



## Sequoits running strong...

# Cross country advances to sectionals

By Rick Mengyan

### Cross Country

Antioch Community High School boys cross country, finishing up a strong season, came out with second place in the IHSA regional meet at ACHS' home course on Sat. Oct. 20.

A total of nine schools had sixty runners in the race.

ACHS had a total score of 55 points, losing only to Barrington with 30 points. Lake Zurich was close behind with 76 points, followed by Carmel with 96, Grayslake with 141, Mundelein 187, Grant 211, Round Lake 213 and in last, Wauconda with 219.

In cross country, scores are based on the places that the runners come in. For each place a point value is assigned, after all the runners are in, the points are totaled up and the team with the lowest score (highest places) gets first, followed by the second lowest, and so on.

At this meet ACHS runner, Andy Napier came in fifth with a time of 16:35. Napier was just seconds after Lake Zurich runner, Tom Kress (16:32).

ACHS sophomore, Jim Beatty finished eighth with a time of 16:59.

"The last meet, I placed better, but here the competition is much more difficult. I shaved a few seconds off my PR (personal record). I would have liked to place higher, but I am happy with how I ran today," said Beatty right

after his race.

Beatty has improved his PR from last year by 1:15, "After what the summer training did for me this season, I know that with a little winter conditioning, followed by some summer training, I'll be ready for next year. I'm hoping to improve even more." Beatty continued, "I really like to run and can't wait for sectionals, I know that competition just gets harder, but I think that we have a really good chance at making state, if we all work together and run our hardest."

"I ran a pretty good race today compared to normal," said ACHS senior, Ryan Moxley. Moxley finished thirteenth with a time of 17:20.

"I had some major setbacks at the beginning of the season, but I have improved tremendously since then, and if the team keeps working hard, I think we have a pretty good chance place at sectionals, which would send us to state."

Moxley continued to talk about making it to state, "I like the team we have this year, we work well as a team. We don't have one or two great runners and the rest average; we have several great runners. Almost all of our top runners are within one minute of each other, and that is important to run as a pack for the whole race."

Moxley is planning in running in college. He has received several scholarship offers from colleges, yet he still is unsure on where he would like to go.

ACHS freshmen Chip Leffelman placed fourteenth with a time of 17:36, followed by David Dee in fifteenth with a time of 17:43.

ACHS cross country captain Justin Mehaffey, placed eighteenth with a time of 17:55. "I am going to state, hopefully I will run in it, but if I can't run there, I will definitely go to watch and cheer on the people that are running," said Mehaffey.

ACHS girls cross country ran a strong season as well. They finished fourth at regionals last Sat. Oct. 20, good enough to send them to sectionals.

ACHS had a total of



Photo by Shawn Froberg

**LEADING: Antioch sophomore varsity runner Jim Beatty placed eight with a time of 16:59 at the IHSA Regional which was held on Sat., Oct. 20 .The only Antioch runner to place higher was Andy Napier, who came in sixth with a time of 16:35.**

110 points preceded by first place, Barrington, with 30, Lake Zurich, with 48, and Carmel in third with 71.

Following close behind ACHS was Mundelein with 125 points, Wauconda placed sixth, with 154 points, Grayslake placed seventh with 176 points, Grant placed eighth with 242 points and Round lake finished ninth.

ACHS senior runner, Holly Clarke finished ninth of 58 runners, with a time of 16:34. The next

ACHS runner to place was Erin Schwaba, in twentieth with a time of 17:13.

ACHS junior Amanda Hammond finished in twenty-sixth with a time of 17:26.

"I think I ran a pretty good race, I was feeling great until about half way through the race," said Hammond, she continued, "I am really happy that we made sectionals, I hope to do good here, because I'm not ready for this season to be over."

Hammond has been running for a long time,

"As I look at this team, and I look at going to sectionals, I will look at it as a learning

experience for the younger runners, but I believe that our older runners can do very well."

Hammond went on, projecting into next season, "We will be losing a few of our key runners next year, because they are graduating, but with a little recruiting and some hard work, we will be ready for next

season's challenges as they come."

Varsity girls senior captain, Laura Hammond said, "Competition will be tough at sectionals, but I think that if we all pull it together and run our hardest, we could make it to state.

Hammond continued "It has been a pleasure running with these girls, we've had a lot of fun, and I am not ready for it to be over, I just hope that my last meet will be state."



Photo by Jessica Halston

**WET: Antioch runners Andrew Judson and Jeffrey Bouson competed in the conference meet at Grant on Sat., Oct. 13.**