

# Symonds, Cleveland top fields at Belmont 10-Miler

BY JEFF LAJOIE

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**BELMONT** – After an outstanding senior year saw him capture the NHIAA Division III state championship in the 800 meters back in May, Alton's Cody Symonds continued to run well on Saturday.

The recent Prospect Mountain graduate blitzed the field at the 47th annual Belmont Ten Mile Road Race, capturing the event with a final time of 58 minutes, 54 seconds to set the pace for the field of 72 finishers.

For the first time, the town of Belmont held its day of races separate from its Old Home Day festivities. In addition to the 10-Miler, the morning also featured Vito's 5K Run/Walk to support the care and maintenance of the Belmont Police Department's K9 Officer/Drug Enforcement dog. In addition, the finale introduced the Cow Pie (10-Mile) Relay Race as well as a cow pie throw.

The 18-year old Alton resident, who averaged a 5:54 mile pace, won by a margin of 56 seconds, besting Belmont's Sean McCauley, who took the runner-up spot in 59:50. The 23-year old McCauley finished fourth in 2014.

Dover's Nathan Huppe was third in 1:02:25, while Center Barnstead's Mike Fife (1:05:28) and North Sutton's Ernest Brake (1:05:47) rounded out the top five overall finishers.

Mariah Cleveland of Gilmanton was the women's division winner on Saturday. The Gilford High School Class of 2011 alum traversed the course in 1:17:41, good enough for a 7:47/mile pace. The 22-year old Cleveland was just over three minutes ahead of the next-fastest woman, Carolyn Collins of Burlington, Mass. (1:20:55).

Local runners were well-represented in the field on Saturday. Brendan McCauley improved two spots from his 2014 finish to take sixth place overall. The Belmont resident crossed the line in 1:07:57.

Northfield's Dylan McGuffin finished eighth on the day in 1:10:14, while 15-year-olds Zach Ennis (Canterbury) and Nolan Gagnon (Belmont) were 12th and 13th respectively.

Belmont High School cross country/track and field coach Aaron Hayward took home 15th place in the 10-Miler, as he cruised through the tricky course in 1:13:13. Nick Randos (18th), Andrew Lower (19th), Don



**The first place team of Belmont FC (left to right: Caleb Burke, Nick Sperduto and Evan Cochran) won the top spot in the inaugural Cow Pie 10 Mile Relay Race on Saturday.**

McLelland (20th) and Chris Marden (21st) made it four straight Belmont finishers.

Belmont's Ben Charleston took four minutes off last year's time to finish 25th overall, as the 14-year-old crossed the line in 1:18:52. The young Charleston claimed victory once again over father Kevin Charleston, a teacher and the golf

and ski coach at BHS, as the elder Charleston was 36th with a time of 1:24:38. To his credit, Kevin Charleston also took nearly four minutes off last year's time.

The youth of Belmont continued to impress, with 15-year-old Isaiah Knowlton (26th) and 14-year-olds Caleb Dugan (28th) and Griffin Embree (29th) all running well on the day.



**Belmont's Trevor Hunt won the Cow Pie Throw on Saturday with a toss of 107 feet. Hunt went with the frisbee style technique to beat the competition.**

Behind Cleveland, Gilford's Lilly Cennamo (38th, 1:26:47) and Belmont's Susan Varnum (41st, 1:29:07) were the next-fastest local women in the race. The Tilton duo of Linda Magoon and Danielle Marceau finished 50th and 51st, respectively.

The inaugural Cow Pie 10 Mile Relay race featured six teams in total, with the Belmont FC

squad capturing the top prize in 1:20:14 (8:02/mile pace). The trio featured soccer players Caleb Burke, Nick Sperduto and Evan Cochran. The teams of 'We Run' and 'Schottis Fired' rounded out the top three.

Belmont's Trevor Hunt, a standout basketball player and soon to be junior at BHS, captured the Cow Pie Throw with a distance of 107 feet.

## Sorry, dad

I don't get to spend quality time with my dad as much as I'd like to, but when we do get to hang out, the stakes are usually competitive.

It was a beautiful morning on the golf course last week. Back home in Western Massachusetts for a visit, I woke up early to beat the heat, drove to East Mountain Country Club in Westfield and met my old man for a round before the crowds hit.

I arrived first, changed into my shoes and waited around until Papa Lajoie rolled into the parking lot about 10 minutes later. We walked into the pro shop, where he was thrilled to receive the Senior Citizen discounted rate. I was thrilled when he offered to pay

## Adventures in Sports Reporting

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for me.

His golfing attire included a bucket hat and salmon shorts combo. The bucket hat is clearly the way to go when you're no longer capable of growing hair on top of your head to prevent a deep burn. I prefer the baseball cap, but I'm also not in my 60s so there ya go.

Things got off to a strong start. We teed off on the back nine and I bogeyed the first two holes then lost a ball on number 12. My playing partner had a tougher time, inexplicably carding an eight on the par

three 10th, including losing his tee shot (and first shot of the entire day) in the drink. We didn't exactly set the course on fire right away. I got on track with a stellar tee shot on number 13, two-putting for a par.

It was right around this time that padre decided we needed to take a selfie to send to my older sister, who was stuck at work and couldn't participate in the golfing fun. She wasn't pleased, as you might imagine when dealing with a couple of bozos who rub in the fact that they're out golfing on a random

Tuesday morning.

We literally had the back nine all to ourselves at East Mountain (probably because the course stinks), and we breezed through with no groups to slow us down. I shot a 46, which is usually right in line with my suboptimal golf skills. I play like five times a year so there's really no chance for me

to improve without devoting some real hours of practice and whatnot. Who has the patience for that kind of tomfoolery?

The good news was that I mopped the floor with my dad (though that's not really very impressive). I might need to pull a dad move and start letting him win to pick up his confidence one of these days. For

now, I'll take the win and move on. He did buy me celebratory hot dog in the clubhouse after the round, so I can't say too much here.

*Jeff Lajoie covers sports for the Winnisquam Echo, Meredith News and Gilford Steamer newspapers. He can be reached at jlajoie@salmonpress.com*

## Register for LRFFL fall season

**MEREDITH** – The Lakes Region Flag Football League (LRFFL) is an NFL Flag youth flag football program, and is open to all boys and girls in the Lakes Region area between the ages of 4-15, with four age divisions: 4-6; 6-8; 9-11; 12-15. All divisions are co-ed. Play-

ers' ages are as of Sept. 1.

The registration fee for the Fall 2015 season is \$65. The fee covers all expenses for the season and each player will receive an NFL Flag reversible team jersey and a set of NFL flags to keep. Credit card payments are accepted online, and checks are also accepted. Sign up online at lrffl.com

The Fall 2015 season schedule is posted on lrffl.com, practices for

the 6-8 and 9-11 division are one hour per week, typically on Wednesday nights, while the 4-6 and 12-15 divisions will practice on game days. Games are one hour long and are played primarily on Sunday afternoons at the Inter-Lakes High School turf field in Meredith.

Like the league on Facebook at lakesregion-flagfootball. Questions? E-mail lrffl@metrocast.net.

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