

GBC track articles for 2013-2012 meets

Gwenyth Mercy track meet 4/17/13

Top runners travel to Gwenyth Mercy's mid week track meet. Freshman Valarie Orth and Junior Stewart Reich both break their own school records and place in top five at the meet. Orth from Schalick H. S. / Pittsgrove Nj places 3rd and runs a time of 17.85 in the 100 m high hurdles while Reich from TJ high school in Fredrick Md breaks his own 800 m record with a time of 1:58.31 and took fourth, in the event. In the same event for the women senior Felicia Justice from Utah breaks the Goldey Beacom record with a time of 2:37 and places in then top ten in both of her event 200m and 800m, while Sarah Grzybowski of Concord H S / Wilmington strides in for the third straight meet with a season best two other season best come from Maryland runners Leashay Lee from Jappatown H S / Jappatown Md in the 200 m dash and Aaron Easter from Rising Sun H S / Rising Sun Md runs a 4:23 in the 1500 m and that moves him up to second fastest in the colleges history.

Goldey has many top ten performances at West Chester Track Meet on 4/13/13

The top performance for the Goldey track team comes from freshman Valarie Orth from Schalick high school in Pittsgrove, Nj. Orth placed 4th in the Javelin throw with a distance of 106 feet and 3 inches. On the mens's side Stewart Reich from TJ high school in Fredrick Md. placed 7th in the 800m run with a season best time of 2:01.59. Logan Jones turns in a 9th place finish in the 5k with a career best time of 16:24 and another 9th place finish comes from Tigan Frisby in the 200m dash with a time of 29.13. Orth also placed 8th in the 100m hurdles with a time of 18.22. A personal Best is run by Freshman Aaron Easter in the 1500m run with a time of 4:24 other season best in the 1500m come from Jabari Chambers and Josh Finney. Season best performance for the women's team are Leashay Lee in the 400 and 200m dashes and Sarah Grzybowski in the 800 m run. Senior David runs another season best with a 12th place finish and a time of 53.13 in the open 400m. David also lead the 1600 meter relay to a 6th place over all finish and won the second heat of the event. David was the lead off leg for the relay and handed the baton off to Jabari Chambers in first place the rest of the team consisting of Jones and Reich extended the lead to 75 meters before crossing the finish line. Senior Alyssa Murray is now the second Goldey-Beacom women to attempt and complete the 3000 m Steeple Chase the only other runner was her sister who graduated two year ago, Brittney showed her support by entering the race as unattached and coming out of retirement to finish the race with her on Saturday.

Men's millersville university track meet

Logan Jones from fredrick Md breaks his own school record in the 3000 m steeple chase with a time of 10:21.7 and placed 8th Over all in the event. Stewart Reich also a Fredrick area runner ran the 800 meters and finished in the top ten with a 9 th place finish and a time of 2:03. Other top performances from the men were Jabari chambers with a 2:07 in the open 800 and a split of 52 seconds in the 4x400. Aaron Easter and David Zartler both from Cecil county Md ran season best in their signature events freshman Aaron Easter from Rising Sun high school runs a 4:25 in the 1500 m which puts him at 3rd fastest in the colleges history and Senior David Zartler from perryville high school current Goldey-Beacom record holder in the 400 meters runs his fastest race of the year at 53.15.

Goldey-Beacom college travels to Millersville invitational 4/6/13

Felicia Justice and Orth have outstanding performances at Millersville university. Felicia Justice moves to 2nd on the all time list on the open 400 m with a time 63.78 and Valarie Orth throws the javelin for the first time at GBC and gets 8th place over all at the meet while setting a new school record of 116.6 feet . Other women showing improvement in their events are Carly Mitchell, Sarah Grzybowski and Leashay Lee. Two spectacular finishes were Tigan Frisby from Mount Pleasant high school in Wilmington De and Alyssa Murray from Townsend De and Hodgson Vo-tech Both won their heats of the open 200 meter dash. The colleges 4x 100 meter relay improved to 2nd on the Goldey- Beacom All Time list in the event with a time of 55.06 the team consisted of Frisby, Orth, Justice and Murray.

Runners compete at Two day meet hosted by Widener University

Goldey-Beacom college Track Results from widener university track meet in philadelphia Pa. 3/29/13. Goldey Beacom college track runners break records at the widener university track invitational Freshman Valarie Orth from Pittsgrove NJ breaks the colleges 100 meter high hurdles record with a time of 17.9 and Stewart Reich and Logan Jones from Fredrick Md both break records on the track in back to back weekends junior Reich in the 5k with a 16:08 and freshman Jones in the 10k in 34:14. Other notable performances were senior David Zartler from Perryville MD in the open 400 with a time of 53 sec and Freshman Aaron Easter from Rising Sun high school with a one minute 20 second personal best in the 5k with a time of 17:00. Women's noteworthy performance in the open 800 meters can from Elkton high school's Carly Mitchell with her first time of the season 3:02 only 7 seconds off her personal best.

March 23, 2013 Goldey Beacom College's Track Club attended the Richard Stockton Track Meet near Atlantic City, NJ.

The Women's 4x400m relay of Tigan Frisby, Leashay Lee, Valarie Orth and Felicia Justice move their relay to 2nd place on the college's all time list with a time of 4:53. Justice recorded a split of 64 seconds during the second leg of the relay. Senior Felicia Justice also ran an individual time of 29.1 in the 200m and this time places her second on the GBC all time list in the 200 meters. Women's 4x100 meter relay of Tigan Frisby, Leashay Lee, Valarie Orth and Felicia Justice move their relay up to fourth on the all time list after running together for the first time this season with a time of 57 sec. Individually Valarie Orth's 18.98 sec time in the 100m high hurdles placed her 2nd on the college's all time list in the event.

Two men take top positions in the the record books in their respective events this weekend. After 7 seven years of having a track club at Goldey Beacom these two men are the college's current record holders. Junior Stewart Reich won his heat and broke his own school record with a time of 4:22 in the 1500m and Freshman Logan Jones beat the school's record in the 3000 steeple chase with a 10:27. Other men having great performances were senior David Zartler with a 53 sec 400 meter dash and Aaron Easter with a 4:39 1500 meter run.

Lady lightning shin bright at the university of Delaware Track meet-4/14/12

Symone Stewart has been driven by one passion through the 2012 Goldey-Beacom track season. Her goal was to own the school record in the 800 meters. Each meet she ran the race a little faster. Her three second personal best at the University of Delaware was good enough to move her to the top of the All Time List in the event. She finish the race proud but not content. She outpaced fellow teammate Liz Williams, who is now third on the list and old 2008 record holder Sarah Mackinnon with a time of 2:42. Symone also plans on attending the CACC challenge on May 4th at Georgian Court. Other women competing at the University of Delaware track meet were Carly Mitchell with a 2:59 in the 800m. Tigan Frisby and Alyssa Murray competed in the 100m and 200m dash. Both of these sprinter finish very well in their heats, Tigan and Alyssa had second and third place finishes respectively. Liz Williams ran the 1500m in 5:59 and the 800m 2:50.

Four of the days men's events had faster school records after the finally of this meet. Senior Ben Kinley broke the steeplechase record by 6 seconds and placed 4th overall in the race with a time of 10:31. During the meet he also set the school record in the 3000m with a time of 9:42. Fellow senior and long time friend Demetris Harding had his strongest performance of the year on the last time he laced up his spikes in a Goldey-Beacom uniform. DA fought all the way to the end of the 200m. He looked strong as pulled up alongside of the top runners in lane two and four. Demetris and Ben were true to the team until the very end, they were leaders everyday and changed the program for the better. Their influence will be seen in the attitudes on the team for many years to come.

As the meet continued more records fell. David Zartler improved on his record from the meet before in the 400m run with a time of 51.16. Stewart Reich also lowered his school record in the 800m to 1:58. This was a new career best for both runners. David and Stewart were joined by Jabari Chambers and Angelo Melendez in the 4x400m to set a new school record. Two of the runners on the squad proved how driven they were by running banged up. Angelo covered in brush burns from an earlier fall in the open 800m kept the team in a tight pack for second in the heat. The 4x400 will be competing next at the Penn Relays on Friday April 27th.

Zartler claims school record-4/12/12

Junior David Zartler shows teammate what determination is all about. David is one of the most talented runners on the team and he has been shooting for this goal for three years. Zartler was seated in the inside lane in the 400 meter dash and had a large stagger to make up before the end of the race. David blew out of the start and was neck and neck with teammate Stewart Reich before the middle of the first turn. Zartler said he pushed hard through the head wind on the back stretch and powered all the way to the 300m mark. In the final 50 meters he gained on the first place runner but finished less than a second behind the leader. Reich finished third in the same heat of the 400 with a time of 52.9. Zartler set the school record with a time of 51.74 besting the 2007 record set by Mike William by .06 tenths of a second. In other men's action Reich placed 4th in the 800m. Ben Kinley places 9th in the 1500m with teammate Jabari Chambers right behind him with a career best of 4:37. Senior, Demetris Harding competed well in the 200m dash and the 400m dash. Goldey women having stellar performances were Alyssa Murray in the 100m dash with a season personal best of 14.7 seconds and setting the mark for the second fastest 100m race for a Goldey Beacom runner this season. Symone Stewart improved 5 seconds in the 800 meter run putting her only 2 seconds off of the school record. Symone started off the race in first place and lead through the first lap. A home team runner from Gwynedd Mercy passed Stewart on the back stretch and pulled ahead of her by three steps. By the end of the last turn Symone was a step behind her and poised to make her move. Stewart regained the lead with 50 meter to go and battled stride for stride to the finish line. Symone's toughness makes great races possible. She placed second in her heat and will do battle again this Saturday at the University of Delaware. Stewart, Melendez, Reich and Frisby lead

Goldey at the Richard Stockton Invit5-4/7/12

Four individual Goldey-Beacom runners place well at this weekend's track meet. Angelo Melendez placed 3rd overall in the meet with a time of 2:01 in the 800 meters. Angelo moved into second before the third turn but was twenty feet out of first. Angelo started his push for the finish on the back straightaway. When he reached the final 50 meters, he was only steps away from first place. The race was a photo finish with Melendez winning the heat. In the same event, Stewart Reich placed 5th overall with a time of 2:02. Tigan Frisby and Symone Stewart led the women. Frisby placed 6th in the 200m with a time of 30.01 and Stewart place 6th in the 100m with a time of 14.86. Both the 100m and the 200m were run into the wind. The last event of the day was an on the edge of your seat 4x4 relay of David Zartler, Stewart Reich, Angelo Melendez and Jabari Chamber. The Lightning men

were trading between the first and the second place positions the entire race. Goldey moved into first place three times during the relay. Zartler handed off the baton tied for first place with a split of 51 seconds. Reich battled hard for the first place position in the race and ultimately ended up in the second position. Reich recorded a split of 52 seconds. Melendez walked down the competition and handed off a half step ahead in first place. Angelo ran a split of 52. Chambers the final leg of the race received the baton in the second lane and was unable to get the inside position and finished 2nd overall for a new GBC record time of 3:32. Other action today was Alyssa Murray running the 4x100, 100m dash and 200m dash. Alyssa anchored the 4x100 and pulled the Lightning back up to the leaders. Ben Kinley ran a 4:35 in the 1500m. Symone improved for the 3rd straight meet in the 800m and continues her quest for a personal record. Jabari has run his personal best for three straight meets in a row. He finished the 1500m with a time of 4:42.

Records Fall At the Widener Invitational

Goldey-Beacom's track team has continued their success at the Widener University Invitational this weekend. Records were broken in the 1500 meters, 5k and the 4x400 relay. The new 1500m record was set by Stewart Reich with a time of 4:22. Ben Kinley shatters the old 5k school record by a minute with a time of 16:32. Jabari Chambers and Angelo Melendez combine with Kinley and Reich to set a new school record in the 1600m relay. The team time of 3:38 was good enough to place them second in their heat. Earlier that day Chambers and Melendez both won heats in the 800m and 400m respectively. Other men having good performances in the sprints were David Zartler with a time of 55 seconds in the 400m and Demetris Harding in the 100m dash with a time of 12.9. Top performances in the women's action came in two second place finishes in Alyssa Murray's and Symone Stewart's heats of the 100m and 800m. Murray pulled into second in her heat in the 100m dash and Stewart passed three runners on the final turn to inch out a season personal best in the 800m. Tigan Frisby, Carly Mitchell, Liz Williams and Symone prove to be good competitors in the 4x400m relay. Tigan and Carly placed the pressure on the other teams by challenging and passing multiple runners on the back stretch of each of their legs. Both teams built on previous successes and showed improvements and will be competing next weekend at Richard Stockton College in New Jersey.