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Local teams compete at McQuaid

OBSERVER Staff Report

ROCHESTER - Some 7,000 high school cross country runners took part in the 46th McQuaid Invitational Saturday, at Genesee Valley Park, in Rochester.

The invitational, which consisted of 25 races, saw Dunkirk's Alex Gonzalez earn the best finish for local competitors in the boys' races while Gowanda's Emily Steves was the top finisher in the girls' races, as she crossed the finish line in 19:10 in the Unseeded A race, which was good enough for second place.

"Emily did well," Gowanda coach Pete Palmer said of Steves. "She ran about 30-seconds faster than her time at McQuaid last year, so we're happy. Most of the girls that ran last year had better times, so I think we're in a good spot at this point in terms of preparation."

Gonzalez finished 12th in the A Seeded race in a time of 15:48.

"It was a spectacular competition," Dunkirk coach Kurt Warmbrodt said. "We were very well represented for Western New York."

The Dunkirk boys' finished 23rd out of 24 teams with 583 points while arch rival Fredonia had a much better showing, finishing tenth with 281 points.

The top finisher for the Hillbillies was Josh Szukala, who finished 18th in the seeded A meet, in a time of 16:00.

"He ran a very nice race," Fredonia cross country coach Carol Zirkle said of Szukala. "He improved quite a bit from last year when he ran 17:18. So this was a significant improvement."

For the Lady Hillbillies, Lauren Reyda was the top finisher, as she crossed the finish line in a time of 19:50 in the girls' seeded A race, which was good enough for 34th.

Also finishing for the Fredonia girls' team were Jessica Swoyer (49th, 20:17), Brittany Campaign (52nd, 20:21), Michaela Tramuta (87th, 21:17), Maitland Langworthy (88th, 21:17), Jillian Kowalski (99th, 21:24) and Alyssa Goot (100th, 21:36).

"Today for the girls, Brittany (Campaign) ran a good race," Zirkle said. "Jess Swoyer has shown steady improvement throughout the year but we're really pleased with Maitland (Langworthy). This is only her second race and she's shown a lot of progress in these two varsity races."

For the Fredonia boys' team, Alex Crise finished 56th in a time of 16:43 and was followed on the team by Chaz Mancino (57th, 16:43), Vince Ippolito (93rd, 17:29), Mark Dudek (110th, 17:43), Jake Brown (172nd, 18:44) and Nick Arcoraci (182nd, 19:01).

"We were pleased with how our top four ran," Zirkle said. "They all showed improvement over last year and they all had good times."

Also finishing for Dunkirk were Tom Warmbrodt (173rd, 18:48), Jeremy Kozlowski (184th, 19:05), Ken Dill (224th, 20:00) and Ray Tarnowski (229th, 20:53).

For the Lady Marauders, foreign exchange student Mannon Huetter, who was running in her first career race, finished 164th in a time of 24:00, in the A seeded race.



"It was quite spectacular," Warmbrodt said of Huetter's effort. "It was a quite a thrill for her."

For Gowanda's Lady Panthers, Steves was followed on the team by Eryka Kusiowski (10th, 20:38), Kim Haller (21st, 22:10), Sarah Grubbs (22nd, 22:20), Lauren Wing (24th, 22:28) and Katie Sang (26th, 22:42).

"We've got four 9th graders who are in their first year with the varsity that are doing well also," Palmer said of Kusiowski, Grubbs, Wing and Elizabeth Omicioli, who was absent from the team Saturday.

Gowanda finished second in the A unseeded race with 79 points.