

## CROSS COUNTRY

### East Aurora boys, girls sweep; Nardin's Shea repeats

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Most teams who choose to run in a pack usually don't do so from in front of the entire field. The East Aurora girls have that luxury.

The Blue Devils finished 1-2-4-6-7-10-12 to run away with the girls team title at Saturday's East Aurora Invitational. The EA girls showed why they are the No. 1 ranked team in New York State in Class B.

The 3-mile course behind the school is relatively flat and is run on mostly grass with some trails. The event drew 130 runners for the girls varsity race and 155 for the boys.

Senior Catherine Lusardi of East Aurora, third a year ago, won the race on her home course in 17:31.1. Teammate Jenna Hulton finished 16 seconds later to place second.

"I think it's somewhat of an advantage [on my home course] because you know where to pick it up," said Lusardi, who also won at Franklinville. "[My teammates] usually go out a little faster in the first mile and I usually keep a steady pace so I can do negative splits later in the race."

EA's boys also won the team title bettering a field of 23. Junior Scott Anderson of EA led most of the way, but was passed in the last 400 meters by junior Jordan Roose of Brockport. "I kind of wanted to lead the race because it kind of feels nice, but I didn't expect someone to be right behind me," said Anderson. "I don't know why. I guess that was a stupid thought."

Earlier this season Anderson won the Byron-Bergen Invitational.

The Clarence boys held out five runners who went to states last year and still finished second. "And they were gentlemen about it," said Clarence coach John Hunt. Forest Rung was Clarence's top finisher in eighth.

- Jill Shea had one of many impressive runs at the Western New York Track and Cross Country Officials meet at Beaver Island on Grand Island. The Nardin senior defended her title in the Division III race in 19:26.4 earning the Richard Marsh Award for the fastest time of the day for girls.

As the two-time All-Catholic champion, Shea has the physical and mental tools to win races. After distancing herself from her competition, she said, "You've got to really think in your head, 'I want this race.' There's no one behind me so you have to race the clock instead of who's out there."

The event's format offered separate races for each team's 1-2 runners, 3-4 runners and 5-6-7 runners.

The Robert Murray Award for the day's fastest time for boys went to Grand Island junior Evan Tsembelis. The race's outcome was in doubt until the last 400 meters when Tsembelis passed Kenmore East's Zach Ball and Lockport's Drew Perilli. "I just tried to hang with them and see what I could do, and see if I had anything left," said Tsembelis.

Depew's girls won the Division I race with a top five that included one sophomore, two freshmen and a seventh and eighth grader.

- Instead of defending his title at the East Aurora Invitational, Joe Whelan of Hamburg ran at Section X's Norfolk High School, the Northern New York site of this year's state meet, in the Norwood Invitational. He found himself in 10th place after the first mile and worked his way up to a second-place finish in 16:08 over the hilly course.

The West Seneca West girls took first place in the large school race led by Emily Sullivan's fourth-place finish in 20:19.1.