition fees and English speaking guides with us at all times.

In Europe, we will be visiting Barcelona, Madrid, the Olympic sights, Costa Dorada, Mont Serrat, mediaeval fortifications, Roman Ruins and much, much more. We are enclosing materials related to W.S.E. and the trip. In this information, you will find an application and a green R.S.V.P. card. Three things are critical at this time: **1) return the green card** - this is not a commitment, but with this we will have a good idea of your intention to be a member of the team as space is limited. After we receive your card, you will receive a follow-up packet. **2) return the completed application and \$350 deposit** to the W.S.E. office. This will insure a place for you on the team. As mentioned, numbers are limited and it is on a first-come basis. Only the deposit will secure your spot on the trip as we must hold your international airline flight with your deposit and we are only able to hold a certain number. **3) Apply for your passport** immediately. (To save time and hold your spot, you can mail the green card, application and deposit all at the same time if you would like.)

It has been an extreme pleasure for us to share so much excitement with thousands of American athletes. W.S.E. is proud to be the leading organizer of athletic exchange. It's hard to measure the value of the experience itself. Although every trip is different in what we see and do, each one has helped athletes see a different part of the world and helped to change their attitude and feelings about many things that previously were taken for granted. We have found it so exciting to see athletes benefit from their talents and skills in such a rewarding way. I hope you can join us.

Sincerely,


Al Philipp, President

April 18, 1997

Michelle Williams
577 Charlotte Court
Lexington, KY 40508


Dear Michelle:

By action of the Scholarship Committee of the University of Kentucky, you have been awarded an equivalency scholarship for the 1997-98 academic year as allowed by the Southeastern Conference. This scholarship, awarded in the sport of Women's Track, is for one year and consists of in-state tuition and fees, room, and required course related books. Please note that NCAA regulations restrict the total amount of financial aid that may be awarded to student-athletes in a given sport. Therefore, if you receive other financial aid, those funds may replace a portion of your athletics grant to meet N.C.A.A. and conference regulations.

This scholarship is conditioned upon your meeting the admission requirements of the University of Kentucky, and the eligibility requirements of the Southeastern Conference and the N.C.A.A. It may be revoked, suspended, or reduced by failure to maintain the eligibility requirements of the University and/or for behavioral detrimental to the University of Kentucky.

Notification of this award has been sent to the Commissioner of the Southeastern Conference and the Director of Athletics of each of the eleven other schools.

Sincerely,


James E. Ingle
Secretary, Committee of
Student Financial Aid

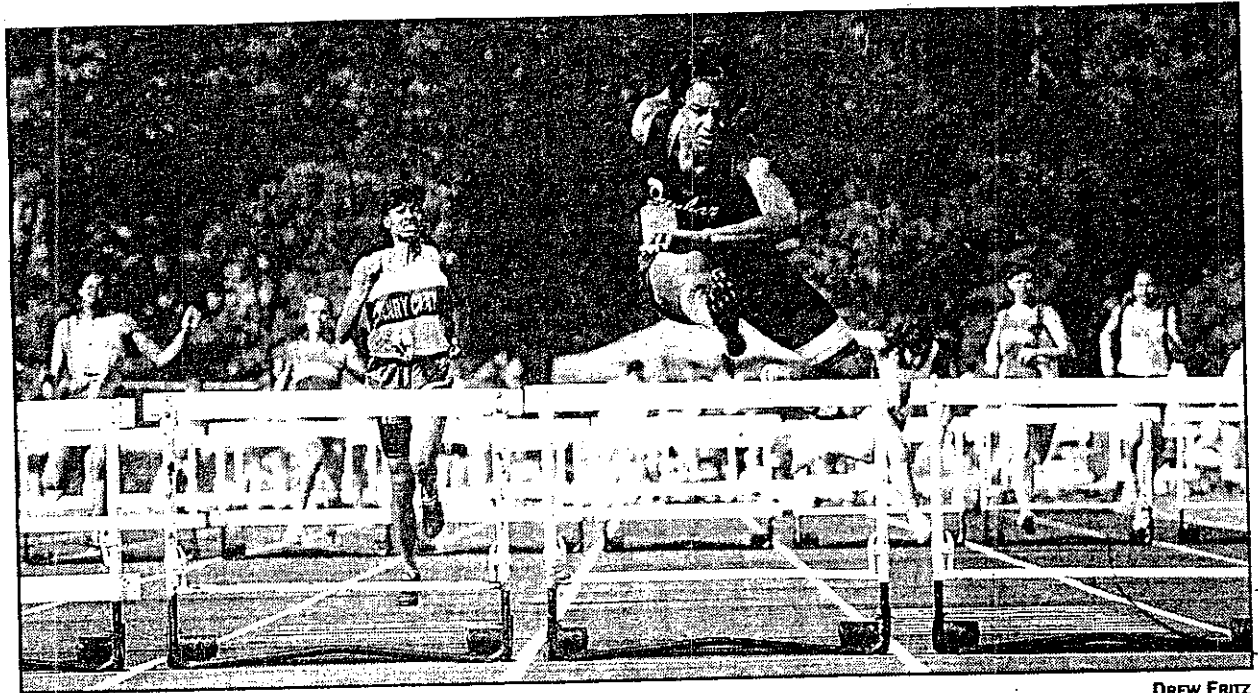
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DREW FRITZ

Michelle Williams said, "I'm going all out to be state champ in everything."

Clearing hurdles



DREW FRITZ

Above: Michelle Williams sped to victory in the 300 hurdles, one of her four victories for Dunbar.

DUNBAR: Hurdler ready for State

"It's my future. I need to prepare myself for college, and the 300 is what college coaches are going to be looking at. I want to improve and get my times down to the point where I can pick a nice college."

MICHELLE WILLIAMS



DREW FRITZ

Michelle Williams of Paul Dunbar easily won the 200-meter dash, after taking titles in the 100- and 300-meter hurdles.

Michelle Williams

Dunbar's Williams eyes titles

Eastern girls topple Valley in Derby meet

By BOB WHITE
Staff Writer

Valley High School had six first-place finishes to Eastern's two, but Eastern's girls piled up a ton of points with five seconds and six thirds to dethrone Valley as champion of the Derby Invitational track and field meet last night at Ballard.

"Our field events got us 36 points," Eastern coach Jim Holman said. "We've got a good team, and the four

HIGH SCHOOL TRACK & FIELD

of us coaching together helps. Mike (McCoy) and I handle the running events, and George Eskridge and Paul Gambert the field events. We take care of all the kids."

Getting firsts from freshman Simidele Adeagbo in the long jump and junior Jaynetta Saunders in the high jump, Eastern compiled 96 points to 83 for runner-up Valley, last year's state Class AAA champion.

Adeagbo jumped 17 feet, 1½ inches and Saunders 5-1 in her specialty.

Saunders raised the bar to 5-6, a height she has cleared twice this season, but she missed on her only try.

"I was trying to tie my record here," she said. "I jumped 5-6 in the regional last year."

Saunders won the State at 5-2 as a freshman and was second last year at the same height.

"I plan to win it this year," she said. "Before I graduate, I want to win the State — the whole team, I mean."

Amber Schwander, a sophomore, registered one of Eastern's seconds by running the 1,600 meters in 5:46, losing to Western Hills' Marie Perry (5:37). Schwander almost didn't make it to the starting line in time.

"I didn't hear any of the calls," she said. "I was up here (in the stands) stretching. I thought I'd already missed the race, but they let me run."

Tia Thomas, a Valley senior who won the 100 in 12.6 seconds and the 200 in 26.7, almost was caught at the wire in the 200 by Eastern's Erika Johnson (26.8).

"If I hadn't leaned, she would have gotten me," Thomas said. "I got a good start and I liked the way I ran the curve, but she (Johnson) always makes me run. She ran a real strong straightaway."

Jeffersonville's Noon sisters, Mary Jo and Kim, gave the Indiana school a sweep of the shot put and discus. Both winning efforts came on their first throws.

Mary Jo, a 6-foot-4 sophomore, heaved the shot 38-9, and Kim, a 5-8 junior, hurled the discus 110-11. Both usually enter both events, but under meet rules each school could only enter one in each event.

"That's my personal best," Mary Jo said. "I've been throwing around 36 or 37. I've been improving 3-5 inches each meet. I want to make it to the State in both the shot and discus."

Kim didn't get close to her season's best of 117-9.

Junior Michelle Williams of Lexington Paul Dunbar, won the 100 hurdles in 14.7 but ran second to Vonda Johnson of Valley in the 300 hurdles. Johnson won in 47.9.

"It's not as good a time as I've been running," Williams said about her 100 time. "I had a slow start."

Added Williams, who ran second in the 100 hurdles in last year's State Meet, "I'll win the State this year, no doubt."

"Michelle is the queen of the hurdles," Valley coach Chico Underwood said. "She's the one everyone has to beat."

Valley won three of the four relays — the 400, 800 and 1,600 — but got only a third from Jackie Leach in the discus.

"We've always had good relays," Underwood said. "We're hurting in the field events. We don't have the jumpers we have had."

Derby Invitational results

At Ballard High School

Team finish — Eastern 96, Valley 83, Western Hills, 59, Paul Dunbar of Lexington 53, Ballard 45, Male 38, Jeffersonville 37, Pleasure Ridge Park 30, Floyd Central 23, Central 22, Sacred Heart 20, Assumption 15, Mercy 13, Jeffersontown 5, South Oldham 3, Butler 2.

3200-meter relay — 1. Ballard (Kasey Favinger, Emily Eades, Erin Munson, Amanda Lynch), 10:09; 2. Western Hills, 10:16; 3. Male, 10:23; 4. Floyd Central, 10:32.

100 hurdles — 1. Michelle Williams, Paul Dunbar, 14.7; 2. Delicia Haynes, Western Hills, 15.5; 3. Tamiayo Adeagbo, Eastern, 15.6; 4. Vonda Johnson, Valley, 15.9.

Long jump — 1. Simidele Adeagbo, Eastern, 17-1½; 2. Shondale Price, Paul Dunbar, 15-0½; 3. Haynes, Western Hills, 14-9½; 4. Nicole Simpson, Central, 14-6.

Shot put — 1. Mary Jo Noon, Jeffersonville, 38-9; 2. Angela Lackey, Eastern, 34-7; 3. Vette Robinson, PRP, 32-7; 4. Jennifer Adam, Male, 31-10.

100 — 1. Tia Thomas, Valley, 12.6; 2. Erika Johnson, Eastern, 13.1; 3. Jenny Millburn, Floyd Central, 13.2; 4. Robinson, PRP, 13.3.

High jump — 1. Jaynetta Saunders, Eastern, 5-1; 2. Shondale Price, Paul Dunbar, 5-0; 3. Brea Williams, Jeffersonville, 4-10; 4. Lesley Drury, PRP, 4-10.

800 relay — 1. Valley (Tika Neal, Thomas, Chantelle Lee, Tamara Dues), 1:49; 2. Male, 1:49.0; 3. Eastern, 1:49.0; 4. Ballard, 1:55.0.

1600 — 1. Marie Perry, Western Hills, 5:37.0; 2. Amber Schwander, Eastern, 5:46.0; 3. Michelle Murphy, Jeffersonville, 5:53.0; 4. Shannon Connell, Sacred Heart, 5:59.

400 relay — 1. Valley (Neal, Thomas, Lee, V. Johnson), 50.8; 2. Paul Dunbar, 52.0; 3. Eastern, 52.3; 4. Male, 55.0.

Discus — 1. Kim Noon, Jeffersonville, 110-11; 2. Lackey, Eastern, 89-0; 3. Jackie Leach, Valley, 81-1; 4. Sarah Eaton, Paul Dunbar, 77-5.

400 — 1. Meaghan Remser, Assumption, 1:02.0; 2. Dues, Valley, 1:02.8; 3. Drury, PRP, 1:03.0; 4. Kandice Shobe, Male, 1:03.6.

300 hurdles — 1. Vonda Johnson, Valley, 47.9; 2. Williams, Paul Dunbar, 49.2; 3. T. Adeagbo, Eastern, 51.4; 4. Donkia Reynolds, Central, 52.2.

800 — 1. Christina Morris, Sacred Heart, 2:25.3; 2. Perry, Western Hills, 2:28.2; 3. Schwander, Eastern, 2:30.5; 4. Favinger, Ballard, 2:31.6.

200 — 1. Thomas, Valley, 26.7; 2. Erika Johnson, Eastern, 26.8; 3. Shaionda Young, Male, 26.9; 4. Haynes, Western Hills, 27.6.

3200 — 1. Amanda Lynch, Ballard, 12:07.9; 2. Jennifer Osterhage, Mercy, 12:18.7; 3. A. Smith, Floyd Central, 12:22.5; 4. Kristen Hankle, Western Hills, 12:31.7.

1600 relay — 1. Valley (V. Johnson, Dues, Tiffany Rozier, Neal), 4:10.0; 2. Central, 4:14.6; 3. Eastern, 4:16.6; 4. Pleasure Ridge Park, 4:25.0.

CLASS 3A

Lexington sprinters set track in flames

By MARK MALONEY

HERALD-LEADER STAFF WRITER

Efforts matched conditions yesterday in the Class 3A portion of the State High School Track and Field Championships.

Both were hot.

In particular, Lexington sprinters and hurdlers had hot times on the first of two days of action at the University of Kentucky's Shively track. Class 3A resumes at 8:30 a.m. today.

The temperature reached 83 degrees during yesterday's 3A meet, on the way to a high of 90 later in the day.

Best of the Lexington sprinters were Lafayette junior Tim Walker and Bryan Station senior Wendell Childs.

Walker led all qualifiers in the 100-meter dash, timed in 10.93 seconds. He added a scintillating anchor leg in the 4-by-100 relay to

rally Lafayette from far behind to within 15 hundredths of a second of heat winner Bowling Green.

Childs, a UK football signee, led qualifiers in the 200 (22.13) and 400 (50.58), then anchored Bryan Station's 4-by-400 relay to a second-place heat finish behind Daviess County.

Hot hurdle times came courtesy of Paul Laurence Dunbar junior Michelle Williams. She led qualifiers in the 100-meter hurdles (14.71) and 300-meter hurdles (46.55). Williams also topped the 200-meter trials (26.34) and ran on Dunbar's 4-by-400 relay, which missed advancing by one place.

"I felt all right," Lafayette's Walker said. "I was just trying to get in and qualify for (today). Coach (Ken Northington) told me to 'run where you will get in.'"

Second-best 100 time of the day (10.97) went to Male junior Tony

Driver, running in the lane next to Walker. Owensboro freshman Casey Combest won the other heat in 11.17.

Childs and Driver ran 1-2 in the 200 heats, Childs winning by nearly three-tenths of a second. Hopkinsville's Artose Pinner, second to Childs in the 400, matched the time of the other heat winner, Male's Jason Williams, clocked in 50.93.

What do Walker's and Childs' performances say about Lexington sprinters?

"We're just as good as anybody else, contrary to what they say about Lexington," answered Childs, a tailback who also plans to continue his track career at UK.

"I think we're pretty good," Walker added. "It lets colleges know we're working hard."

Dunbar's Williams raced with only one other qualifier, Henry Clay's Molisa Morgan, within a

second of her in the 100-meter hurdles. In the 300-meter event, Morgan's heat-winning time was a mere hundredth of a second slower than Williams.

"I could have done better," Williams said, "but I just wanted to qualify."

Five boys' and three girls' events were decided.

St. Xavier has the early lead in the boys' standings with 30 points, 10 ahead of Daviess County. Two-time defending champion Male is third with 18.

Daviess County, Assumption and Shelby County share the girls' lead with 10 points each. Two-time defending champion Valley has yet to score but did well in the sprint preliminaries.

Assumption got all of its points from Maegham Ramsor in a hotly contested long jump. Ramsor's leap of 16 feet 11¾ inches edged Dun-

bar junior Shondale Price by a quarter of an inch. Third- and fourth-place finishers Simidele Adeagbo of Louisville Eastern and Randalene Sergent of Rowan County both jumped 16-11.

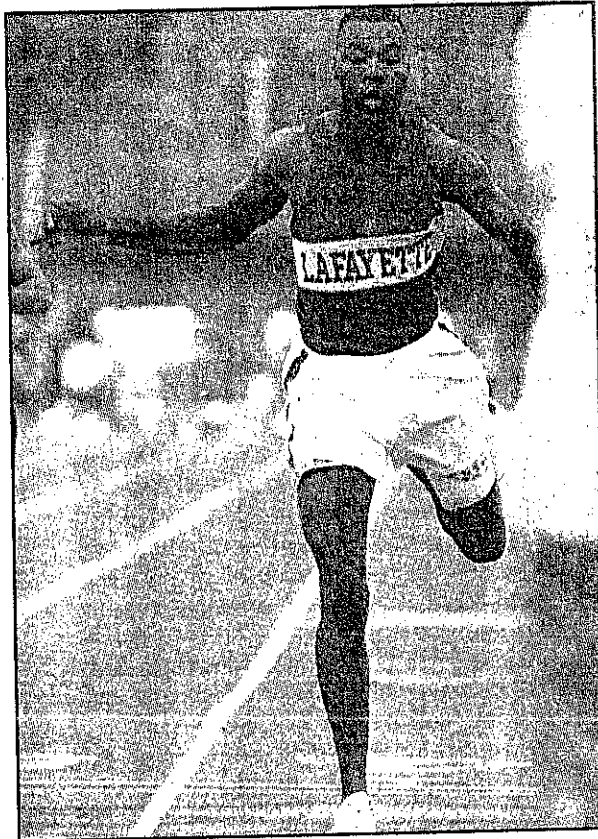
"I was surprised that it was that close," said Ramsor, who popped her winning jump on the last of three qualifying round attempts.

Other girls' winners were Shelby County eighth-grader Lenitta White in the discus (120-2) and the Daviess County 3,200-meter relay (9:52.80).

Boys' winners were Henderson County's Anthony Hay in the shot put (55-2¾); Grayson County's Lee Miles in the pole vault (14-0); Louisville Trinity's Matt Reecer in the high jump (6-8); St. Xavier's Michael Vernon in the triple jump (46-6¾); and Male's 3,200-meter relay (8:03.56).

Lafayette's
Tim Walker
was narrowly
beaten in the
100-meter
dash but was
disqualified
from second
place be-
cause his
print boxers
protruded
from beneath
his running
shorts. Rules
say any visible
underclothing
must be a sol-
id color.

DREW FRITZ



Two Lexington runners tops in 3A state track

BY MARK MALONEY
HERALD-LEADER STAFF WRITER

Male's boys and Eastern's girls gave Louisville high schools a sweep of the Class 3A team championships in the State Track and Field Championships yesterday.

But Bryan Station's Wendell Childs and Paul Dunbar's Michelle Williams gave Lexington schools the top individuals at the University of Kentucky's Shively Track.

Childs ran away with victories in the 200- and 400-meter dashes, then rallied Bryan Station to vic-

On Page C8

■ Class 2A and A wrap-ups

tory in the 4-by-400 relay.

Williams captured the 100- and 300-meter hurdles, then blew away the field in the 200 sprint.

The top single-event effort was by Shelby County senior Josh Buffalino. After winning the boys' 1,600 in 4 minutes, 18.30 seconds, Buffalino won the 800 in 1:53.16.

SEE 3A, C8

■ CLASS 3A REGIONAL

Dunbar's boys, girls post easy victories

BY MIKE FIELDS

HERALD-LEADER STAFF WRITER

FRANKFORT — Taking a cue from the summer-like weather, red-hot Paul Laurence Dunbar blistered the competition to sweep the boys' and girls' Class 3A regional track and field championships at Kentucky State University yesterday.

Coach Mike Wainscott's Dunbar boys, led by 800- and 1,600-meter winner Robbie Williams, piled up 133 points, outdistancing runner-up Bates Creek by 52 points.

Coach Kathy Smith's Dunbar girls, led by junior standout Michelle Williams, earned 122 points, 44 ahead of second-place Lafayette. Williams won the 100-meter hurdles (14.07 seconds), 300-meter hurdles (43.10), 200-meter dash (24.86) and anchored the Lady Bulldogs' winning 1,600-meter relay team.

"I'm going all out to be state champion in everything," Michelle Williams said.

The winner and runner-up in each event qualified for the State Meet at the University of Kentucky next week.

Wainscott was surprised by Dunbar's margin of victory.

"I thought it was going to be real close between us and Bates Creek," he said. "But we had some kids pick up points that we really weren't counting on, like Mike Light finishing second in the pole vault. That was a surprise."

Marlin Thompson, Ben Elias and Robbie Williams have been the Bulldogs' most reliable performers the last two years, and they came through again yesterday.

Thompson won the long jump (21 feet, 5 inches) and was second in the 100-meter dash. He also was part of the winning 400 relay. Elias took the discus (135-5).

Robbie Williams showed his grit by winning the 1,600 (4:41.04) and coming back less than 90 minutes later to win the 800 (2:02.67).

Coach told me to hang back and take it kind of slow in the 1,600 so I'd have something left for the 800," said Williams, a senior. "I'm glad I did because I needed all I had to win (the 800)."

Dunbar's 400-meter relay team (Thompson, Damion Jones, Luke Meighan, Ben Meighan) narrowly beat Lafayette — 44.36 to 44.41.

Bryan Station sprinter Wendell Childs had a big day. The UK football signee won the 200 and 400 dashes, and he anchored the

Defenders' first-place 1,600 relay. The guy showing the most speed, however, was Lafayette junior Tim Walker, who burned the 100 meters in 10.34.

"Coach (Ken Northington) has made me work harder this year and it shows," said Walker, who is headed for a showdown with Male's Tony Driver in the State Meet.

Tates Creek sophomore Justin Parker surprised even himself by sweeping the hurdles. He had personal bests in the 110 (16.07) and 300 (41.69).

"It was the competition that did it," he said. "Everybody seemed really excited, and that pumped me up a little bit."

While Michelle Williams was the star for Dunbar's girls, the Lady Bulldogs also got a great team effort.

Shondale Price won the long jump and high jump and was part of the first-place 800 relay team (Mary Trumbo, Marva Moberly, Dorri Winn, Price). The Lady Bulldogs also took the 1,600 relay (Alaina Wallace, Danielle Richardson, Trumbo, Williams).

"We also got a huge boost from girls scoring points down the line,"

Smith said, "like Kathy McDonald (third in the 800), Mary Trumbo (second in the 400) and Alaina Wallace (fourth in the 400)."

Bryan Station sprinter Crystal Hale won the 100 dash (12.32) and was runner-up in the 200. She also was part of the Lady Defenders' 400 relay champs (Tonya Tanksley, Paulette Jones, Cassandra Hill).

Lafayette's girls were represented well in the distances. Jaime Spencer won the 3,200; Brigid Franey was runner-up in the 1,600; Dana Brown won the 800 and teammate Erin Dunnivant was second.

REGIONAL RESULTS

CLASS 3A

Top two finishers in each event qualify for state meet.

Boys

Teams — 1. Paul Dunbar 133; 2. Bates Creek 81; 3. Jessamine Co. 58; 4. Bryan Station 57; 5. (tie) Harrison Co.

and Scott Co. 48; 7. Woodford Co. 37; 8. Lafayette 32; 9. Henry Clay 16; 10. Montgomery Co. 12; 11. Clark Co. 3.

100 dash — 1. T. Walker (Laf), 10.34; 2. M. Thompson (PD); 3. L. Meighan (PD); 4. L. Chenault (BS); 5. D. Jones (TC); 6. D. Greene (WC).

110 hurdles — 1. J. Parker (TC), 16.07; 2. T. Jett (TC); 3. T. Hamm (Harr); 4. D. Harrington (Harr); 5. S. Allen (WC); 6. T. Bunch (PD).

1,600 — 1. R. Williams (PD), 4:41.04; 2. B. Wilhoit (WC); 3. B. Luffman (PD); M. Robinson (SC); 5. J. Perry (WC); 6. G. Padilla (SC).

Discus — 1. B. Elias (PD), 135-5; 2. D. Edelen (TC); 3. R. Koonitz (JC); 4. L. Cook (WC); 5. M. Duff (Harr); 6. C. Smith (WC).

400 relay — 1. Paul Dunbar (M. Thompson, D. Jones, L. Meighan, B. Meighan), 44.36; 2. Lafayette; 3. Henry Clay; 4. Jessamine Co.

400 dash — 1. W. Childs (BS), 50.85; 2. C. Tussey (SC); 3. L. Jones (BS); 4. R. Ramsey (SC); 5. R. Hohensee (PD); 6. S. Yoder (JC).

3,200 — 1. L. Baker (McCent), 10:05.09; 2. J. Miller (JC); 3. J. Budd (JC); 4. T. Ganenonis (PD); 5. E. Walker (WC); 6. G. Padilla (SC).

Long jump — 1. M. Thompson (PD), 21-6; 2. R. Cowan (TC); 3. L. Chenault (BS); 4. J. Stowe (PD); 5. D. Gay (HClay); 6. A. Reed (WC).

1,600 relay — 1. Bryan Station (R. Fleming, L. Jones, M. Clayborne, W. Childs), 3:35.02; 2. Lafayette; 3. Paul Dunbar; 4. Scott; 5. Harrison; 6. Jessamine.

300 hurdles — 1. J. Parker (TC), 41.69; 2. N. Thornton (Harr); 3. T. Jett (TC); 4. S. Allen (WC); 5. T. Bunch (PD); 6. J. Patterson (BS).

800 — 1. R. Williams (PD); 2. G. Padilla (SC); 3. T. Randall (JC); 4. M. Clayborne (BS); 5. C. Wilhoit (WC); 6. P. Ingram (CC).

200 — 1. W. Childs (BS), 20.91; 2. C. Tussey (SC); 3. L. Chenault (BS); 4. L. Meighan (PD); 5. D. Jones (PD); 6. D. Johnson (WC).

Pole vault — 1. K. Case (SC), 12-0; 2. M. Light (PD); 3. J. Hamilton (JC); 4. A. Northcutt; 5. N. Hampton.

Girls

Team — 1. Paul Dunbar 122; 2. Lafayette 75; 3. Harrison Co. 81; 4. Bryan Station 58; 5. Scott Co. 48; 6. Henry Clay 37; 7. Bates Creek 25; 8. Jessamine Co. 24; 9. Madison Central 18; 10. Woodford Co. 14; 11. Clark Co. 4; 12. Montgomery Co. 0.

100 dash — 1. C. Hale (BS), 12.32; 2. C. Hill (BS); 3. D. Winn (PD); 4. C. Jones (PD); 5. S. Reed (WC); 6. S. Garrett (SC).

100 hurdles — 1. M. Williams (PD), 14.07; 2. M. Morgan (HClay); 3. T. Thomas (BS); 4. B. Skidmore (Harr); 5. S. Martin (Laf); 6. C. Swain (TC).

800 relay — 1. Paul Dunbar (M. Trumbo, M. Moberly, S. Price, D. Winn), 4:40.36; 2. Bryan Station; 3. Lafayette; 4. Madison Central; 5. Woodford; 6. Harrison.

1,600 — 1. K. Lutes (Harr); 2. B. Franey (Laf); 3. T. Hiseel (SC); 4. C. Frith (PD); 5. T. Marrow (SC); 6. M. Foon (HClay).

400 dash — 1. S. Wood (SC), 1:01.34; 2. M. Trumbo (PD); 3. R. Simmons (McCent); 4. A. Wallace (PD); 5. T. Taylor (TC); 6. J. Jackson (WC).

400 relay — 1. Bryan Station (T. Tanksley, C. Hale, E. Jones, C. Hill), 50.23; 2. Paul Dunbar; 3. Woodford Co.; 4. Madison Central; 5. Lafayette; 6. Scott Co.

200 dash — 1. M. Williams (PD), 24.86; 2. C. Hale (BS); 3. D. Winn (PD); 4. M. Morgan (HClay); 5. A. Thurman (Laf); 6. S. Garrett (SC).

800 — 1. D. Brown (Laf), 2:02.67; 2. E. Dunnivant (Laf); 3. K. McDonald (PD); 4. K. Spensler (CC); 5. B. Gifford (WC); 6. L. Peace (TC).

300 hurdles — 1. M. Williams (PD), 43.10; 2. M. Morgan (HClay); 3. C. Agent (Laf); 4. A. Couler (JC); 5. S. Martin (Laf); 6. T. Jones (SC).

3,200 — 1. J. Spencer (Laf), 11:57.63; 2. K. Lutes (Harr); 3. K. VanLindigham (TC); 4. C. Frith (PD); 5. B. Franey (Laf); 6. T. Hiseel (SC).

High jump — 1. S. Price (PD), 5-4; 2. C. Cooper (SC); 3. M. Morgan (HClay); 4. R. Winslow (JC); 5. N. Carter (JC); 6. T. Shell (McCent).

1,600 relay — 1. Paul Dunbar (A. Wallace, M. Trumbo, D. Richardson, M. Williams), 4:12.05; 2. Scott Co.; 3. Lafayette; 4. Jessamine; 5. Bates Creek; 6. Bryan Station.

3A: Defenders' Childs, Dunbar's Williams tops

FROM PAGE C1

The latter broke the State Meet record, 1:54.80, set by North Hardin's James Jeter in 1980.

Male's boys scored 84 points for their third straight title, despite a false start in the 1,600 relay, an event the Bulldogs had not lost in three years. St. Xavier and Daviess County each scored 49 points.

"We felt like we had to work hard this year because we lost (graduated state champions) Ryan Knight and Mark Miller," said John Conn, whose Male roster is dominated by non-seniors. "We felt our work was cut out more this year than it will be next year."

Eastern's girls scored 62 points to Dunbar's 56. Male was third with 51, followed by two-time defending champion Valley with 38.

"Field events really helped us," said James Holman, whose Eastern team scored 26 points in the field. "That was going to make it hard for teams to just depend on the

running to beat us."

Childs, a UK football signee, won the 400 by more than a second in 49.35. Less than an hour later, he pulled away in the 200 to beat Male's Tony Driver, 22.0 to 22.2. (The race was hand-timed because of an electronic malfunction.) Forty minutes later, Childs rallied Bryan Station's relay from third place to first in 3:25.41.

"I told my team to give me something to work with and I'll bring it home," said Childs, who followed Lamar Jones, Mike Clayborne and Rodney Fleming.

Things did not go as smoothly for Lafayette sprinter Tim Walker. The junior led through most of the 100 but was nipped by Driver at the line. Moments later, Walker lost second place, disqualified because his "lucky shorts" — print boxers — were visible at the bottom edge of his running shorts. Rules state any underclothing that can be viewed must be a solid color.

"I feel bad," Walker said. "I'm sad about it. . . . Mad or sad, it's all the same to me — I'm real disappointed. I did all the work."

Walker's other event also ended in disqualification as Lafayette went out of the exchange zone on

its second pass in the 400-meter relay. However, the botched pass left anchor-runner Walker hopelessly in last place.

Driver, a junior, won the 100 in 11.00 and anchored Male to the 400 relay victory in 42.96.

"He has a really, good start," Driver said of Walker in the 100. "I started straightening up about midway down the track. . . . Being taller (6-foot-2) helps out a lot when you get the legs to turn over."

Male also got 10 first-place points from junior Mike Hambrick in the 300-meter hurdles (39.30), and won Friday's 3,200 relay.

Lexington had one other boys' winner, Dunbar's Marlin Thompson, who long-jumped 22-1.

"Undefeated in the long jump all year," Thompson said. "I wanted to go out my senior year and win State."

Dunbar's big winner, though, came in the girls' events. Williams, a junior, and Henry Clay's Molisa Morgan ran 1-2 in both hurdle races (14.52 and 43.96). Williams beat 400-meter winner Erika Jack-

son of Eastern in the 200 (25.65).

"I'm pleased with all of them, but especially the 100 hurdles because that's my favorite race," Williams said. "I sort of stutter-stepped in the 300 hurdles, but I'm satisfied."

Teammate Shondale Price, second in Friday's long jump, successfully defended her high-jump title by clearing 5 feet, 4 inches when

the team title was still in doubt.

"It gets me hyped up," Price said of such pressure, "because we should be able to win the State."

Other area winners included Jessamine County's Nikki Bingham, shot put (37-½); Pulaski Southwestern's Rachel Sanford, 3,200 (11:25.10); and Pulaski County's Natalie Scruggs, 1,600 (5:18.68).

Dunbar's Williams wins twice at Jeff Invitational

By RUSS BROWN
Staff Writer

Michelle Williams of Lexington Dunbar High School already has established herself as one of the top 100-meter hurdlers in Kentucky and the probable favorite to win the Class AAA state title next month.

Now she has her eye on the 300-meter hurdles, too.

Running the 300 for the first time

TRACK & FIELD

this season, she won the event in the Jeffersonville Girls' Invitational track and field meet yesterday after blitzing her competition in the 100.

Williams, a junior, finished second in the state in the 100 last year but hadn't run the 300 since early last spring and hadn't even practiced over that distance this year.

But Dunbar coach Kathy Smith said she twisted Williams' arm to convince her to start competing in the 300.

"I ran a little head game on her because that's probably the event most college coaches are going to look at her in," Smith said. "I told her she needs to look beyond where she is now and get herself ready for college.

"She's built for it because she's big and strong, but I'm not sure she's mentally ready for that race yet. It takes speed, hurdles technique and endurance, and to me it's the toughest race there is for girls. You run yourself to death the first six hurdles, and it takes tremendous guts to finish the last two."

It didn't look as if Williams had any trouble yesterday despite running with a pulled muscle in her left leg. Her time was 45.24 seconds, and she

Yesterday's results

Teams — Evansville Bosse 89, Louisville Ballard 55, Lexington Dunbar 53, Jennings County 51, Male 49, Castle 48, Jeffersonville 38, Evansville Harrison 37, New Albany 26, Floyd Central 19, Corydon 16, Bedford North Lawrence 14, Seymour 14, Evansville Central 12, Butler 12, Madison 8, Providence 8.

100 — 1. Latoya Jagoe (Bosse) 12.37; 2. Kizzie Funches (Bosse) 12.94; 3. Shalonda Young (Male) 13.07.

100 hurdles — 1. Michelle Williams (Dunbar) 14.49; Deatris Cheaney (Bosse) 15.63; 3. Candi Sparks (Castle) 16.12.

1,600 — 1. Amanda Speer (Jennings County) 5:35; 2. Emily Eades (Ballard) 5:44.84; 3. Catrina Wilson (New Albany) 5:46.61.

200 — 1. Camille Durden (Bosse) 26.26; 2. Monica Prince (Elizabethtown) 26.32; 3. Shalonda Young (Male) 27.26.

400 — 1. Emma Beans (Bosse) 1:00.24; 2. Tiffany Offutt (Male) 1:00.51; 3. Amanda Daniels (Evansville Central) 1:03.50.

300 hurdles — 1. Michelle Williams (Dunbar) 45.24; 2. Deatris Cheaney (Bosse) 46.37; 3. Amber Holle (Seymour) 48.24.

3,200 — 1. Amanda Speer (Jennings County) 12:22.55; 2. Amanda Lynch (Ballard) 12:38; 3. Marcie Eades (Ballard) 12:46.72.

800 — 1. Emily Eades (Ballard) 2:29.12; 2. LaShara Smith (Butler) 2:30; Catrina Wilson (New Albany) 2:31.

400 relay — 1. Bosse 50.86; 2. Male 51.47; 3. Dunbar 52.14.

1,600 relay — 1. Male 4:17; 2. Harrison 4:19; 3. Bosse 4:26.

3,200 relay — 1. Ballard 10:17; 2. Jennings County 10:23; 3. Bosse 10:35.

Shot put — 1. Mary Jo Noon (Jeffersonville) 37-3/4; 2. Maggie Lowry (Jennings County) 37-1; 3. Kim Stephenson (Jeffersonville) 34-9/16.

Long jump — 1. Shavonne Threats (Elizabethtown) 17-0; 2. Latoya Jagoe (Bosse) 16-2; 3. Jasmine Whitlock (Harrison) 16-2.

High jump — 1. Shondale Price (Dunbar) 5-3; 2. Sara Willis (Castle) 5-2; 3. Savonne Threats (Elizabethtown) 5-0.

said she plans to continue running the event and thinks she can fare well in the State Meet.

"I probably should have run it last year, but I didn't," Williams said. "I just didn't like it. Now I've got a lot more confidence; I'm really pleased with my time today for running it the first time."

Williams certainly doesn't lack confidence in the 100 hurdles.

"I'm going to win the state this year, no doubt about it," she said.

Williams buried the opposition yesterday in the 100. She had cleared the last hurdle before any of the other runners had jumped the next-to-last barrier, and she was clocked in 14:49, just one-hundredth of a second slower than her fastest time this season. Evansville Bosse's Deatris Cheaney was second at 15.63.

"I was really pleased with that race," Williams said. "I was just thinking about the race and put the pain aside."

Smith said she thinks Williams has the potential to break the 14-second mark this season.

"Her goal is to run in the mid- to low-13s, and she's very determined to reach that goal," Smith said. "She's the hardest worker I have."

The only other double winner was Jennings County distance standout Amanda Speer, who easily swept the 1,600 and 3,200 for the second year in a row. She won the 1,600 in 5:35, beating her nearest rival, Ballard's Emily Eades, by nearly 10 seconds. Her time in the 3,200 was 12:22.55, 17 seconds ahead of runner-up Amanda Lynch of Ballard.

"It was a lot easier than I thought it would be," said Speer, a junior. "My times were a little off because of the wind in the backstretch, but I just wanted to come back and win both races again."

Youthful Bosse, which has only one senior on a roster dominated by freshmen and sophomores, breezed to the team title, obliterating the other 20 teams in the field. Bosse rolled up 89 points, while runner-up Ballard had 55.

Bosse freshman Latoya Jagoe won the 100-meter dash, was second in the long jump and ran on the victorious 400-meter relay team. She also was favored in the 200 but was disqualified for a false start.

Clearing hurdles

Dunbar's Williams eyes titles

BY MIKE FIELDS
HERALD-LEADER STAFF WRITER

Watching Michelle Williams glide to victory in the 300-meter hurdles, you would never suspect that she once despised the event.

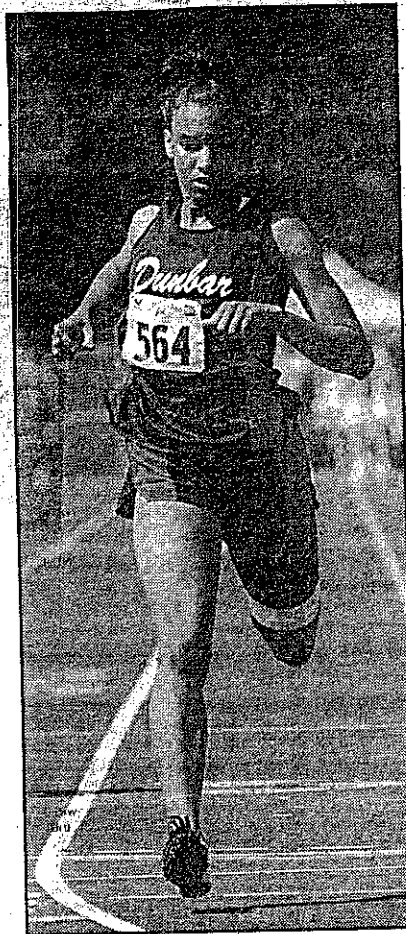
"I didn't like it at all when I was younger," the Paul Laurence Dunbar junior said.

Coach Kathy Smith put it another way:

"Michelle hated that race so much as a freshman and sophomore, and was so freaked out by it, that we pulled her out of it."

That was then, this is now. Williams may sweep the 100- and 300-meter hurdles in the State Meet at the University of Kentucky this weekend.

State Track and Field



DREW FRITZ

Michelle Williams said, "I'm going all out to be state champ in everything."

LEXINGTON HERALD-LEADER, LEXINGTON, KY. ■ THURSDAY, MAY 23, 1996 ★

DUNBAR: Hurdler ready for State

FROM PAGE B1

Williams was an easy winner in both races in the Class 3A regional track and field championships in Frankfort on Saturday. She won the 100s in 14.07 seconds, and the 300s in the 43.10. She also finished first in the 200-meter dash (24.86), and anchored Dunbar's winning 1,600-meter relay team.

"I'm going all out to be state champ in everything," said Williams, who all but guarantees victory in the 100 hurdles.

Smith knows why her star is so determined to shine in that event.

"She came in second in the state (100 hurdles) last year and that fired her up," Smith said. "It showed Michelle how much potential she had. It clicked a switch with her, and she came back this year dedicated to getting better."

So what is Williams' motivation in the 300? Why is she suddenly so successful in an event she once hated and didn't even practice this spring until mid-April?

"It's my future," she said. "I need to prepare myself for college, and the 300 is what college coaches are going to be looking at. I want to improve and get my times down to

"It's my future. I need to prepare myself for college, and the 300 is what college coaches are going to be looking at. I want to improve and get my times down to the point where I can pick a nice college."

MICHELLE WILLIAMS

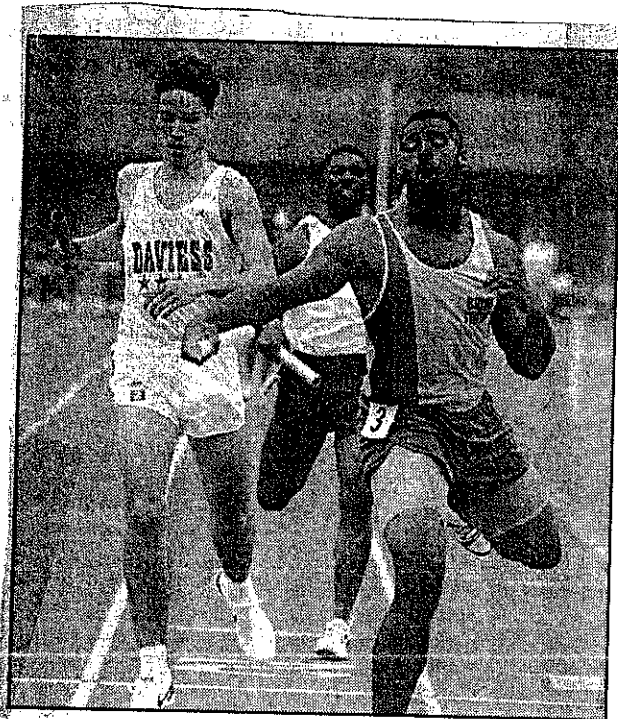
the point where I can pick a nice college."

Between now and the end of her senior season, Williams hopes to break 14 seconds in the 100 hurdles, get into the low 40s in the 300s and between 23 and 24 in the 200 dash.

Smith has no doubt Williams can do it.

Williams is such a great athlete that she makes the hurdles look easy. But her smooth, seemingly effortless stride belies her aggressive attitude.

"My speed is mostly natural ability," she said. "But you've got to have form to go with it, and you've got to be thinking 'attack' when you're going at the hurdles. It all goes together."



Wendell Childs, right, rallied Bryan Station from third place to first in the 4-by-400 relay, beating Daviess County's Chris Lanham. Childs also won the 200- and 400-meter dashes.

DREW FRITZ

CLASS 3A

BOYS

100 high hurdles — 1. Eddie Wilson, Lou. Central, 15.30 seconds. 2. Jerry Babbage, Christian County, 15.32. 3. Thomas Marshall, Lou. Male, 15.34. 4. Mike West, Lou. Valley, 15.40. 5. Jeff Martin, Independence Simon Kenton, 15.52. 6. Chris Matheny, Daviess County, 15.71.

100 dash — 1. Tony Driver, Lou. Male, 11.00. 2. Nick Malone, Lou. Ballard, 11.34. 3. Tyson Woods, Bowling Green, 11.45. 4. Shadrach Jackson, Henderson County, 11.56. 5. Casey Combest, Owensboro, 11.61. 6. John Patrick, Lou. Central, 11.62.

1600 run — 1. Josh Bufalino, Shelby County, 4:18.30. 2. Brian Palmer, Marshall County, 4:21.49. 3. John Maynard, Barron County, 4:27.40. 4. Chris Lanham, Daviess County, 4:28.59. 5. Robbie Williams, Lex. Dunbar, 4:29.51. 6. Brian Recktenwald, Lou. Southern, 4:35.78.

400-meter relay — 1. Lou. Male, (Thomas Marshall, Kevin Chapman, Andre Haynes, Tony Driver) 42.96. 2. Bowling Green, 43.70. 3. Henderson County, 43.97. 4. Lou. Ballard, 44.11. 5. Lex. Dunbar, 44.36. 6. North Hardin, 44.76.

400 dash — 1. Wendell Childs, Lex. Bryan Station, 49.35. 2. Jason Williams, Lou. Male, 50.50. 3. Chris St. John, South Laurel, 50.85. 4. Chad Tussey, Scott County, 51.25. 5. Artose Pinner, Hopkinsville, 51.25. 6. Joey Haynes, Henderson County, 51.33.

800 hurdles — 1. Mike Hambrick, Lou. Male, 39.30. 2. Mike West, Lou. Valley, 39.40. 3. Anthony Melvin, North Hardin, 39.94. 4. K.C. Latham, Pulaski County, 40.43. 5. Antonio Duncan, Hopkinsville, 40.69. 6. Simeon Hodges, South Laurel, 40.86.

800 run — 1. Josh Bufalino, Shelby County, 1:53.16 (state record). 2. Chris Lanham, Daviess County, 1:56.13. 3. Stanley Tanyhill, Lou. Male, 1:57.52. 4. Brian Recktenwald, Lou. Southern, 1:57.89. 5. Milton Santos, Central Hardin, 1:58.88. 6. Matthew Steele, Lou. St. Xavier, 1:58.90.

200 dash — 1. Wendell Childs, Lex. Bryan Station, 22.0. 2. Tony Driver, Lou. Male, 22.2. 3. Joey Haynes, Henderson County, 22.6. 4. Nick Malone, Lou. Ballard, 22.7. 5. Byron Castine, Lou. Trinity, 22.8. 6. Chad Tussey, Scott County, 23.0.

3200 run — 1. Jason Filippazzo, Lou. Butler, 9:34.83. 2. Matt Tabor, Bowling Green, 9:46.35. 3. Jacob Barron, Henderson County, 9:48.31. 4. Michael Becht, Lou. St. Xavier, 9:52.19. 5. William Leasure, Madisonville-N. Hopkins, 9:52.24. 6. Luke Baker, Madison Central, 9:53.23.

1600-meter relay — 1. Lex. Bryan Station, (Lamar Jones, Mike Clayborne, Rodney Fleming, Wendell Childs) 3:25.41. 2. Daviess County, 3:25.91. 3. Henderson County, 3:26.94. 4. Lou. St. Xavier, 3:29.23. 5. Lex. Lafayette, 3:32.51. 6. Lou. Valley, 3:32.58.

Shot put — 1. Anthony Hay, Henderson County, 55 feet 2 1/4 inches. 2. David Edelen, Lex. Bates Creek, 54-10 1/2. 3. Bernhard Jackson, Lou. St. Xavier, 52-03 1/2. 4. Josh Payne, Daviess County, 51-7. 5. Matt Meehan, Lou. Male, 51-5 1/2. 6. Ben Elias, Lex. Dunbar, 49-10 1/2.

Discus — 1. Bernard Jackson, Lou. St. Xavier, 156-11. 2. Josh Payne, Daviess County, 152-9. 3. Adam Stegman, Campbell County, 145-6. 4. Nick Horine, Shelby County, 145-4. 5. Ben Elias, Lex. Dunbar, 143-2. 6. Torius Mitchell,

Madisonville-N. Hopkins, 137-10.

Long jump — 1. Marlin Thompson, Lex. Dunbar, 22-1. 2. Charles Burton, Lou. Male, 22-0 1/4. 3. Ramon Cowan, Lex. Bates Creek, 21-3. 4. Rico McClarity, North Hardin, 21-1 1/4. 5. Levar Coleman, Central Hardin, 20-11 1/2. 6. Tony Jarman, Cov. Holmes, 20-3.

Triple jump — 1. Michael Vernon, Lou. St. Xavier, 46-6 1/2. 2. Noah Lockhard, Lou. Eastern, 45-1 1/4. 3. Jonathon Embree, Bowling Green, 44-8 1/4. 4. Greg Pate, Daviess County, 44-0 1/2. 5. Demario Jones, Lex. Bates Creek, 43-9. 6. Rico McClarity, North Hardin, 43-5.

High jump — 1. Matt Reecer, Lou. Trinity, 6-8. 2. Tony Jarman, Cov. Holmes, 6-8. 3. Rashad Holman, Lou. Male, 6-8. 4. Caleb Smith, Bowling Green, 6-8. 5. Noah Lockhard, Lou. Eastern, 6-4. 6. Michael Koch, Lou. St. Xavier, 6-4.

Pole vault — 1. Lee Miles, Grayson County, 14-0. 2. David Francis, Lincoln County, 13-6. 3. David Bowersox, Daviess County, 13-0. 4. Chris Daniel, Lou. St. Xavier, 13-0. 5. Mike Pifer, Lou. Trinity, 13-0. 6. Aaron Watzig, Lou. St. Xavier, 12-06.

Team totals — Lou. Male 84, Daviess County 49, Lou. St. Xavier 49, Henderson County 39, Bowling Green 32, Lex. Bryan Station 30, Shelby County 24, Lex. Dunbar 17, Lou. Ballard 16, Lex. Bates Creek 16, Lou. Trinity 14, Louisville Valley 13, North Hardin 12, Louisville Central 11, Lou. Eastern 10, Lou. Butler 10, Grayson County 10, Barron County 10, Cov. Holmes 9, Christian County 8, Lincoln County 8, Marshall County 8, South Laurel 7, Campbell County 6, Scott County 5, Lou. Southern 5, Central Hardin 4, Pulaski County 4, Hopkinsville 4, Madisonville-N. Hopkins 3, Owensboro 2, Lex. Lafayette 2, Cov. Scott 2, Independence Simon Kenton 2, Madison Central 1, Logan County 1.

GIRLS

100 high hurdles — 1. Michelle Williams, Lex. Dunbar, 14.52. 2. Molisa Morgan, Lex. Henry Clay, 15.31. 3. Marna Moore, North Hardin, 15.62. 4. Temitayo Adeagbo, Lou. Eastern, 16.00. 5. Vonda Johnson, Lou. Valley, 16.02. 6. Ashah Hodgen, Cov. Holmes, 16.56.

100 dash — 1. Tiya Thomas, Lou. Valley, 12.85. 2. Shalonda Young, Lou. Male, 12.85. 3. Erika Johnson, Lou. Eastern, 12.94. 4. Crystal Hale, Lex. Bryan Station, 12.96. 5. Marian McDonald, North Hardin, 12.99. 6. Maeghan Ramsor, Lou. Assumption, 13.01.

200 relay — 1. Lou. Male, 1:45.19. 2. Lou. Valley, 1:47.89. 3. Lex. Bryan Station, 1:48.13. 4. Lex. Dunbar, 1:49.17. 5. North Hardin, 1:50.56. 6. Union County, 1:51.01.

1600 run — 1. Natalie Scroggs, Pulaski County, 5:18.68. 2. Jessica Southers, Ashland Blazer, 5:20.76. 3. Cayola Brown, Owensboro, 5:21.09. 4. Jennifer Scherer, Lou. Seneca, 5:24.18. 5. Karen Lutes, Harrison County, 5:25.16. 6. Brookly Longworth, Henderson County, 5:25.45.

400-meter relay — 1. Lou. Male, (Latoya Payne, Sheri Daniels, Kehmd Adenram, Ivory Rollins) 50.82. 2. Lou. Valley, 50.86. 3. Lex. Bryan Station, 50.92. 4. Lex. Dunbar, 51.07. 5. Rowan County, 51.42. 6. North Hardin, 52.13.

400 dash — 1. Erika Johnson, Lou. Eastern, 58.61. 2. Tisha Thomas, Lou. Central, 1:00.00. 3. Tiffany Offit, Lou. Male, 1:00.11. 4. Tamara Dues, Lou. Valley, 1:00.21. 5. Leslie Durury, Lou. Pleasure Ridge Park, 1:00.59. 6. April Coldiron, Boyd County, 1:00.72.

300 hurdles — 1. Michelle Williams, Lex. Dunbar, 43.86. 2. Molisa Morgan, Lex. Henry Clay, 45.76. 3. Marna Moore, North Hardin, 46.97. 4. Vonda Johnson, Lou. Valley, 47.67. 5. Eroca Hodges, Bell County, 48.08. 6. Allison Bradford, Cov. Notre Dame, 49.14.

800 run — 1. Angela Lee, Grayson County, 2:18.56. 2. Christina Morris, Lou. Sacred Heart, 2:19.43. 3. Janette Pike, Meade County, 2:20.74. 4. Vanessa Davis, Knox Central, 2:23.80. 5. Stephanie Stewart, Lou. Central, 2:24.28. 6. Kasey Favinger, Lou. Ballard, 2:25.77.

200 dash — 1. Michelle Williams, Lex. Dunbar, 25.65. 2. Erika Johnson, Lou. Eastern, 26.64. 3. Ivory Rollins, Lou. Male, 26.78. 4. Shalonda Young, Lou. Male, 26.94. 5. Tara Montgomery, Marion County, 27.09. 6. Vonda Johnson, Lou. Valley, 27.32.

High jump — 1. Shondale Price, Lex. Dunbar, 5-4. 2. Sharon Poisson, Lou. Eastern, 5-4. 3. Jaynetta Saunders, Lou. Eastern, 5-2. 4. Brynn Wimsatt, Owensboro, 5-2. 5. Camille Cooper, Scott County, 5-0. 6. Teresa Harris, Lou. Fern Creek, 5-0.

3200 run — 1. Rachel Sanford, Pulaski Southwestern, 11:25.10. 2. Jessica Southers, Ashland Blazer, 11:27.65. 3. Cara Nichols, Henderson County, 11:38.75. 4. Natalie Scroggs, Pulaski County, 11:39.10. 5. Andrea Deoga, Central Hardin, 11:41.27. 6. Karen Lutes, Harrison County, 11:47.71.

Shot put — 1. Nikki Bingham, Jessamine County, 37-0 1/2. 2. Courtney Pace, Lohr Oak, 36-4. 3. Dorothy Boyers, Harrison County, 35-6 1/2. 4. Angela Lackey, Lou. Eastern, 35-5. 5. Yvette Robinson, Lou. Pleasure Ridge Park, 33-5 1/2. 6. Genesis Fischer, Cov. Holmes, 32-8.

1600-meter relay — 1. Lou. Central, 4:04.74. 2. Lou. Eastern, 4:04.95. 3. Lou. Male, 4:05.20. 4. Scott County, 4:10.16. 5. Cov. Notre Dame, 4:14.31. 6. Lou. Valley, 4:14.41.

Discus — 1. Lehlita White, Shelby County, 120-2. 2. Monnie Elzy, Lou. Holy Cross, 109-7. 3. Kim Marsh, Ashland Blazer, 108-6. 4. Patsy Funke, Independence Simon Kenton, 102-6. 5. Jocelyn Duke, Jeffersonton, 101-5. 6. Amber Marshall, Henderson County, 96-5.

Long jump — 1. Maeghan Ramsor, Lou. Assumption, 16-11 1/4. 2. Shondale Price, Lex. Dunbar, 16-11 1/4. 3. SImidete Adeagbo, Lou. Eastern, 16-11. 4. Randelene Sergent, Rowan County, 16-11. 5. Jaynetta Saunders, Lou. Eastern, 16-7 1/4. 6. Jennifer Stasie, Conner, 16-1 1/4.

800-meter relay — 1. Lou. Male (Ivory Rollins, Latoya Payne, Tiffany Offit, Shalonda Young) 1:45.19. 2. Lou. Valley, 1:47.86. 3. Bryan Station, 1:48.13. 4. Paul Dunbar, 1:49.17. 5. North Hardin, 1:50.56. 6. Union Co., 1:51.01.

Team totals — Lou. Eastern 62, Lex. Dunbar 56, Lou. Male 51, Lou. Valley 38, Ashland Blazer 22, Lou. Central 20, Pulaski Southwestern 18, North Hardin 17, Lex. Henry Clay 16, Pulaski County 16, Lex. Bryan Station 16, Lou. Sacred Heart 14, Lou. Assumption 11, Grayson County 10, Daviess County 10, Owensboro 10, Jessamine County 10, Shelby County 10, Harrison County 9, Lohr Oak 8, Lou. Holy Cross 8, Henderson County 8, Meade County 6, Rowan County 6, Scott County 6, Lou. Ballard 5, Knox Central 4, Lou. Seneca 4, Lou. Pleasure Ridge Park 4, Independence Simon Kenton 4, Cov. Notre Dame 3, Central Hardin 2, Bell County 2, Marion County 2, Cov. Holmes 2, Jeffersonton 2, Conner 1, Lou. Fern Creek 1, Union County 1, Boyd County 1.



October 12, 2010

A Letter of Recommendation for Michelle R. Johnson

It is my pleasure to give my strongest recommendation for Michelle R. Johnson. I have worked with the former Michelle Williams as her track coach at the University of Kentucky for 2 years. Based upon her accomplishments as an athlete and as a person I feel that she is a well deserved hall of fame candidate.

Michelle is a very conscientious individual who was an extremely dependable performer as a student-athlete. She is one who I trusted to perform her best when her team needed her the most.

As a member of the track and cross country teams at the university Kentucky, Ms. Johnson displayed the commitment and enthusiasm required of all competitive collegiate athletes. Michelle is currently ranked amongst the top 10 best hurdlers indoor and outdoor in University of Kentucky history. She was a motivated individual and inspired a positive attitude in the other members of the team. Michelle's maturity enabled her to successfully balance her demanding academic schedule and a year-round commitment to running. Ms. Johnson suffered and overcame several injuries during our two years as coach and athlete. During each instances Michelle followed every recommendations that the trainers and physicians made in order to return to competition in a timely manner.

I recommend the former Michelle Williams without hesitation as one who has the personal qualities and accomplishments that are required of all hall of fame members. I can honestly relate that she would be an excellent choice because of the skills and traits she has as an athlete and as a role model. If you have any questions regarding her candidacy, please feel free to contact me at the Stanford Track Office at 650-725-0759. Thank you for the opportunity to speak on her behalf.

Sincerely,



Edrick Floreal

The Franklin P. Johnson Director of Track and Field
Stanford University

Bethel Harry Ward
1823 Barksdale Dr.
Lexington, KY 40511
(859) 533-3648
Ukkappa1983@yahoo.com

October 20, 2010

Re: Recommending Michelle Williams-Johnson

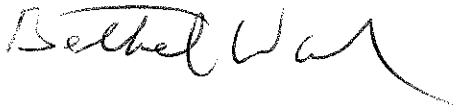
To Whom It May Concern:

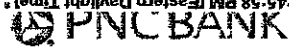
It is without hesitation that I recommend Michelle Williams-Johnson for Dawahares and KHSAA Award.

I have dealt with Michelle in both business and personal matters, as I was her Track Coach at Dunbar High School back in the 90's. Michelle was always dedicated, focus and a hard worker during practice and during the track meets. Michelle was a motivator on the Track Team. I believe Michelle to be a woman of integrity, with strong moral values.

The Dawahares and KHSAA Award could not go to a more deserving person I believe that Michelle is an unquestionably an exceptional candidate for this Award. Michelle Williams-Johnson truly makes me proud as her High School Coach.

Bethel Ward;

A handwritten signature in black ink that reads "Bethel Ward". The signature is written in a cursive style with a long, sweeping tail at the end.



Richard Haffey Jr
Senior Vice President
T 513-922-3836 F 888-513-8144
richard.haffey@pnc.com

Member of The PNC Financial Services Group
5535 Glenway Avenue B2-B294-01-1
Cincinnati Ohio 45238



October 21, 2010

Dawahares/KHSAA Hall of Fame
ATTN: Nominations
2280 Executive Drive
Lexington, Kentucky 40505

Re: Nomination for Michelle R. Johnson (Williams)

Dear Hall of Fame Screening and Selection Committees,

I have the pleasure of working with Michelle Johnson for the last year and a half as her immediate supervisor at PNC Bank. Michelle is currently the Branch Manager of our Camp Washington branch in Cincinnati where she manages a team of seven individuals. Many of the skills and attributes that she developed as a top athlete at Paul Laurence Dunbar High School and the University of Kentucky are evident in her behaviors and performance at PNC Bank.

Michelle is an avid competitor. She works diligently to drive the sales and service in her branch and is motivated to succeed and be the best. Michelle competes with the highest level of ethical conduct and moral character. While she is driven to win, she will not compromise her ethical standards to do so. She is a team player who is willing to help her fellow Branch Managers and partners with other lines of business. Michelle is always looking for ways to improve her skill set. She seeks feedback to better herself and her team. Michelle is a leader. She employs a soft approach with her staff to expand their capabilities and develop them for future opportunities.

In addition to working at the bank, Michelle is very involved in the community and the local schools. She participates in Junior Achievement, where she teaches a six-week program about different aspects of the city to third graders. She volunteers with Success by 6 and tests kindergarten kids at the beginning of the school year to identify their level of knowledge so the teacher knows what areas of focus the child needs. Also, she chaperones field trips and speaks at schools about her career and the banking profession.

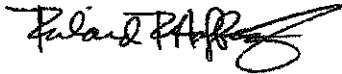
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One PNC Plaza 249 Fifth Avenue Pittsburgh Pennsylvania 15222 2707

Page 2

Michelle R. Johnson (Williams)

As a result of Michelle's athletic success, work performance, and community involvement, I highly recommend Michelle for induction into the Kentucky High School Athletic Association Hall of Fame.

Sincerely,



Richard R. Haffey, Jr.
Senior Vice President
Regional Manager
PNC Bank

10/15/2010

To Whom It May Concern,

It is my honor to write a KHSAA Hall of Fame recommendation for Michelle (Williams) Johnson.

Michelle is my sister-in-law, and as such, I have known her for eighteen years. She was a skinny little eighth-grader when I first met her, and was playing basketball on her middle-school team at Leestown Road in Lexington. That year, at one of the school track meets, the girls' team had no one to run the hurdles. Michelle was drafted, just to have someone to run. Not only did she provide a warm body, she WON the event, and a passion was born.

As a freshman at Paul Lawrence Dunbar H.S., Michelle began her track career as she meant to go on, placing 4th & 5th in the state championships in the 100H & 200m events her inaugural year. She improved on her success as a sophomore, placing first in the above events at many meets, and coming in 2nd, 3rd, and 3rd in the 100H, 100m, and 200M, respectively, at state. This wasn't good enough for her, however, and she could frequently be seen running against the boys' team after the girls' practice was over.

Her extra work paid off her junior year, when she cruised to first place honors in the 100H, 200m, and 300H at the state championships, and earned a spot at junior nationals. That summer, she served as a youth sports ambassador to Barcelona, Spain.

Michelle bested her junior year excellence with stellar senior year meet performances, topped by 1st place finishes in the 100m, 100H, 200m, and 300H at the Western Hills/Frankfort Invitational meet, and a still unbeaten 55m high hurdle record of 8.46 seconds at the Mason Dixon Games. Unfortunately, after turning in the top qualifying times in the 100m, 100H, 200m, and 300H at state, a coaching misstep cost her the chance to repeat as state champ in the finals, where she was heavily favored (her qualifying times were faster than the final times of the eventual winners, including the Odeagbo girls). She'd already won the 100m when her coach asked her if she'd help the team by competing in the 4x400 relay final. Michelle agreed, but was later informed that since she'd competed in 5 events, she was disqualified from the whole meet. Her medal for the 100m was taken, as well, and Michelle was heartbroken.

Michelle went on to run track on a 4-year scholarship at the University of Kentucky, where she was a solid performer. The self-discipline and motivation she learned from running track served her well there, where she completed dual business degrees in only four years, while still competing full-time.

After graduation, Michelle went to work for 5th 3rd Bank, then, transferred her skills to PNCBank, where she is currently an Asst. Vice President and branch manager. A busy wife and mother of two small boys (future track stars!), Michelle frequently volunteers her time, and has mentored many young athletes (she worked with track star Tyson Gay, and his sister Tiffany, while they were at Lafayette High School, in Lexington). She is frequently called upon by PNC to speak at and organize outreach events, where her winning attitude and good work ethic are a wonderful inspiration to the hard-working people in her community.

In conclusion, Michelle is a prime example of someone who achieved great things in high school sports, and had the intelligence to let those lessons shape and guide her in her approach to the biggest game of all: life. She would be an outstanding addition to the Kentucky High School Athletic Association Hall of Fame.

Sincerely,

Kelly Williams
Corporate Financial Planner
Charlotte, NC



Michelle Johnson