

Raider Cross Country 2003

Congratulations to all Walton runners, coaches and parents on a season filled with highlights and accomplishments.

Team & Individual Awards for the 2003 Season:

Walton Academic Award - Masashi Bando & Diane Isaacson
State Ranking #3, All-Class - Walton Boys
First Team All-State - Charlie Dickhaus & Sam Bryfczynski
All Metro Team (Atlanta Track Club) - Charlie Dickhaus & Sam Bryfczynski
Cobb County Boys Coach of the Year (Marietta Daily Journal) - Tom Williams
Cobb County Runner of the Year - Charlie Dickhaus
All County First Team - Sam Bryfczynski & Jay Heller
Cobb County Honorable Mention - Jason Perkowski, Caroline Miller, Sarah Upchurch, Amanda Gerlaugh, Vicki Macht
Walton MVPs - Caroline Miller & Charlie Dickhaus
Walton Coach's Award - Emily Hoyt & Sam Bryfczynski
Walton Rookie Awards - Vicki Macht & Jay Heller
Walton Most Improved - Stephanie Walker & Josh Kerzie

Boys State meet: Team takes 3rd behind second and third place finishes of Charlie and Sam.

Girls State meet: Caroline top Raider girl runner with 19th place finish - team places 12th.

Raider Teams Advance to State! Boys 1st, Ladies 2nd at Region 5-AAAAA Championship at Boling Park.

Upchurch makes Georgia Top Ten List. Following impressive races at the Cobb County Championship and the Clemson Invite, Walton sophomore Sarah Upchurch is ranked 7th in the Georgia 5-A division. With team titles at the same meets the boys moved up to #3 in the team rankings. Charlie Dickhaus and Sam Bryfczynski are ranked #1 and #6 on the All-Class list respectively.

Raiders find local rivalries at Clemson. Boys beat Pope for 1st. Girls place 2nd to Pope.

Another 1-2 finish for Charlie Dickhaus (15:39) and Sam Bryfczynski helped the Raiders win their second consecutive team title. Jay Heller (7th), Jason Perkowski (11th) and David Carlyle (13th) all recorded season best times to complete the top five. In a race dominated by our local, Cobb County runners, Fred Cameron, Brian Potts and Xan Gerson also captured top ten honors.

Sarah Upchurch led the ladies to second place in the team standings with her 3rd place overall finish. Caroline Miller and Amanda Gerlaugh took home 9th and 21st place finishes to help with the scoring.

The JV teams each captured the 1st place trophies, getting individual wins from Stephanie Walker and Kyle Kilch. In perhaps the most impressive showing of the day, the boys JV team ran 1-5, charting a perfect score of 15 points.

Three-peat for Varsity Boys at Cobb County Championship! The Raider boys took their first meet title of the season indicating that they are starting to come together at the right point in the season. Getting strong individual performances from top to bottom, Walton overcame two earlier season losses to Lassiter to win a third consecutive county championship.

Charlie Dickhaus retained bragging rights as the individual champion (15:45), shattering his old course record by nearly a half of a minute. Teammate Sam Bryfczynski tied the old record in 16:12, taking second place, and completing a one-two punch that proved difficult for the other teams to overcome.

Freshman Jay Heller added another top ten finish (8th place). Jason Perkowski (12th) and Josh Kerzie rounded out the top five for Walton.

In an extremely talented girls' race (8 State-ranked runners), **the Lady Raiders finished a strong 4th place.** Caroline Miller and Sarah Upchurch proved that they can run with the best, taking 5th and 6th respectively. Looking forward to the return of injured Erin Gittleman, the girls squad also looks poised to compete at the upcoming Region and State meets.

The JV girls repeated as champions led by Kelly Haselschwerdt's varsity-like showing. The boys JV runners took 4th place, with Corey Hunter leading the way.

Fast times at the Jesse Owens meet last weekend. Walton's JV's took advantage of the fast course and good weather to establish a number of PR's.

Varsity teams compete at Great American Cross Country Festival.

Senior Charlie Dickhaus proved that he can compete very well on the national level, taking 9th place in the seeded race. In a meet loaded with talent from across the country, Dickhaus' time of 15:56 was 14th overall on the day out of about 800 male participants. Following a correction in scoring, due to the omission of Jay Heller's performance, the boys team had an impressive 4th place finish.

With standouts Caroline Miller and Erin Gittleman unable to complete the race due to illness and injury, the girls team still managed a respectable 13th place in the seeded race standings. Sophomore Sarah Upchurch led the Lady Raiders with 39th place (20:59).

The balance of the raider runners competed at the **Patriot Invitational** in Conyers, GA.

Dickhaus #1 in Georgia for fourth week. Following his victory at the Bulldog Stampede, Charlie Dickhaus retains his #1 ranking for the 4th consecutive week. Off of a 3rd place finish at the Bulldog, Sam Bryfczynski climbs to #6 in the All-Class rankings. The girls and boys teams remain 5th and 6th respectively in 5A. (9-25-03)

Walton teams take 2nd at Bulldog Stampede. Charlie wins boys race. A tough week of practice and a tougher meet course didn't deter the raiders from an impressive showing at the 2003 Georgia Bulldog Stampede. While the times were a little high due to the challenging hills of the University of Georgia Golf Course, the Walton finishing places were not. The boys and girls teams each took home second place trophies from the field of about 30 teams. Marist won the two races.

Walton girls scorers included:

Caroline Miller, 7th place, 21:10
Sarah Upchurch, 11th, 21:37
Erin Gittleman, 22nd, 22:16
Mary Dixon, 29th, 22:39
Kelly Haselschwerdt, 22:53

On the boys side:

Charlie Dickhaus, 1st, 16:19
Sam Bryfczynski, 3rd, 16:41
Jay Heller, 18th, 17:36
Jason Perkowski, 20th, 17:41
David Carlyle, 26th, 18:01

Former Walton star Kristin Heffelfinger competed in the collegiate girls event, taking 13 th overall in her first college level race. She was fourth for the Dawgs with a time of 19:04..

New Gatfxc.com rankings out. Charlie Dickhaus is the state's # 1 ranked runner for the 3rd consecutive week, remaining unbeaten against all fellow Georgia athletes. He is joined by Sam Bryfczynski who made his debut in the 5A rankings at #8. The girls and boys teams are currently ranked 5th and 6th respectively. (9-17-03)

Raider Girls Win UTC/Powerade Invite! Even without Sarah Upchurch and Jessica Hardt in the line-up, the girls team hung together, and turned in a strong showing from top to bottom to take their first meet of the season. Caroline Miller paced the team again with an 11th place finish.

The boys team finished a close second to neighborhood rival Lassiter. Charlie Dickhaus and Sam Bryfczynski came in 2nd and 3rd overall, followed by freshman, Jay Heller in 16th.

Dickhaus wins Berry Invitational in Walton's first varsity 5K test.

As always the atmosphere was terrific at the state's largest cross country meet. Almost one hundred teams competed, with over 1,600 runners. Our Walton girls and boys "top 6" varsity teams each placed 5th out of the large school field of about 40 teams.

Charlie Dickhaus outdueled state rival Riley Miller of South Gwinnett in a blazing time of 15:35 to claim the meet's overall individual championship. The other boys finished as follows:

Sam Bryfczynski, 11th, 16:25
Jason Perkowski, 49th, 17:30
David Carlyle, 66th, 17:43
Alex Sumerall, 86th, 18:06
Robert Bishop, 87th, 18:06

Caroline Miller led the girls with a very impressive 14th place finish (20:23), followed by:

Sarah Upchurch, 24th, 20:53
Erin Gittleman, 50th, 21:41
Amanda Gerlaugh, 65th, 21:58
Jessica Hardt, 75th, 22:11
Emily Hoyt, 121st, 23:08

Complete meet results can be found at Gatfxc.com. Please note that the accurate Walton girls data is listed above. The posted meet results are incorrect, due to a scoring mix-up. (09-06-03)

Walton JV teams compete at Peachtree Ridge Invite with Jay Heller and Mary Dixon leading the way.

Depth Gets Tested at Watermelon Romp. With the top 5 varsity runners withheld from the event, to focus on the core training program, the Walton squads nevertheless fared well at the Watermelon Romp. The meet, held at the Al Bishop complex, featured 14 Cobb county schools.

The Varsity girls team was led to a 4th place finish by Jessica Hardt and Mary Dixon. Robert Bishop and Jay Heller led the Walton boys team, which took home 6th place. Our depth at the JV level was also evident again as the girls and boys placed 1st and 2nd respectively. (08-29-03)

Walton Varsity teams move up in the state rankings. Following a strong showing at the Stage Races, both the Girls' and Boys' teams are currently ranked 3rd in the 5A classification. (Gatfxc.com, 8-28-03)

Summer Mileage pays off at the season opening Stage Races!

Our Walton runners fought through some hot and humid weather to achieve notable team finishes, amongst the field of 32 teams. The boys varsity narrowly missed the victory, finishing a mere point behind winner Collins Hill. Rebuilding from the loss of 2002 team leaders Heffelfinger and Kerzie, our defending state champion girls team also opened strong with a second place finish behind Collins Hill.

Team Finishes

Varsity Boys - 2nd Place

Varsity Girls - 2nd Place

JV Boys - 2nd Place

JV Girls - 1st Place

Congratulations to the following Raider runners, who were individual **Stage Winners** on Saturday:

Charlie Dickhaus - Varsity Boys, Stage 5 (The meet's overall champion!)

Sam Bryfczynski - Varsity Boys, Stage 4

Katelyn Theiler - JV Girls, Stage 2

Jessica Hardt - JV Girls, Stage 1

Jay Heller - JV Boys, Stage 1