

# Holloman, Carmichael excel

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## TRACK

**HACKENSACK** — In two weeks, runners from all over New Jersey will converge on Princeton's Jadwin Gym for the annual State indoor championships, the climax to the winter track season. Saturday's Ridgewood Winter Games I, postponed from earlier in the month, gave Kathy Holloman of Passaic and Nicole Carmichael of Kennedy a chance to get a little closer to the form they hope will earn them Group 4 State titles on Feb. 13.

"I have to work on my arms more," said Holloman, who ran 8.2 for the 55-meter high hurdles to defeat Patty Glynn of Pearl River in a very good field. "I had a bad start in the trials but in the finals I got it going a little better."

"This is the time of the year I'm looking forward to," said Holloman, who is considering Manhat-

tan, Connecticut, and Fairleigh Dickinson. "The States and the Easterns in Boston. They're both races I can do well in."

Carmichael, who won the 55-meter dash in 7.4 over Hudson County champ Denise Clarke of North Bergen, is also trying to improve her start.

"I'm a slow starter in almost every race," said Carmichael, who also took fourth in the 400 in a career-best 62.9. "I'm working on lots of different starting drills and I think if I practice every day and do what I'm supposed to do, I have a chance at the States."

Ridgewood's 4x400 girls relay has more modest goals, to be the best relay team in Bergen County. And the team of Gizele Watson, Vanessa McDermott, Kate Brun-

ner, and Melissa Gilbert took a step in the right direction running 4:16.8 to easily win the relay. It was the fastest time by a Bergen County school this year.

"That's what we were going for today," said Gilbert, who anchored the win in 62.5 after finishing second in the open 400 in 62.2. "We didn't know how well Hackensack had run until we saw it in the paper and that got us motivated."

Gilbert couldn't quite catch Thara Jeanty of Albertus Magnus in the open quarter, coming up a yard short after laying back on the first of the two-lap race.

"I let her get away a little too much and I should have made my move earlier," said Gilbert. "That's why I wanted to run well in the relay. I really enjoy the relay because I love competing with my teammates."

Holloman, Carmichael, and the Ridgewood relay team were the

only winners, but not the only top area performers at the meet.

Chris Hall of Teaneck took second to Kokia Shanks of Weequahic in a seasonal-best 51.3 in the 400 and then his sizzling 50.7 anchor leg almost caught New Providence's Kevin Bowman in the 4x400 relay.

Stephanie Doyle of Ridgewood was disappointed with her second-place finish in the 1,600, behind Jessica King of Glen Ridge, but when she found out her time was 5:27.4, she brightened considerably.

"That's six seconds faster than I've run this year," said the talented sophomore. "Now I feel a lot better."

Doyle also helped the Ridgewood 4x800 team to a fine 10:05.9 clocking for a second, without two usual legs, Lauren Stuhr and Jenna Rogers.

Courtney Beckles of Kennedy was second in the boys hurdles.

## TRACK SUMMARIES

### Ridgewood Winter Games I

#### At Reikman Center, Hackensack

##### VARSITY BOYS

55 — 1, Kokia Shanks, Weequahic, 6:4; 2, Kevin Hampton, West Side, 6:4.3; Clifton Allen, Passaic, 6:6; 4, John Mabry, Hackensack, 6:6.  
 400 — 1, Karzem Archer, Plainfield, 6:7.2; Courtney Beckles, Kennedy, 6:9; 3, Toshiyuki Yamada, Fort Lee, 6:9.  
 800 — 1, Kokia Shanks, Weequahic, 49.5; 2, Chris Hall, Teaneck, 51.3; 3, Ian Arcia, Monclair, 51.8; 5, Jason Sell, Clifton, 52.7; 7, Carlos Sanyer, North Bergen, 53.2; 9, Damien Belancets, Teaneck, 53.8; 10, Anilo Casarion, Passaic, 54.0.  
 1,600 — 1, Michael Spellman, Monclair, 1:24.1; 2, Shawn Hoy, Arts, 1:27.3; 3, Steve Lick, West Side, 1:27.4; 4, Juan Barahona, Fort Lee, 1:28.4; 5, Courtney Beckles, Kennedy, 1:30.0; 8, Carlos Campos, North Bergen, 1:32.2; 9, Jason Bell, 1:33.0.  
 3,200 — 1, Michael Spellman, New Providence, 4:25.6; 2, Anthony Debenedictis, Roselle Park, 4:27.9; 3, Felix Olivo, Secaucus, 4:35.7; 4, henock Assafa, Fort Lee, 4:39.5; 5, Julio Ortiz, Hoboken, 4:43.3; 6, Adam Karpi, Pasack Hills, 4:46.2; 8, Michael Kho, Fort Lee, 4:47.1.  
 400 relay — 1, New Providence (Jeff Walsh, Marlin Boorman, Micheal Spellman, Kevin Bernani), 3:34.9; 2, Teaneck, 3:35.2; 3, Newark Central, 3:44.2; 4, Ridgewood, 3:44.4; Passaic, 3:45.5.  
 3,200 relay — 1, Clarkstown South (Steve Seadacchini, Peter Modafferi, Jorge Garcia, Adam Greitzer), 8:23.9; 2, Memorial, 8:25.2; 3, Albertus Magnus, 8:30.7; 4, Ridgewood, 8:33.5; 5, North Bergen, 8:37.9.

##### VARSITY GIRLS

55 — 1, Nicole Carmichael, Kennedy, 7:4; 2, Denise Clarke, North Bergen, 7:5; 3, Jennifer Griffith, Monclair, 7:5.  
 400 — 1, Kathy Holloman, Passaic, 7:2; 2, Patty Glynn, Pearl River, 7:7; 3, Trinitie Singletary, Passaic, 7:8; 4, Kelly Ann LaPiera, Hackensack, 7:8; 5, Kerry Wasser, Saddle Brook, 7:9; 6, Jamie Davidson, Hackensack, 8:1.  
 800 — 1, Thara Jeanty, Albertus Magnus, 61.9; 2, Melissa Gilbert, Ridgewood, 62.2; 3, Diana Lana, Saddle Brook, 62.6; 4, Nicole Carmichael, Kennedy, 62.9; 6, Kathy Holloman, Passaic, 63.3; 7, Marissa Jackson, Hackensack, 64.4.  
 1,600 — 1, Stephanie Doyle, West Side, 5:45.9; 2, Liz Kane, Pearl River, 5:47.9; 3, Jen Barber, Pearl River, 5:48.2; 4, Keeby Chestak-Postava, Ridgewood, 5:48.5; 5, Jessica Drew, Westwood, 5:50.7; 6, Lisa Ryder, Bergenfield, 5:50.8; 7, Sarah McDermott, Ridgewood, 5:51.2; 8, Persphone Jones, Tenafly, 5:51.7; 9, Jen Maxwell, Tenafly, 5:52.3; 10, Audrey Ting, Secaucus, 5:52.8.  
 3,200 — 1, Jessica King, Glen Ridge, 5:17.7; 2, Stephanie Doyle, Ridgewood, 5:27.4; 3, Daniëlle Breuel, Hackensack, 5:32.8; 4, Tammy French, Pasack Hills, 5:43.7; 8, Klara Zdenkova, Northern Highlands, 5:46.0;

9, Kim Folk, Ridgewood, 5:48.9; 10, Nikki Callaghan, Westwood, 5:49.5.  
 400 relay — 1, Ridgewood (Gizelle Walton, Vanessa McDermott, Kaitlyn Barber, Melissa Gilbert), 4:16.8; 2, Pearl River, 4:24.8; 3, Weequahic, 4:34.4; 4, Westwood, 4:35.9; 5, Passaic, 4:39.8.  
 3,200 relay — 1, Pearl River (Diana Albrecht, Liz Kane, Jen Barber, Colleen Thompson), 10:02.7; 2, Ridgewood, 10:05.9; 3, Saddle Brook, 10:31.0; 4, Albertus Magnus, 10:37.0; 5, Pearl River, 10:54.0.

##### NOVICE BOYS

55 — 1, Willie Riggin, Perth Amboy, 6:7.  
 400 — 1, Gordon Harris, Weequahic, 7:3; 3, Jon Klein, Wayne Hills, 7:3.  
 800 — 1, Terrell Reifford, Weequahic, 24.1; 3, Jon David, Monclair, 24.8.  
 1,600 — 1, Josh DeScherer, Tenafly, 45.2.3.  
 3,200 relay — 1, Trenton (A. Brown, L. King, J. King, C. McCoy), 1:36.0; 2, Englewood, 1:36.9; 3, Teaneck, 1:38.5.  
 3,200 relay — 1, Notre Dame (Mike Maxwell, Dylan Coy, Dave Halanko, Bob Shapiro), 9:50.8; 3, Fort Lee, 9:52.4.

##### NOVICE GIRLS

55 — 1, Laura Sueti, Trenton, 7:6; 2, 3, Peter-Gay McLean, Englewood, 7:9.  
 400 — 1, Tiffany Starr, Clifton, 7:9; 2, June Hopple, Englewood, 8:0; 3, Charlie Gordon, North Bergen, 8.1.  
 800 — 1, L. Sueti, Trenton, 21.2; 2, Tiffany Starr, Clifton, 28.1.  
 1,600 — 1, Beth Apsel, Ridgewood, 5:57.2; 2, Rebecca Velez, Kennedy, 6:07.5.  
 3,200 relay — 1, Englewood (Allia Richardson, Peller-Gay McLean, Janyla Griffith, June Hopple), 1:52.5; 2, Clifton, 1:55.1.  
 3,200 relay — 1, Pearl River (Chrissy Warner, Bethany Barber, Alice Lin, Cara Corley), 11:09.7; 3, Ridgewood, 11:37.7.

##### FRESHMAN BOYS

55 — 1, Moughouel Fayla, Barringer, 6:8; 3, Todd Kominski, Clifton, 7.1.  
 400 — 1, Chris Huneke, Notre Dame, 8.5.  
 800 — 1, Moughouel Fayla, Barringer, 25.0.  
 1,600 — 1, Mike Maxwell, Notre Dame, 50.4.2.  
 3,200 relay — 1, Kennedy (Kadrian Beigum, Hurthel Richardson, Corey Roberts, Bernard LaCosta), 1:50.2; 2, Tenafly, 1:50.3; 3, Paramus, 1:50.9.  
 3,200 relay — 1, Notre Dame (Steve Augustine, Javier Morales, Jim Davis, Sean Deller), 9:44.3; 3, North Bergen, 9:54.8.

##### FRESHMAN GIRLS

55 — 1, Allia Richardson, Englewood, 7:7.2; Catherine Park, Tenafly, 7:7.3; 3, Erica Benedict, Passaic.  
 400 — 1, Kelly Hunsicker, Pearl River, 8.2; Marissa Jackson, Hackensack, 8.7; 3, Erica Benedict, Passaic Valley, 8.8.  
 800 — 1, Callin Wilfrich, Tenafly, 28.4.  
 1,600 — 1, Kaitie Cohn, Ridgewood, 6:03.3; 3, Wendy Amster, Tenafly, 6:06.8.  
 3,200 relay — 1, Tenafly (Shannon Brown, Catherine Park, Allison Rachis, Callin Wilfrich), 1:56.3; 2, Fort Lee, 1:58.5; 3, Paramus, 2:04.0.