

All-Area girls track from page 1B

"Sarah has accomplished more in two years of track and field competition than most athletes do in four years," Gregor said. "Her commitment to being the best is the driving force behind a superior work ethic, which includes weights, speed work and aerobic training."

400 dash, Salem: Wheeler is Salem's all-time leading scorer and a two-time state champ in the 400. Wheeler is also a three-time regional champion and a WLAAC champ 12 times. She is a WLAAC record holder in the 400 dash (57.9).

Wheeler, who is headed to the University of Tennessee on a track scholarship, is a state indoor 600 champion and a gold medalist winner in the 1,600 relay at the European Games.

"Tonya is simply the best," Gregor said. "Her numerous accomplishments and accolades are overshadowed by only one thing — her wonderful attitude. In her mind, nothing accomplished individually is worth it unless the team does equally well. Tonya has left a lasting legacy for all future teams to admire."

Eileen O'Connell, 800 run, Mercy: O'Connell (sophomore) placed fourth in Class A in the 800 and was the Catholic League, regional and Operation Friendship champion. Her time at the Operation Friendship meet (2:17.5) was a school record.

"Eileen is an incredible runner whose range is one of her best attributes," Mercy coach Gary Genovese said. "She is very exciting to watch and with the performances this spring we're really looking forward to cross country next fall."

Bondrich, 1,000 run, Canton: Bondrich's best time (5:13.8) was a school record, and she was the WLAAC and regional champ in the 1,000. She also won the Spartan Relay and was runner-up at the Lyle Bennett Relays. She has a 4.0 grade-point average.

Bondrich (junior) did all this after recovering from a leg injury that prevented her from running cross country last fall.

"Lana made a remarkable recovery," Prasad said. "Lana is a very determined athlete who thrives on competition. Her work ethic made it possible for the strong finishes at the regional, WLAAC and state meets."

Emily Shively, 1,600 run, North Farmington: Shively finished her career with school records in the 1,600 (5:14.7) and 3,200 (11:30.2) events. Shively was the West Bloomfield and regional champ in the 1,600; she took second at the Oakland County meet and fourth in the WLAAC in the 1,600.

Shively was a regional champ in the 3,200 and placed second in the conference and at West Bloomfield. She also led North to its first city championship since 1988, by winning or helping win four events (800, 1,600, 3,200 and 3,200 relay).

Emily has always put the team ahead of her individual accomplishments. "North coach Jim Pinnell said, 'She pays attention to the details. It is a hard-working, dedicated and disciplined athlete and, above all, an outstanding young lady.'"

Kortnik, 3,200 run, Stevenson: Stevenson's leading scorer, and most



Dana Driscoll Salem



Marcia Parker Salem



Courtney Sheldon Salem



Stacy Witthoff Salem



Kelly Stankov Salem



Lynda Sebestyan Salem

valuable athlete, Kortnik broke a school record in the 3,200 (11:21.4) that was 15 years old. The senior was undefeated in dual meets, first at the Clarkston and Stevenson Invitational and was WLAAC champion. She qualified for state in the 1,600 and 3,200 events, taking fourth in the latter.

"A.J.'s success is a result of her total commitment to excellence," Holmberg said. "No one ever outworked her in practice or in the classroom. She set the standard for Stevenson's track team."

RELAY TEAMS

400 relay (Becky Bockstanz, Olive Ikeh, Karina Kilpalaenen, Ndu Okwumabua), Canton: The foursome won a WLAAC championship for the second straight year and its best time (50.6) is a school record. They were Troy Athens Relays champions and a repeat choice on the All-Area team.

"Becky, Olive and Ndu are outstanding sprinters, and Karina is one of the area's finest hurdlers," Przygowski said. "Great things once again are expected from this team as only Kilpalaenen graduates."

800 relay (Sarah Hamilton, Dana Driscoll, Marcia Parker, Lynda Sebestyan), Salem: The foursome was a regional champ and set a school record (1:44.4). They were undefeated in dual meets, fourth at the state meet and champions of the WLAAC, Stafford, Spartan, Lady Chief and Lyle Bennett relays. Driscoll and Wheeler are four-time members of the team that claimed a league title.

"Sarah gets the relay started with a

lightning fast start and gets the baton to Dana before her opponents can get a chance to challenge," Gregor said. "Marcia is an up-and-coming sprinter who continues to improve, and Tonya finished the relay with still-caliber speed and was never pressured this season."

1,600 relay (Sarah Hamilton, Courtney Sheldon, Stacy Witthoff, Tonya Wheeler), Salem: The four took second at the state meet. Their best time is a school record (4:01.4) and they led a WLAAC relay with a first-place showing (4:06.6). They were undefeated in seven duals, won the regional and took first at the Spartan, Lady Chief and Stafford Relays.

Witthoff, who is the third runner in school history to score 1,000 points, was added to the relay this season.

"Courtney is an excellent all-around athlete and is often the first to begin practice and last to finish," Gregor said. "Stacy was added to the relay this year due to her aggressive approach to conditioning and dependable attitude."

3,200 relay (Stacy Witthoff, Kelly Stankov, Courtney Sheldon, Lynda Sebestyan), Salem: The relay was third in the state and set a school record (9:39.9). They were undefeated in seven duals and victors in the WLAAC, regional and Stafford, Lyle Bennett, Lady Chief and Spartan relays.

GIRLS' TRACK

1993 ALL-AREA GIRLS TRACK TEAM

FIELD EVENTS

Shot put: 1. Kim Morrow (Wayne); 2. Asha Gordon (N. Farmington); 3. Lisa Rankley (John Glenn).

Discus: 1. Selena Bastine (Canton); 2. Rachel Clark (Stevenson); 3. Kathryn Ryan (Salem).

Long jump: 1. Courtney Brown (Canton); 2. Dana Driscoll (Salem); 3. Cathy Baele (Stevenson).

High jump: 1. Colleen Lesondak (Stevenson); 2. Melissa Hopson (Salem); 3. Andrea Sawyer (Farmington).

RUNNING EVENTS

100-meter hurdles: 1. Sarah Makins (Salem); 2. Wendy Malecki (Reford Union); 3. Karina Kilpalaenen (Canton).

400 hurdles: 1. Vanessa Burroughs (Warren); 2. Stacy Pys (Stevenson); 3. Courtney Sheldon (Salem).

1,000 dash: 1. Ndu Okwumabua (Canton); 2. Vanessa Benning (Salem); 3. Felicia Bailey (Salem).

200 dash: 1. Sarah Hamilton (Salem); 2. Olive Ikeh (Canton); 3. Leigh Nowicki (Ply. Chatham).

400 dash: 1. Tonya Wheeler (Salem); 2. Heather Barcar (N. Farmington); 3. Nicole Pryor (Mercy).

800 run: 1. Eileen O'Connell (Mercy); 2. Stacy Witthoff (Salem); 3. Keeagan Heavner (N. Farmington).

1,600 run: 1. Lana Boroditsch (Canton) and Emily Shively (N. Farmington); 2. Sharnae Prasad (Mercy); 3. Laura McWilliams (Canton).

3,200 run: 1. A.J. Kortnik (Stevenson); 2. Bridget Mackinnon (Stevenson); 3. Amy Freund (Mercy).

RELAYS

400 relay: 1. Canton (Becky Bockstanz, Olive Ikeh, Karina Kilpalaenen, Ndu Okwumabua); 2. Salem (Melissa Hopson, Dana Driscoll, Marcia Parker, Vanessa Benning); 3. Reford Union (Jenny Sarantou, Katie Kohler, Anica Felton, Wendy Malecki).

800 relay: 1. Salem (Sarah Hamilton, Dana Driscoll, Marcia Parker, Tonya Wheeler); 2. Canton (Becky Bockstanz, Olive Ikeh, Shawn Champlin, Ndu Okwumabua); 3. N. Farmington (Emily Oppenheimer, Heather Barcar, Michele Beiser, Annie Judd).

1,600 relay: 1. Salem (Sarah Hamilton, Courtney Sheldon, Stacy Witthoff, Tonya Wheeler); 2. Mercy (Dawn Difuria, Eileen O'Connell, Nicole Pryor, Amy Dingels); 3. Reford Union (Anica Felton, Katie Kohler, Jenny Sarantou, Wendy Malecki).

3,200 relay: 1. Salem (Stacy Witthoff, Kelly Stankov, Courtney Sheldon, Lynda Sebestyan); 2. Mercy (Dawn Difuria, Sharnae Prasad, Eileen O'Connell, Nicole Pryor); 3. Stevenson (Bridget Mackinnon, Lynn Knapp, Kelly Pys, A.J. Kortnik).

Coach of the Year Mark Gregor, Plymouth Salem.



Kim Morrow Wayne

Selena Bastine Canton

Courtney Brown John Glenn

Colleen Lesondak Stevenson

Sarah Makins Salem

Ndu Okwumabua Canton

Sarah Hamilton Salem

Tonya Wheeler Salem

Eileen O'Connell Mercy

Lana Boroditsch Canton

Emily Shively N. Farmington

A.J. Kortnik Stevenson

Becky Bockstanz Canton

Olive Ikeh Canton

Karina Kilpalaenen Canton

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