



September 26, 2010

Reyda takes first in small school group

EAST AURORA - Dunkirk, Fredonia and Silver Creek all traveled to the East Aurora Cross Country Invitational on Saturday where Fredonia eighth grader Lauren Reyda won the girls' 3-mile run in the small school race

"It was an amazing race," Fredonia coach Carol Zirkle said. "She worked hard all summer on her training and it's really paying off."

Reyda finished with a time of 18:24.08, beating her closest competitor by more than 13 seconds. Zirkle said Reyda was successful because she held back for the beginning of the race and then was able to pick up her pace in the second mile and then again in the third mile.

Overall, the Fredonia's girls' team finished in second place in the small school group with 68 points while Silver Creek finished eighth with 208 points and East Aurora won with 41 points.

Also running for the Hillbillies, Jessica Swoyer finished 14th (20:13.15), Brittany Campaign finished 16th (20:42.91), Alyssa Goot finished 20th (21:13.63), Michaela Tramuta finished 21st (21:18.10), Jillian Kowalski finished 28th (21:34.87) and Samantha Wacenske finished 34th (22:03.25).

"Jillian seems to be getting more confident with each race," Zirkle said about Kowalski.

This was Tramuta's first race coming off of an injury. "It was a great job for her first race of the season," Zirkle said.

The Marauders only had one girl compete in the invitational. Nicole Bannister finished 81st with a time of 30:16.34.

Competing in the 3-mile run small school group for the Black Knights, Hannah Seiders finished 24th (21:27.51), Trisha Pflieger finished 43rd (22:34.80), Lauren Johengen finished 46th (22:46.46), Heather Serio finished 54th (23:17.95), Beth Kehrer finished 66th (24:16.53) and Carol Pelz finished 71st (24:40.50).

"Our girl, Hannah, a seventh grader, had an absolutely outstanding race," Silver Creek coach Mike Janisch said, noting her maturity to compete at the high school level.

On the boys' side, Fredonia competed in the 3-mile run large school group where they finished fourth with 184 points while Pittsford Sutherland won with 56 points.

Running for Pittsford Mendon, Drew Zeccola won the 3 mile run large school group with a time of 15:36.41.

For the Hillbillies, Josh Szukala finished 14th (16:14.03), Alex Crise finished 29th (16:43.12), followed closely by teammate Chaz Mancino in 30th (16:43.42). Matt Meredith finished 45th (17:05.32), Vince Ippolito finished 69th (17:34.75), Jacob Brown finished 98th (18:29.26) and Sterling Pratt finished 111th (18:47.38).

The Hillbillies chose to run in the large school group for the challenge of running against some faster competitors.

"We were really pleased with the performance of our top three runners," Zirkle said, noting how much progress they have made and how much their times have improved from last season. "To break 17 minutes is something we are real happy with at this point in the season."

The Marauders competed in the 3-mile run small school group and finished 12th as a team with 256 while Silver Creek was seventh with 212 points and Alden was the winner with 51 points.

Alex Gonzales once again led the Dunkirk pack as he finished in third place with a time of 16:12.97, less than a minute behind the overall winner Nick Orłowski from Alden who recorded a time of 15:21.05.



"Alex had a very good race," Dunkirk coach Kurt Warmbrodt.

Also running for the Marauders, Tom Warmbrodt finished 40th (18:39.95), Jeremy Kozlowski finished 67th (19:42.85), Ken Dill finished 70th (19:55.11), Jon Fountain finished 79th (20:20.23), Ray Tarnowski finished 94th (22:02.52) and Tyler Haynes finished 100th (25:44.55).

Competing for the Black Knights, Jake Capitano finished 33rd (18:20.71), Jarrid Ringer finished 35th (18:22.04), Christian Restivo finished 44th (18:50.74), Sam Parker finished 48th (18:56.67), Adam Tanner finished 52nd (19:07.68), Tyler Steklasa finished 60th (19:22.94) and Josh Pfleuger finished 80th (20:20.46).

"Our boys finished tightly packed with 43 seconds between first and fifth," Janisch said.