

Run like the wind

Gowanda boys win; Gonzalez takes first

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The Dunkirk Marauders hosted the Gowanda Panthers, the Ripley Eagles and the Falconer Golden Falcons on the shores of Lake Erie for a boys' and girls' cross country meet Tuesday.



Alex Gonzalez won yet another race, crossing the finish line of the boys' race in a time of 17:27.

"It was another tactical run by Alex," Dunkirk coach Kurt Warmbrodt said. "He stayed with the two Gowanda boys until three quarters of a mile was left and then he beat them by 27 seconds. The Gowanda boys gave him a good push to that point."

Gowanda's Kris Kruszka finished second while teammate Kevin Brown finished third. In fact, Gowanda took second through seventh place as Christian Igielinski, Taylor Nielson, Dakota Quinn, and Dakota Jimmerson crossed in order. In addition, Turner Ashby was ninth and Jarred Bogardus was 10th for the Panthers.

Thanks to their strong presence in the top 10, Gowanda won the meet with 20 points followed by Dunkirk (60), Falconer (68) and Ripley (93).

OBSERVER Photos by Craig Harvey

(left) Dunkirk's Alex Gonzalez crosses the finish line with a first-place finish at Tuesday's Division 1 cross country meet at Point Gratiot. (below) Gowanda's Emily Steves crosses the finish line with a third-place finish at the same meet at the Point Gratiot course.



On the girls side, Falconer came out on top with 27 points followed by Gowanda (30) in second while Ripley and Dunkirk only had one runner a piece and thus finished incomplete.

Shannon Murphy of Falconer won the race in a time of 20:08 while teammate Kristen Holmberg was second in 20:24 and Gowanda's Emily Steves cross the line at 20:37.

Other Lady Panthers in the top 10 were Eryka Kusiowski (5th, 22:42), Liz Omicioli (6th, 23:04), Sarah Grubbs (7th, 23:15), Katie Stang (9th, 23:25), and Lauren Wing (10th, 24:06).

Running for the Lady Marauders was Alyssa Loveland who finished with a 33:22 that was good enough for 21st place while Lady Eagle Shanda Millers was 16th in 27:22.

Dunkirk's boys and girls teams will run next in Eden on Friday in a 10 team invitational.

Fredonia prevails in both races

JAMESTOWN - The girls' and boys' cross country teams from Fredonia each won their CCAA Division 1 meet against the Jamestown Red Raiders and the Allegany-Limestone Gators Tuesday.



Fredonia (13-1) won the 3.1 mile girls' meet with 28 points, followed by Jamestown (39) and Allegany-Limestone (68). Lady Hillbillie Lauren Reyda took first place overall with a time of 20:46. From Jamestown, Johanna Pettibone and Olivia Zebrowski finished second and third respectively.

"Lauren ran another fine race for us," Fredonia coach Carol Zirkle

Also running well and finishing in the top 10 for the Lady Hillbillies were Jessica Swoyer (4th, 21:29), Michaela Tramuta (6th, 21:37), Brittany Campaign (8th, 22:55), Alyssa Goot (9th, 23:05) and Jillian Kowalski (10th, 23:11).

"We are really happy with the runs of Jessica Swoyer and Michaela Tramuta," Zirkle added. "To have two more girls with in one minute of Lauren (Reyda) is important and critical to our success down the road."

On the boys side, Fredonia (14-0) again won the meet with 20 points, followed by Jamestown (43) and Allegany-Limestone (76). Hillbillie Josh Szukala won the race, crossing the finish line in 17:37, followed by his teammate Alex Crise in second with a time of 17:59. Brandon Delgado from Jamestown was third in 18:31.

"We're pleased with how the boys ran, especially Alex Crise," Zirkle said. "He ran another good race and moved up closer to Josh, which is critical to our success."

Rounding out the top 10 for Fredonia were Matt Meredith (4th, 18:37), Chaz Mancino (5th, 18:45), Vince Ippolito (8th, 19:02), and Mark Dudek (9th, 19:06). Additionally, Hillbillie Kevin Pacos celebrated his birthday with a 38th place finish, recording a time of 23:57.

"The team ran a smart race and really picked it up in the second and third mile," Zirkle said.

Fredonia travels to Eden for a 10 team invitational on Friday.

Seiders shines again for Black Knights

FREWSBURG - Seventh grader Hannah Seiders continued her stellar season Tuesday with a first-place finish

Seiders took first place in the 3.0-mile course at the Audubon Society, four seconds ahead of her closest competitor.

Frewsburg took first place with 27 points followed by Southwestern at 28. Silver Creek and Franklinville were incomplete.

Also for the Black Knights, Tricia Pfleuger placed ninth at 23:47 while Sarah Adams was 10th at 24:18.

In the boys' race, Frewsburg took first with 34 points, followed by Silver Creek 53, Southwestern 55 and Franklinville 86.

Silver Creek's Jarred Ringer took fourth at 18:08 while teammate Jake Capitano placed ninth with a time of 18:47.