

Knights open respectably at Liverpool

♦ The Knights handle the heat well at Long Branch Park.

In heat and humidity that hearkened back to mid-summer, McQuaid Jesuit's cross country runners survived their way to respectable finishes at both levels of the Liverpool Invitational last Saturday at Long Branch Park.

Senior co-captain Pat Sullivan and sophomores Mike Moore and Matt Jones had the best times for the Knights as they posted a fifth place among 12 varsity teams. At junior varsity level, an all-sophomore scoring group made their first five-kilometer races auspicious ones with a third place among eight teams.

"That was about the hottest cross country day I can recall," said McQuaid coach Bob

Bradley after a sweaty beginning to his 40th year with the Knights.

"We had our guys get a lot of fluids into their systems, and it was really pouring off them when they finished."

Sullivan's 17:58 earned him 21st in the fast varsity flight of 46 runners. Behind him in 36th was fellow co-captain Dan Burke and fellow senior Conor Hickey (42).

"Conor's race was atypical," said Bradley of the slim senior who was McQuaid's top man last season. "He'll be back up there before long."

In the second varsity flight, Moore, a newcomer to the sport, put his aggressive track style to good advantage in moving through the pack to finish fifth in 18:05.

Jones (16) clocked 18:32 and junior Mike Coast (2) a much-improved 19:17 to complete

the six-man scoring of the meet format.

In the first JV flight, McQuaid's sophomores provided every coach's favorite image - three men in a pack near the head of the race.

Dan Sullivan, despite an early misadventure off course, got right back into the race and finished strong to nip teammate Dave Yahoddik for seventh place, and Matt Dugan followed in ninth, all three clocking in the low 19s.

Two more sophomores kept the low scores coming in the next flight.

Dave Dougherty paced himself nicely to fifth place in 19:32, and Eric Mittereder did the same in placing 12th.

That clinched third place for the Knights behind the dominating performance of host school Liverpool and runner-up Corning.

"I was really pleased with the races of our sophs, and they're only going to get better," Bradley said.

Twelve of McQuaid's 20 entries were 10th-graders, many of them back from last year's undefeated junior high season that marked coach Bill Dodd's finale.

Succeeding Dodd will be Tony Trama, a past varsity assistant and a social studies teacher at McQuaid.

Track coach Dave Yendzieski will again assist Bradley, along with Tony Canali, a familiar face from his years as head coach at Canandaigua Academy. Canali is in his second year with McQuaid's guidance staff.

This weekend, McQuaid will join other area schools in a southward trek to the meet at Corning Community College.

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McQuaid sophs 2nd at Manhattan meet

Running for the first time at the Manhattan College meet in New York's Van Cortland Park, McQuaid's sophomore cross country squad came up with a strong second-place finish to highlight the Knights' weekend performances.

Dan Sullivan led McQuaid, running near the front all the way and placing seventh. Matt Jones (17), Dave Yahoodik (21), Dave Dougherty (30), and Eric Mittereder (51) completed the scoring group, with Matt

Rooney (54) close behind.

The Knights ran only six men as Matt Dugan's score knee kept him out of action, as did top runner Mike Moore's hamstring. "I wanted them to see how they stacked up against sophs from other areas, and it was well worth the trip," said coach Bob Bradley.

McQuaid's 126 points was second to the 103 of St. Anthony's, Long Island, but ahead of Washingtonville's 134, Kellenberg's 143 and the 158 of Amherst, Mass., in a

field of 25 schools.

Back in Rochester, McQuaid's strong junior high team took a decisive first at Greece Olympia's Seneca Invitational. Ninth-grader Nick Arazoza scored his second individual victory, followed by Dave DiVirgilio (3), Griffin Alford (6), Chris Burgart (8) and Tom Way (19).

Misfortune struck McQuaid's top runner in the varsity race at Seneca Park. Running sixth with a half-mile to go, senior Pat Sullivan suffered a severe ankle

sprain and did not finish. That left the Knights sophomore-depleted varsity back in 11th place of 16, led by senior Marquis Wright (54) and juniors Mike Coast (55) and Mike Bullock (58).

The junior varsity showing was highlighted by junior Andy Merkel's first time under 20 minutes with a 19:57 that earned him 21st place.

Earlier in the week, Wright's 18:43 PR at Cobbs Hill paced McQuaid to a 17-38 victory over Wilson in City-Catholic League action.