

Anders adds 1,600 to her growing list of victories

By Reuben Frank
BCT sports writer

PINE HILL — When she walked over to the awards table to pick up her medal, Shawnee senior Lauren Anders said this: "First place in the 800."

Understandable mistake.

Anders, a two-time County Open champ and state medalist indoors in the 800, made a rare foray up to the 1,600 at yesterday's Olympic Conference track championships and won the race with a personal-best 5:19.7.

"We just decided to take a break from the 800," Anders said. "I tend to get really stressed out over the 800, so we figured I'd try the mile just for something different. I ran it in a couple of dual meets and I like it.

And I think running the mile will help my 800. I have the speed for the half (mile), but sometimes I lack the strength to finish strong. So I'll do anything that can help my strength. But I'm still new at it. I kind of don't know what I'm doing."

Anders, who will run for Arizona State next year, certainly looked like a savvy miler yesterday. She settled into the pack for 1,200 meters, took off at the gun with Erin Dougherty of Eastern, let Dougherty do the work until the final turn, then blasted into the lead with 80 meters to go and won by three meters.

"I just hang in there with everybody else and hope to get through it," she said. "I'm still new at this, so I'm basically just going in there and doing my best. I think the faster the race goes, the faster I can go. If I get in a race with some girls running 5:05, hopefully, they can pull me along to a better time. It helps me to have somebody to

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chase.

"I'll be running both at the County Open (Saturday at Maple Shade) and sectionals and I definitely think I can go faster."

The meet has no team scoring, but Shawnee girls won seven of 14 individual events. Three of those wins were the work of junior Lynlee Phillips, who swept the throws for the second straight year.

Phillips won the javelin at 129-11 and the shot with a 39-9½ but had a big breakthrough in the discus, increasing her PR from 112-2 — set at this meet last year — to 118-10.

She now ranks third in county history in the javelin, fourth in the shot and seventh in the discus.

"That was great," Phillips said. "I've been struggling just to throw 112 again, so it was great to get a discus PR. The rain has really limited what we can do in practice, but maybe the rest helped me because my arm feels better than it has in a while."

Shawnee junior Jessica Hurley won the long jump despite dipping under 17 feet.

"I like to stay in the 17's and stay out of the 16's," said Hurley, who jumped 16-9¾. "I'm usually pretty consistent. I'm happy I won but I'd like to jump better. My next goal is 17-5, which is the school record (set in 1994 by Stephanie Maugham)."

Betsy White (11:35.6), Mary Beth Redheffer (11:36.0) and Erin McGuckin (12:00.3) finished first, second and fifth in the 3,200 and nearly gave Shawnee three under 12 minutes.

Cherokee freshman Michelle Bilicki broke up the Renegades, taking fourth in 11:50.6.

Olympic Championships

100 (American) - 1. Kylene Bines, Highland, 12.6; 2. Justine Palogruto, Highland, 13.0; 3. Tracy Oleniyi, Washington Township, 13.0; 4. Kena Butts, Eastern, 13.3; 5. Joanne Elston, Lenape, 13.7; 6. Lairavi Murphy, Gloucester Tech., 14.3.

100 (Patriot) - 1. Camilla Harris, Overbrook, 12.7; 2. Sunny Briscoe, Edgewood, 12.9; 3. Sharay James, Camden, 13.0; 4. Tricia Smith, Camden, 13.2; 5. Jessica Storck, Cherokee, 13.8.

100 (National) - 1. Taneisha Belton, Pennsauken, 12.9; 2. Salyendia Johnson, Woodrow Wilson, 12.9; 3. Kenya Conway, Woodrow Wilson, 13.0; 4. Kal Shands, Pennsauken, 13.0; 5. Alexis DiSalvio, Bishop Eustace, 13.4; 6. Demeiria Johnson, Gloucester Tech., 14.5.

200 - 1. Kylene Bines, Highland, 25.4; 2. Medea Ashton, Washington Township, 25.6; 3. Terri Franklin, Camden, 25.9; 4. Justine Palogruto, Highland, 26.3; 5. (tie) Kena Butts, Eastern; Erin McIntyre, Washington Township; and Taneisha Belton, Pennsauken, 26.6.

400 - 1. Nicole Griffin, Highland, 57.2; 2. Erin McIntyre, Washington Township, 57.7; 3. Lanae Thomas, Edgewood, 58.9; 4. Anita Brooks, Washington Township, 1:00.2; 5. Haierma Fisher, Camden, 1:00.9; 6. Kristin Dunst, Cherokee, 1:01.1.

800 - 1. Claudine Evangelisa, Triton, 2:14.1; 2. Tara DeBrielle, Overbrook, 2:15.5; 3. Courtney McCrudden, Eastern, 2:19.1; 4. Yarnick Smith, Woodrow Wilson, 2:20.0; 5. Katie Connor, Washington Township, 2:22.0; 6. Lucretia Choinacki, Eastern, 2:24.3.

1,600 - 1. Lauren Anders, Shawnee, 5:19.7; 2. Erin Dougherty, Eastern, 5:21.4; 3. Mia Kassa, Woodrow Wilson, 5:24.3; 4. Leyna Williams, Triton, 5:27.2; 5. Amy Newshet, Highland, 5:28.3; 6. Taylor Van Acker, Shawnee, 5:29.4.

3,200 - 1. Betsy White, Shawnee, 11:35.6; 2. Marybeth Redheffer, Shawnee, 11:36.0; 3. Robin Van Aken, Highland, 11:46.4; 4. Michelle Bilicki, Cherokee, 11:50.6; 5. Erin McGuckin, Shawnee, 12:00.3; 6. Leyna Williams, Triton, 12:07.2.

100 Hurdles (American) - 1. Melanie Porterfield, Highland, 14.6; 2. Kate Beatty, Shawnee, 16.0; 3. Kymberly Henley, Highland, 16.2; 4. Christina Vitarelli, 16.3; 5. Kellie Hinkle, Shawnee, 17.0.

100 Hurdles (Patriot) - 1. Yvette Murry, Cherokee, 14.6; 2. Sharay James, Camden, 14.8; 3. Camilla Harris, Overbrook, 15.2; 4. Dennee Davis, Edgewood, 15.8; 5. Melanie McGovern, Triton, 16.4.

100 Hurdles (National) - 1. Thanya Wooden, Pennsauken, 16.3; 2. Sheena Ohlig, Pennsauken, 16.4; 3. Stacey Schultz, Paul VI, 16.6; 4. Alexis DiSalvio, Bishop Eustace, 17.3; 5. Jackie Goff, Paul VI, 17.5.

400 Hurdles - 1. Medea Ashton, Washington Township, 1:03.3; 2. Ohlaysha Gonzalez, Edgewood, 1:05.0; 3. Lauren Chevous, Eastern, 1:07.2; 4. Tikkia Carmichael, Edgewood, 1:07.7; 5. Michelle Rollick, Paul VI, 1:08.2; 6. Shanna Oak, Shawnee, 1:08.4.

4x400 Relay - 1. Washington Township (Anita Brooks, Medea Ashton, Katie Connor, Erin McIntyre), 3:58.5; 2. Edgewood, 4:00.3; 3. Cherokee, 4:06.6; 4. Camden, 4:09.0; 5. Pennsauken, 4:11.9; 6. Shawnee, 4:12.4.

Shot Put - 1. Lynlee Phillips, Shawnee, 39-9½; 2. Tracy Oleniyi, Washington Township, 36-6¼; 3. Jordyn White, Washington Township, 36-4¼; 4. Tara Goodwine, Overbrook, 34-6¼; 5. Dana White, Camden, 33-5¼; 6. Jessica Caccamo, Cherokee, 32-11½.

Discus - 1. Lynlee Phillips, Shawnee, 118-10; 2. Tracy Oleniyi, Washington Township, 112-3; 3. Jordyn White, Washington Township, 103-2; 4. Onya Dayne, Overbrook, 102-2; 5. Tara Goodwine, Overbrook, 97-10; 6. Kierra Long, Edgewood, 87-4.

Javelin - 1. Lynlee Phillips, Shawnee, 129-11; 2. Sharon Kircher, Shawnee, 101-11; 3. Janell Bertini, Highland, 98-2; 4. Mariam Smith, Edgewood, 95-10; 5. Megan McCullough, Washington Twp., 95-3; 6. Michelle Diehl, Triton, 94-3.

High Jump - 1. Kate Beatty, Shawnee, 5-6; 2. Christina Matthews, Edgewood, 5-2; 3. Kerin Sulock, Bishop Eustace, 5-0; 4. Shelma Ohlig, Pennsauken, 5-0; 5. Kierra Long, Edgewood, 5-0; 6. Anita Brooks, Washington Township, 5-0.

Long Jump - 1. Jessica Hurley, Shawnee, 16-9¾; 2. Kim Gorrell, Cherry Hill East, 16-6¾; 3. Liesie Cardillo, Bishop Eustace, 16-5¼; 4. Terri Franklin, Camden, 16-3¾; 5. Dennee Davis, Edgewood, 16-1; 6. Kal Shands, Pennsauken, 15-9½.