

## Frosh-soph open race

Glenbard West sophomore Christina Sedall returned to Wheaton North's Falcon Classic Saturday, Oct. 5, with a different perspective of success.

This year, Sedall's biggest competition has been overcoming an iron deficiency. Instead of being in one of the seven varsity flight races like in 2012, she was in the preceding frosh-soph open race.

"Mindset wise, I was just trying to focus on feeling good and healthy when I'm running whereas last year I competed and wanted to get first in my flight," Sedall said.

Sedall may feel there's a ways to go, but she enjoyed some progress with the Hilltoppers' top finish in the race in just her fourth race back in the lineup.

Sedall took seventh in 19:36.8 for 2.97 miles with sophomore teammate Kate Dorsey right behind in eighth in 19:38.9.

Sophomore Nicole Berneche (27th, 20:21.1) also broke 21:00, followed by Nicole Rogus (109th, 21:46.0), Jenna Kelly (118th, 21:52.2), Maddy Burt (156th, 22:39.7), Meredith Miscinski (161st, 22:43.8) and Annie Pasterz (165th, 22:46.8). The Hilltoppers (222 points) were sixth, 58 points behind fifth-place York.

Last year, Sedall competed for the Hilltoppers' third-place trophy lineup at the Class 3A state meet and was their No. 5 finisher (78th in 17:55 for 3.0 miles).

"Yeah, I guess I'm happy. It's honestly just a little frustrating because I've had a pretty bad season," Sedall said. "I know it's hard not to compare to last year, when I ran in the flight race. I got 18:00 at that race. It was a (personal record at that point). I wasn't in the flight (Saturday) and I didn't run a very good time, but that's all right."

Sedall certainly showed her competitiveness. She started with a 6:26 first mile and finished with a 6:23 after the 2-mile mark. She was five seconds from sixth, but with the way she was kicking, she might have finished higher had the race been a true 3.0 miles.

"I thought Christina did a great job in just moving throughout from in the mid-20s and 30s," Glenbard West coach Paul Hass said. "She kept moving to get into the top 15 and just kept on coming. She ended up seventh with a really strong kick."

Last year's Falcon Classic finish for Sedall also was exciting because she almost won her race. She was second in the No. 5 flight race (18:00.8) in a virtual tie with Arrowhead (Wis.) sophomore Morgan Hobbs, who also did not compete in a flight race Saturday.

"I was really hoping for like top five (Saturday). I was really hoping to be competing for first or second, but I didn't want to walk in there acting like that. I was just hoping for a little better result," Sedall said.

"I've been in the 19:00s and last year at state I got 17:55 so it's been pretty hard to compete and not get frustrated, but it's awesome that people like (sophomores) Abby Shaver, Kathryn Kenwood and (senior) Annika Manning have stepped up to the plate."

Another big performer Saturday was Dorsey, a state alternate for last year's state lineup who has yet to compete in a varsity race. She opened with a team-best 6:20 first mile and finished with a 6:28 split.

"Kate Dorsey ran well, too, (besides Sedall). To get anything in the top 10 out of over 400 runners (468 finishers) is pretty good," Hass said.

Sedall said she began feeling tired during summer training. When she was

disappointed with her 29th-place performance at the season-opening Hornet-Red Devil Invite Sept. 7, she knew something was wrong.

After taking one week off, Sedall has tried to build her way back. She's been trying to do all of the team workouts but feels she still is behind the pack whose pace here she should be running.

"I'm still not where I want to be with my iron levels," Sedall said. "I'm really trying to push the iron and get healthy with that. I'm praying that I'll be where I want to be in a couple of weeks, but I have to take care of all of the little things first."

On Thursday, Oct. 3, the Hilltoppers edged Downers Grove North 27-30 at Camera Park.

Shaver (19:08 for 2.92 miles) and Dorsey (19:34) and Berneche (19:52) took first, second and third to mathematically ensure the victory. Rogus (28:01) and Kelly (28:13) were 10th and 11th, and Miscinski (22:12), Claire Filippelli (22:22) and Pasterz (22:28) were 14th through 16th.

Berneche, one of the keys to the victory, was 23 seconds ahead of the Trojans' top finisher.

"It felt really good. Probably (among my best races)," Berneche said. "Just everyone cheering us on was really awesome and looking up to Kate and Abby (helped me). I got confidence from everyone cheering us on, seeing the other girls and just competing with the girls from the other team. They were really competitive."

-- by Bill Stone

## Junior-senior open race

Vastly improved Glenbard West senior Annika Manning expected to surpass last year's 26th-place finish in the junior-senior open race at Wheaton North's Falcon Classic Saturday, Oct. 5.

The 2.97-mile race didn't start out that way.

"I didn't get out too well because it was so crowded," Manning said. "I was pretty far back, probably like around 50th or farther back than that."

Manning kept moving and never looked back. By the end of the race, Manning had progressed all the way up to eighth place in 19:55.9.

Manning was just .4 behind seventh-place Naperville Central junior Haley Becker.

"I was surprised when they were saying I was in eighth," Manning said. "Throughout the last mile I was slowly starting to pass everyone."

"There was one girl that passed me at the end and I felt I could have kicked it in a little more but I'm still happy where I finished, but I felt like I used energy during the middle of the race."

The Hilltoppers' other finishers were junior Hannah Arduino (51st, 21:07.9), .7 from 50th place, senior Amanda Ortiz (147th, 22:46.3) juniors Julia Kochert (161st, 22:58.5) and Emma Gambol (285th, 24:50.2) and seniors Faith Bischoff (295th, 25:01.3) and Madelyn O'Gorman (309th, 25:11.8). The Hilltoppers finished 15th (444 points).

"For Annika to get eighth place like she did, she kept on pushing," Glenbard West coach Paul Hass said. "There were a whole slew of girls on her, and only of

them passed her. She held onto that top-10 finish. To do that out of about 400 runners (433 finishers) is very impressive."

Taking part in the opening race of the invite had its advantages and disadvantages.

"It was muddy and wet and being the first race, there was dew all over the ground," Manning said. "It got muddy, slippery around the turns. The turns were harder to pass and surge. You had to watch your footing."

Manning opened with a 6:27 first mile, followed by a 6:48 second mile and 6:41 finish. She's hoping to see even better results in the final weeks of the season.

"My time hasn't really improved much (this season), but I'm working on it," Manning said. "We only have two weeks left. I'm going to really try and push it into those meets to get a (personal record)."

In West Suburban Conference Silver Division dual action Thursday, Oct. 3, the Hilltoppers' JV lost to Downers Grove North 15-50 at Camera Park.

Arduino (21:47 for 2.92 miles) was 12th, and Colleen Luczak (22:04) and Ortiz (22:15) were 14th and 15th. Manning (19:23) would have finished second but was promoted for the varsity race.

-- by Bill Stone