

Donohue on the comeback trail with 1,600 win at Ike Willis Open

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GLASSBORO

Haddonfield sophomore Erin Donohue made a successful return from a stress fracture injury and Triton senior Leyna Williams was victorious in the second half of a grueling 1,600-3,200 double Friday night at the 27th running of the Ike Willis Open at Rowan University.

Williamstown junior Shanick Hubbard won the closest race of the day, edging Washington Township's Erin McIntyre at the tape in the 400-meter run.

Donohue went down at the end of the basketball season with a stress fracture of a bone in the second toe on her right foot. Donohue was medically cleared to run two weeks ago, but scratched from the mile last week at the Penn Relays because she simply wasn't ready for that level of competition.

Friday night, Donohue smoked the field, winning in 5:02.31. Shawnee's Jenna Darcy was second in 5:10.59.

"I felt pretty relaxed," Donohue said. "I've felt pretty confident in my training so far, especially after coming off the West Deptford meet (Wednesday)."

"I still need a couple of weeks to get into top shape. At this time last year, I was in better shape. I just need to get some speed work in and

more training to build up my stamina."

Williams ran the 1,600 at approximately 7:15 p.m. and finished fourth in 5:16.69 behind Donohue, Darcy, and Holy Cross' Meghan Porter (5:15.93).

At approximately 8 p.m., Williams ran away from the field to win the 3,200 in 11:33.90. Shawnee's Marybeth Redheffer was second in 11:46.11.

"I felt tired right after the 1,600 and I was a little worried but I just went out there and ran as hard as I could," Williams said. "I wasn't aware of where the competition was."

"In my mind I run like everyone's right on my heels so my pace stays steady. I began my kick with about 200 meters to go even though I wasn't pushed.

"I was surprised it was such a large gap considering the talent in the race. I wasn't even sure I could finish first."

Hubbard raced to victory in the 400 in 58.65, edging McIntyre (58.71) by six one-hundredths of a second.

"I felt her and I knew I had to kick it in, push myself to the finish line," Hubbard said. "My goal was to break the one-minute mark, so I really didn't care where I finished as long as I did that."

"Winning was icing on the cake. I felt I could run the girls in the field, but I also knew anything could happen. I knew there was a lot of compe-

titition, but that's a good thing. It pushes me harder."

Moorestown junior Amandi Rhett won the 100-meter dash in 12.29, beating Vineland's Shonda Burroughs (12.72), and came back to win the 200 in 24.9.

"The cold weather made it a little tough making the transition from being hot and cold," said Rhett, who was the Group 2 state 100-meter champion last year. "You just have to make sure you stay loose by stretching, jogging and doing drills."

"There was a lot of good competition in both races. I think I established myself as one of the top runners last year in the 100. I want to do it in both races this year."

Delsea freshman Brittany McCann broke the meet record in the 5,000-meter run, winning in 18:52.5. That erased the old mark of 19:30.00 set by Woodrow Wilson's Mia Kassa set last year.

Buena's Stephanie Maxwell was second, also eclipsing the mark with an 18:54.7.

Pennsauken freshman Alethia Jenkins beat an excellent field to win the 100-meter hurdles in 14.65. Edgewood's Yvette Murry was second (14.78), Edgewood's Kierra Clemons was third (15.36) and Deptford's Dieria Poland was fourth (15.71).

Buena senior Katrina Sye won the 800 in a fast 2:14.56. Triton's Claudine Evangelista was second in 2:18.36.

Girls

Ike Willis Open

100-1. Amandi Rhett, Moorestown, 12.29; 2. Shonda Burroughs, Vineland, 12.72; 3. Terri Franklin, Audubon, 12.82; 4. Latoya Benson, Washington Township, 12.83; 5. Kerestin Thompson, Schalick, 12.84; 6. Samantha Sweeney, Cherokee, 13.03.

200-1. Amandi Rhett, Moorestown, 24.9; 2. (tie) Aisha Morgan, Schalick, 25.7; and Alethia Jenkins, Pennsauken, 25.7; 4. Anu Ward, Moorestown, 26.0; 5. Haleena Fisher, Camden, 26.8; 6. Samantha Sweeney, Cherokee, 26.2.

400-1. Shanicka Hubbard, Williamstown, 58.65; 2. Erin McIntyre, Washington Township, 58.71; 3. Melanie Rhoden, Ewing, 59.05; 4. Danielle Lyons, Moorestown, 59.37; 5. Katie Connor, Washington Township, 59.41; 6. Melissa Harris, Kingsway, 59.70.

800-1. Katrina Sye, Buena, 2:14.56; 2. Claudine Evangelista, Triton, 2:18.36; 3. Lauren Ricci, Buena, 2:22.54; 4. Katie Connor, Washington Township, 2:23.98; 5. Jade Fisher, Deptford, 22:24.33; 6. Sandi Chlewski, Holy Cross, 2:24.81.

1,600-1. Erin Donohue, Haddonfield, 5:02.31; 2. Jenna Darcy, Shawnee, 5:10.59; 3. Meghan Porter, Holy Cross, 5:15.93; 4. Leyna Williams, Triton, 5:16.69; 5. Amy Newshel, Highland, 5:23.19; 6. Brittany McCann, Delsea, 5:23.93.

3,200-1. Leyna Williams, Triton, 11:33.90; 2. Marybeth Redheffer, Shawnee, 11:46.11; 3. Kelly Foran, Bishop Eustace, 11:51.21; 4. Melissa Rizzo, Cherokee, 11:55.87; 5. Kristin Blair, Overbrook, 12:00.31; 6. Kathleen Porter, Holy Cross, 12:04.54.

5,000-1. Brittany McCann, Delsea, 18:52.5 (Meet record; old, 19:30.00, Mia Kassa, Woodrow Wilson, 1998); 2. Stephanie Maxwell, Buena, 18:54.7; 3. Megan Lerch, Kingsway, 19:33.7; 4. Candita Perez, Bridgeton, 20:12.3; 5. Liz Moritz, Pitman, 20:42.0; 6. Sandy Ogbin, Schalick, 20:47.2.

100 High Hurdles-1. Alethia Jenkins, Pennsauken, 14.65; 2. Yvette Murry, Edgewood, 14.78; 3. Kierra Clemons, Edgewood, 15.36; 4. Dieria Poland, Deptford, 15.71; 5. Sheena Ohlig, Pennsauken, 15.73; 6. Shonda Burroughs, Vineland, 16.18.

400 Intermediate Hurdles-1. Pam Richardson, Edgewood, 1:05.26; 2. Thanaya Wooden, Pennsauken, 1:05.26; 3. Melanie Rhoden, Ewing, 1:06.89; 4. Christine Vitarelli, Lenape, 1:07.44; 5. Latoya Whitted, Woodrow Wilson, 1:07.44; 6. Sheena Ohlig, Pennsauken, 1:08.55.

2,000 Steeplechase-1. Kelly Shanasky, Washington Twp., 8:11.9; 2. Tara Loesch, Williamstown, 8:12.8; 3. Megan DiGiralamo, Williamstown, 8:32.6; 4. Megan Halloran, Pennsauken, 8:32.9; 5. Lindsey Weiss, Washington Twp., 8:40.3; 6. Nicole Wilson, Woodstown, 8:40.5.