

THE BUFFALO NEWS

High School Extra
October 6, 2007

Amherst runners double up

A pair of **Amherst** runners survived a strong field and record heat to win the individual races at the 18th annual Town of Amherst Cross Country Championship. The 3.1-mile race was held at **Sweet Home** in 80-plus degree temperatures.

Senior David Szymoniak broke loose from the pack around the 1-mile mark and pulled away to better a field of 49 in 16:45. Szymoniak came over to running after three seasons of soccer.

Sophomore Brenna Symoniak broke out hard with Amanda Breyemeier of **Williamsville South** and then pulled away to win the girls race in 19:28. Symoniak is having a big season as she was 11th in the seeded race at McQuaid.