

Englewood stars in "Speed 2"

By **PAUL SCHWARTZ**

Correspondent

HACKENSACK — Perhaps the North Jersey school with the longest line of successful boys and girls sprinters is Englewood High School.

At Wednesday night's Ridge-wood Winter Games 1 meet at the Rothman Center, the Maroon Raiders continued the success story, winning the boys and girls 55-meter dashes at the event, which featured schools from New York City, Rockland County, and Northern New Jersey.

As she has for most of her brilliant four-year career as Bergen County's finest girl sprinter ever, Carlene Cummings easily won the girls sprint in 7.1 seconds.

A new star became the first local boy to earn two sprint victories this winter as Sekou O'Uhuru defeated Fair Lawn's Zack Smithlin, the winner of the Season Opener championship two weeks ago, in a seasonal-best time for North Jersey of 6.4. O'Uhuru had won the FDU Holiday Festival meet on Dec. 19.

"Last year Kyron [Johnson] and Shawn [Samuels] were the seniors on our team and it was the first year I ever raced," said O'Uhuru. "I thought I was just as fast as they were but they knew what they were doing and I was just learning."

"This year, everybody kept telling me that I was the only one left and that I'd better do something," he said.

Johnson was a second team All-Bergen selection in the 55 and Samuels was All-Bergen in the hurdles last winter, so O'Uhuru had some big shoes to fill.

"I've got more confidence this year and pride is the most important thing for a sprinter," says O'Uhuru. "There's no rest in a race this short, and there's so much mentally involved."

That's why he looks to fellow senior Cummings, a training partner and good friend.

"She really pushes me," said O'Uhuru. "She has so much more experience than I do and she knows how to stretch me out physically. She's helped me get better."

Cummings handily won the sprint and hurdles for the second straight night and looks toward a meet next Friday in the 168th Street Armory that should provide more competition.

"I really want to run against some of the better girls," said Cummings.

Smithlin bounced back from his loss to O'Uhuru to win the 400 meters in 51.5, the fifth fastest Ber-

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gen time in the 10 years of the Rothman Center.

The only other North Jersey individual winner was Marc Fulson of Paramus Catholic in the high hurdles. Westwood's boys won the 4 x 400 relay.

But runners-up Eric Knackmuhs of Ramapo (1,600) and Andrew Giannotti of Westwood (600) also enjoyed successful nights.

Knackmuhs, who struggled through most of the cross-country season, ran a strong 1,600 meters before getting outkicked by Immaculate's Jamal Nesbitt.

Giannotti, who missed the second half of the cross-country season after knee surgery in late October, continued his recovery, finishing seven meters behind winner Clifford Christian of Newark Science, who ran 1:24.3 in the 600 meters.

Ridge-wood Winter Games

at Rothman Center, Hackensack

BOYS VARSITY

55 — 1. Sekou O'Uhuru, Englewood, 6.4; 2. Zach Smithlin, Fair Lawn, 6.7; Karif Hyder, Immaculate, 6.7; 4. Rob Milanese, Ramapo, 6.7; 5. Brandon Lowery, Science, 6.8; 6. Corey Lane, Westwood, 6.8. **High hurdles** — 1. Marc Fulson, Paramus Catholic, 7.9; 2. Neal Okarter, Westwood, 8.0; 3. Jude Guy, Fair Lawn, 8.3; 4. Eddie Bruce, Bergenfield, 8.3; 5. Anthony De-Prospo, Paramus Catholic, 8.3; 6. Keith Johnson, Paramus Catholic, 8.7. **400** — 1. Zack Smithlin, Fair Lawn, 51.5; 2. Karif Hyder, Immaculate, 52.7; 3. Jordan Melogard, Metuchen, 52.9; 5. Owen Corso, Ramapo, 53.4; 6. Marc Fulson, Paramus Catholic, 53.6; 8. Jarrett Jackson, Passaic Tech, 53.9. **600** — 1. Clifford Christian, Science, 1:24.3; 2. Andrew Giannotti, Westwood, 1:25.3; 3. Danny Bowens, Montclair, 1:26.8; 5. Matt Caporaletti, Westwood, 1:29.3; 9. Ariel Acosta, Bergenfield, 1:33.5; 10. John Demarest, Westwood, 1:34.2. **1,600** — 1. Jamal Nesbitt, Immaculate, 4:38.5; 2. Eric Knackmuhs, Ramapo, 4:40.0; 3. Gilroy Brown, Montclair, 4:41.3; 5. Matt Marovich, Paramus Catholic, 4:54.0; 6. James Milon, Paramus Catholic, 4:58.7; 9. Nick DeNude, Paramus Catholic, 5:09.1.

1,600 relay — 1. Westwood (Neal Okarter, Matt Caporaletti, Andrew Giannotti, Gareth Hedges), 3:39.6; 2. Scott, 3:42.6; 3. Paramus Catholic, 3:44.6; 4. Passaic Tech, 3:45.2; 5. Westwood B, 4:01.1. **3,200 relay** — 1. Science (Jamar Hay, Al-Kahbir Diggs, Damion Campbell, Clifford Christian), 8:32.8; 2. Metuchen, 8:33.8; 3. Memorial, 8:41.9; 4. Ramapo, 9:04.9; 5. Nanuet, 9:12.7.

GIRLS VARSITY

55 — 1. Carlene Cummings, Englewood, 7.1; 2. Ebony Knighton, Passaic Tech, 7.3; 3. Natasha D'Souza, Bergenfield, 7.4; 4. Shernaza Robin, West Side, 7.4; 5. Vgochi Okorie, Metuchen, 7.5; 6. Amanda Negron, NV/Old Tappan, 7.5.

High hurdles — 1. Carlene Cummings, Englewood, 8.9; 2. Jessica Akey, Metuchen, 9.2; 3. Karin Boman, NV/Demarest, 9.3; 4. Jessie Santiago, Belleville, 9.4; 5. Vgochi Okorie, Metuchen, 9.4; 6. Laura Orrico, Ramapo, 9.5. **400** — 1. Jessica Taylor, Far Rockaway, 61.9; 2. Chantel Coppedge, Montclair, 63.6; 3. Christina Mendoza, Hudson Prep, 64.0; 5. Andrea Allgo, IHA, 64.8; 9. Nicole Carbara, IHA, 66.5; 10. Sharlene Hooper, Englewood, 67.0. **600** — 1. Mikele Barber, Montclair, 1:40.7; 2. Sherry White, Science, 1:42.3; 3. Shawna Stephens, Scott, 1:45.3; 5. Marquita Hannibal, Bergenfield, 1:51.1; 6. Alex Reiher, West Milford, 1:53.2.

1,600 — 1. Meghon Hill, Pearl River, 5:41.6; 2. Melissa Cifelli, Belleville, 5:44.0; 3. Maureen Amador, Union Hill, 5:58.6; 5. Michelle Devlin, Bergenfield, 6:03.4; 7. Alex Reiher, West Milford, 6:06.9; 8. Nancy Sinclair, St. Mary's, 6:08.3. **1,600 relay** — 1. Scott, 4:24.0; 2. Far Rockaway, 4:25.4; 3. IHA, 4:26.3. **3,200** — 1. Pearl River (Kerry Leddy, Jen Maloney, Meghon Hill, Courtney O'Keefe), 10:26.9; 2. Bergenfield, 10:28.2; 3. Pearl River B, 10:39.3.

Boys Results:

55 meter dash (frosh): 1- Dwayne Spearman, Weequahic, 6.7. 2-Ricky Cook, Montclair, 6.9. 3-Eric Davis, Scott HS, 6.9. 4-Karim Cockrell, Scott HS, 6.9. 5-Dave Heerema, W. Milford, 7.0. 6-Tommy Lam, S.Plainfield, 7.1.

55 meter dash (novice): 1-Eugene Brown, Englewood, 6.7. 2-Desmond Hooper, Englewood, 6.7. 3-Devrin Baldwin, Passaic Tech, 6.8. 4-Jarrett Jackson, Passaic Tech, 6.8. 5-Glenn Gerlam, Weequahic, 6.9. 6-Chris Carey, Montclair, 7.0.

55 meter dash (varsity): 1-Sekou Ouhuru, Englewood, 6.4. 2-Zack Smithlin, Fairlawn, 6.7. 3-Karif Hyder, Immaculate, 6.7. 4-R. Milanese, Ramapo, 6.7. 5-Brandon Lawary, Newark Science, 6.8. 6-Corey Lane, Westwood, 6.8.

55 meter hurdles (frosh): Chris Williams, Ridgefield Pk, 9.5. 2-Jose Tegeda, Memorial, 10.2. 3-Dan Spoust, W. Milford, 10.4. 4-Raffi Haroutunian, Demarest, 10.4. 5-Manny Santos, Memorial, 10.5.

55 meter hurdles (novice): 1-Jahquis Moore, Passaic Tech, 8.5. 2-Joe Hoyle, Englewood, 8.6. 3-Gareth Hedges, Westwood, 8.7. 4-Ken Jaegge, Ridgefield Pk., 8.8. 5-Chris O'Reilly, Paramus Cath., 8.9. 6-Jorge Flores, Memorial, 9.6.

55 meter hurdles (varsity): 1-Marc Fulson, Paramus Cath, 7.9. 2-Neal Okarter, Westwood, 8.0. 3-Jude, Fairlawn, 8.3. 4-Eddie Bruce, Bergenfield, 8.3. 5-DeProsopo, Paramus Cath, 8.3. 6- Keith Johnson, Paramus Cath, 8.7.

200 meter dash (frosh): 1-Julio Ortiz, Perth Amboy, 26.4. 2-(tie) Siyan Bradley, Perth Amboy, 26.7. 2-Dave Heerema, W. Milford, 26.7. 4-Jayson Parisi, Paramus Cath, 26.9. 5-Shel Nelson, Passaic Tech, 27.6. 6-John Dugan, Paramus Cath, 27.7. 7-Justin Dillahunt, Montclair, 27.8. 8-Mike Ellison, Immaculate, 27.8. 9-Charlie Poris, Montclair, 27.9. 10-David Ihn, Paramus Cath, 28.6.

200 meter dash (novice): 1-(tie) Jeffrey Le Suer, Perth Amboy, 24.1. 1-Glenn Graham, Weequahic, 24.1. 3-Dwayne Spearman, Weequahic, 24.3. 4- Jahquis Moore, Passaic Tech, 24.6. 5- Eugene Brown, Englewood, 24.8. 6-Jermaine Smith, Scott HS, 24.9. 7- Brandon Lawary, Newark Science, 25.1. 8-Ceary Williams, Englewood, 25.2. 9-Ed Chen, Old Tappan, 25.4. 10- Doug Salyi, Westwood, 25.5.

400 meter dash: 1-Zack Smithlin, Fairlawn, 51.5. 2-Karif Hyder, Immaculate, 52.7. 3- Jordan Melograa, Metuchen, 52.9. 4-Ozed Aviles, Memorial, 53.3. 5-O. Corso, Ramapo, 53.4. 6-Marc Fulson, Paramus Cath, 53.6. 7-Jamar Hay, Newark Science, 53.8. 8- Jarrett Jackson, Passaic Tech, 53.9. 9-Dan Washington, Metuchen, 54.4. 10-Curtis Scafe, Perty Amboy, 54.5.

600 meter run:1- Clifford Christian, Newark Science,1:24.3. 2-Andrew Giannotti, Westwood,1:25.3. 3-Danny Bowens, Montclair,1:26.8. 4-David Tyree, Montclair, 1:28.1. 5-Matt Caporaletti, Westwood,1:29.3. 6-Khomani Shortte, Scott HS,1:30.2. 7-Gary Booker, Montclair, 1:31.8. 8-China William, Montclair, 1:32.2. 9-Ariel Acosta, Bergenfield,1:33.5. 10-John Demarest, Westwood,1:34.2.

1600 meter run (frosch):1- Jeff Gartner, Nanuet 5:12.7. 2-William Canon, Memorial, 5:13.1,3-Luis Ortiz, Memorial, 5:14.5 . 4-John Woodburn, Ridgewood, 5:25.8. 5- Fred Bellitie, Bergenfield, 5:29.0. 6-Bruce Sierra, Memorial, 5:29.1. 7-Mike Morganti, Paramus Cath, 5:33.0. 8-westfield, 5:33.2. 9-Saeed Bayef, Montclair, 5:41.7. 10-Justin De Prima, Glen Ridge, 5:44.6.

1600 meter run (novice):1- Josh Kauke, Ridgewood, 4:57.7. 2-Steve Poandl, Metuchen, 5:00.2. 3-Gregg Randolph, Metuchen, 5:00.8. 4-Mike Dopf, Westwood, 5:06.8. 5- Mike Bloodgood, Westwood, 5:07.4. 6-Brendan Regan, Metuchen, 5:14.8. 7-Jon Farina, Metuchen, 5:15.8. 8-Luke Olsen, Old Tappan, 5:15.9. 9-Peter Namwj, Manchester Reg., 5:16.5. 10-Dan Colby, Immaculate, 5:17.6.

1600 meter run (varsity):1-Jamal Nishert,Immaculate,4:38.5. 2-E. Knackmus, Ramapo, 4:40.0. 3-Gilroy Brown, Montclair, 4:41.3. 4-Al-Kahbir Dibbs, Newark Science, 4:53.5. 5- Matt Marovich, Paramus Cath, 4:54.0. 6-James Milon, Paramus Cath, 4:58.7. 7-Jared Knight, Montclair, 5:04.7. 8-Andre Fritschi, Glen Ridge, 5:08.3. 9-Nick De Nude, Paramus Cath, 5:09.1. 10- Tom Wynn, Nanuet, 5:10.5.

4X1 lap relay (frosch):1- Paramus Cath (Aarai Myers, Mike Nemeth, Ryan Shaker, Mike Reynolds) 1:54.7. 2-Tech High, 1:56.3. 3-Westside 1:59.1.

4X1 lap relay (novice):1-Englewood (O.C.Coombs, Eugene Brown, Ceary Williams, Desmond Hooper) 1:35.0. 2-Weequahic 1:35.7. 3-Westwood 1:39.3. 4-Montclair 1:39.5. 5-Paramus Cath 1:40.1.

4X400 meter relay:1-Westwood (Neal Okarter, Matt Caporaletti, Andrew Giannotti, Gareth Hedger) 3:39.6. 2-Scott 3:42.6. 3-Paramus Cath 3:44.6. 4-Passaic Tech, 3:45.2. 5- Westwood (B) 4:01.1.

4X800 meter relay (frosch):1- Memorial (Edgar Rosales, Luis Ortiz, George Garcia, William Cannon) (no times) 2-Manchester Reg. (Peter Namuij, Lein Ung, Phillip Brunton, Uziel Ortega). 3-Metuchen (Franchek, Fold, Poandl, Bordier) 4-Demarest (Marc Dyrzka, Jason Erazo, Christian Yee, Jordan Salzberg) 5- Scott HS (Sharif, Khasim, Atkins, Leach)

4X800 meter relay (novice):1-Passaic Tech (Haji Bolliz, Marco Miranda, Elliot Rosano, Victor Diaz) 9:36.0. 2-Demarest 9:46.5. 3-Ridgewood 9:46.6. 4-Memorial 10:10.7. 5- Westfield (A), 10:14.6.

4X800 meter relay (varsity):1-Newark Science,(Jamar Hay, Al-Kahbir Diggs,Damion Campbell, Clifford Christian) 8:32.8. 2-Metuchen, (Deppe, Speetor, Stein, Kenyon) 8:33.8. 3-Memorial (Edward Pinto, Salvador Gonzalez, Anthony Rodriguez, Aurelio Saladrigas) 8:41.9. 4-Ramapo (Knackmus, Kent, Platt, Winters) 9:04.9. 5-Nanuet (Jeff Gartner, Tom Wynn, Ade Ellis, Eric Chapman) 9:12.7.

Girls Results:

55 meter dash (frosh): 1- Monique Haillell, Far Rockaway, 7.4. 2-Courtney, Cubbicatti, IHA, 7.7. 3-Christine Scarfuto, Metuchen, 7.9. 4-Alison Stitz, Pearl River, 8.2. 5-Carlin Ponce De Leon, Demarest, 8.3. 6-Cozette Ruddy, Metuchen, 8.4.

55 meter dash (novice): 1-Tracey Allen, Westside, 7.7. 2-Melissa Bauer, Pearl River, 7.9. 3-Monita Smith, West Side, 8.0. 4-Astrid Taylor, Perth Amboy, 8.0. 5-Kenisha Reid, PCT, 8.1. 6-Andrea A., ??, 8.2.

55 meter dash (varsity): 1-Carlene Cummings, Englewood, 7.1. 2-Ebony Knighton, PCT, 7.3. 3-Natacha D'Sooza, Bergenfield, 7.5. 4-Shernaza Robin, Westside, 7.4. 5-Vgochi Okorie, Metuchen, 7.5. 6-Amanda Negron, Old Tappan, 7.5.

55 meter hurdles (frosh): 1-Jaime Henkel, Ridgefield Pk, 10.0. 2-Erika Faletti, Metuchen, 10.3. 3-Megan Powell, Metuchen, 10.5. 4- Adylia Toppin, So. Plainfield, 10.6. 5-Ashley Morris, Demarest, 10.6. 6-Ashley Grandes, Metuchen, 10.8.

55 meter hurdles (novice): 1-Quyen Phan, Metuchen, 9.7. 2-Lisa Fregonese, Pearl River, 10.1. 3-Christine Siebold, Demarest, 10.2. 4-Amelia Hart, IHA, 10.2. 5-Michelle Rogers, Pearl River, 10.3. 6-Kristen Guimes, Ridgefield Pk, 10.6.

55 meter hurdles (varsity): 1-Carlene Cummings, Englewood, 8.9. 2-Jessica Akey, Metuchen, 9.2. 3-Karin Boman, Demarest, 9.3. 4-Jessie Santiago, Belleville, 9.4. 5-Vgochi Okivie, Metuchen, 9.4. 6-L. Orrico, Ramapo, 9.5.

200 meter dash (frosh): 1-Jessica Taylor, Far Rockaway, 27.1. 2-(Tie) Monique Hollekk, Far Rockaway, 27.6. 2-(tie) Courtney Cubbicatti, IHA, 27.6. 4-(tie) Alicia Craddock, Montclair, 30.4. 4-(tie) Esther Feldman, Montclair, 30.4. 6-(tie) Ramona Rice, Tech, 30.6. 6-(tie) Tiffany Holmes, Newark Science, 30.6. 8-Luaguanna Walker, Weequahic, 30.6. 9-Falimah Mc Callum, Weequahic, 30.9. 10- (tie) Tamiyah Dixon, PCT, 31.0. 10-(tie) Renee Fiefluh, Bergenfield, 31.0.

200 meter dash (novice): 1-Jesse Santiago, Belleville, 28.4. 2-Lisa Fregonese, Pearl River, 28.6. 3-Nicole Lee, Far Rockaway, 29.0. 4-Nyia wormleu, Montclair, 29.4. 5-Petal Garcher, Scott, 29.5. 6-Astrid Taylor, Perth Amboy, 29.9. 7-Keneshia Brathwaite, Fairlawn, 30.0. 7(tie) Kesha Pryce, Far Rockaway, 30.0. 9-Malori Clarke-Cameron, Belleville, 30.2. 10-Nicole Harper, Newark Science, 30.2.

400 meter dash: 1- Jessica Taylor, Far Rockaway, 61.9. 2-Chantel Coppedge, Montclair, 63.6. 3-Christina Mendoza, Hudson County Prep., 64.0. 4-Mikki Fuller, Newark Science, 64.2. 5-Andrea Aligo, IHA, 64.8. 6-Jessica Locke, Metuchen, 65.3. 7-Vanessa Pilone, Metuchen, 65.4. 8-Monique Pollard, Far Rockaway, 66.3. 9-Nicole Carbora, IHA, 66.5. 10-Kaci Redding, Metuchen, 67.0. 10 Charlene Hooper, Englewood, 67.0.

600 meter run:1-Mikele Barber, Montclair,1:40.7. 2-Sherry White, Newark Science,1:42.3. 3-Shawna Stephens, Scott, 1:45.3. 4-Shernaza Robin, Westside, 1:49.4. 5-Marquita Hannibal, Bergenfield,1:51.4. 6-Alex Reier, W. Milford,1:53.2. 7-Melissa Bauer, Pearl River, 1:54.0. 8-Jen Pesce, Pearl River, 1:54.8. 9-Maureen Amador, Union Hill, 1:55.8. 10-Jen Maloney, Pearl River, 1:56.9.

1600 meter run (frosch):1-Courtney O'Keefe, Pearl River, 5:50.1. 2-Tara Carolan, Nanuet, 5:59.4. 3-Laquanna Walker,Weequahic, 6:08.6. 4-Rebecca Johnston,Ridgewood,6:09.8. 5- Rachel Ackerman, Westfield, 6:11.1. 6-Jillian Romero, Paramus Cath.,6:11.3. 7-Erin Bortz, IHA,6:13.6. 8-Lyza Sanchez, Pearl River, 6:15.5. 9-Jen Mateicka, Metuchen, 6:25.1. 10-Laura Stiefel, Ridgefield Pk, 6:26.1.

1600 meter run (novice):1- Amanda Conk, Montclair, 5:59.9. 2-Anmilis Ortiz, Memorial, 6:03.5. 3-Kristin Bader, Pearl River, 6:03.9. 4-Jalpa Patel, Memorial, 6:04.9. 5-Lindsay Rudloff, Pearl River, 6:05.6. 6-Yanci Pereira, Memorial, 6:06.0. 7-Cindy Carlson, S. Plainfield, 6:16.3. 8-Diane Nelson, Ridgewood, 6:17.5. 9-Robyn Bruce, Paramus Cath, 6:22.3. 10-Kathryn Jimenez, Metuchen, 6:25.1.

1600 meter run (varsity):1-Meghon Hill, Pearl River, 5:41.6. 2-Melissa Cifelli, Belleville, 5:44.0. 3-Maureen Amador, Union Hill, 5:58.6. 4-Christina Menooza, Hudson County Prep.,6:01.3. 5-Michelle Devlin, Bergenfield,6:03.4. 6-Erica Lasele-Nesselquist, Glen Ridge, 6:04.7. 7-Alexandra Reiher, W. Milford,6:06.9. 8-Nancy Sinclair, St. Marys,6:08.3.

4X1 lap relay (frosch):1-Metuchen (Christine Scarfuto, Cozette Ruddy, Katie Pocius, Erika Faletti) 1:57.5. 2-Pearl River 2:01.8. 3-Metuchen 2:03.4. 4-Bergenfield 2:04.2. 5-Westside 2:04.9.

4X1 lap relay (novice):1- PCT (Betty Cerat, Makebbah Harrell, Tamaiyah Dixon, Keneisha Neid) 1:55.5. 2-Scott HS 1:55.6. 3-Newark Science 1:56.2. 4-Metuchen 1:57.2. 5-Perth Amboy 1:57.3.

4X400 meter relay:1-Scott HS (Korea J., Andrea R., Shawna S. , Jennifer M.) 4:24.0. 2-Far Rockaway 4:25.4. 3-IHA 4:26.3. 4-Pearl River 4:29.9. 5-Far Rockaway 4:40.4.

4X800 meter relay (novice):1- Memorial (Anmilis Ortiz, Josefina Mayca, Jalpa Patel, Yanci Peireira) 11:19.6. 2-Demarest 11:27.7. 3-Pearl River 11:32.5. 4-Ridgewood 11:49.4. 5-Glen Ridge 11:59.3.

4X800 meter relay (varsity):1-Pearl River (Kerry Leddy, Jen Maloney, Meghon Hill, Courtney O'Keefe) 10:26.9. 2-Bergenfield (Melanie Howell, Michelle Devlin, Stephanie Crespo, Marquita Hanniba) 10:28.2. 3-Pearl River (Hyla Altneu, Casey Chiang, Jen Pesce, Alison Hill) 10:39.3.