

## **Jess Snyder, Tim Chichester and GVH Teams Win USATF Niagara Association XC Championships.**

From the gun to the finish line **Jessica Snyder** and **Tim Chichester** outran their respective competitors at the USATF-Niagara Association Open Cross Country Championships held on November 20th on the challenging Finger Lakes Community College courses in Canandaigua, NY. The women's race was 6k and the men's race an 8K. By winning the Championship titles both teams are eligible for \$500 travel grants to the USATF National Club Championships in Seattle Washington on December 10<sup>th</sup>.

The GVH women won the team championship over teams representing the Brockport Distance Project and Syracuse Chargers. The final team score was GVH 33, BDP 41, SC 49 with low score winning. It was a total team effort with everyone playing a role either scoring points or displacing runners from other teams. Placing for the 8 member GVH USATF team were:

**Jess Snyder**, 24:43.67; **Kristina Maletz**, 25:51; **Sarah Antonaitis**, 26:28.01; **Elizabeth Madore** 26:47.64; **Rebecca Duberry** 26:48.85; **Erin Toner** 26:54.75; **Audra Naujokas-Knapp** 27:19.54; **Hannah Stillings**, 28:29.6

The men's team won as a result of a good effort on everyone's part and . . . by having all of our members as the only Club with up to date USATF memberships. **Tim Chichester** ran a very impressive time of 26:09. Following Tim were **Adam Crandall** 29:00; **Dave Bradshaw**, 29:23; **Mike Cocquyt** 29:40; **Dave Bischoff** 29:54; **Josh Harter** 30:22; **Matt Frahm** 30:55; **Charlie Andrews**, 31:25.

**Congratulations ladies and gentlemen. Well done!**

USATF results at: <http://www.usatf-niagara.org/2011-Results-Entries/Niagara-Open-XC-Championships-11-20-2011.html>