

SPORTS



T-L Photo/SETH STASKEY

RUNNERS take off during the girls portion of the OVAC Cal Pokas Cross Country Championship at Meadowbrook High School Saturday morning.

SJC, Bellaire sweep OVAC CC crowns

• Buckeye boys, Park girls win 4-A

By **SETH STASKEY**
Times Leader Sports Writer

Winning OVAC Cross Country titles is getting to be old hat.

At least for St. John Central, Bellaire, Buckeye Local and Wheeling Park that is.

Those four schools are becoming quite accustomed to hoisting banners into the rafters of their respective gymnasiums.

After Saturday's Cal Pokas OVAC Cross Country Championship at Meadowbrook High in Byesville, those four schools can once again make their reservations for May's OVAC Banquet of Champions.

St. John Central swept the 1-A/2-A titles. The Irish boys also claimed the overall title and three-peated in the process both with the class and individual title.

The Lady Irish, meanwhile, won their first class title since 2002, giving second-year coach Jeremy Midei his first-ever girls crown.

Bellaire rolled in 3-A for the second straight season. Coach Chris Arno's juggernaut girls team claimed its fourth straight class title.

The Big Reds' boys won their second straight and third in school history.

Buckeye Local's boys etched their name into OVAC annals for the third straight season under Coach Eric Laughlin in 4-A.

Wheeling Park and second-year head coach Michael Jebbia claimed its third straight female 4-A crown. This marks the second straight under the Jebbia administration.

IN 1-A/2-A, the Irish boys flexed their muscle early and often, scoring 43 points, which was 76 better than class runner-up Caldwell and 33 better than Bellaire in the overall team race.

The Irish were led by senior Zac Foster who ran the first mile well back of Oak Glen's Brian Wilson.

By the time, the race had wound its way through the next 1.9 miles, Foster and Wilson were running stride for stride toward the finish

line.

However, over the final tenth of a mile, Wilson pulled away for the victory, running 17-minutes. Foster settled for the silver with a 17:04.

"I was way too slow at the mile mark," Foster admitted. "I have (Wilson) a lot of time to rest before I caught him with a quarter of a mile to go. I had to use too much energy to catch up to him."

Midei was extremely pleased with Foster's performance especially from where he came from.

"Zach ran a guts race," Midei pointed out. "He was buried at the mile, so to go from that quagmire to second is pretty amazing. I can't tell you how proud I am of him."

Foster's second isn't too shabby seeing he missed no fewer than two weeks of crucial training at the season's outset.

"I missed two weeks of quality speed and distance work, and I am sure that would have helped a little bit," Foster admitted. "But, I still ran a PR, so it's a little bittersweet because my goal coming into the season was to win (the OVAC)."

The Irish juggernaut also got a solid run from junior dandy Zach Yereb who was fifth overall in a time of 17:10.

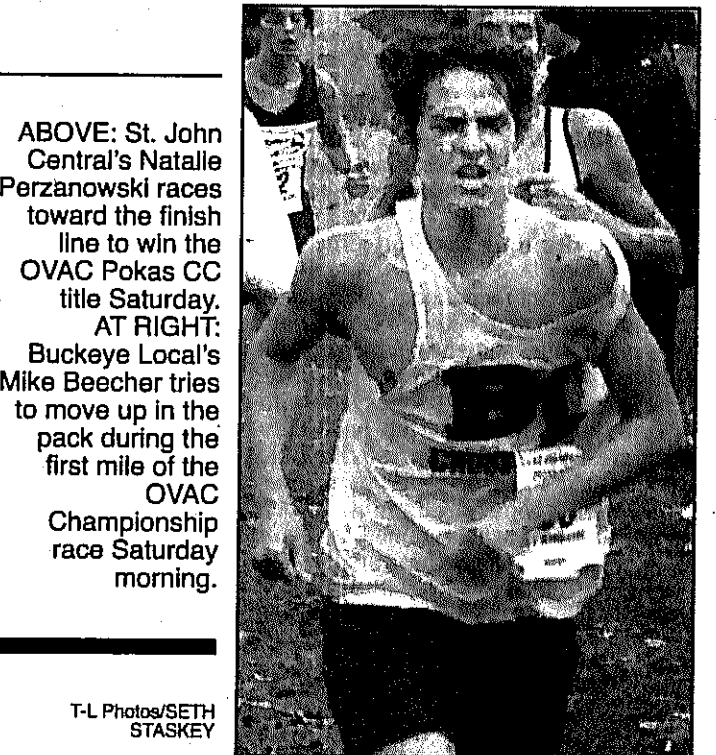
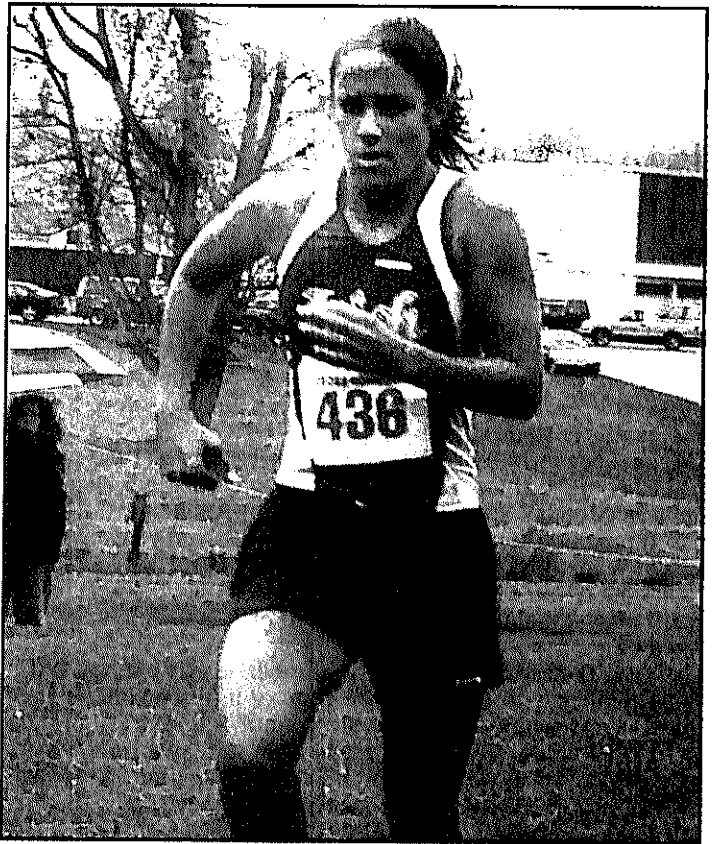
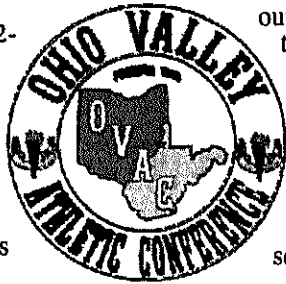
Junior Nick Moscato was the third Irishman across the line, turning in a 17:15, which was good for seventh overall.

Senior David Bowman turned in a solid run, finishing 11th overall in 17:33.

Sean Nolan was the final SJC scorer, finishing 26th overall in 18:06.

"We didn't get the world's greatest start," Midei offered. "I was stoked with how we 'raced' this course instead of just 'running' it."

"We lost six (quality) seniors from last year's team, and I think I was the only person who thought we could be better than in 2004."



ABOVE: St. John Central's Natalie Perzanowski races toward the finish line to win the OVAC Pokas CC title Saturday.
AT RIGHT: Buckeye Local's Mike Beecher tries to move up in the pack during the first mile of the OVAC Championship race Saturday morning.

T-L Photos/SETH STASKEY

● OVAC

Continued from Page C1

Barnesville's Corey Blatter was 16th overall for the Shamrocks and eighth in the 1-A/2-A race.

Steubenville Catholic senior Matt Gilloon was eighth overall and fourth in the 1-A/2-A race.

The Lady Irish rolled to the title this season after finishing second behind Wheeling Central a year ago thanks to placing all five of their scorers in the top 30.

"We're actually a very inexperienced team," Midei admitted. "But, I am impressed with how we've come together. We were a little banged up and were just trying to put something together to try to win this title."

The Lady Maroon Knights finished just behind the St. John outfit, scoring 100 to St. John's 65.

As is usually the case, the Green attack was led by brilliant sophomore Natalie Perzanowski.

The track and field all-Ohioan claimed her first OVAC cross country title with a blistering 19:26.45, which included a fall during the second mile.

"The course was really muddy and really slippery," Perzanowski said as she tried to wipe mud off of her legs. "I was ahead when I fell and I just fell while going around a turn and I knew I had to get back up and keep going."

Other than the fall, Perzanowski was happy with how the race played out.

"I wanted to keep the first mile under control and I knew I wanted to be in about third or fourth - at that point," Perzanowski explained.

Perzanowski was unable to compete in the OVAC meet a year ago at 100 percent after suffering an accident during the September flooding.

"(The accident) was basically my motivation for today," the personable sophomore continued. "Since I didn't get to run to my potential last year has really helped to push me."

The way Perzanowski got it done really impressed her coach.

"Nat deserves this," Midei said. "Sure, she trains like a man woman, but she does so much work on her own to become a better runner. I really thought the course conditions today played to her strengths perfectly, and I'm just amped she was able to show what a great runner she is."

Unlike the Irish boys, the St. John girls weren't quite as bunched as the boys, but it was still plenty close enough.

Senior Kristin Heilmeyer was the second Lady Irish runner to cross, finishing in 13th overall. Heilmeyer -- who quickly ran and then headed to Bellaire to pick up the crown as Homecoming Queen at half-time of the SJC football game -- turned in a 21:20.65.

Junior Claire LeMasters was the third SJC runner to cross, finishing in 15th place overall with a 21:22.46.

Kylee Longevitch and Christine Bowman rounded out the Lady Irish's scoring attack, finishing 27th and 29th, respectively.

"Kylee and Christine did an awesome job of running through injuries for their teammates," Midei pointed out. "I was really happy with how focused all of the girls were on winning despite the weather and the fact that we had Homecoming."

Shadyside placed two girls inside the small-school division's top 10. Juniors Marissa Melankofinished, which was good enough for ninth in the class.

Melanko turned in a 21:54.36, while Lytton crossed as the watch turned to 22:20.

River freshman phenom Sarah Blatt was strong in her first-ever OVAC varsity competition. She ran a 20:37, which was good enough for sixth overall.

Steubenville Catholic's Jane Crosby was 12th overall in 21:16.02. That finish was good enough for sixth in the division.

IN 3-A, the Big Reds' nation was alive and well as Arno's army scored 76 boys points and the girls finished with 43 markers.

"Last year was huge for our program to win both in the same year," Arno said. "And to do it again this year really says a lot about our kids, and accomplishing this is something we've been talking about since June."

The Bellaire girls -- who are the reigning Division III Pickerington Regional champion -- placed their top five scorers in the top 20 overall.

"It seems like each of our girls keeps taking turns on injuries," Arno said. "But at the same time, each of them keeps taking turns at stepping up."

Senior Katie Antonik -- the defending champion -- had her 2005 OVAC meet and season in jeopardy earlier in the season when she suffered an ankle injury.

"We weren't sure a few weeks ago whether or not Katie would be able to run again," Arno said. "For her to be able to come back and run the way she did really says a lot about her work ethic."

However, Antonik battled her way back to be able to run at last week's Pickerington Invitational and then capped her comeback with a second-place finish and a time of 19:55.27.

"I think I ran pretty well," Antonik said. "I had to take two weeks off and do nothing but water workouts. My time wasn't as good (today) as it was (last year); but overall I am really happy with my performance."

Senior standout Audra Frizzi -- who has been nothing shy of brilliant this fall -- turned in a seventh place run and a time of 20:41.41.

"Katie and Audra have really been good leaders for this team with their running ability," Arno pointed out. "I think that has rubbed off on the rest of the kids to get up in there."

Sophomore Alysia Scott was 14th overall and fourth in 3-A with a 21:21.87. Classmate Jessi Boston was 17th overall in 21:41.04.

Vanessa Heslop was 20th overall and eighth in 3-A with a 22:02. Alysha Hannan was 23rd overall and was sixth Lady Big Reds' runner. However, that earned her the 10th medal in 3-A.

Harrison Central sophomore Samantha McIntosh was 16th overall and fifth in her class with a 21:34.71. Lady Huskie Kelcie Harrison was 21st overall and ninth her class with a 22:06.

St. Clairsville's Alanna Seamon was 18th overall and seventh in 3-A, turning in a 21:47.

Bellaire's boys continue to

rack up titles without that one true 'superstar' runner.

However, what Arno's army does have is quality up and down the board.

"Again, like the girls, (the OVAC) is goal number one of four," Arno pointed out. "We have some young kids who have a lot of potential to do well."

The Big Reds' boys were once again led by senior Jaymes Taylor who continues his fine campaign.

He finished sixth overall and actually challenged for the lead late in the race.

"Yeah, we talked about him going for the lead," Arno said. "You have to take those chances in this kind of meet, but today it just came back to bite us. That still does nothing to take away from what Jaymes has accomplished."

Chase Maffe was ninth overall and fourth in 3-A, while Aaron Porter was 12th overall and fifth.

Kyle Faykus and Robbie Chilson finished fourth and fifth on the team for the Reds. Faykus was 23rd overall and eighth in 3-A. Chilson was 39th overall.

St. Clairsville's Joey Depalma was second in 3-A and fourth overall to lead the Red Devils. Nick Oberdick also pocketed an award by virtue of a 10th place finish in 3-A.

Harrison Central -- which placed second in the team race behind Bellaire -- had two runners finish in the top 10 of 3-A. Derrick Sproul led the Huskies in 19th place, while Tyler Tenley was 25th overall and ninth in 3-A.

Buckeye Local's supremacy in 4-A has become something Panther fans can look forward to.

The cross country three-peat is a first in school history for any sport since the school's inception to the OVAC.

"To win our third in a row was a big motivator for these kids," said Panthers' boss Eric Laughlin. "Our number one focus was to win the 4-A and our guys are starting to gel at the right time and that's something we are definitely happy about."

The Panthers were led by senior standout Mike Beecher who was the champion in 4-A and was 10th overall.

Mike Decesare was 20th overall and fifth in 4-A. Ronnie Bolvin was the 24th overall runner and was seventh in 4-A.

Mark Staten was 10th in 4-A and 31st overall for the Panthers. Paul Jancura closed out the score card for the Panthers who was 35th overall.

Wheeling Park's girls claimed their second straight title thanks to a balanced team effort.

"Almost all of our girls ran well and most ran their best times," Jebbia said. "I was really pleased with the effort. This is the first time we get a chance to see most of the Ohio schools, so we are happy with how we played."

The Lady Pats are led by Courtney Yeager who was fifth overall. Shay Maybaum, Lindsey Miller, Maggie Gompers and Rachel McIntosh closed out the scorers for the Lady Patriots.

Buckeye Local was led by freshman ace Sherry Borsos who won the 4-A class race by virtue of a 19:59.27. Jess Battilocci and Kara Lucarelli also earned a medal for the Lady Panthers, finishing seventh and 10th, respectively.

OVAC and The Times Leader present the



Cal Pokas

CROSS COUNTRY

CHAMPIONSHIP

Pokas, who worked at The Times Leader from 1955-95 on a full-time basis, served as the newspaper's sports editor for nearly 30 years, beginning in 1966.

He then covered sports on a part-time basis until his death in 2000.

His career in sports resulted in a number of honors including two state Halls of Fame, the Bellaire Wall of Fame and selection for the first class of inductees to the OVAC Hall of Fame in 2004. Known for his emphasis on local sports, he championed girls' sports and other sports such as cross country when most of the media ignored them.

• **Saturday,
October 8**

• **Meadowbrook
High School**

**Meet Director:
Donna Joseph**

- *OVAC meet started in 1967*
- *Girls' OVAC meet started in 1981*
- *Shadyside holds the most boys' titles with 12*
- *Barnesville and John Marshall hold the most girls' titles with 10*

Barnesville
Beaver Local
Bellaire
Brooke
Buckeye Local
Caldwell
Cambridge
East Liverpool
Edison
Harrison Central
Indian Creek
John Marshall
Linsly
Magnolia
Martins Ferry
Meadowbrook
Oak Glen
River
St. Clairsville
St. John Central
Shadyside
Shenandoah
Steubenville
Steubenville Central
Tyler Consolidated
Union Local
Weir
Weirton Madonna
Wheeling Central
Wheeling Park
Zanesville



Visit www.ovac.org for more information!

CAL POKAS OVAC CROSS COUNTRY CHAMPIONSHIPS

Irish's Perzanowski Claims Girls' Title

Bellaire St. John boys capture overall meet win behind Foster's second-place finish

By RICK THORP
Staff Writer

The wet and chilly conditions for Saturday's Cal Pokas OVAC Cross Country Championships weren't to Natalie Perzanowski's liking.

But the Bellaire St. John senior wasn't going to let a few raindrops come between her and an OVAC championship.

Perzanowski recovered from a fall while she was leading during the girl's race, but still managed to cruise to the overall and Class AA-A individual crowns at Meadowbrook High School.

"It was really muddy and slippery and I fell," Perzanowski said. "I was ahead when I fell. It was when I was coming around a turn."

Perzanowski's performance helped lift the Irish to the Class AA-A team title as well. St. John finished with 65 points, well ahead of second-place Wheeling Central's 100 markers. The Irish finished second to Bellaire in the overall points standings.

The St. John boys, however, were able to top the Big Reds for the overall meet crown, collecting 43 markers to Bellaire's 76. Caldwell was second in the Class AA-A standings with 119 points.

"Beating Bellaire was probably a little bit of a pipe



Photo by Rick Thorp

Bellaire St. John's Natalie Perzanowski runs to the overall championship at Meadowbrook High School Saturday.

dream," said Irish coach Jeremy Midei of his girl's squad. "But to beat Wheeling Central, they're a quality team. That

was our goal." The Maroon Knights captured the 2004 overall crown by one point over Bellaire. This year, they just didn't have enough runners among the leaders to get it done.

"We needed to be a little closer to the front," said coach Wayne Rutter. "Last year we had four runners in the top 10 and it didn't turn out like that this year."

"I give credit to everybody else's programs for that."

Wheeling Central's Stephanie Caruso turned in another stellar effort, finishing fourth overall. But the next three Maroon Knights — Lauren Bauer, Kelley Mortakis and Ashley Wolfe — crossed the tape in eighth, 22nd and 45th place — respectively.

"The kids responded pretty well and a lot of them set personal records," Rutter said.

"It just wasn't our day today."

While Perzanowski didn't care much for the weather, Midei said the conditions probably ended up aiding her.

"We were just trying to let her stay relaxed for a while," he said.

"I really thought the conditions would help her. She's strong and we thought it would turn out well for her today."

Saturday's victory was sweet for Perzanowski, who wasn't able to fulfill her potential last year due to an injury. She said the triumph will be a big boost toward the remainder of the season.

"It's going to give me a lot of confidence," she remarked. "I'm just going to run as hard as I can."

Kristin Heilmeier, Claire LeMasters, Kylee Longevitch and Christine Bowman also scored for the Irish.

Caldwell was third in the girl's standings, paced by Sarah Crum's 11th place finish overall. River's Sarah Blatt was sixth overall as an indi-



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Zach Foster led the Irish boys to the overall title with his runner-up finish to meet champ Brian Wilson of Oak Glen.

"With about a quarter-mile left I pulled even with (Wilson) and tried to take it," Foster said. "I thought he might have been falling back after leading the race the whole time. But he had a lot left and I couldn't hang with him."

Foster, competing in just his second race after missing a few weeks with an injury, impressed Midei.

"For him to get where he did was really good," he said. "I think if he had been running the entire season I think he would have fared a little better."

"Overall, the guys worked real hard and did what they needed to do."

The Irish had two other runners post top 10 finishes. Zach Yereb was fifth, while Nick Moscato was seventh. Also scoring were David Bowman and Sean Nolan.

Cody Bowman posted a second-place finish in Class AA-A and was third overall for the Redskins. Justin Seebach was 15th overall.

Wheeling Central's top finisher was Chris Galloway, who turned in a 17th place effort, which made him ninth in his class.

"With the boys, we had a lot of PRs," Rutter said.

BOYS

Team Standings

1. Bellaire St. John 43;
2. Caldwell 119;
3. Wheeling Central 206;
4. Shadyside 348.

Top 20 Individuals

1. Zach Foster (BSJ);
2. Cody Morrison (Cald);
3. Zach Yereb (BSJ);
4. Nick Moscato (BSJ);
5. Matt Gilloin (SCC);
6. David Bowman (BSJ);
7. Justin Seebach (Cald);
8. Corey Blattler (Barn);
9. Chris Galloway (WC);
10. Sean Nolan (BSJ);
11. Sam Foster (BSJ);
12. Shane McLaughlin (Cald);
13. Louie D'Amico (Shady);
14. Dennis Spicer (Cald);
15. Andrew Varlas (WC);
16. Vince DeVendra (BSJ);
17. Lavi Seebach (Cald);
18. Rob Bonenberger (WC);
19. Georg Heinecke (River);
20. Mason Fuchs (River).

*Overall Meet Champion
NOTE: Times unavailable due to technical difficulties

GIRLS

Team Standings

1. Bellaire St. John 65;
2. Wheeling Central 100;
3. Caldwell 160;
4. Shadyside 257;
5. Barnesville 267;
6. Linsly 332.

Top 20 Individuals

1. Natalie Perzanowski (BSJ) 19:26*;
2. Stephanie Caruso (WC) 20:13;
3. Sarah Blatt (River) 20:37;
4. Lauren Bauer (WC) 20:56;
5. Sarah Crum (Cald) 21:15;
6. Jane Crosby (SCC) 21:18;
7. Kristin Heilmeier (BSJ) 21:22;
8. Claire LeMasters (Shady) 21:54;
9. Marissa Melanko (WC) 22:16;
10. Kelley Mortakis (WC) 22:20;
11. Jill Lyton (Shady) 22:22;
12. Adria Steed (Cald) 22:22;
13. Kyle Longevitch (BSJ) 22:28;
14. Christine Bowman (BSJ) 22:35;
15. Ashli Anderson (Barn) 22:51;
16. Amanda Rosepape (BSJ) 22:51;
17. Ashley Wolfe (WC) 23:18;
18. Cara Hagan (Lin) 23:33;
19. Olivia Hayes (Cald) 23:34;
20. Caitlyn Tuba (WC) 23:42.

*Overall Meet Champion



Oak Glen junior Brian Wilson races championship at Saturday's OVAC

Big Day for In Class AA

Oak Glen's Wilson wins in

By RICK THORP
Staff Writer

It was another big day for the Big Reds.

Bellaire's girls walked away with the overall championship and their fourth consecutive Class AAA crown Saturday at the Cal Pokas OVAC Cross Country Championships at Meadowbrook High School.

The boy's team also repeated as the 3A titlists and finished second in the overall team standings to the Irish of Bellaire St. John.

Big Reds coach Chris Arno couldn't have been more pleased.

"Last year was huge for our program in winning both (class) titles," he said. "And to do it two years in a row says a lot about our kids. We've been talking about this since June as one of our goals."

Class AAA also featured the meet's overall boys champion — Brian Wilson of Oak Glen, who ran as an individual.

Leading the way for Bellaire's girls, who outdistanced St. John for the overall crown, was talented Katie Antonik. Antonik took second overall this fall after claiming the title in 2004.

"I think I ran really well," she said. "My time wasn't as good as last year, but I ran well."

Antonik has made quite a comeback from an ankle injury.

"Three weeks ago we weren't sure if Katie was ever going to run again," Arno noted. "And to be back where she is right now says a lot about her work ethic. She has a lot of guts and a lot of courage."

Audra Frizzi added a top 10 overall finish for the Belmont Countians, taking the seventh spot.

"Katie and Audra are showing great leadership with their running ability and it's motivating the rest of the kids to get up in there."



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'THREE-PEAT'

Continued from page B2

He was followed by Mark Staten, whose performance caught the eye of his coach.

"Mark, he ran as our fourth guy today, and he ran a really solid race," Laughlin said.

Paul Jancura was the other competitor to score for the Panthers.

Wheeling Park's top finisher on the boy's side was Ryan Beabout, the Patriots' top runner all season who was 13th overall.

"Ryan Beabout ran well for us today, as did Colin Ferrell," said Park coach Michael Jebbia.

Ferrell was the sixth 4A runner to finish. Also scoring for the Patriots were Kyle Gramlich, Todd Gramlich and Spencer Teufel.

"We had a gap there with our three, four and five guys, but their times were good," Jebbia said.

Weir's Donald Reese, who competed in last fall's West Virginia state meet in Mineral Wells, was 18th overall, while teammate Ronald Read charted a 30th place overall finish.

On the girl's side, a pair of highly-touted freshmen made their debuts in Buckeye Local's Sherry Borsos and Wheeling Park's Courtney Yaeger.

Borsos made the biggest splash, finishing third overall and just a little more than four seconds behind Bellaire's Katie Antonik, last year's overall individual winner.

"Sherry's just taking it all in right now," Laughlin said.

Borsos said she met her goal.

"I was pleased," she noted.

"I wanted to place in the top five. In the beginning, I was just trying to get up in the lead pack."

Yaeger finished just two spots behind Borsos showing why the pair should be active in the OVAC title chase the next three years.

"Courtney ran fabulous," Jebbia stated. "She's just a freshman and the future is quite bright for her."

"It was a total team effort with our girls team. Everybody ran well."

Others scoring for the Patriots, who took fifth overall, included transfer Shae Maybaum, Lindsey Miller, Maggie Gompers and Rachel McIntosh.

BOYS

Team Standings

1. Buckeye Local 102;
2. Wheeling Park 175;
3. East Liverpool 298;
4. Zanesville 298;
5. John Marshall 340.

Top 20 Individuals

1. Mike Becher (BL);
2. Ryan Beabout (WP);
3. Emerson Rhoad (Zane);
4. Donald Reese (Weir);
5. Mike Decasaro (BL);
6. Colin Farrell (WP);
7. Ronnie Bolvin (BL);
8. Nick Pasquarella (Staub);
9. Ronald Read (Weir);
10. Mark Staten (BL);
11. Brandon Lucas (EL);
12. Ben Harper (Cam);
13. Paul Jancura (BL);
14. Shawn Birch (JM);
15. Erik Reed (EL);
16. Kyle Gramlich (WP);
17. Todd Gramlich (WP);
18. Ryan Hafny (BL);
19. Spencer Teufel (WP);
20. Sean Freeland (JM).

NOTE: Times unavailable due to technical difficulties

GIRLS

Team Standings

1. Wheeling Park 152;
2. John Marshall 190.

Top 20 Individuals

1. Sherry Borsos (BL) 19:59;
2. Courtney Yaeger (WP) 20:36;
3. Kelsey Braldo (Cam) 21:01;
4. Shae Maybaum (WP) 22:21;
5. Emily Kolas (JM) 22:34;
6. Jess Battilocci (BL) 22:45;
7. Paige Gorvay (Bro) 22:47;
8. Stephanie Duke (JM) 23:00;
9. Kara Lucarelli (BL) 23:05;
10. Artemia Lombardozzi (Edi) 23:09;
11. Kendyl Morris (JM) 23:15;
12. Lindsey Miller (WP) 23:24;
13. Hannah Gartner (Zane) 23:42;
14. Maggie Gompers (WP) 24:04;
15. Rachel McIntosh (WP) 24:10;
16. Nikki Casario (BL) 24:17;
17. Gennie Conlin (WP) 24:23;
18. Jenna Wylie (JM) 24:39;
19. Jessica Kinley (WP) 24:53;
20. Jami Fonner (JM) 24:56.

Buckeye Local, Patriots Each Earn 'Three-peat'

By RICK THORP
Staff Writer

It was a year of threpeats in Class AAAA Saturday at the Cal Pokas OVAC Cross Country Championships.

Wheeling Park turned the



OVAC CROSS COUNTRY CHAMPIONSHIPS

owski Claims Girls' Title

overall meet win behind Foster's second-place finish



Photo by Rick Thorp

John's Natalie Perzanowski runs to the overall victory at Meadowbrook High School Saturday.

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Top 20 Individuals

1. Zach Foster (BSJ); 2. Cody Morrison (Cald); 3. Zach Yereb (BSJ); 4. Nick Moscato (BSJ); 5. Matt Gilloon (SCC); 6. David Bowman (BSJ); 7. Justin Seebach (Cald); 8. Corey Blattler (Barn); 9. Chris Galloway (WC); 10. Sean Nolan (BSJ); 11. Sam Foster (BSJ); 12. Shane McLaughlin (Cald); 13. Louie D'Amico (Shady); 14. Dennis Spicer (Cald); 15. Andrew Varlas (WC); 16. Vince DeVendra (BSJ); 17. Levi Seebach (Cald); 18. Rob Bonenberger (WC); 19. Georg Heinecke (River); 20. Mason Fuchs (River).

*Overall Meet Champion
NOTE: Times unavailable due to technical difficulties

GIRLS

Team Standings

1. Bellaire St. John 65; 2. Wheeling Central 100; 3. Caldwell 160; 4. Shadyside 267; 5. Barnesville 267; 6. Linsly 332.

Top 20 Individuals

1. Natalie Perzanowski (BSJ) 19:26; 2. Stephanie Caruso (WC), 20:13; 3. Sarah Blatt (River), 20:37; 4. Lauren Bauer (WC) 20:56; 5. Sarah Crum (Cald) 21:15; 6. Jane Crosby (SCC) 21:16; 7. Kristin Heilmeier (BSJ), 21:20; 8. Claire LeMasters (BSJ) 21:22; 9. Marissa Melanko (Shady) 21:54; 10. Kelley Mortakis (WC) 22:16; 11. Jill Lytton (Shady) 22:20; 12. Adriane Stead (Cald) 22:22; 13. Kyle Longevitch (BSJ) 22:28; 14. Christine Bowman (BSJ) 22:35; 15. Ashli Anderson (Barn) 22:51; 16. Amanda Rosepapa (BSJ); 17. Ashley Wolfe (WC) 23:18; 18. Cara Hagan (Lin) 23:33; 19. Olivia Hayes (Cald) 23:34; 20. Caitlyn Tuba (WC) 23:42.
*Overall Meet Champion



Photo by Rick Thorp

Oak Glen junior Brian Wilson raced to the boys' overall championship at Saturday's OVAC meet.

Big Day for Bellaire In Class AAA Event

Oak Glen's Wilson wins individual crown

By RICK THORP
Staff Writer

It was another big day for the Big Reds.

Bellaire's girls walked away with the overall championship and their fourth consecutive Class AAA crown Saturday at the Cal Pokas OVAC Cross Country Championships at Meadowbrook High School.

The boy's team also repeated as the 3A titlists and finished second in the overall team standings to the Irish of Bellaire St. John.

Big Reds coach Chris Arno couldn't have been more pleased.

"Last year was huge for our program in winning both (class) titles," he said. "And to do it two years in a row says a lot about our kids. We've been talking about this since June as one of our goals."

Class AAA also featured the meet's overall boys champion — Brian Wilson of Oak Glen, who ran as an individual.

Leading the way for Bellaire's girls, who outdistanced St. John for the overall crown, was talented Katie Antonik. Antonik took second overall this fall after claiming the title in 2004.

"I think I ran really well," she said. "My time wasn't as good as last year, but I ran well."

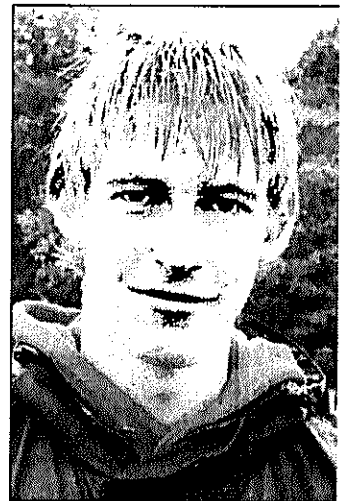
Antonik has made quite a comeback from an ankle injury.

"Three weeks ago we weren't sure if Katie was ever going to run again," Arno noted. "And to be back where she is right now says a lot about her work ethic. She has a lot of guts and a lot of courage."

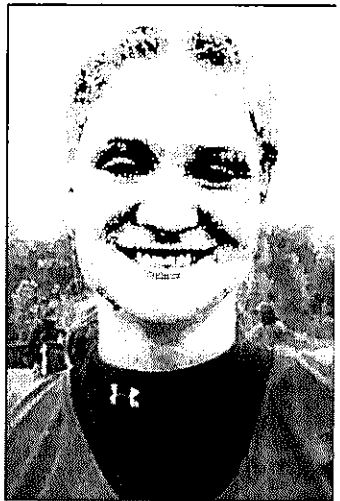
Audra Frizzi added a top 10 overall finish for the Belmont Countians, taking the seventh spot.

"Katie and Audra are showing great leadership with their running ability and it's motivating the rest of the kids to get up in there."

Alysia Scott was 14th overall followed by Jessi Boston



Jaymes Taylor



Katie Antonik

"I was starting to slow down after the second mile; I was getting cold and tense. Then I came up on the last 600 meters and I didn't want to lose."

He could also hear footsteps from St. John's Zach Foster who closed the gap in the late stages of the race.

"People were telling me he was on my heels," Wilson said.

As for the victory, Wilson said it happened sooner than expected.

"I wasn't expecting to win it until my senior year," the junior said.

St. Clairsville's Joey DePal-

Buckeye Local, Patriots Each Earn 'Three-peat'

By RICK THORP
Staff Writer

It was a year of threpeats in Class AAAA Saturday at the Cal Pokas OVAC Cross Country Championships.

Wheeling Park turned the trick on the girl's side, while Buckeye Local performed the



The kids responded pretty well and a lot of them set personal records," Rutter said.

"It just wasn't our day today."

While Perzanowski didn't care much for the weather, Midei said the conditions probably ended up aiding her.

"We were just trying to let her stay relaxed for a while," he said.

"I really thought the conditions would help her. She's strong and we thought it would turn out well for her today."

Saturday's victory was sweet for Perzanowski, who wasn't able to fulfill her potential last year due to an injury. She said the triumph will be a big boost toward the remainder of the season.

"It's going to give me a lot of confidence," she remarked. "I'm just going to run as hard as I can."

Kristin Heilmeier, Claire LeMasters, Kylee Longevitch and Christine Bowman also scored for the Irish.

Caldwell was third in the girl's standings, paced by Sarah Crum's 11th place finish overall. River's Sarah Blatt was sixth overall as an indi-

which made him ninth in his class.

"With the boys, we had a lot of PRs," Rutter said.

BOYS

Team Standings
1. Bellaire St. John 43*; 2. Caldwell 119; 3. Wheeling Central 206; 4. Shady-side 346.

Top 20 Individuals
1. Zach Foster (BSJ); 2. Cody Morrison (Cald); 3. Zach Yerab (BSJ); 4. Nick Moscato (BSJ); 5. Matt Gilloon (SCC); 6. David Bowman (BSJ); 7. Justin Seebach (Cald); 8. Corey Blattler (Barn); 9. Chris Galloway (WC); 10. Sean Nolan (BSJ); 11. Sam Foster (BSJ); 12. Shane McLaughlin (Cald); 13. Louie D'Amico (Shady); 14. Dennis Spicer (Cald); 15. Andrew Varlas (WC); 16. Vince DeVendra (BSJ); 17. Levi Seebach (Cald); 18. Rob Bonenberger (WC); 19. Georg Heinecke (River); 20. Mason Fuchs (River).

*Overall Meet Champion
NOTE: Times unavailable due to technical difficulties

GIRLS

Team Standings
1. Bellaire St. John 65; 2. Wheeling Central 100; 3. Caldwell 160; 4. Shady-side 257; 5. Barnesville 267; 6. Linsly 332.

Top 20 Individuals
1. Natalie Perzanowski (BSJ) 19:26*; 2. Stephanie Caruso (WC) 20:13; 3. Sarah Blatt (River) 20:37; 4. Lauren Bauer (WC) 20:56; 5. Sarah Crum (Cald) 21:15; 6. Jana Crosby (SCC) 21:16; 7. Kristin Heilmeler (BSJ) 21:22; 8. Marissa Melanko (Shady) 21:54; 9. Kelley Mortakis (WC) 22:16; 10. Jill Lytton (Shady) 22:20; 11. Adriane Steed (Cald) 22:22; 12. Kyle Longevitch (BSJ) 22:28; 13. Christine Bowman (Barn) 22:35; 14. Ashli Anderson (BSJ) 22:51; 15. Amanda Rosepapa (BSJ) 23:17; 16. Ashley Wolfe (WC) 23:18; 17. Cara Hagan (Lin) 23:33; 18. Olivia Hayes (Cald) 23:34; 19. Caitlyn Tuba (WC) 23:42.

*Overall Meet Champion

Buckeye Local, Patriots Each Earn 'Three-peat'

By RICK THORP
Staff Writer

It was a year of threpeats in Class AAAA Saturday at the Cal Pokas OVAC Cross Country Championships.

Wheeling Park turned the trick on the girl's side, while Buckeye Local performed the feat on the boy's side.

It marked the first time in school history that a Buckeye Local team has won three straight titles in any sport in OVAC competition.

The Panthers compiled 102 points to top the class and finish third in the overall standings, behind Bellaire St. John and Bellaire.

The Patriot girls racked up 152 markers. John Marshall was second with 190.

"When we got here today our focus was to win the 4-A division," said Buckeye Local coach Eric Laughlin.

"Four our top five guys, this is the first time they've ran a really solid race from start to finish this year."

Mike Becher captured the Class 4A title for the Panthers and ending the event at Meadowbrook High School 11th overall.

Mike Decesare was the second runner to cross the finish line for Buckeye Local, while Ronnie Bolvin was third.

See, 'Three-peat', Page B3



Courtney Yaeger



Sherry Borsos

which made him ninth in his class.

"With the boys, we had a lot of PRs," Rutter said.

Big Reds coach Chris Arno couldn't have been more pleased. "Last year was huge for our program in winning both (class) titles," he said. "And to do it two years in a row says a lot about our kids. We've been talking about this since June as one of our goals."

Class AAA also featured the meet's overall boys champion — Brian Wilson of Oak Glen, who ran as an individual.

Leading the way for Bellaire's girls, who outdistanced St. John for the overall crown, was talented Katie Antonik. Antonik took second overall this fall after claiming the title in 2004.

"I think I ran really well," she said. "My time wasn't as good as last year, but I ran well."

Antonik has made quite a comeback from an ankle injury.

"Three weeks ago we weren't sure if Katie was ever going to run again," Arno noted. "And to be back where she is right now says a lot about her work ethic. She has a lot of guts and a lot of courage."

Audra Frizzi added a top 10 overall finish for the Belmont Countians, taking the seventh spot.

"Katie and Audra are showing great leadership with their running ability and it's motivating the rest of the kids to get up in there."

Alysia Scott was 14th overall, followed by Jessi Boston and Vanessa Heslop, who were 17th and 20th overall, respectively.

As for the Bellaire boys, Jaymes Taylor led the effort with a fifth-place overall finish.

"His hard work and dedication have paid off," Arno said. "We had a chance to challenge for the lead late in the race and we took that chance."

Taylor said things turned out as planned.

"I was just trying to get in the top 10," Taylor noted.

Others scoring for Bellaire were Chase Maffe (9th overall), Aaron Porter (12th overall), Kyle Faykus (23rd overall) and Robbie Chilson (39th overall).

Wilson cruised to the title in almost 17 minutes flat.

The Golden Bears standout said he brushed up on his speed work in preparation for the Guernsey County layout.

"There's a lot of people in this race, so if you don't go out fast your going to get knocked down," he said smiling.



Jaymes Taylor



Katie Antonik

"I was starting to slow down after the second mile; I was getting cold and tense. Then I came up on the last 600 meters and I didn't want to lose."

He could also hear footsteps from St. John's Zach Foster who closed the gap in the late stages of the race.

"People were telling me he was on my heels," Wilson said.

As for the victory, Wilson said it happened sooner than expected.

"I wasn't expecting to win it until my senior year," the junior said.

St. Clairsville's Joey DePalma turned in a nine fourth-place overall finish.

BOYS

Team Standings
1. Bellaire 76; 2. Harrison Central 164; 3. St. Clairsville 216; 4. Magnolia 316; 5. Meadowbrook 380.

Top 20 Individuals
1. Brian Wilson (OGI); 2. Joey DePalma (St.C); 3. Jaymes Taylor (Bel); 4. Chase Maffe (Bel); 5. Aaron Porter (Bel); 6. Derrick Sproul (HC); 7. Jonathan Langer (Mag); 8. Kyle Faykus (Bel); 9. Tyler Tanley (HC); 10. Nick Oberdick (St.C); 11. Jimmy Baird (HC); 12. Robbie Chilson (Bel); 13. Adam Rothlisberger (Mag); 14. Perry Potts (Mead); 15. Justin Brooks (HC); 16. Hemal Patel (Mag); 17. Joey Fry (Bel); 18. Nathan Cencula (St.C); 19. Drew Kirkland (HC); 20. Steven Lestock (Mead).

*Overall Meet Champion
NOTE: Times unavailable due to technical difficulties

GIRLS

Team Standings
1. Bellaire 43*; 2. Harrison Central 127; 3. Martins Ferry 228; 4. St. Clairsville 252; 5. Union Local 310.

Top 20 Individuals
1. Katie Antonik (Bel) 19:55; 2. Audra Frizzi (Bel) 20:41; 3. Alexis Emch (Mag) 21:08; 4. Alysia Scott (Bel) 21:21; 5. Samantha McIntosh (HC) 21:34; 6. Jessi Boston (Bel) 21:14; 7. Alanna Seamon (St.C) 21:47; 8. Vanessa Heslop (Bel) 22:02; 9. Kalcia Harrison (HC) 22:06; 10. Alysha Hannan (Bel) 22:18; 11. Kylee Mey (Bel) 22:48; 12. Ali Fayko (Mead) 22:56; 13. Sandy Eckroth (HC) 23:00; 14. Jessica Hilton (MF) 23:06; 15. Kalla Ruminski (St.C) 23:13; 16. Sarah Hull (Mead) 23:13; 17. Kim Eckroth (HC) 23:24; 18. Lyndsay Etchison (MF) 23:31; 19. Chloe Chisnell (HC) 23:34; 20. Marissa Stask (HC) 23:35.

OVAC Pokas meet set Saturday

The Ohio Valley Athletic Conference Cross Country Championship is less than a week away.

The annual meet is slated for Saturday, Oct. 8 at Meadowbrook High School in Byesville.

The meet is once again expecting fierce competition for the three team titles in both boys and girls and for the individual titles.

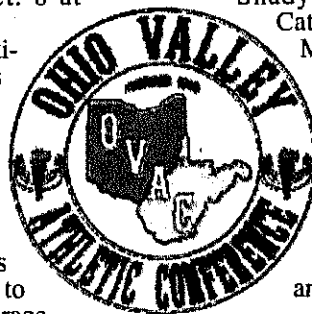
However, the one difference in the meet comes in the form of the name.

The OVAC and The Times Leader have teamed to rename the OVAC meet as the OVAC Cal Pokas Cross Country Championship.

During his years as sports editor of The Times Leader and even into his retirement, Pokas strived to put cross country on the map in terms of media coverage, serving as a pioneer in the advancement of the sport.

Some 31 schools will converge on the land surrounding Meadowbrook High School for the meet. Included are:

Creek, John Marshall, Linsly, Magnolia, Martins Ferry, Meadowbrook, Oak Glen, River, St. Clairsville, St. John's, Shady-side, Shenandoah, Steubenville, Steubenville Catholic, Tyler Consolidated, Union Local, Weirton Madonna, Wheeling Central, Wheeling Park and Zanesville.



The St. John boys are cast in the role of defending champions in A/AA. Bellaire captured the 3-A titles, while Buckeye Local was the 4-A champion in 2004.

The Wheeling Central girls return a solid nucleus from its 2004 A/AA title. Bellaire's girls added yet another OVAC cross country banner last year and the Wheeling Park girls won the 4-A title.

A new overall boys champion is guaranteed as Caldwell's Derek Carter has graduated. Bellaire senior Katie Antonik is back to defend her title she won a year ago.

Former Shady-side High head coach Donna Joseph serves as the most distinctive for the event.

● Pokas

Continued from Page A1

ber schools.

OVAC Executive Secretary Tom Rataiczak is excited about the new partnership.

"The Ohio Valley Athletic Conference is delighted to join forces with The Times Leader on the OVAC Cross Country Championship. We appreciate Alex Marshall and the sports staff stepping it up a notch and being so gracious as to help underwrite the cost of the huge meet," said Rataiczak. "If we were to name the cross country championship after any one individual, Cal Pokas would have to be the first name to be written down.

"As a sportswriter, then later as the sports editor, Cal championed so many of the "minor" sports, but cross country was his favorite. He and his wife, Betty, traveled from local meets to the OVAC championship to state meets chronicling the exploits of the Ohio Valley runners," Rataiczak added.

"It's appropriate to have The Times Leader join forces with this, as through Cal, the TL has given outstanding coverage over the years to the cross country sport. Like the other sports named after people (Samuel A. Mumley Basketball

All-Star Game, Rudy Mumley All-Star Football Classic, and George Kovalick All-Star Baseball Game), Cal Pokas' name will forever be attached to the sport he loved so dearly."

The OVAC Cross Country Championships date back some five decades. The first boys' championship was held in 1967 while the girls' meet was added in 1981.

Shadyside's boys own the distinction of the most OVAC CC crowns with a dozen while Barnesville and John Marshall lead the girls' championship list with 10 crowns each.

Times Leader publisher Alexander Marshall was equally enthusiastic about the union.

"The Times Leader is honored and privileged that the Ohio Valley Athletic Conference's championship cross country event, involving more than 30 schools, has been named for Cal Pokas," said Marshall. "This is an honor reserved for very few people.

"For four years, The Times Leader held a cross country classic to honor Pokas, the newspaper's former sports editor, and this new step involving the OVAC and The Times Leader will draw attention to a

sport that meant so much to him," added Marshall. "He was a pioneer who provided coverage to many sports often ignored by the other media."

Joseph - a longtime fixture in OVAC cross country circles both as a successful coach as well as meet official - realizes the importance Pokas placed on cross country.

"Cal Pokas was the biggest supporter and promoter of cross country in the local area. Cal would attend every CC meet he could and get a story and results in the paper the next day," Joseph said. "Cross country was second only to

Ohio State football to Cal. I think it is only logical that such a prestigious event, the OVAC Cross Country Championship meet, should be named in his honor."

This year's OVAC championship meet will have several local teams cast in the roles of defending champions.

Bellaire is the reigning boys' and girls' 3-A champions while Buckeye Local (4-A) and St. John Central (1-A) are also cast as defending champs in the respective divisions.

In addition, Bellaire's Katie Antonik was the overall female champion.



T-L Photo: SETH STASKERY

THE ANNUAL OVAC Cross Country Championships now will be known as The Cal Pokas OVAC Cross Country Championships. Shown from left are OVAC Executive Secretary Tom Rataiczak, Times Leader Area Editor Betty Pokas, OVAC Meet Director Donna Joseph and Times Leader Executive Sports Editor Bubba Kapral.

Championship

renamed for Cal Pokas

• The Times Leader and OVAC join forces for annual cross country meet

By BUBBA KAPRAL
T-L Executive Sports Editor

IT'S A match made in heaven, or possibly the running trails.

The Times Leader and Ohio Valley Athletic Conference have joined forces in conjunction with one of the fall season's prep athletic highlights.

As a result of this union, the annual OVAC

Cross Country Championships now will be known as The Cal Pokas OVAC Cross Country Championships.

This year's meet is scheduled for Saturday, Oct. 8, at Meadowbrook High School in Byesville. The elite running event will be under the direction of Shadyside's Donna Joseph and feature more than 30-mem-

See, POKAS, Page A2

OVAC CC Results

OVAC CHAMPIONSHIP AT MEADOWBROOK
BOYS OVERALL TEAM SCORES: 1. St. John Central, 43; 2. Bellaire, 78; 3. Buckeye Local, 102; 4. Caldwell, 178; 5. Harrison Central, 194; 6. Wheeling Park, 175; 7. Wheeling Central, 206; 8. St. Charles, 216; 9. East Liverpool, 296; 10. Zanesville, 298; 11. Magnolia, 316; 12. John Marshall, 340; 13. Shadyside, 346; 14. Meadowbrook, 392; 15. Cambridge, 388; 16. River, 409; 17. Union Local, 415; 18. Barnesville, 432; 19. Indian Creek, 484; 20. Linsy, 601.
BOYS AAA TEAM SCORES: 1. St. John Central, 43; 2. Caldwell, 119; 3. Wheeling Central, 206; 4. Shadyside, 346; 5. River, 409; 6. Barnesville, 432; 7. Linsy, 601.
BOYS AA TEAM SCORES: 1. St. John Central, 43; 2. Caldwell, 119; 3. Wheeling Central, 206; 4. Shadyside, 346; 5. River, 409; 6. Barnesville, 432; 7. Linsy, 601.
BOYS A TEAM SCORES: 1. St. John Central, 43; 2. Caldwell, 119; 3. Wheeling Central, 206; 4. Shadyside, 346; 5. River, 409; 6. Barnesville, 432; 7. Linsy, 601.
BOYS AAA INDIVIDUAL RESULTS (no times due to technical error): 1. Zach Foster (SJC), 2. Cody Morrison (CALD), 3. Zach Vero (SJC), 4. Nick Moscato (SJC), 5. Matt Gilson (SJC), 6. David Bowman (SJC), 7. Justin Seebach (CALD), 8. Corey Butler (HARR), 9. Chris Galway (WOC), 10. Sean Nolan (SJC).
BOYS AA TEAM SCORES: 1. Bellaire, 78; 2. Harrison Central, 194; 3. St. Charles, 216; 4. Magnolia, 316; 5. Meadowbrook, 392; 6. Union Local, 415; 7. Indian Creek, 484.
BOYS AA INDIVIDUAL RESULTS: 1. Brian Wilson (OGJ), 2. Joey DiPalma (STC), 3. James Taylor (BEL), 4. Chase Malle (BEL), 5. Aaron Porter (BEL), 6. Derrick Spruiell (HCO), 7. Jonathan Langer (MAG), 8. Kyle Farquas (BEL), 9. Tyler Tenby (HCO), 10. Nick Oberdorfer (STC).
BOYS A TEAM SCORES: 1. Buckeye Local, 102; 2. Wheeling Park, 175; 3. East Liverpool, 296; 4. Zanesville, 298; 5. John Marshall, 340; 6. Cambridge, 388.
BOYS AA INDIVIDUAL RESULTS: 1. Mike Becker (BL), 2. Ryan Barbour (WPI), 3. Emerson Rhoad (ZAN), 4. Donald Reese (WEIR), 5. Mike Devesare (BL), 6. Colin Fernal (WPI), 7. Ronnie Balkin (BL), 8. Nick Pasquarida (STEU), 9. Ronald Reed (WEIR), 10. Mark Stalen (BL).
GIRLS OVERALL TEAM SCORES: 1. Bellaire, 43; 2. St. John Central, 65; 3. Wheeling Central, 100; 4. Harrison Central, 127; 5. Wheeling Park, 152; 6. Caldwell, 167; 7. John Marshall, 190; 8. Marietta Ferry, 228; 9. St. Charles, 252; 10. Shadyside, 257; 11. Barnesville, 287; 12. Union Local, 310; 13. Linsy, 332.
GIRLS AA TEAM SCORES: 1. St. John Central, 65; 2. Wheeling Central, 100; 3. Caldwell, 160; 4. Shadyside, 257; 5. Barnesville, 287; 6. Linsy, 332.
GIRLS A TEAM SCORES: 1. Natalie Perzanowski (SJC), 1926; 2. Stephanie Casuso (WOC), 2013; 3. Sarah Bell (RIVER), 2037; 4. Lauren Bauer (WOC), 2056; 5. Sarah Chum (CALD), 2115; 6. Jane Crosby (SJC), 2116; 7. Krista Heitner (SJC), 2120; 8. Claire Lakkasens (SJC), 2122; 9. Marissa Melarino (SHAD), 2154; 10. Katelyn Marzke (WOC), 2216.
GIRLS AAA TEAM SCORES: 1. Bellaire, 43; 2. Harrison Central, 127; 3. Marietta Ferry, 228; 4. St. Charles, 252; 5. Union Local, 310.
GIRLS AA INDIVIDUAL RESULTS: 1. Katie Antonik (BEL), 1955; 2. Andrea Fritz (BEL), 2041; 3. Alisa Ernst (MAG), 2106; 4. Alysa Scott (BEL), 2121; 5. Samantha McIntosh (HCO), 2134; 6. Jessi Besson (BEL), 2141; 7. Aayra Saanen (STC), 2147; 8. Vanessa Heesop (BEL), 2202; 9. Kaitie Harrison (HCO), 2206; 10. Alysha Hartman (BEL), 2218.
GIRLS AAA TEAM SCORES: 1. Wheeling Park, 152; 2. John Marshall, 190; 3. Caldwell, 167; 4. Shadyside, 257; 5. Barnesville, 287; 6. Linsy, 332.
GIRLS AA INDIVIDUAL RESULTS: 1. Sherry Bergs (BL), 1959; 2. Courtney Yeager (WPI), 2026; 3. Kelsey Brado (CAM), 2101; 4. Shea Maybaum (WPI), 2221; 5. Emily Koss (JUN), 2234; 6. Jessi Besson (BL), 2245; 7. Paige Govey (BROOK), 2247; 8. Stephanie Duke (JUN), 2300; 9. Kara Lucarelli (BL), 2305; 10. Antonia Lombardi (ED), 2309.
MINOR HIGH RESULTS
BOYS TEAM SCORES: 1. St. John Central, 43; 2. Caldwell, 59; 3. East Liverpool, 78; 4. Cambridge, 103; 5. St. Charles, 123; 6. Union Local, 152; 7. Bellaire, 154; 8. Cameron, 180.
INDIVIDUAL RESULTS: 1. Aaron Esler (ED), 1141; 2. Aaron Lucas (CALD), 1151; 3. Nick Schurz (SJC), 1200; 4. Tyler Correll (CALD), 1205; 5. Billy Pedgley (JUN), 1213; 6. Dan Gibson (SJC), 1222; 7. Tom Unger (EL), 1224; 8. Matthew Moscato (SJC), 1227; 9. Jake Boyer (EL), 1229; 10. Brandon Salvo (CALD), 1231.
GIRLS TEAM SCORES: 1. St. John Central, 44; 2. St. Charles, 78; 3. Bellaire, 79; 4. Cambridge, 88; 5. Barnesville, 98; 6. Marietta Ferry, 149; 7. Shadyside, 152.
INDIVIDUAL RESULTS: 1. Kately Perzanowski (SJC), 1300; 2. Erika Shirner (HCO), 1311; 3. Kately Jones (JUN), 1402; 4. Kaitie Hougston (STC), 1438; 5. Kyle Madigan (CALD), 1411; 6. Jamie Gerlach (STC), 411; 7. Mariah Miller (MAGN), 1412; 8. Jenna Perzanowski (SJC), 1417; 9. Megan Oostboer (SJC), 1421; 10. en Krohn (BEL), 1422.

OVAC CC championships set Saturday

By RICK THORP
For The Times Leader

There are plenty of favorites for Saturday's Cal Pokas OVAC Cross Country Championships.

But which teams will run away with the crowns is anyone's guess.

"It should be competitive for the overall titles," said Chris Arno, whose Bellaire boys and girls squads will look to repeat in Class AAA.

"There is no clear-cut top individual runner," added Bellaire St. John coach Jeremy Midei, whose Irish won the boys Class AA/A division and the overall meet a year ago.

Other teams defending their titles at the Meadowbrook High School layout will be the Buckeye Local boys and Wheeling Park girls in Class AAAA, along with the Wheeling Central girls in Class AA-A. The Maroon Knights edged the Big Reds by one point for the overall championship in 2004.

The meet starts at 10 a.m. with the girl's event, followed by the boy's race.

Class A/AA

Wheeling Central and Bellaire St. John figure to battle it out for the small division girls title.

The Maroon Knights raced to the title last year after placing five runners in the top 13.

And all but one-Kallen Weaver-is back for this year's event.

"They train hard enough to put themselves in a good position at the start and get into a good pace," said coach Wayne Rutter. "That's what made us really good last year, we run in a pack."

Junior Stephanie Caruso, who finished sixth overall last year, leads the Central contingent. She was second at last week's John Marshall Invitational.

"She worked really hard during the summer and has been outstanding," Rutter said of his top runner, who is ranked No. 3 in the latest West Virginia individual rankings by runwv.com.

Lauren Bauer and senior captain Ashley Wolfe are Rutter's No. 2 and 3 runners. Bauer was 10th overall last year, while Wolfe finished nearly two seconds behind her.

The No. 4 and 5 runners are Caitlyn Tuba and Kelley Mortakis.

Bellaire St. John's girls squad is also led by a talented underclassman in super sophomore Natalie Perzanowski.

Perzanowski was fourth overall last year and is coming off a second-place showing at last week's Pickerington North Panther Invitational.

"Natalie has a good shot to



win the overall title," Midei said.

While the team is ranked eighth in Ohio Division III, Midei said there still much more that could be accomplished before the district meet later this month.

"Every week it seems like we're coming together more and more," he said, "but there was still a pretty steep learning curve for this team. Everyone on it is either a first- or second-year runner."

The Irish boys, meanwhile, are ranked fifth in the latest Ohio poll.

"I think we'll do pretty well," Midei said, "The guys have been running tough, running smart lately. But anything can happen, and Caldwell's a very tough team."

St. John won the event at Pickerington last week led by Zach Foster. Zach Yereb, Nick Moscato, David Bowman, Vince DeVendra, Sam Foster and Sean Nolan also comprise the potent Irish lineup.

Despite losing last year's top individual in Derek Carter, Caldwell still looks strong thanks to the likes of Cody Morrison and Justin Seebach.

Wheeling Central's boys are led by junior Chris Gallaway. Andrew Varlas, Rob Bonenberger, Sean Droginske, Buddy Robrecht, Remington

Marcos, Brad McLaughlin and Jordan Saseen also figure into the mix.

Class AAA

Bellaire's Katie Antonik will be back to defend her individual crown.

She leads a potent Big Reds lineup that also includes Audra Frizzi, Jessi Boston, Alysia Scott and Vanessa Heslop.

Arno said the squad is about "90 percent" healthy, after suffering from nagging injuries throughout the season.

"Our depth has helped us a lot this year," Arno said of the unit which placed one spot Bellaire St. John at Pickerington.

Bellaire's boys won the meet in Pickerington this past weekend and boast a youthful lineup.

"We have one senior and one junior in our top seven," Arno noted.

The group is led by James Taylor, Aaron Porter and Chase Maffe.

"We're expecting St. Clairsville to challenge and Harrison Central has been running well," Arno said of the Class AAA field.

CLASS AAAA

Wheeling Park's girls will seek a repeat performance behind a talented freshman-Courtney Yaeger.

Yaeger is currently ranked 27th by runwv.com and had her best time of 20:22 at the Patriots' own invitational.

Also contributing for Park have been Lindsey Miller, Shae Maybaum, Maggie Gompers, Rachel McIntosh, Jessica Kinley and Gennie Conlin.

"It seems like it's been somebody different each week," said coach Michael Jebbia. "We ran well at John Marshall last week."

OVAC Cross Country Championships on Tap

By RICK THORP
Staff Writer

There are plenty of favorites for Saturday's Cal Pokas OVAC Cross Country Championships.

But which teams will run away with the crowns is anyone's guess.

"It should be competitive for the overall titles," said Chris Arno, whose Bellaire boys and girls squads will look to repeat in Class AAA.

"There is no clear-cut top individual runner," added Bellaire St. John coach Jeremy Midei, whose Irish won the boys Class AA/A division and the overall meet a year ago.

Other teams defending their titles at the Meadowbrook High School

layout will be the Buckeye Local boys and Wheeling Park girls in Class AAAA, along with the Wheeling Central girls in Class AA-A. The Maroon Knights edged the Big Reds by one point for the overall championship in 2004.

The meet starts at 10 a.m. with the girl's event, followed by the boy's race.

Class AA-A

Wheeling Central and Bellaire St. John figure to battle it out for the small division girls title.

The Maroon Knights raced to the title last year after placing five runners in the top 13. And all but one — Kallen Weaver — is back for

this year's event.

"They train hard enough to put themselves in a good position at the start and get into a good pace," said coach Wayne Rutter.

"That's what made us really good last year, we run in a pack."

Junior Stephanie Caruso, who finished sixth overall last year, leads the Central contingent. She was second at last week's John Marshall Invitational.

"She worked really hard during the summer and has been outstanding," Rutter said of his top runner, who is ranked No. 3 in the latest West Virginia individual rankings by

runwv.com.

Lauren Bauer and senior captain Ashley Wolfe are Rutter's No. 2 and 3 runners. Bauer was 10th overall last year, while Wolfe finished nearly two seconds behind her. The No. 4 and 5 runners are Caitlyn Tuba and Kelley Mortakis.

Bellaire St. John's girls squad is also led by a talented underclassman in super sophomore Natalie Perzanowski.

Perzanowski was fourth overall last year and is coming off a second-place showing at last week's Pickerington North Panther Invitational.

Please See OVAC, Page 23



OVAC

(Continued from Page 19)

"Natalie has a good shot to win the overall title," Midei said.

While the team is ranked eighth in Ohio Division III, Midei said there still much more that could be accomplished before the district meet later this month.

"Every week it seems like we're coming together more and more," he said.

The Irish boys, meanwhile, are ranked fifth in the latest Ohio poll.

"I think we'll do pretty well," Midei said, "we're primed for a good run. Anything can happen on race day."

St. John won the event at Pickerington last week led by Zach Foster. Zach Yereb, Nick Moscato, David Bowman, Vince DeVendra, Sam Foster and Shawn Nolan also comprise the potent Irish lineup.

Despite losing last year's top individual in Derek Carter, Caldwell still looks strong thanks to the likes of Cody Morrison and Justin Seebach.

Wheeling Central's boys are led by junior Chris Gallaway. Andrew Varlas, Rob Bonenberger, Sean Droginske, Buddy Robrecht, Remington Marcos, Brad McLaughlin and Jordan Saseen also figure into the mix.

Class AAA

Bellaire's Katie Antonik will be back to defend her individual crown.

She leads a potent Big Reds lineup that also includes Audra Frizzi, Jessi Boston, Alysia Scott and Vanessa Heslop.

Arno said the squad is about "90 percent" healthy, after suffering from nagging injuries throughout the season.

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lot this year," Arno said of the unit which placed one spot Bellaire St. John at Pickerington.

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Also contributing for Park have been Lindsey Miller, Shae Maybaum, Maggie Gompers, Rachel McIntosh, Jessica Kinley and Gennie Conlin.

"It seems like it's been somebody different each week," said coach Michael Jebbia. "We ran well at John Marshall last week. That course was a hilly course and now we're going to a flat course. Hopefully last week will benefit us this week."

One girls to keep an eye on is Buckeye Local freshman Sherry Borsos. She recorded a time of 19:19 at the Panther Invitational.

The Park boys are paced by sophomore Ryan Beabout, along with Colin Ferrell, Brandon Janeczko, Spencer Teufel, Todd and Kyle Gramlich and Scott Safcsak.

Austin Carney, who won the boys individual crown last year for Zanesville, has transferred to Tri-Valley.