

"It's just my body motivating me to go further than what I actually think I can do. Just doing the workout, then coming here and doing really good lets me know that it's actually working. So, I should just go and do better."

Not many individuals have performed better this season than Thomas and junior world outdoor champion Sammy Watson, who won the Class A girls 1,000 and 1,500. They and their Rush-Henrietta teammates have cast a long shadow over other strong performers this winter.

"It's been a good day for R-H," Rush-Henrietta

senior sprinter Tori Thompson said as the Royal Comets ran away with the Class A team title. "Everyone is (setting personal records), and if not, at least placing (and earning points for the team)."

"I think we came here to win. We know we can do it."

There were times that Fairport senior Michael Mallow was unsure of how he would perform this winter. It's been a tough school year.

"I've been injured all year," he said. "I had a concussion, a torn tendon in my (left) ankle, then I had IT Band syndrome (overuse injury)."

"Yeah, it's been a rough year."

Those injuries and that amount of discomfort can put a crimp into training, but there was Mallow winning the Class A 1,000 in a personal-best time of 2:32.85. He also ran a leg on Fairport's first-place 3,200 relay that beat the runner up by about 7.57 seconds.

Penfield junior Brad Farnham said he surprised himself during the Class A 1,600, a race he covered in 4:25.99, fast enough to beat McQuaid's Donny Glavin, the Class A 3,200 champion.

"It's a PR by like four or five seconds," Farnham said. "So a big PR."

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SECTION V CHAMPIONSHIPS

At RIT Class A

Boys/Teams: McQuaid, Webster Thomas, Rush-Henrietta, Churchville-Chili, Fairport, Penfield, Hilton, Victor, Edison Tech, Gates Chili. **Individuals: 55 meters:** 1. Noah Williams (McQ) 6.58, 2. Anthony Brinson (R-H) 6.63, 3. Justice Obasi (R-H) 6.69. **300:** 1. Noah Williams (McQ) 35.43, 2. Jaquil Baxter (Edison) 35.64, 3. Daniel Rooney (McQ) 36.01. **600:** 1. Ben Bulkeley (Fair) 1:22.96, 2. Nico Bellavia (Vic) 1:23.24, 3. Lukas Dalfonso (R-H) 1:24.35. **1,000:** 1. Mike Mallow (Fair) 2:32.85, 2. Nick Neamtu (WTh) 2:35.07, 3. Nick Caterisano (McQ) 2:39.53. **1,600:** 1. Brad Farnham (Pen) 4:25.99, 2. Donny Glavin (McQ) 4:28.90, 3. Nick Neamtu (WTh) 4:39.86. **3,200:** 1. Donny Glavin (McQ) 9:53.39, 2. Tyler Senall (Pen) 9:59.34, 3. Stephen Loce (WTh) 10:01.42. **55 hurdles:** 1. Max Gloskey (WTh) 7.83, 2. Atiba McLaren (McQ) 7.96, 3. Nathan Cannon (GC) 8.55. **Pole vault:** 1. Jack Smith (WSch) 14-4, 2. Dylan DelConte (GC) 13-0, 3. Dustin Meyer (GC) 12-6. **Long jump:** 1. Tobi Tella (McQ) 23-7½, 2. Raphael Abel (McQ) 21-10¼, 3. Kyle Seegler (Pen) 21-4¾. **High jump:** 1. Connor Spiegel (WTh) 6-5, 2. Zachary Kashmer (C-C) 6-4, 3. Kobe Lewis (R-H) 6-0. **Shot put:** 1. Petro Huley (C-C) 43-1, 2. Thomas Coene (WThos) 40-0, 3. Justin Clayton (Hil) 39-10. **Girls/Teams:** 1. Rush-Henrietta, Webster Thomas, Penfield, Hilton, Victor, Fairport, Churchville-Chili, Gates Chili, Webster

Girls/Teams: Mercy, Pittsford Mendon, Canandaigua, Pittsford Sutherland, Greece Arcadia, Spencerport, Brockport, Wilson Magnet, Brighton, Eastridge, Greece Athena. **Individuals: 55:** 1. Satin Holmes (Wil) 7:32, 2. Gia Keith (Mer) 7:41, 3. Morgan Femiano (GArc) 7:57. **300:** 1. Annie Hanna (PSuth) 41.05, 2. Vanessa Watson (Spen) 42.27, 3. Grace Dunnigan (PSuth) 42.60. **600:** 1. Annie Hanna (PSuth) 1:38.99, 2. Grace Dunnigan (PSuth) 1:40.70, 3. Vanessa Watson (Spen) 1:40.71. **1,000:** 1. Elyse Barkstrom (PMen) 3:04.74, 2. Charlotte Kurzweil (Mer) 3:10.37, 3. Julia Tomanovich (PMen) 3:16.20. **1,500:** 1. Elyse Barkstrom (PMen) 5:01.32, 2. Shannon Oberst (Bri) 5:03.45, 3. Charlotte Kurzweil (Mer) 5:10.79. **3,000:** 1. Katie Cobos (Can) 10:52.65, 2. Rebecca Preisser (PSuth) 11:01.92, 3. Meredith Morse (PSuth) 11:02.46. **1,500 race-walk:** 1. Remziye Erdogen (Spen) 7:44.77, 2. Grace Vangorder (Can) 8:09.86, 3. Bernadette Hayes (Mer) 8:26.97. **55 hurdles:** 1. Alana Morrow (Mer) 8.47, 2. Emily Wade (Mer) 8.53, 3. China Dimgba (GAth) 8.61. **Long jump:** 1. Emily Wade (Mer) 17-7¼, 2. Makayla Binter (GArc) 17-3¼, 3. Asia McGinnis (GArc) 16-9. **High jump:** 1. Asia McGinnis (GArc) 5-4, 2. Jenna Berry (PSuth) 5-3, 3. Jessica DeJesus (GArc) 5-1. **Shot put:** 1. Rachel Richenberg (Can) 34-3, 2. Lily Robinson (Bro) 33-11, 3. Madeline Pizzo (Mer) 33-9. **Weight throw:** 1. Asia Hoyte (PMen) 39-4, 2. Rachel Richenberg (Can) 39-3¼, 3. Brianna Young (Bro) 35-6¼. **3,200relay:** 1. Pittsford Mendon 10:04.37, 2. Mercy 10:09.27, 3. Canandaigua 11:02.40. Complete results and Class C and D online at www.democratandchronicle.com and www.yentiming.com. Some events, team scoring were not completed by press time