

# Island Sports

## Nate Wigton claims two state track titles

By **Stephanie Heelan Cotsonas**

The North Kingstown High School girls' and boys' indoor track teams finished their seasons last Sunday at the State Championship Meet held at the University of Rhode Island. The boys tied for fifth place out of 22 teams while the girls came in seventh.

Jamestown's Nate Wigton was crowned state champion in the 600-meters with a time of 1:25.67. "I wanted to go faster but it was still a win so I am pumped about that. At New England's I want to knock two seconds off my time and go for the school record," said Wigton.

Wigton was also a part of the state champion 4 x 400-meter relay team, which won with a time of 3:31.39, breaking both the school and the state meet record. Other members of the winning relay team were Kevin Alexander, islander Rory Farrell, and Andrew Buresh.

Wigton was excited about the relay win. "Our coach placed us strategically. Andrew and I were in the back because we needed rest from the 600. He put me in the third anchor because I don't need anyone in front of me to chase down to run a fast time. Andrew Buresh is always a good closer and

Kevin and Rory were in the front because they are really good 400-meter runners so they could get the lead."

Coach Charlie Breagy summed up the meet. "It was absolutely fantastic what they did today." Breagy's goal was to try to win three of the 12 events and that they did. In addition to the 600-meters and the relay, Alexander took first place in the 55-meter hurdles which was also a state meet record.

When asked about his strategy in the relay Breagy said confidently, "I told every one of them what to do before the relay and everyone did exactly that. I told Kevin to get the lead. I told Rory to hold the lead. I told Nate to expand the lead. And I told Buresh to finish it off. We talked it over and it just happened."

Breagy spoke highly of his two state champions. "Nate has been working with me since he was a freshman. He won titles as a freshman and is still winning all the way. He is one of the finest young athletes I have ever worked with as well as Kevin Alexander. They will be greatly missed when they graduate and we have had some fun over the last four years together.

We still have a lot to do in outdoor track and more records to set that Nate will be part of."

Bishop Hendricken took the indoor track state crown. Running for Hendricken, islander Alex Sakovits placed sixteenth in the 600-meters.

Islander Erin Brennan took fourth and fifth place in the 1,500-meters (4:59.60) and 3000-meters (10:43.5), respectively at the girls' state meet.

Head Coach Jen Chabot said in the 3,000-meters there was a strong group of runners battling for the win. "In addition to Erin, there were a couple girls from LaSalle, one from Bayview, South Kingstown and Cranston West and it could have been anybody's game because they all run about the same. They ran in a pack for a while, then one would drop back, then the pack would go on, then another one would drop back and they would all catch up again. It was a really good race and all the girls ran well and got their personal best times."

Chabot added "The 3,000 is a long race, then she (Brennan) came back and ran the 1,500 with only a short rest in between." Brennan's



NKHS runners Nate Wigton, left, and Roy Farrell cheer on the anchor leg of their 4x400 meter team as they won the state championship Sunday.  
Photo by Andrea Downing

last lap in the 1,500-meters was strong and she placed better than she was originally ranked in both events.

Jamestown resident Caitlin Downing placed twelfth in the 600-meters after going into the meet ranked sixteenth. Chabot was pleased with Downing's performance and noted her individual goal was to break 1:50 and Downing ran her personal best time of 1:46.60, finishing closely behind teammate Alexa Mazur, who ran 1:46.39.

Downing was also a part of the seventh place 4 x 400-meter relay team which also included Meg Scully, Alexa Mazur, and Chelsea Tetreault. Chabot said, "There are a lot of strong and fast teams at this distance. Our girls ran well and got

their fastest time in the 4 x 400." The relay team also improved their rank, going into the meet seeded ninth.

Brennan qualified for the New England Championships in the 1,500 and the 3,000 and will be the only individual runner representing North Kingstown. The 4 x 200-meter relay team of Scully, Mazur, Tetreault, and Renee Dubuc placed fourth and will be joining Brennan at New England's.

Overall Chabot was happy with the team's showing at the state meet. "The kids ran some excellent times and a lot of them got personal bests and they had a great time doing it," she said. Also representing the Skippers, Mike Spahr of Jamestown placed 11th in the 55-meter hurdles.



### PUBLIC HEARING TOWN OF JAMESTOWN 2008 COMMUNITY DEVELOPMENT BLOCK GRANT

The Town of Jamestown is preparing a Community Development Block Grant application for up to \$250,000 to undertake the following activities:

- 1) **Housing Development:** Provide funding to Church Community Housing Corporation for the acquisition of Town Office property on Southwest Avenue to create 9 units of Affordable rental housing to serve low and moderate-income families.  
Amount: \$200,000 (not subject to \$250,000 limit)
- 2) **Operating Costs:** Church Community Housing Corp to administer the Regional Revolving Loan Fund for home rehabilitation, Homeowners Assistance, other town housing programs and RI Housing Loan programs in Jamestown.  
Amount: \$20,000
- 3) **Public Facility:** Provide funding for East Bay Community Action to make capital improvements to their medical, dental and services facilities that assist for low income families.  
Amount: \$5,000
- 4) **Public Facility:** Provide funding to the Jamestown Housing Authority to make capital improvements to the Pemberton Apartments housing facility serving low and moderate-income families.  
Amount: \$12,780
- 5) **Economic development:** Support for the Women's Resource Center to provide economic literacy education and micro-enterprise services for victims of domestic violence.  
Amount: \$5,000
- 6) **Housing Development:** Provide funding to the Women's Resource Center for the acquisition of property to be used for transitional housing to serve victims of domestic violence.  
Amount: \$10,000 (not subject to \$250,000 limit)
- 7) **Public Services:** Provide operating support for the Housing Hotline of Newport County to provide housing counseling and referral services.  
Amount: \$2,000
- 8) **Housing Operating:** Provide operating support to the Community Housing Land Trust of RI for technical assistance, training and monitoring of affordable housing units.  
Amount: \$3,000
- 9) **Public Facility:** Provide funding for Friends of Jamestown Seniors to make capital improvements to the Senior Center.  
Amount: \$7,000
- 10) **Administration:** Amount: \$5,000

A Public Hearing will be held on March 4, 2008 at 4:30 P.M. at Town Hall for the purpose of obtaining citizens' views of the proposed activities. Written comments will also be accepted at Town Hall prior to the hearing. The application will be available in the Town Planners Office for public review and comment prior to submission to the State on April 17, 2008. Citizens with handicaps needing sign language or other assistance should call TDD number 1-(800)745-5555 for interpreter seventy-two (72) hours in advance.



## RE-OPENING THIS WEEKEND!

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## jamestown *ji* fitness

Every morning at 5:30 am, I walk my dog on Southwest Avenue. Since July of 2005, I have seen the "early-birds" at Jamestown Fitness, the hardy souls who are working out – and I have yearned to join them.

At Christmas time 2007, I finally took the plunge and joined the gym – and what a difference this decision has made in my life! I feel better, my clothes fit better – and I am energized to meet the challenges of my day.

Thank you, Barbara, for opening Jamestown Fitness – I appreciate it very much!

– Jeanne Spinosa

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Mon-Thurs: 5:30 am-8 pm	36 Southwest Avenue
Friday: 5:30 am-7 pm	T: (401) 560-0300
Sat-Sun: 7 am-3 pm	F: (401) 560-0301