

*Town of Amherst Championships*

# North, boys, Sweet Home girls cross country win

The Williamsville North boys and Sweet Home girls cross country teams posted five of the top nine finishers to win this year's Town of Amherst Championships held at Sweet Home last Friday.

Sweet Home's Jacob Hagen led the entire boys race to win in 16:53. North took the overall boys championship for the fourth consecutive year with a dominating 28 points. Sweet Home was second with 49 points. Williamsville East (76), Williamsville South (99) and Amherst (100) rounded the overall scoring.

In the girls' race, Megan Niblock of Sweet Home led her team to victory by winning the race in 19:55. There was a group of girls who missed a turn in the course and their disqualifications resulted in Amherst and South finishing incomplete teams. The final score was Sweet Home 16, North 56, East 65, and Amherst and South incomplete.

In the boys race, Hagen, North's Chris Deptula (17:11), Sweet Home's Ryan Poley (17:18), North's Dave Johnson (17:25), North's Jon Adler (16:58), and East's Dan White (17:33) and Andy McDonald (17:46) earned All-Amherst First Team honors.

North's Geoff Hurley (18:06) and Mike Thielman (18:11), Sweet Home's Mike Bakowski (18:19), South's Paul Mangold (18:26) and Dave Quinlan

(18:30), East's Scott Ryan (18:41) and Amherst's Andy Wong (18:45) earned Second Team honors.

Other strong performances from North came from Miah Hildreth (17th, 18:55), Joe Seitz (30th, 21:29), Pat Steadman (31st, 21:32) and Robert Golightly (32nd, 21:50). Alex Podvezko (18th, 19:01), John Stark (27th, 20:39), Steve Bell (34th, 22:08), and William Freeman (37th, 24:29) also ran for South.

In the girls race, Niblock, Amherst's Brenna Symoniak (20:07) and Arielle Januszkiwicz (20:18), Sweet Home's Katie Niblock (20:47), Laura Daniels (23:07), and Laura Delsignore (24:19) and South's Colleen Hurtubise (24:28) earned All-Amherst First Team honors.

North's Kaila Raybuck (24:46), Sweet Home's Kristen Victor (25:06) and Kelly Monfea (25:07), North's Natalie Worley (25:26), Sweet Home's Colleen Kozlowski (25:57), East's Kristen Leonard (25:38) and Sweet Home's Katie Gambles (25:39) made the Second Team.

Other North runners were Jessica Leising (17th, 26:58), Bailey Lamson (21st, 27:29), Stephanie Krantz (22nd, 28:05), and Sarah Fierle (29th, 30:48). Gretchen Szal (16th, 26:16), Laura Johnston (26th, 29:14), and Jenny Mooney (27th, 29:15) also ran for South.



Williamsville North's Chris Deptula finished second in the boys' race at the Town of Amherst Championships in a time of 17:11. The North boys won overall with 28 points.

Photos by Patrick McPartland



Sweet Home's Katie Niblock takes the early lead at the start of the girls race of the Town of Amherst Championships at Sweet Home High School. Niblock won the race in 19:55. Sweet Home won overall.

## Senior captains lead North boys to win over Frontier

Williamsville North's senior cross country boys tri-captains sparked the Spartans to a 25-30 road win Oct. 3 at Frontier. North is ranked second in Western New York large schools, Frontier is fifth.

North seniors Chris Deptula finished second in 18:23, David John-

son came in third in 18:32, and Jon Adler was fourth in 18:47. Junior Geoff Hurley was sixth in 19 minutes flat and sophomore Mike Thielman was tenth in 19:35.

Other strong performances were turned in by Miah Hildreth (19:58), Patrick Steadman (22:06), Ryan Perry (22:43), Joe

Seitz (23:02), Robert Golightly (23:13), Max Eisenbaum (24:42), and Nate Carbrey (27:33).

The Spartan girls lost to Frontier, 16-47. Co-captain Kim Berus finished fifth in 24:37 and co-captain Kaila Raybuck finished ninth in 25:58. Natalie Worley finished tenth in 27:15, Jessica Leising was 12th in 28:08, Bailey Lamson was 14th in 29:26 and Stephanie Krantz was 16th in 30:47.

### Williamsville South

The South boys' cross country team lost to Iroquois, 17-46 and Williamsville East, 22-37, on Tues., Oct. 3.

South was led by Paul Mangold who finished sixth in 19:01 on an incredibly wet and sloppy course. Dave Quinlan (10th, 19:50), Alex Podvezko (11th, 20:13), John Stark (27th, 24:04), Steve Bell (26th, 24:08), and Max Kagan (34th, 32:02) also ran for South.

The South girls lost to Iroquois, 15-50 and East, 25:33. Colleen Hurtubise led the way for the girls by finishing ninth in 25:10.

Maxine Meyerhofer (11th, 25:40), Gretchen Szal (15th, 26:53), Laura Johnston (17th, 29:40) and Jenny Mooney (18th, 29:48) also ran for the Lady Bills.



Mike Magnuson, shown here teaching Jane Potter, is one of those who will be on hand to help those interested learn how to speed skate at upcoming clinics at the Riverside Ice Rink.

## Speedskating Club to offer how-to lessons

The Buffalo Speedskating Club, a member of U.S. Speedskating, will be holding four learn to speedskate sessions at the Riverside Ice Rink beginning Sunday, Oct. 29.

The Buffalo Speedskating Club is a non-profit club that focuses on giving children or adults of all ages the opportunity to learn how to speedskate. The four sessions cost \$30 for the entire time, and the cost includes speedskate rentals. Some sessions will be held at the Cazenovia Ice Rink.

Competitive speedskating consists of three types of races: short track, long track and marathon skating.

Speedskaters use a different ice skate than figure skaters or hockey players, and even then there are different types of skates, depending on which type of race is being held. Speedskating skates have blades that are much longer than the actual boot.

For more information, visit [www.buffalospeedskating.com](http://www.buffalospeedskating.com), or to register, call Craig at 537-9575, Jim at 632-8522, or Mike at 655-4051.

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