Del Ponte leads way as team runs to first-place honors on home course

Tammi Del Ponte won her first big meet of the season and led the Cedar Grove-Belgium girls’ cross-country team to victory at the Rocket Invitational on Sept. 6.

Del Ponte, a senior, finished with a 4,000-meter time of 16 minutes, 3 seconds on her home course.

Teammates Molly Ison (16:47) and Lilly Paul (16:54) were fifth and sixth, respectively.

The Rockets’ other scoring finishes were Chloe Paul in 16th (17:55) and Jericho Duenk in 22nd (18:22).

Cedar Grove-Belgium scored 48 points, edging runner-up Homestead (54) in an eight-team field.

“The girls’ team continues to make good progress and is working hard in practice,” Rockets coach Les Paul said.

“The girls had a tough challenge and were fortunate to come out on top.”

In the boys’ portion of the meet, Derek Arndt was the Rockets’ only runner. He finished 13th with a 5,000-meter time of 19:39, a personal-best on the course.

The schedule doesn’t get any easier from here for Cedar Grove-Belgium runners.

“We have a very tough stretch of meets the next month. We are busting it hard in practice and taking each week as the next goal,” coach Paul said.

This Saturday, the Rockets will run in the Angel Invitational at the University of Wisconsin-Parkside.

Dieringer leads Ozaukee girls

Jessika Dieringer earned her third medal of the season in leading the Ozaukee girls’ cross-country team at the Mayville Invitational last Friday.

Dieringer, a sophomore, placed eighth with a personal-best time of 16:27. All of her teammates also posted season-best times.

Brianna Leitzke finished 148th (21:26), followed by Natalie Bares in 158th (22:00), Devon Fowler in 173rd (22:24), Jordan Jacobs in 195th (23:58) and Jessica Wengel in 199th (24:27).

The Ozaukee girls placed 23rd out of 26 teams.

In the boys’ meet, Ozaukee was led by Ian Hughes, who placed 42nd with a personal-best time of 19:08.

Among his teammates, Alex Dieringer took 67th (a personal-best 19:48), Tyler Bares was 134th (21:57) and Nathan LeSage was 150th (22:18).

This Thursday, the Warriors will participate in the Valders Invitational at 4 p.m.

Image Information: MEMBERS OF THE Cedar Grove-Belgium girls’ cross-country teams broke from the starting line during their 4,000-meter race at the Rocket Invitational. Led by a first-place finish from Tammi Del Ponte (158), host Cedar Grove-Belgium won the team title. Photo by Sam Arendt