

Ridgewood win gets Simmonds off

By Paul Schwartz
Correspondent

There is no doubt that Saturday's victory by Misha Simmonds of Dumont in the Boys A race of the Ridgewood Invitational cross-country meet was the most important of his career. It may be even more important if Simmonds can turn it into a league championship Tuesday at the Bergen County Scholastic League American Division race.

"I really needed a breakthrough race, and I had gotten that kind of a race about this time last year," said the Huskies junior after win-

ning the 5,000-meter race in 16:37 and finishing 120 meters ahead of Tim McKellor of Horace Mann. "I didn't know who a lot of these runners were, because they weren't from around here, but I got into a pretty comfortable pace right away."

Simmonds and Pascack Valley sophomore Geoff Ryan led the race through the first half, after avoiding some problems with a tight turn that cost them about 10 meters on the opening loop. Simmonds pulled away with a mile to go and Ryan finished fourth.

"This race is important to me because the league meet is Tues-

day at Darlington, and I really am looking to win the championship," Simmonds said. "This race gives me a lot of confidence."

Simmonds, the first area runner to win a race at the meet since Dumont's Matt Goodman won the B race in 1986, lost only to freshman Mike Matos of Queen of Peace during the Bergen County Scholastic League dual season.

Ryan, the Northern Bergen Interscholastic League freshman champion last year, was pleased

with his race, which continued his excellent season. Ryan, who gave Frank Baldassare of Ramapo and Rob Reeder of Northern Highlands good battles in NBIL dual meets, thinks his success this year does not add pressure.

"I just take it as it comes," said Ryan. "I've got time."

The top area performance by a girl came from Ridgewood sophomore Jenna Rogers, third in the Girls B race, won by Chrissy Per-

CROSS-COUNTRY

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on right foot

son of Williamsport (Pa.).

Rogers, apparently recovered from the series of shin splints and stress fractures that hampered her freshman season, led the Maroon girls to fourth overall behind Pennsylvania powerhouse Williamsport and New York powers Warwick Valley and Washingtonville.

Hadas Tal of Fair Lawn, who figures to battle Rogers and Hackensack's Kerriann Codling for the Bergen Group 4 title Saturday, was 15th in the race.

Holy Angels was fourth in the Girls A race paced by the eighth-

place finish of Regina Gonzalez, Pascack Valley did not run a team, but Indian runners Sandra Biro was seventh and Caitlin Schrein ninth in the race.

Baldassare sixth in N.Y. race

NEW YORK — Ramapo junior Frank Baldassare ran 4 minutes, 18.1 seconds to finish sixth behind Ibrahim Aden of Virginia Saturday at the Fifth Avenue High School Mile in Manhattan. Baldassare, whose best open high school 1,600 meters was 4:18.4, finished nearly five seconds behind Aden, who was clocked in 4:13.3.

CBA sets mark with 5th title

By PAUL FABRI

NEW YORK — Tom Heath, the coach of Christian Brothers Academy in Lincroft, N.J., figured the boys' Eastern States Cross-Country Championships yesterday would be close — but not that close.

"I charted it this week during practice and I thought it would be a two- or three-point difference," Heath said. "I expected it to be that close."

It was closer. CBA, buoyed by Matt Stubbs, a senior running in his first varsity race, managed to edge Chaminade a single point in the boys' A Division race, 87-88, to win a record fifth team title at the 44th boys' Eastern States meet in VanCortlandt Park, The Bronx.

Other New Jersey teams fared well in the race. Shawnee was third, Toms River North fourth, Cinnaminson sixth, Seton Hall Prep eighth and North Hunterdon ninth.

Stubbs was CBA's fifth-place finisher, 41st overall—just high enough to make the team-championship difference.

It was a day that produced five individual victories for New Jersey.

Brendan Heffernan of North Hunterdon breezed to the individual title in the A race in 12:45. Heffernan had had won the G race at the Manhattan Invitational in 12:33 last week, but an unseasonably warm day prevented an improvement.

Keith O'Brien of Shawnee finished second in 13:06.

The second best boys' time of the day came from the winner of the boys' B race, Brian Walsh of Chatham. Walsh, whose activity this year has been limited to a few dual meets, won

his race in 12:54, establishing himself as the best threat to Heffernan at the Nov. 23 NJSIAA Meet of Champions.

Jeff Perez of Union Hill won the boys' D race in 13:49. Bridgewater edged Union Hill for the team championship, 116-123.

In addition to the boys' competition, there were two girls' races and both produced New Jersey champions. Monal Chokshi of Bridgewater, winner of the last two New Jersey state championships, won the girls' A race in 15:19. In the girls' B race, sophomore Becky Leon won in 16:14 to lead Cinnaminson by Immaculata, 61-95, for the team title.

Despite the frequency with which CBA wins championships, Heath reacted emotionally to the news of his team's victory. When informed of the decision, he sprinted over to his team, pumping his fist in the air.

"This is the biggest championship a team can win in the East, so we're happy," Heath said. "We looked at Chaminade last week (at the Manhattan race) and we knew we'd have to be more consistent. Chris Grasso (who finished fourth for CBA and 14th overall in 13:52) had a bad race last week and he turned it around, and Stubbs saved the day."

A senior, Stubbs had to qualify to make the trip with the varsity by winning a dual meet against Freehold Township on Wednesday. He finished 41st yesterday in 14:15.

"Wednesday was my last dual meet, so I wanted to go out with a bang," Stubbs said. "We've had a couple injuries and that gave me a chance to help today. I thought I could have run better, but it's great to get the win."

St. Benedict's takes Ridgewood meet

St. Benedict's Prep and Newark Science each totalled 90 points, but St. Benedict's won the boys' A Division title on the strength of a faster sixth man in the Ridgewood Invitational cross-country meet at Veterans Park in Ridgewood.

Misha Simmonds of Dumont won the A race in 16:37.

Sam Wolckenhauer of West Morris finished second in the boys' B race in 16:31. Washingtonville of New York beat Holmdel, 55-108 for the team title.

Stacey Stewart of Newark Science finished sixth in the girls' B race in 21:19.

Geisel triumphs, paces Rutgers P

Justin Geisel successfully defended his championship, winning in 16:35 to help Princeton Day past runnerup Rutgers Prep, 31-40, in the boys' division of the New Jersey Prep Conference cross-country championships yesterday at Newark Academy.

Erica Golliday of Rutgers Prep, the only school with a full team, won the girls' race in 22:43.

BOYS

TEAMS: 1-Princeton Day 31. 2-Rutgers Prep 40. 3-Morrisstown-Beard 79. 4-Newark Academy 85. 5-Montclair-Kimberley 118.

INDIVIDUALS: 1-Justin Geisel, Princeton Day 16:35. 2-John Stitzer, Princeton Day 17:05. 3-Regis Renard, Rutgers Prep 17:16. 4-Chris Sheldon, Princeton Day 17:44. 5-Andrew Biber, Newark Academy 17:50. 6-Sam Finklestein, Rutgers Prep 17:58. 7-Paul McLaughlin, Rutgers Prep 18:34. 8-Andy Goldenson, Princeton Day 18:38. 9-Paul Kermizian, Rutgers Prep 18:47. 10-James Lepow, Montclair Kimberley 18:48.

GIRLS

TEAMS: 1-Rutgers Prep 18. INDIVIDUALS: 1-Erica Golliday, Rutgers Prep 22:43. 2-Joanna Villeneuve, Rutgers Prep 23:27. 3-Melissa Aurilemma, Montclair-Kimberley 23:53. 4-Gia Bocra, Rutgers Prep 24:10. 5-Vicky DePeralta, Rutgers Prep 24:58. 6-Amanda Heron, Rutgers Prep 26:57. 7-Jessica Blumstein, Newark Academy 27:38. 8-Cheryl Sinner, Montclair-Kimberley 29:17. 9-Lauren Lineback, Rutgers Prep 31:50. 10-Violetta Renard, Rutgers Prep 31:50.

Weiss, Jensen win X-c crowns

Chris Weiss of Manalapan won the boys' race in 17:43 and Kariesa Jensen of Marlboro was the girls' winner in 21:22 to lead their teams to championships at the Freehold Districts cross-country championships yesterday at Holmdel County Park.

The Manalapan boys beat Freehold Township, 25-63, for their third consecutive championship while the Marlboro girls outran Freehold Township, 31-58, for their fourth consecutive title.

CROSS-COUNTRY

1991

Ridgewood Invitational

BOYS VARSITY A

Team scoring

St. Benedict's 90*, Newark Science 90*, Mater Del 106, Lawrenceville 125, Horace Mann 125, Pasckack Valley 144, Dumont 188, Sparta 207, Arts 212, Park Ridge 243, Cornwall 261, Marlboro 301, Hackley 306.

- *St. Benedict's wins on better sixth man finish.
1. Aisha Simmonds, Dumont 16:37.
 2. Tim McKellor, Horace Mann 17:01.
 3. Tony Tavares, Science 17:12.
 4. Geoff Ryan, Pasckack Valley 17:14.
 5. Dave Porada, Lawrenceville 17:16.
 6. Jermaine James, Science 17:27.
 7. Matt Polhemus, Cornwall 17:27.
 8. Ryan Harrison, Mater Del 17:27.
 9. Denny Lam, Horace Mann 17:29.
 10. Paul Mocombe, St. Benedict's 17:29.
 15. Carl Neuman, Pasckack Valley 17:41.
 20. Ed Montalvo, Dumont 17:55.

BOYS VARSITY B

Team scoring

Washingtonville 55, Holmdel 108, Middletown North 115, Warwick Valley 125, Clarkstown South 136, West Morris Central 168, Tri-Valley 172, Notre Dame 188, Vernon 198, Steiner 218, Raritan 273, DePaul 347, Fair Lawn 375, Indian Hills 393, Long Branch 424, Mohonagan 449.

1. Eric Perez, Washingtonville 16:30.
2. Sam Wockenbauer, West Morris 16:31.
3. Kevin Walsh, Middletown North 16:34.
4. Mark Shen, Clarkstown South 16:47.
5. Carl Kraus, Holmdel 16:54.
6. Kevin Murphy, Warwick 16:54.
7. Bill Lynch, Middletown North 16:54.
8. Jim Bays, Notre Dame 16:59.
9. John Primerano, Notre Dame 17:00.
10. Chris Alexander, Washingtonville 17:01.

GIRLS VARSITY A

Team scoring

TriValley 47, Cornwall 94, Lawrenceville 108, Holy Angels 157, Tenafly 165, Arts 167, Sparta 169, Dumont 189, Mt. St. Dominic 292, St. Vincent's 298.

1. Suzanne Gould, Cornwall 19:08.
2. Cara Madzy, Sparta 20:11.
3. no card, Tri-Valley 21:03.
4. Karen MacKenzie, OLMA 21:11.
5. no card, Tri-Valley 21:14.
6. Stacy Stewart, Science 21:19.
7. Sandra Biro, Pasckack Valley 21:22.
8. Regina Gonzales, Holy Angels 21:33.
9. Caitlin Schrein, Pasckack Valley 21:33.
10. no card, Tri-Valley 21:33.
17. Noreen Sheehan, Dumont 21:59.
19. Michelle Heavne, Holy Angels 22:20.
21. Emily Luther, Tenafly 22:30.
22. Sarah Schell, Tenafly 22:36.
24. Megan Kerr, Tenafly 22:57.

GIRLS VARSITY B

Team scoring

WilliamSPORT (Pa.) 32, Warwick Valley 71, Washingtonville 92, Ridgewood 110, Notre Dame 209, Vernon 214, Raritan 218, St. John Vianney 221, Fair Lawn 267.

1. Chrissy Person, WilliamSPORT 18:58.
2. Michelle Golgrove, WilliamSPORT 19:19.
3. Jenna Rogers, Ridgewood 19:29.
4. Tracy Pombo, Vernon 19:30.
5. Amy Williams, Warwick 19:32.
6. Alicia Salvatore, WilliamSPORT 19:38.
7. Lisa Hever, Clarkstown South 19:40.
8. Evelyn Perez, Washingtonville 19:45.
9. Lisa Torgerson, Warwick 19:47.
10. Claudine Kelly, Warwick 19:49.
15. Hadas Tal, Fair Lawn 20:17.
19. Eileen Fitzgerald, Ridgewood 20:25.
25. Erin Roach, Ridgewood 20:55.

Boys freshman individual winner - Chris Chiaro, CBA, 7:53.

Boys freshman team winner - Warwick Valley A 32.
Girls freshman individual winner - Rikki Williams, St. John Villa, 9:25.
Girls freshman team winner - Warwick Valley 53.
Boys sophomore individual winner - Brendan Gould, Cornwall, 17:23.
Boys sophomore team winner - St. Joseph Regional 47.
Boys junior varsity individual winner - Jeff Greenstein, Clarkstown South, 18:08.
Boys junior varsity team winner - Steiner 29.
Girls junior varsity individual winner - Carrie Marnstetter, WilliamSPORT, 21:06.
Girls junior varsity team winner - WilliamSPORT 36.

Cumberland Run

ENGLEWOOD 40
RIVER DELL 70
PALISADES PARK 74
RIDGFIELD PARK 78
WESTWOOD 108

BOYS

1. Elliot Mitchell (E) 18:14.
 2. Brendyn Huh (PP) 18:22.
 3. John Sell (E) 18:24.
 4. Terry Tennant (PP) 18:27.
 5. Cel Labordardo (RP) 18:34.
 6. Mike Levine (RD) 18:48.
 7. David Hevavi (E) 18:47.
 8. Carlos Torrez (RP) 18:52.
 9. Bob Dinkelmeier (W) 18:54.
 10. Brett Wask (W) 18:55.
 11. Darrin Edwards (RP) 18:56.
 12. Harold Olarte (E) 18:57.
 13. Mike Mirakian (PP) 18:59.
 14. John Miller (RD) 19:00.
 15. Mike Yndolino (RD) 19:09.
- Course: River Dell; Distance: 5K.

PALISADES PARK 29
ENGLEWOOD 48
RIVER DELL 68
IHA 128
WESTWOOD 139

GIRLS

1. Gilza Rolas (CP) 20:51.
 2. Melanie Picciano (PP) 20:58.
 3. Karin Goers (PP) 22:10.
 4. Holly Chaput (RD) 22:23.
 5. Anna Castelli (PP) 22:35.
 6. Natalie Collins (E) 23:10.
 7. Hiroko Nagumo (PP) 23:37.
 8. Nicole Seate (E) 23:40.
 9. Sofi Batancur (E) 23:52.
 10. Chareme Banks (E) 23:54.
 11. Donna Leyden (RD) 24:42.
 12. Gissell Scott (PP) 24:49.
 13. Alison Morgan (E) 25:00.
 14. Sarah Friend (W) 25:03.
 15. Ola Bynerowicz (RD) 25:12.
- Course: River Dell; Distance: 5K.