

Raiders Cross Country

2006

YEAR 30

14 Girls Region Championships

5 State Championships

21 Boys Region Championships

5 State Championships

and counting....

Coach Williams & Leila Norman given top honors. The Marietta Daily Journal named Tom Williams Cobb County Boys' Cross Country Coach of the Year, while Leila was awarded the honor of being the county's top female xc runner. Jay Heller and Mark Viglotti were named to the All-County boys team. Honor Mention was given to Will Bryfczynski, Justin Kerzie, Thomas Pilliod, Lena Hamvas, Morgan Skwira, Katelyn Theiler & Kylie Womack.

Final Nike Team Nationals Ranking - Congratulations to the Raider boys for finishing the season in the number 8 spot of Nike's Southeast regional team ranking. Intrastate rival Parkview climbed to number 3 and could possibly receive an at-large bid to the national championship.

Post Season Awards - click [here](#) for summary.

Congratulations to our Varsity Runners for giving it their all at the Georgia State Championship!

Boys take home silver medals. Despite all best efforts, the Walton boys team fell a little short - finishing only 15 points behind the champion Parkview team for the 3rd year in a row. Senior Jay Heller led the Raiders again and finished his brilliant Walton High School xc career with a 4th place medal - his 3rd trip to the podium in as many years. Junior Mark Viglotti also climbed the steps of the podium for the first time with his 9th place finish. The rest of the team turned in solid races as well - placing high in the field of 229 runners: Thomas

Pilliod (20th), Will Bryfczynski (26th), Justin Kerzie (29th), Daniel Heller (35th) & Nathan Gordon (42nd).

Lady Raiders place 7th in the field of 32 teams - a tightly contested race in which only 47 points separated the 2nd through 7th place teams. Junior Leila Norman was the top Walton runner - placing 6th overall & making her second straight appearance as an All-State medalist. The other squad members also placed well in the field of 215 participants: Lena Hamvas (34th), Kylie Womack (49th), Katelyn Theiler (53rd), Alex Taylor (70th), Shannon Ross (78) & Corey English (96th). The girls were unfortunately without their #2 runner, Freshman Morgan Skwira, who missed the meet due to injury.

And a special thanks to the other members of the "Final 12" squads for helping with the training and showing positive support of the starting teams: Anthony Picone, Scott Moskowitz, Adam Joseph, Michael Elliot, Jeremy Schmid, Jessica Webb, Kristen Rayfield, Amanda Marks, Aly Smith & Morgan Skwira.

Walton Sweeps Region Again! For the third consecutive year, the Raiders took home all four varsity and JV team titles. We also earned all four individual titles: Jay Heller & Leila Norman repeated as varsity race champions, while Kristen Rayfield and Michael Elliot claimed the top JV honors. Many outstanding performances to build off of as we prepare for the State meet next weekend....

Read about it in the Marietta Daily Journal Article - [here](#).
Results link for the GA Region 6-A AAAA Championship is [here](#).

Depth on Display at Last Chance Invitational. In spite of the absence of a number of the varsity regulars, the Raider teams showed very well at the Last Chance meet in Carrollton. The girls were led by Corey English and placed 4th in the varsity team standings out of 19 teams. Nathan Gordon held down the #1 spot for the boys team, which finished 5th out of 23 teams.

The Raiders will return in full force next weekend for the Region Championship in Gainesville, hoping to return to the same Carrollton course for the State Championship on November 11.

Results link for Last Chance is [here](#).

Walton Teams Up With Brookwood for Victories at the Marist Class Clash. In the "Public" vs. "Private" school battle, Walton & Brookwood defeated the combined Marist/St. Pius teams in both the girls and boys events. Jay Heller and Leila Norman were the top finishers at the varsity level. Chris Harper won the JV boys race.

Results link for Clash Class is [here](#).

Congratulations to the members of our cross country team who were awarded Academic Letters & Bars:

Jessica Webb, Raymond Chian, Michael Elliot, Nathan Fan, Darwish Gani, Nathan Gordon, Daniel Heller, Jeff Segers, Aly Smith, Katelyn Theiler, Mark Viglotti, Hadley Burroughs, Michael Gadebusch, Charlie Moore, Joseph Saul.

Near Sweep for Raiders at Mill Run! A single point stood between Walton and a clean 4 race sweep in Douglasville. The boys varsity led off the meet with an impressive win- Jay Heller set the course record, while the team's 15:46 average was the fastest recorded by a Georgia team this season. The girls varsity followed with a smooth win of their own - a 30 point victory over runner-up Kennesaw Mountain, featuring 4 sub-20 efforts.

The JV boys won with a perfect score of 15 - taking the 1-9 spots. The JV ladies finished the day off with a nice 2nd place run- trailing KMHS by a single point.

Results link for Mill Run is [here](#). Lots of PRs!

Cobb County Meet is Cancelled! We regret to announce that the Cobb County XC Championship Meet has been cancelled for 2006. Construction work at the scheduled meet site and difficulties arranging an alternative venue on short notice are the primary reasons... **Walton will now attend the "Mill Run" sponsored by Chapel Hill High School instead.** Please select this [link](#) and choose "Mill Run" for further information.

Raiders Fast at Wendy's Invite. Perfect weather, a fast course, and great competition allowed many of the Walton runners to reap the benefits of their training and set personal bests. Marking the first meet of the season that the boys lined up the Top 5 together, they looked impressive- finishing 3rd overall, reasonably close in the scoring to highly ranked meet champion Chapel Hill, NC. Jay Heller marked his return to the line-up with his first race victory of the season, covering the 5k course in a blazing 15:15.

Freshman Morgan Skwira (26th overall) led the ladies team to a 9th place finish out of the field of 31 teams.

Results link for Wendy's Meet is [here](#).

Aubrae Gunderson results are [here](#). Boys team takes home Championship Race 3rd place trophy led by Nathan Gordon's PR performance. Amanda Marks leads women to 13th place team finish.

"Great American" results are [here](#). Boys finish 13th in the Race of Champions. Girls finish 6th in the Seeded Invitational.

Link to Boys results - [here](#).

Link to Girls results - [here](#).

Lady Raiders Win Warpath Invitational behind Norman's 1st place finish. Boys Varsity takes second behind Chapel Hill - Pilliod top man for the day. Read all about it in the Marietta Daily Journal article - [here](#).

Varsity Boys Victorious at Eye-Opener - Varsity Girls Finish 3rd!

Jay Heller (2nd overall) and Leila Norman (6th overall) led the respective teams, which represented themselves very well at this large invitational. There were over 50 teams present, with about 500 runners in each race. The JV's looked great again, with the boys winning with a mere 28 points and the girls taking second place. A very good start of the 5K season!

Complete results are linked [here](#).

Many thanks to all Walton parents that lended a helping hand at the Stage Races.

Off to a Good Start - The boys varsity finished in a tie for 3rd, while the girls squad took 5th, in the large, talented field of 20 teams at the Walton Stage Races in Gainesville, GA. Defending state champion Parkview (boys) and Collins Hill (girls) won the events. The JV teams put the spotlight on our overall depth, with the girls winning the 2006 title and the boys finishing a close second.

Individual results: [Girls Race Results-Boys Race Results](#)

Check out the **Marietta Daily Journal article** on the Stage Races - [here](#).

The 12 Minute Run is scheduled for Monday August 7, 6:30 pm at the Walton track. Please remember to bring your completed Physical Release Form - athletes can not participate without it.

Cinder Club Membership Dues are being being collected. Please refer to the [Welcome Letter](#) and [XC 2006 Memberhip Form](#).

Upcoming Events:

Thurs., Aug 10 - from 6:30- 9:00pm - Athlete Pizza/ Pool Party at Hampton Farms Pool

Fri., Aug 11 - from 7:30 - 10:00pm - XC Parent Social at the home of Susie and Joey Moskowitz

Thurs., Aug 17 - 6:30pm - Mandatory Parents' Meeting and Potluck with Athletes and Coaches at Walton Commons

Flyers will be distributed to athletes on the first day of practice with more details.

The cross country team seniors will lead practices between May 30th and July 28th . The girls will meet at 8:30am and the boys at 9:00am at the River (Parking lot at the end of Columns drive). The staff strongly encourages every athlete to participate in these workouts. If you are a rising 9th, 10th, 11th, or 12th grader, these practices will help you be prepared for the 12 minute run. The 12-minute run will be used to determine the Walton cross country team for 2006. Select "Team Standards" from the menu for more information.