Starting line: The boys competition gets under way Thurs day in the annual cross country city nutet at Oak Land Com-cutality Col-ving North Farmington Farmington won the boy liftle again, and Farm ington High wrepeated as offic girls clampion.



# City champs from page B1

"Matt looked better today, hich is encouraging;" Welch id, referring to the fact Wie-ind-entered the season behind and-entered the season behind he others in terms of summer Orkouts. How going to be the sy as we go down the atretch, he quicker he can get down the stor off we'll be.

If was pleased with (freshman)

gene Furman. His assignment is to stay up there with the in pack, and he did exactly

ifain pack, and he did exactly what he was supposed to do.

'I would have liked to see boore of the group up there with (Stamboulia: nd Goodman), but I can't say much. We did farely well. I can say anything opgative about the race, but I'd like to tighten up the pack.

'Welch said he didn't know what to are translage for the

what to expect running for the treat time on a different OCC ourse, but maintaining the pack as essential. The Raiders did hat well enough to dominate the

meet.

"I want them to feel comfertable running in that pack, the common the pack can be extremely effective," Welch said.

The times have to be right, but If we get them in the right spot (the pack) can be a very powerful

when we become vulnerable.

Farmington coach Chip
Bridges had hoped the Falcons
could give the Raidors a better
race, but Farmington didn't have
sufficient support for Tobe.

After Furman, the Falcons
took eight of the next nine
pleces, but they needed to break
up North's top eight to make a
race of it.

up North's top eight to make a race of it.

"Chris Tobe ran a fabulous race," Bridges said. "He ran his best race from start to finish. He works as hard as anybody I ve over had. He's been working on learning how to run a race, and today was his best as far as being in the right position and carrying it through to the finish. "As for the reat of our team, to worder if we were almost too excited. We knew North was the team to beat, but we really thought we could make the meet close.

close.
"I wonder if we weren't too
pumped up, because we felt we
were ready to have a good race
and it just didn't work out for us. "But it's early in the season, and we have a lot of meets left.

the keys to a successful meet, he added.

If they (keep the pack tight), we're going to do well, Wolch and. If they go back, that's when we become vulnerable.

Farmington coach Chip Ridges hed beneat the Falcons it dight materialize.

tenin anticipate another closer area with North Farmington, but it didn't materialize.

The Falcons, who won 28-29 last year, dominated the course and defeated the Raiders by an 18-point margin, 26-44.

We know North was a very strong team; we knew it was going to be a tough battle, 'Badynee said. '(The Farmington girls) stepped it up when they had to. It was a team effort to win the city championship.

"We were coming in as defending champs by one point. That was definitely metivation. We've been gearing up for this all week."

week.
"To see a little success like this is great for our confidence and what we've been doing in our

Frank was the only femule runner to break 21 minutes and won the girls race with a 20:57 time, but the Falcous had five in

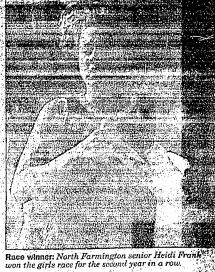
the top 10.

Farmington's Megan Annarino was second, Kristin Balla third, Julie Power fifth, Shanna Barkume sixth and Claire

Czaplicki 10th.

"We've been working on running as u pack," Badynce said.
"Our goal was to move hat plek
up, and we certainly did it."
"Megan and Kristin have been
running woll all year. Julie,
Shanna and Claire dolintiely,
moved up. That's what we needdt do tody to pull out a win.

"We're gradually getting better
and that's our goal. The ceipre
was tougher than we anticipated, but we're definitely ingroving."



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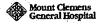
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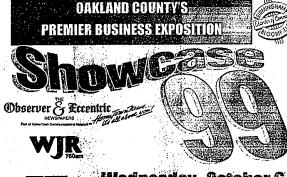
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