

2009-10 Fairport Winter Track

Fifty-three Fairport Athletes Place in the Top Ten in meet #2

At Hobart William Smith Colleges' evening affair, the Eastern Region League meet #2 showcased fifty-three Fairport athletes on the varsity and JV levels place in the top ten of their respective events. "The kids competed well in the 21-school competition. We were pleased with how they prepared and competed," said head coach Sean Van Laeken.

"Our senior leadership of Peter Larman, Julia Sanger, Michelle Barnum, Seth Taggart, Russell Kolker and Junior Lauren Burke, took on the responsibility of physically leading their teammates through the evening meet, not only by example but also by being vocal with instruction," said coach Ken Schaumberg. He added, "with each event all our athletes, whether experienced or new to the sport, settled in well and performed well. In fact, we had seven achieve personal bests—including Dan Roche, Jilian Gueli, Tylyn Martin, James Paratore, Stephen Chan, Kevin Jablonski and Matt Stoutz—that was neat to see."

The 55m dash had a long list of speedy Red Raiders crack the respective varsity and jv leader board: Jamie-Lee Brooks, 7.25 [t-10th]; Scott Long, 7.62 [1stjv]; Lauren Burke, 7.76, [1st with the girls racing]; Tim Thomas, 7.8 [3rd-jv]; Janessa Mathews, 8.02 [6th girls]; Tylyn Martin, 8.33 [1stjv]; Jillian Guelli, 8.35 [2ndjv].

The 55m hurdle event also showed good form and end results for James Paratore, **9.1 a personal best**, and 4th overall. Following his lead, Emily Renna--her first hurdle race of the season--led the field with 9.3. "I think our hurdlers are coming along well; they are hard workers and focused on perfecting their hurdling technique—we have two hurdle days each week, and they get the most out of that opportunity," said hurdle coach Thomas Michael Van Auker.

The long sprint, the 300m, was Cameron Johnson' lone event on the docket—he had his 2nd sub 39 effort in the event with 38.97, good for 5th overall. "Cam is in the midst of a transition from sprinting to mid distance so it will be interesting to see how he handles the different events along the way. So far, so good," said his coach Rick Guido. Peter Larman, just returning from leg problems and not having run in a while, blistered the competition by running a quick 39.06 for 7th best in the meet. Ian Steltman, 8th, ran 39.11. Other top ten performers were: Mike Mastro's 41.45, good for 2nd in the jv competition, which prompted a comment from Coach Van Laeken: "I like the way Mike Mastro ran the 300—he looks like he could handle mid distance like Cam Johnson"; Dan Roche, 42.41, 3rd; Scott Lang, 43.14, 5th; Tim Thomas, in first race indoors, ran 43.88, for 7th and Aiden Murphy, 10th, in 46.73. Michelle Barnum, getting out quickly in her 2nd 300m race of the season, ran 45.82, for 4th overall of 90 competitors. Julia Sanger, 5th, ran 46.13. Jillian Gueli and Tylyn Martin, ran **PRs of 49.59 and 49.7**, respectively, to place 2nd and 3rd in the jv competition.

Justin Green ran a highly competitive and solid race finishing 2nd to Brian Dinan of Geneva in the 1000m race. He ran 2:47.37. In the jv races, Brandon Bachstein placed 1st of 21 in the heats with 3:07; finishing 8th was Shea Hall, in 3:20.89, just ahead of Mark Luckenbill, 3:22.91, in 9th. In the female competition, Angie Zablony, laying well off the leaders early on but closing well at the end, placed 5th with 3:24.38, just ahead of teammate Rachel Malone, 7th, in 3:25.38. Lauren Star, showing endurance strength off her sprint speed of last week, won the jv competition in 3:36.21, just ahead of Emma Dustman, 2nd, with 3:38.84. Ashley Ghaemy, was 9th, in 4:02.23.

The jumps also produced top-ten performers with Ulysses Miles, his lone competition of the day, cleared 5' 6" in the high jump—4 inches off his height of last week. He placed 2nd in a field of 22. Lauren Burke, her 2nd first place of the day, tied with four others at 5' for the lead—all had the same number of misses. Janessa Mathews tied for 7th with 4' 6". Stephen Chan placed 6th in the triple jump with **33' 7" a personal best**. The long jump had two performers in the top ten: James Paratore, 17' 3.25" good for 8th; Emily Renna, her first jump since last June at the NYS Championships, finished 3rd with 14' 9.5". The pole vault with Collin Wheatly, improving his performances twenty-four inches from last week, cleared 11' 6" for 2nd while Stephen Chan established his 2nd **personal best** of the meet with **8' 6"** for first in the jv meet. Loren Metzger, missed her target goal of 28' by mere inches, finished 8th overall with 27' 8.5". Aiden Murphy was 3rd in the jv heats with 26' 10"; Sophia Papalardo was 4th and Jasimen Gomes, 5th with 22' 7.5" and 19' 9.5" respectively.

The 3200m and 3000m events had a plethora of top ten performers with Kevin Jablonski leading the way with a **personal best of 10:34.65**, 2nd and Matt Stoutz, in 7th, just missing running sub 11 minutes with **11:05.33**. In the jv races, Adam Staveski was the top finisher with 11:26.8, just ahead of Jack Scott, 3rd, 11:30.63. Will Karpie, 11:37.05, 4th; Nick Lowry, 6th, 11:51.83; Kyle Emphraim, 9th, 12:01.69. Ashton Hughes in the 3k, ran 11:20.83 for 5th overall. Veronica Goodrich, in the jv 3k, ran 12:07.85, for a 1st place.

The lone relay race of the evening for Fairport was the 4 x 400m with Justin Green, Alex Gilmore, Simon Ghebrowoldi and Matt Spitzer—they raced competitively throughout the whole event holding a slight lead very late in the race until the last 100 meters. Newark came from behind to win by two seconds—3:45.5 to 3:47.64.

