

Jenks takes Drake 3000 for 3rd time

Written by Metro Sports Report
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DES MOINES - Linn-Mar star Stephanie Jenks expects to lose a race at the 106th Drake Relays this weekend, but don't be alarmed.

It won't be one of her special distance races.

Jenks reigned supreme in the 3000 meter run for the third straight year Thursday and she'll be heavily favored to capture the 1500 for the third straight year Saturday.

It's the 400 hurdles that will probably trip her up, but that's understandable. Jenks is a novice at the event and Sarah Plock of Iowa City High is a two-time champ.

In fact, Plock teased Jenks in an e-mail about their "confrontation" in Des Moines.

"She said, 'So, are you going to beat Sarah Plock?,'" Jenks related Thursday, laughing. "I thought, What is this, an April Fool's joke?"

It was just Plock having a little fun, knowing Jenks began toying with the 400 hurdles a few weeks ago as a diversion from her distance races.

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Plock won the 400 hurdles at Drake in 2013 and 2014 and has submitted a 1:00.65 clocking this spring. Jenks got the eighth and final spot in the event at Drake with a 1:06.67, more than six full seconds behind the Iowa City hurdler.

"I don't think I'm going to be anything close to that," Jenks said of Plock's 1:00.65. "But it's going to be great running against that competition. It's going to be fun."

Jenks had no competition in the 3000 meter run Thursday. She cruised to victory in 9:33.81, more than 30 seconds faster than anyone else.

Jenks likes to set records in big meets, but she did not come close Thursday. She set the Drake Relays mark last year in 9:26.87 and owns the Iowa all-time best of 9:24.67.

She was not terribly disappointed in her time after running most of the race by herself.

"I am, but I'm not, because I know I'm ready in other aspects," she remarked. "I had a really good 1600 last weekend (at the Kansas Relays) and I had a pretty good time in the Grand Blue Mile on Tuesday (a prelude to the Drake Relays)."

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At Jenks, the girls' basketball team won their 10th consecutive game, defeating Drake 3000 for the third time. The victory was a significant one for the team, as it marked their first win in a long time. The game was played in front of a large crowd of fans, and the team's performance was exceptional. The girls' basketball team is currently ranked 1st in the state, and they are looking to continue their winning streak. The game was a testament to the team's hard work and dedication, and it was a great way to end the season. The girls' basketball team is a true inspiration, and their success is a source of pride for the entire school. The game was a memorable one, and it will be remembered for years to come. The girls' basketball team is a true champion, and their victory is a testament to their skill and teamwork. The game was a great example of what can be achieved through hard work and dedication. The girls' basketball team is a true inspiration, and their success is a source of pride for the entire school. The game was a memorable one, and it will be remembered for years to come. The girls' basketball team is a true champion, and their victory is a testament to their skill and teamwork. The game was a great example of what can be achieved through hard work and dedication.