

October 17, 2007

East's McDonald shatters course record

It was a tough day for Williamsville East's boys and girls cross country teams last Tuesday, losing to both Lake Shore and Iroquois. However, there was one bright highlight that may last for a long time.

Senior team captain Andy McDonald won the overall boys race in 17:10, shattering the 11-year old East home course record of 17:36 by an amazing 26 seconds. The record was previously held by another Flames team captain, Patrick Casey ('97).

East coach Kurt Holme described McDonald as a smooth and powerful runner who has been an outstanding team leader and student athlete at East. "It was not perfect cross country weather, a little too warm," said Holme. "But the heat didn't seem to bother Andy. He has worked extremely hard this season and deserves the honor of a new course record that other runners will strive for in the future".

Other fine performances for the Flames were juniors Scott Ryan (18:26) and Max Fogel (19:56), and senior co-captains Zinan Cheng (20:50) and Matt Pawlicki (22:15).

Leading the Flames' girls were sophomore Caroline Steele (23:24) and senior Anna Stolzenburg (24:15).

The Flames look forward to the Clarence Invitational at Akron Park on Saturday, and upcoming league and sectional championships.

Amherst Central

It was a record-setting day for the Tigers on Saturday at the Alden Bulldog Stampede.

Amherst coach Bob O'Donnell said 13 personal-best times were members of the boys and girls teams.

The girls, led by sophomore Brenna Symoniak's personal-best time of 18:28, finished seventh. Symoniak finished second overall. Other Lady Tigers setting personal best times were sophomores Tori Sosnowski (20:56) and Olivia May (22:30) and senior Violet Pena (22:58).

The boys, who took 12th had personal-best times from seniors Jeremy Jones (18:17), Sam Huoh (24:14) and Jordan King (22:44), juniors Tyler Brown (19:29) and Elliot Bible (20:03) and freshmen Jamie Schwartz (18:25), Kyle Cotter (19:36), Nate Danziger (21:07) and Matt Merkle (21:53).

Senior David Szymkowiak placed fifth overall in a time of 16:48. Junior Kory Roche ran the course in 18:57.

Junior Katie Smith (22:37), senior Diane Herzog (23:06) and freshman Caitlin Burke (26:07) also ran for the Lady Tigers.

In dual meets, the Amherst boys are 4-2; the girls are 3-3.