



Champions again

Reyda records fastest time among WNY girls

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ELMA - The Fredonia Lady Hillbillies continued their dominance over Western New York, as they took first place for the fourth straight year in the Section 6 Class C girls' cross country meet Friday, at Elma Meadows

"It's because they are such a great team and work hard for each other," Fredonia coach Carol Zirkle said. "They are fun to watch and fun to coach."

Led by Lauren Reyda's 19:04.3 first-place finish, the Lady Hillbillies finished with 64 points and were followed by Falconer (80), Newfane (118), John F. Kennedy (118) and Wilson, which rounded out the top five with a point total of 130.

Reyda's time was the best of any female finisher in any class and she was followed in the Class C race by Newfane's Sarah Ziemba (19:30.6) and Falconer's Kirsten Holmberg (19:48.5).

"She has had an amazing season," Zirkle said. "She ran 49 seconds faster than last year. To come back and improve her time by 49 is amazing. It goes to how hard she worked all season. She comes to practice every day and gives it her all. Her work ethic is what drives her. She has been running phenomenal all season."

Also finishing for the Lady Hillbillies were Michaela Tramuta (fifth, 20:06.9), Meredith Zebraski (19th, 21:18.2), Brittany Campaign (21st, 21:30.2), Maitland Langworthy (24th, 21:47.4) and Jillian Kowalski (28th, 22:05.5).

Tramuata improved her time from last year by 1:18.

"That is amazing to me that she was able to improve her time that much," Zirkle said. "Part of the reason we were succesful as a team (Friday) was because we had two girls in the top five. Michaela has worked to her potential all season. Everyone notces Lauren, but a lot of coaches came up and noted how great Michaela was running. That's a special feeling."

As for winning for the fourth straight year, Zirkle notes it goes back to the team of 2008.

"Some of this year's victory goes back to those juniors and seniors of four years ago that started this work ethic and summer training," Zirkle said. "They taught the younger girls and they taught these girls. It goes back to alumni and how big a part of the program they are. A special thing about cross country is the family atmosphere."

Gowanda (199) finished eighth in Class C and were led by Colleen Steward (12th, 20:56.9), Katie Stang (22:31.6), Sarah Grubbs (47th, 23:00.6), Elizabeth Omicioli (52nd, 23:14.3), Lauren Wing (66th, 24:07.2) and Cayleigh Pracht (82nd, 25:33.0).

In Class D, Silver Creek (88) finished fourth behind Maple Grove (21), Sherman (55) and Barker (67). Frewsburg finished fifth with a point total of 126.



Leading the way for the Black Knights were Hannah Seiders (fourth, 20:22.8), Sarah Adams (16th, 22:27.8), Trisha Pfleuger (22nd, 23:37.0), Beth Kehrer (24th, 23:54.4) and Claire Castiglia (28th, 24:05.0).

Maple Grove's Hope Pietrocarlo finished first in the Class D meet, crossing the finish line in a time of 19:12.1 and was followed by teammate Megan Marsh (19:37.6) and Sherman's Holly Eliason (19:51.6).

Dunkirk finished last in the Class B race with 457 points, 428 points behind meet winner East Aurora (29), which was followed by Starpoint (65), Hamburg (154), Sweet Home (160) and Grand Island, which filled out the top five with a point total of 176.

Finishing for Dunkirk were Calan Pogorzelski (54th, 23:03), Asia Leonard (77th, 24:13), Katie Promber (115th, 28:23), Nicole Bannister (117th, 30:11) and Tiffany Jager (119th, 33:36)

"It was only the third time all year we had all five girls run," Dunkirk coach Kurt Warmbrodt said. "I have one junior, one sophomore and three freshman, so we're happy to say that they are looking forward to improving in the track seasons and coming back next season that much stronger."

Sweet Home's Jenny DelSignore crossed the finish line first in the Class B meet in a time of 19:06.5 and was followed by Starpoint's Livia Chase (19:12.2) and East Aurora's Marta McLaughlin (19:18.5).

In the boys' races, the Fredonia Hillbillies had the best showing of any local team, placing second in the Class C race with a point total of 98, 38 behind meet-winner Alden (60).

Leading the way for Fredonia was Josh Szukala, who finished seventh in a time of 17:26.0 while Chaz Mancino (11th, 17:38.1), Jacob Brown (23rd, 18:08.3), Mark Dudek (28th, 18:25.6), Alex Crise (29th, 18:29.4) and Alex Glasier (38th, 18:51.4) also finished for the Hillbillies.

"The boys got beat by a better team," Zirkle said. "Alden ran a great race. We had a couple guys run very well. Chaz Mancino ran a good race and Jake Brown ran a good race. He was 2:17 faster than last year. Alden was the better team today."

Akron (109), John F. Kennedy (119) and City Honors (171) finished third through fifth, respectively while Gowanda (206) finished eighth and were led by Taylor Nielson, who finished sixth in a time of 17:13.3. Also finishing for the Panthers were Jonas Aldana (25th, 18:20.1), Johnny Shaw (54th, 19:14.5), Kevin Frederickson (59th, 19:24.5), Cole Smith (65th, 19:40.4) and Jake Pound (84th, 20:39.3).

Akron's Jeremy Rushok took first place in Class C with a time of 16:08 and was followed by Roy-Hart's Frankie Pfeil (16:14.0) and Eddy Pfeil (17:04.8).

In the Class B race, Dunkirk finished 19th with a point total of 557 while East Aurora (28), Starpoint (69), Williamsville South (145), Hutch-Tech (150) and Lake Shore (193) comprised the top five.

Finishing for the Marauders were, Kevin Morales (90th, 19:31), Ray Tarnowski (94th, 19:44), Jon Fountain (113th, 20:32), Billy Bradley (129th, 21:36) and Tom Logan (141st, 24:21).



"It was a nice finish," Warmbrodt said. "I think they all ran good, respectable times. It's tough competition. Fountain dropped 1:14 from last year's time, Tarnowski ran last year too and he dropped 2:36. That's very commendable for both of them. They came along nicely. I have three sophomores and junior, so that bodes well for the future."

Lake Shore's T.J. Hornberger took home first place in Class B, crossing the finish line in a time of 16:03.9 and was followed by Amherst's Adam Murphy (16:18.4) and East Aurora's Sean Phillips (16:20.6).

No local team qualified for the boys' Class D meet, however, Ripley's Emory Rowe finished 25th in a time of 20:23.4 while teammate Garrett Einfeldt finished 26th in a time of 20:35.5 and Vincent Shioleno crossed the finish line in a time of 21:09.3, good enough for 31st place.

Also in Class D, Silver Creek was led by Jake Mullen (33rd, 21:18.0), Jack McAlevey (36th, 22:03.1) and Justin Gloss (45th, 23:31.1).

Maple Grove's Corey Wefing took first in the Class D race in a time of 16:39.0) and was followed by Barker's Tyler Scheving (17:03.5) and Jedediah Platt (17:12.1).

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