

Brockport senior, McQuaid relay team win national track championships

Democrat and Chronicle

Brockport racewalker Christy Izzo and the McQuaid 3,200-meter relay team earned championships yesterday at the National Scholastic Track and Field Championships in New Haven, Conn.

Izzo, a senior who won the scholastic women's 5,000 racewalk at the Empire State Games in Syracuse and the 1,500 state high

school walk Saturday at Cornell, was timed in 8 minutes, 7 seconds in the mile walk on the Yale University track.

She finished more than 100 yards in front of the second-place finisher in the fourth annual meet.

The McQuaid relay of Scott Romanowski, Chris Cusack, Chris Adin and Brad Sumner won the 3,200 in 7:54.66, believed to be the fastest high school time in the na-

tion this season. Two downstate teams, Monroe-Woodbury and Chaminade, as well as Boston College High School broke 8:00.

Chaminade, from New York City, had the season's best previous time, 8:03.97, according to the most recent issue of *Track & Field News*.

Adin handed Sumner a lead going into the final leg. Sumner fell back slightly, then pulled ahead

for good with 300 meters left. Sumner ran a 1:55.3 leg.

Several other Section 5 competitors fared well. Penfield freshman Deresa Walters, who won the state 3,000 meters a day earlier, placed second (10:51.34) to Boardman, Ohio, senior Laurie Gomez (10:22.82) in the girls' two mile.

Scott Wawrzyniek of Alexander ran the boys' two mile in 9:30.06 to earn fourth place. Ernie Sha-

pard of Piedmont, S.C., set a season best with a 9:08.81 clocking.

Brighton junior Rachel Hosmer was fifth in the girls' 800 with a time of 2:16.16. Hosmer was second in the state 1,000 Saturday.

Franklin senior Brian Studymine won his 400 qualifying heat in :50.20, then placed seventh in the finals in :50.13. Marlon Cannon of Dallas won in :48.69.

The McQuaid relay was coming off a victory earlier in the month in the Eastern States Interscholastic Championships at Princeton. The Knights won the two-mile race there in 8:05.09.

Cusack ran the second-fastest split yesterday, covering his 800 meters in 1:57.8. Adin's time was 2:00.7 and Romanowski led off in 2:00.9.

McQuaid Knights End Indoor Track Season

McQuaid Jesuit's indoor track season came to a glorious end last Sunday on a Springlike day in New Haven, where the Knights captured their first national relay title.

Running on the fast Yale University field house track for the 3200-meter event at the fourth annual National Scholastic Indoor Championships, the McQuaid foursome of Scott Romanowski, Chris Cusack, Chris Adin, and Brad Sumner bested a field of 20 teams with the fastest time in the nation this season — 7:54.66.

"I usually tell our runners to just go with the race and let the time take care of itself, and it sure did today," said Coach Bob Bradley about his team's startling breakthrough of the 8:00 barrier. As it turned out, his Knights needed to come up with four personal bests to win a race that saw 10 teams under 8:05.

Romanowski, a junior, handled the key lead-off leg and worked his way through traffic for a 2:00.9 that touched Cusack off in a contending fifth place. The McQuaid senior held that spot for two laps and then went to work, moving his team into a virtual tie

with leader Chaminade of Long Island as he posted a 1:57.8.

Fellow senior Adin was next, keeping contact for three laps, as four teams closed in on the two leaders. Adin made a decisive move with 100 meters left and took the lead down the home straight, running 2:00.7 and giving junior anchorman Sumner a 5-yard lead.

Jesuit rival Boston College High spurred past Sumner almost immediately,

but with a lap and a half to go, he made a winning move to take the lead and won going away with a 27.5 for the last 200 meters. Monroe-Woodbury came on strong to take second in 7:56, and Chaminade nipped B.C. High for third, both in 7:57. Sumner's split was 1:55.3, his best by more than two seconds.

Ironically, the Knights would not have been at Yale if they had qualified for the state meet at Cornell a day

earlier. But when Penfield upset them in the sectionals, their hopes for a state championships changed to a shot at the national race.

On Saturday, Sumner finished fourth in the state 1000m, recovering from a slip at the start to run 2:34.2. Romanowski, running out of the unseeded section of the 600m, picked off a sixth-place medal by winning that section in a fast 1:24.9, his best by a full second. Cusack had a sub-par outing in the 1600m, finishing in 4:30.6 for eighth place. The three watched Xaverian High of Brooklyn take the 3200m relay in 8:07.1. Then they packed up and headed east for what proved to be their most satisfying race of the long season.