

**DARLINGTON PARK FROSH COURSE**

1 LOOP 1.61 miles

9:49*	Justine Lupo	2000	11:47	Katie Latanich	1996
9:51	Christy Bertelsen	2004	11:47.7	Jess Connor	2005
10:16.1	Marya Goodman	2003	11:49	Kristen Espenak	1999
10:16	Tara O'Neill	1996	11:49	SuJean Park	2001
10:21	Clair Nowakowski	1998	11:53	Andrea Remmen	1993
10:22	Rachael Ryan	2001	11:53	Meryl Saunders	2006
10:30.1	Ashlyn Llerandi	2003	11:56	Lucia Knight	1995
10:32	Alyson Cangemi	1996	11:57	Alison Correll	1995
10:33	Claire Burns	2001	11:57	Caroline Gable	2000
10:33	Courtney Schofield	2006	11:58	Shelly Seidenberg	2000
10:34.8	Justina Cho	2005	11:59	Kate Mewhiney	1997
10:36	Jess Rohten	1996	12:06	Milena Loren	2006
10:40	Rebecca Johnson	1997	12:08	Tammie Armstrong	2000
10:47.0	Charlotte Margel	2005	12:11.8	Devon Fromm	2003
10:48	Casey Dunn	2000	12:12	Jenna Rubinoff	1999
10:49	Alexandra Oros	1998	12:14	Allyson Donnelly	1992
10:49	Jess Krejsa	2002	12:17	Sarah Bigos	1998
10:49	Emily Garber	2006	12:22	Erin Cron	1996
10:51.8	Sam Laddin	2005	12:23	Kristin Egan	1995
10:51.8	Lissett Dillon	2005	12:23	Jill Herlihy	2000
10:53	Jackie Goulart	1998	12:25	Jenn Cortright	2001
10:54	Peggy Lynch	1998	12:28	Christina Dasher	1995
10:54	Jackie Macchi	1999	12:29	Catherine Lowe	1994
10:58	Tira Lobell	1995	12:31	Liz Bedford	1999
10:59	Mauren Muchel	2004	12:32	Pippa Scott	1998
11:00	Nikki Lattieri	2000	12:32	Katie Martin	2006
11:01	Lesley Bruno	1996	12:34	Irene Janis	1995
11:02	Diane Nelson	1996	12:34	Tory Mullin	2005
11:03	Okwuchi Onwubu	2006	12:35	Deborah Apsel	1992
11:04	Lauren Maxwell	1992	12:37	Nora Varadi	1993
11:04	AshleyBridgefarmer	2000	12:40	Pricilla Chow	2005
11:06.7	Brittany Ghaderi	2005	12:40.3	Jess Murphy	2000
11:07.5	Annie Bigos	2004	12:41	Mary Anne Lthgow	2006
11:09.2	Elana Chamlers	2003	12:44	Ashley Amo	2000
11:09	Geraldine Campbell	1992	12:53	Kelly Phillips	2006
11:10	Julie Hurley	2004	13:00	Dana Flynn	2004
11:11	Beth Apsel	1992	13:02	Pam Safirstein	2006
11:11	Lianne Hansen	2000	13:03	Ali Bonanno	2006
11:13	Natisha Skuthan	1994	13:03	Amanda Metzger	2006
11:14	Kerry Doherty	1999	13:04	Katie Minitier	2006
11:16.0	Cara McBrearty	2004	13:05	Aimee Martin	2000
11:17.0	Elyse Clarendon	2005	13:10	Julie Culiver	1992
11:18.1	Alex Jones	2003	13:20	Jen Siegel	1992
11:20	Shannon McCarthy	2000	13:20	Vicki Lowe	1994
11:21	Meredith Jones	2002	13:25	Adella Ilieva	2006
11:21	Lauren Mason	2006	13:31	Chelsea Muggeridge	2006
11:22	Julie Sprich	1995	13:29	Pam Safirstein	2006
11:23	Julia Foresman	1998	13:39	Mary Taylor	2006
11:24	Brianne Lupo	2003	13:43.9	Ali Wardley	2003
11:24.5	Madeline Conboy	2005	14:18	Lauren Gadon	2005
11:25	Katie Simpson	2001	15:36.5	Daisy Watson	2005
11:30	Kate McDonagh	1999			
11:30.6	Molly Rappaport	2005			
11:34	Ruth VanYperen	1998			
11:35	Nora Apsel	1996			
11:37	Sara Delaney	2001			
11:39	Colleen Herlihy	1998			
11:40	Jane Horwitz	2001			
11:43	Brittany Hemmel	1997			
11:45	Kathleen Nowakowski	98			
11:45	Emma Follender	2006			

All Time Ridgewood List

course established 1992  
\* Course record: 9:49 2000  
Justine Lupo  
Ridgewood High School  
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