

## STATE TRACK & FIELD CHAMPIONSHIPS

### Holland runs away with three state titles

*Hamburg's Cole successfully defends in 400 hurdles*

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Jon Ramsey won the 400 meters and was also on Holland's winning 4x400 relay.



Will Cole of Hamburg defended his title in the Division I 400m hurdles.  
James P McCoy/Buffalo News

For Jon Ramsey, winning the state title in the 400 meters was simply following instructions.

"I was told to win and go out my senior year with a bang," said Ramsey. "That's what I did it for. I did it for my coach. He deserves the win."

Ramsey said he found the track's surface unusually hard and said the wind felt like it was in his face with every step, but that didn't stop him from running a 48.82-second race at Friday's New York State Track and Field Championships.

It was a crazy day weatherwise on the University at Buffalo track. Hot, humid and windy conditions at the start gave way to a rain and lightning storm that hit just before the 4x400 relays and delayed the meet for over 45 minutes.

Ramsey's run in the 400 capped a big day for Holland. The Dutchmen, coached by John Weaver, finished with three state titles. Senior Bob Makin came from a No. 5 seed to win the long jump in a school record 22 feet, 3 inches.

Holland won the 4x400 relay for the second year in a row as Spencer Evans, Taylor Kensy, Tim Prendergast and Ramsey ran in a school record 3:21.36. The Dutchmen also won the event in 2005 and were second in '06.

Ramsey and Cameron Jobe of Olean allowed Section VI to place 1-2 in the 400. While Ramsey ran a 48.82, Jobe was close behind in a school-record 48.92. Both were flirting with Jamal Johnson of Cleveland Hill's 1993 Section VI record of 48.27.

Senior Morris Taylor of Albion also did his best to try and erase Johnson's mark as he ran the Division I 400 in a personal-record 48.45, finishing second. Taylor said in most meets he's running three races, but Friday he was able to just focus on the 400.

Section VI earned another state title in the Division I 400 hurdles as junior Will Cole of Hamburg coasted to a win. Cole, the defending champion, won it last year in 53.34, breaking the Section VI record. This year he went 53.43.

Cole said his race was hardly a technical marvel. He stutter-stepped before the second and third hurdles and went off the wrong foot on the fourth. "I don't know why I still have trouble with my steps," he said. "It's hardly OK."

He went into the race as the No. 2 seed behind James Thurn of Central Square, but Thurn was a nonfactor allowing Cole to win by almost a full second.

"I was waiting for him to catch me. The last 100 [meters] I decided maybe I should widen the gap," said Cole.

Hamburg's Joe Whelan saved his best run of the season for last as he was fourth in the 3,200 in 9:15.92. He was a 15th seed with a 9:26.49 seed time.

Andrew Hopkins of Sweet Home placed fourth in the Division I shot put with a season-best 52'-3". Also for the Panthers, Josh Blango moved on to the final in the 110 hurdles. . . . Junior Adam Irr of Newfane placed fourth in the Division II 800 in a season-best 1:59.35. . . . Senior Jared Voelker of North Tonawanda went a season-best 55.13 while placing fifth in the Division I 400. . . . The shocker of the first day was Kenmore East senior Anthony Johnson false starting in the trials of the Division I 100. Johnson was the defending champion.

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