

# THE BUFFALO NEWS

## Sports

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HIGH SCHOOLS

### Boys cross country

12/30/2006

Joe Whalen of **Hamburg** has been named cross country's Sophomore Runner of the Year in New York State. Whalen finished 23rd at the Federation Championship last month at Wappingers Falls. He was fourth in Class A at the New York State meet at Warwick Valley. He won the Section VI Class A title at Long Point State Park.

"He has a lot of natural ability and he also has an incredible work ethic, said Hamburg coach Ron Fortuna. "He focused on getting himself better and getting his team better."

Whalen was also included on the All-State team released by the NYS Sportswriter's Association. Grabbing the highest spot among Western New York runners was **East Aurora** senior Ryan O'Connor, who made second team. Whalen was third team along with senior Tom Reubens of **Wilson**. Senior John Haenle of **Lockport** was fourth team.

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