

Chargers Women Win USATF Niagara Association 5K Road Race Championship Amanda Laytham Sets New Club Record for 5K

The Syracuse Chargers open women's team captured the Niagara Association 5K Road Race Championship at the Syracuse Festival of Races September 30. The anticipated battle between the VM Project, based in Buffalo, and the Chargers never materialized as the VM Project was missing some of their top talent. The Chargers won 53:55 to 55:48. In women's road racing USATF rules are such that the top three women's times are combined. The fastest combined time wins. The open women's team consisted of **Amanda Laytham** (16:52), **Murphee Hayes** (18:26), **Kaitlin O'Sullivan** (18:37), **Julie Lee** (20:00) and **Laura Feller** (20:31).

Highlighting the team victory was a new club record set by **Amanda Laytham** in the 5K. Her time of 16:52 betters the existing Chargers record of 17:03 set by Heidi Swarts on the same course in 2001. Laytham's 5K Splits:

1K: 3:12
Mile: 5:16
1/2 - 8:13
3K: 9:58
4K: 13:29
5K - 16:52 (New Chargers 5K Road Record)



Laytham (#2) at the start of her record setting run.