

Athletes achieve personal records

By **PAUL SCHWARTZ**
Correspondent

HACKENSACK — The Bergen County relays were Thursday night and the State championships start today. And the Northern New Jersey Interscholastic League championships are Monday. So the fields at the rescheduled Ridgewood Winter Games I were much smaller than they could have been, and many of the area's top athletes were missing.

But for Ebony Knighton of Passaic Tech and Jen Mechlowe of Pascack Valley, the memories of Friday night's meet will linger for a long time.

Both athletes won their first major meet and their performances stamp them as solid runners to watch in the future.

Knighton, a sophomore, outdueled junior teammate Tiana Robinson to win the 55 meters in a personal best of 7.6 seconds.

Passaic Tech sprint coach Johnny Moore — who also coaches in the summer with the New Birth Track Club, which has produced such stars as two-time State champ Nicole Carmichael, now at Ohio State, and Passaic champ Tiamecua Fulton of Eastside — thinks the two PCT performers have great potential.

"We use [Carmichael and Fulton] in our comments in practice and to get them motivated," Moore said. "It gives them reasons to try and get better each day."

"We like running against each other," Knighton said. "It's great to have someone to practice with

TRACK

like this. I've worked out with Nicole a few times and I really admire her."

PV's Jen Mechlowe is also chasing a legend, former State 800-meter champion Jennifer Metz, now a junior at the University of Wisconsin.

Mechlowe, who took four seconds off her personal best time in running 1:50.2 to win the 600, talked about Metz, who holds all of PV's middle distance records.

"She makes me go faster because I know if she could have run so fast, it's possible for me to run faster," said Mechlowe, a junior. "My gym teacher in eighth grade convinced me to go out for track."

The absence of stars like Caitlin Wittreich of Tenafly, Vicki Byrne of Saddle Brook, Stephanie Doyle of Ridgewood, and Kourtney Gallo of Immaculate Heart didn't bother Mechlowe.

"I didn't recognize anyone on the starting line," Mechlowe said. "It made me think I had a chance to win. I'm very excited to win a gold, and even more excited to improve so much in my time. Now I'm really looking forward to my next race at states."

Other area winners Friday included Neville Rose of Kennedy (high hurdles), Kadrian Belgin of Kennedy (600), Jeremy D'Errico of Clifton (1,600) among the boys and Holly Garrison of Dumont (high hurdles) and Sabrina Nealy of Kennedy (1,600) for the girls.

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Ridgewood Winter Games I

At Rothman Center, Hackensack

VARSITY BOYS

55 — 1, Moupouet Fayia, Barringer, 6.4; 2, Jon Carroll, Ramapo, 6.5; 3, Ed Weiss, Pascack Valley, 6.7; 4, Shawn Reid, Immaculate, 7.0; 5, James Derrick, Barringer, 7.0; 6, Mitch Jules, Immaculate, 7.0.

HH — 1, Neville Rose, Kennedy, 7.8; 2, Sean Sterling, Kennedy, 8.0; 3, Kerry Wiles, Kennedy, 8.4; 4, Hal Black, Manchester, 9.5.

400 — 1, Moupouet Fayia, Barringer, 53.5; 2, Jarret Jackson, Passaic Tech, 54.8; 3, Andrew Ashman, Passaic Tech, 55.4; 5, Brian Revil, Manchester, 55.9; 6, Mike Linder, Passaic Tech, 56.1; 7, Bernard Jones, Kennedy, 56.5; 8, Mike Hoogerhyde, Manchester, 56.7.

600 — 1, Kadrian Belgin, Kennedy, 1:35.0; 2, John Gonzalez, Manchester, 1:36.8; 3, Michael Hainthaler, Manchester, 1:41.1; 4, David Andallo, Clifton, 1:41.8; 5, Ari Worthman, Teaneck, 1:43.6; 6, Michael Hoogerhyde, Manchester, 1:48.2; 7, Brian Revil, Manchester, 1:48.9; 8, Jin Koshibe, Teaneck, 1:50.9; 9, Chris Delmage, Pascack Valley, 1:53.7.

1,600 — 1, Jeremy D'Errico, Clifton, 5:10.3; 2, Sibi Joseph, Clifton, 5:10.6; 3, Mehul Desai, Clifton, 5:10.9; 4, Gil Carrillo, Clifton, 5:18.6; 5, Joe Pontes, Clifton, 5:22.4.

1,600 relay — 1, Passaic Tech (Willis Lang, Andrew Austin, Emanuel Gaskins, Jarret Jackson), 3:39.8; 2, Kennedy, 3:40.4; 3, Barringer, 3:49.6; 4, Passaic Tech B, 3:50.1; 5, Manchester, 3:56.2.

3,200 relay — 1, Clifton (Mehul Desai, Gil Carrillo, Jeremy D'Errico, Sibi Joseph), 8:50.6; 2, Passaic Tech, 8:58.1.

VARSITY GIRLS

55 — 1, Ebony Knighton, Passaic Tech, 7.6; 2, Monique Bunion, Barringer, 7.6; 3, Tiana Robinson, Passaic Tech, 7.8; 4, Gerry Palmeri, Rutherford, 7.8; 5, Sylvia Nealy, Kennedy, 7.8; 6, Kelly Ottens, Manchester, 8.2.

HH — 1, Holly Garrison, Dumont, 9.4; 2, Lynn McCoy, Immaculate, 11.6.

400 — 1, Monique Bunion, Barringer, 63.8; 2, Kelly Ottens, Manchester, 64.3; 3, Lisa Jesuele, Pascack Valley, 65.1; 4, Sylvia Nealy, Kennedy, 65.7; 5, Meghan Barnes, Pascack Valley, n.t.; 6, Nakiah Huggins, Barringer, n.t.

600 — 1, Jen Mechlowe, Pascack Valley, 1:50.2; 2, Shammekka Lang, Kennedy, 1:55.1; 3, Takeanya Bryant, Teaneck, 2:00.0; 4, Maryam Muhammad, Teaneck, 2:02.5; 5, Jillian Sonnema, Manchester, 2:03.4; 6, Justine Galloway, Teaneck, 2:05.7.

1,600 — 1, Sabrina Nealy, Kennedy, 5:49.3; 2, Tashanna Thomas, Kennedy, 5:53.7.

1,600 relay — 1, Passaic Tech (Tiana Robinson, Ebony Knighton, Christine Francols, Katrina Binns), 4:31.2; 2, Teaneck, 4:50.5.

3,200 relay — 1, Teaneck, 11:13.0.

NOVICE BOYS

55 — 1, Luis Colon, Passaic Tech, 6.8.

HH — 1, Haroon Hasan, Clifton, 8.7.

200 — 1, Haroon Hasan, Clifton, 24.7.

1,600 — 1, Jamal Nisbett, Immaculate, 5:07.2.

3,200 relay — 1, Clifton (Joe Pontes, Mike Reilly, Dave Vassallo, Dave Anzaldo), 9:43.0.

4-lap relay — 1, Clifton (Mark Marquart, Chris Portorreau, Chris Chirichello, Hamza Mujeeb), 1:38.3.

NOVICE GIRLS

HH — 1, Jon Garabedian, Rutherford, 9.5.

200 — 1, Kelly Ottens, Manchester, 28.3.

1,600 — 1, Safiye Duru, Teaneck, 6:04.3.

3,200 relay — 1, Ridgewood, 12:08.0.

4-lap relay — 1, Kennedy (Mykeasha Robinson, Jennifer Burney, Evelyn Simon, Nacole Moore), 1:54.7.

FRESHMAN BOYS

55 — 1, Karl Wilson, Clifford Scott, 7.1.

HH — 1, Quile Austin, Kennedy, 9.9.

200 — 1, Quile Austin, Kennedy, 25.0.

1,600 — 1, Ed Kwityn, Rutherford, 5:27.0.

3,200 relay — 1, Ridgewood, 10:15.1.

4-lap relay — 1, Manchester (Peter Affinito, Luis Chavarria, Nebojsa Zlatanovic, Cory Lane), 1:46.1.

FRESHMAN GIRLS

55 — 1, Nacole Moore, Kennedy, 7.7.

HH — 1, Melissa Dutch, Clifton, 10.3.

200 — 1, Jeanine David, Pascack Valley, 28.7.

1,600 — 1, Julie Sprich, Ridgewood, 6:23.8.

4-lap relay — 1, Kennedy (Kawanna Floyd, Monique Parham, Melissa Hendle, Amanda Kara), 1:56.5.