



**RIDGEWOOD  
CROSS  
COUNTRY**

**2010**

**SEASON  
SUMMARY**



**2010**

**Ridgewood Girl's Cross Country**

**2010**

**Dual Meets**

6 wins	
Paramus	15-50
PCTI	15-50
DePaul	15-50
Hackensack	19-43
Bergen Academy	15-50
Teaneck	15-50

**Championship Meets**

4 wins	
Shore Coaches (B race)	2nd
Big North Division - 3	1st
Ridgewood Invitational	1st
Bergen Group A	1st
Bergen Meet of Champs	2nd
North 1 Group 4 Section	1st
State Group 4	6th

**Junior Varsity Meets**

3 wins	
Maroon Invite	2nd
Shore Coaches	6th
Big North	1st
Ridgewood Invitational	1 <sup>st</sup>
Bergen Champs	2nd
JV Section champs	1st
JV State Meet	6th

**Frosh Meets**

8 wins	
Season Opener	1st
Passaic Coaches	1st
Maroon Inv.	1 <sup>st</sup>
Shore Coaches	2nd
Big North	1st
Ridgewood	1st
Bergen Champs	1 <sup>st</sup>
Frosh Section Champs	1 <sup>st</sup>
BMOC	1 <sup>st</sup>
Frosh State Meet	2nd

**2010 Ridgewood Girls Cross Country**

Seniors: Rachael Anzano\*, Kaitlyn Argila\*, Nicole Chiaramonte\*, Cara Dimino\*(capt), Ava Fiddle\*, Brenna Fischer\*(capt), Oliva French\*, Marisa Gorman\*, Hannah Husby\*, Petra Janosikova, Jessie Kirshner\*, Grayson Llerandi\*(capt), Kendal Marguard\*, Margaret Mullen\*, Renee Olsen\*(capt), Stephanie Sonnicks\*.

Juniors: Deirdre Casey, Caroline Davidson\*^, Lizzie Fine, Carolina Focella, Brittany Frank, Emily Geiger, Tina Gobble\*, Christine Kim, Lauren Kirshner, Marina Krygin, Megan McKeon, Catherine Merck, Summer Neborsky, Brigid O'Connor, Emily Reimer, Andie Scibetta, Hanako Shigenobu\*^, Lauren Tedeschi, Mercedes Whitman.

Sophomores: CJ Chiaramonte, Katie Dougherty\*^, Colleen Dwyer, Fran Felder, Kat Francis, Melissa Haworth, Blake Parsekian, Jen Schablik, Allie Seibold, Alice Smith.

Frosh: Sara Bragg, Emma Brickfield, Mackenzie Broatch, Sam Bussinelli, Kristen Carle, Carolyn Cebek, Christine Dimino, Grace Eckels, Emily Fishbein^, Elizabeth Graham, Megan Lucky, Erin MacLennan, Kelsie McKenna, Margaret Merck, Allison Milch, Sarah Sandler, Abby Scanlon, Kathleen Simon, Rebecca Stern, Julia Sullivan, Becky Tanner, Laura Weisberger.

coach: Jacob Brown

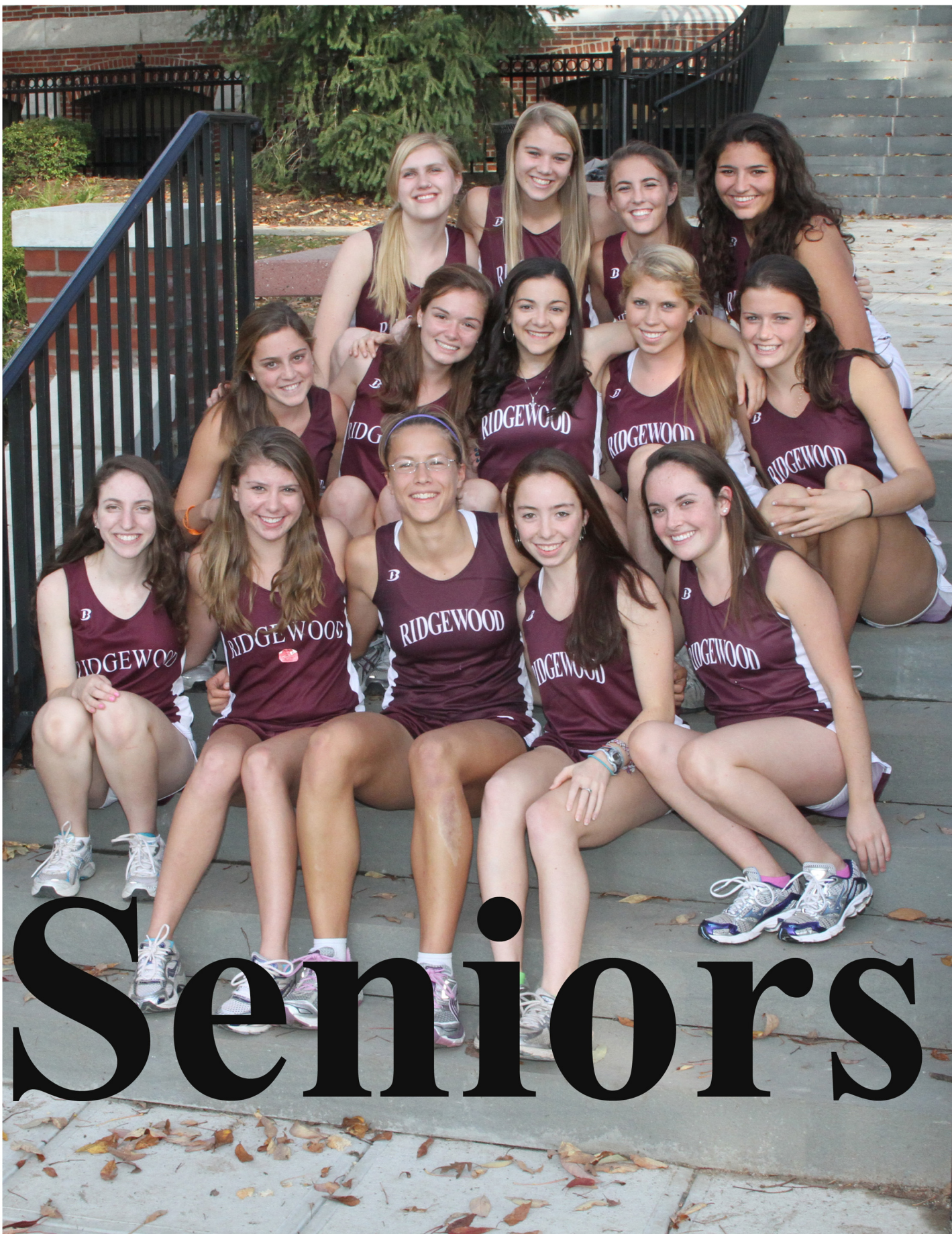
frosh coach: Josh Saladino

\*= letter winner ^= class award

# Girl's CROSS COUNTRY 2010

## 2010 Schedule

Saturday	Sept. 11	Dual meet at Darlington vs Paramus Bus: 3pm Varsity-10:30am
Tuesday	Sept. 14	Dual meets at Garret vs PCTI & Depaul Bus: 3pm Varsity-5:15
Friday	Sept. 17	Season Opener at Darlington - Frosh Only Bus: 2pm Frosh-4:10
Monday	Sept. 20	Dual meet at Darlington vs Hackensack Bus: 3pm Varsity-4:30
Saturday	Sept. 25	Passaic Coaches Inv. - Garret Mt - Frosh Only Bus: 7am Frosh-9:45
Wednesday	Sept. 29	Dual meet at Garret vs Bergen Academy Bus: 3pm Varsity-5:00pm
Friday	Oct. 01	Maroon Invitational at Garret Mountain Bus: 2pm Frosh B-4:05 JV B-4:55
Saturday	Oct. 02	Shore Coaches Invitational at Holmdel Park Bus: 10am JVA-1:40 FroshA-3:00 Varsity-3:50
Monday	Oct. 04	Dual Meet at Darlington vs Teaneck Bus: 3pm Varsity-4:45pm
Wednesday	Oct. 13	League Champs at Darlington Bus: 1:15pm Frosh-3:40 JV-3:45 Varsity-4:25
Saturday	Oct. 16	Ridgewood Invitational at Veterans Field Arrive Vets:12:30 Frosh-2pm JV-2:30 Varsity-3:15
Saturday	Oct. 23	Bergen Group Championship at Darlington Bus: 9:45am JV-11:45 Frosh-12:10 Varsity-12:40
Thursday	Oct. 28	North Jersey JV & Frosh Champs at Darlington Bus: 2pm Frosh-3:55 JV-4:25
Saturday	Oct. 30	Bergen Meet Of Champions Bus: 8am Frosh-10:15 Varsity-11am
Wednesday	Nov. 03	State JV & Frosh Champs Bus: 11am Frosh-2:30 JV-3:10
Saturday	Nov. 06	NJ State Sectional Championship Bus: 9:30am Varsity-12:30
Saturday	Nov. 13	NJ State Group Championship Bus: 9am Varsity-12:55
Wednesday	Dec. 01	Awards Banquet - Campus Center 6pm



# Seniors



CROSS-COUNTRY PREVIEW

# Maroons welcome influx of newcomers

## Former PC runner gives boys a boost

BY GREG TARTAGLIA  
Assistant Sports Editor

RIDGEWOOD — At Paterson Catholic, Anthony Andrews was the only member of his cross-country team.

At Ridgewood High School, the senior distance runner is now a face in the crowd, and that's not necessarily a drawback.

"It's definitely a lot easier to run when you have a team," Andrews said on Wednesday. "It puts you at a higher level. Plus, there are a lot of good runners on this team."

The Paterson native has become the embodiment of the old maxim, "When one door closes, another opens."

Financial struggles forced PC to close down in June, but that proved to be little more than a small sidetrack in Andrews' career. His transfer to Ridgewood strengthened an already formidable squad, vaulting the Maroons to No. 1 in *The Record's* preseason Top 20 poll.

"I visited a couple schools," said Andrews, adding that Passaic County Tech was also among several options for his new 'home team.' "I thought Ridgewood was the best fit for me."

Head coach Mike Glynn noted that RHS does "take outside tuition students. What Anthony's doing now is living with his aunt, who's right on the border between Glen Rock and Ridgewood."

Andrews, the 2009 B-PSL Carpenter Division winner and two-time runner-up at the Passaic County championships, adds to pack that should help the Maroons challenge four-time defending Bergen champ Don Bosco.

Senior Pat Rynkowski finished fifth at last season's Bergen Group A meet, clocking a personal-best 16:16, before going on to place eighth in both the Bergen Meet of Champions (BMO) and North 1, Group 4 sectional meet.

Junior Levi Jennings, a newcomer to cross-country a year ago, returns after placing in the top 10 at the Bergen A and sectional events with an eye toward bettering his personal record of 16:20. Rounding out Ridgewood's top six are seniors Mohamed Eid, Steven Spreitzer and Tom Stephan.

"The expectations are high," Glynn noted. "I don't pay much attention to early-season rankings — the only one that really matters is the last one. But certainly, we have one of the best teams in the State."

The Maroons captured their first-ever Big North dual meet by besting Paramus, 15-50, last Saturday at Darlington Park in Mahwah. Eid (16:38), Stephan (16:40) and Spreitzer (16:59) all broke 17 minutes, while junior Mark French (17:50) made a strong bid to be the team's No. 7 runner.

On Tuesday at Garret Mountain Reservation in Woodland Park, RHS improved to 3-0 by sweeping Passaic Tech, 18-45, and DePaul, 15-50, with

See BOYS XC, page C4



CHRIS PETERS/STAFF PHOTOGRAPHER

The captains of the 2010 Ridgewood High School girls cross-country team are, from left, seniors Brenna Fischer, Cara Dimino, Grayson Llerandi and Renee Olsen.

## Ex-soccer players 'kick in' for girls

BY GREG TARTAGLIA  
Assistant Sports Editor

RIDGEWOOD — Rachel Anzano and Caroline Davidson are learning a whole new meaning for the word "kick."

The duo has joined the Ridgewood High School girls cross-country team this season after spending last fall playing soccer. Now, rather than kicking a ball, their main task is to "kick it" — i.e. finish strong — at the end of a race.

So far, so good. Anzano, a senior, clocked 20:34 to lead the Maroons across the line in their dual-meet opener against Paramus last Saturday, a 15-50 victory at Darlington Park in Mahwah. Davidson, a junior, finished third overall in 20:35, a step behind classmate Hanako Shigenobu, the Maroons' top varsity returnee.

Seniors Grayson Llerandi (20:37) and Brenna Fischer (20:42) completed Ridgewood's top-five sweep, as its lead runners all finished within nine seconds of each other.

"It felt good," Anzano said at Tuesday's team practice. "[The race] wasn't as hard as I thought it was going to be, and it was good having everyone in our pack run together."

Granted, neither of the Maroons' former soccer mainstays is new to running. Both competed in the distances during spring track, with Davidson earning a silver medal in the 1,600-meter run at the NJTCC championships, and Anzano taking third in the 3,200 at the Bergen County Group A meet.

"With spring track this year, I started to become better friends with the people on the team," said Davidson. "And after training with them over the summer and everything, I just started to like running more than soccer. So, [making the switch] just seemed like the thing to do."

Anzano concurred, "I was training with [the track team] this summer, and it seemed like the best decision at the time for me, to just focus on running."

RHS head coach Jacob Brown is a fan of the idea thus far.

"We go from a team that would have only had three [healthy] kids that could run well, to a team that has five kids that can really have an impact on the race," the 37th-year mentor said.

The Maroons are hoping that number can increase to six by the end of the season, as senior returnee Renee Olsen continues to recover from a bout with mononucleosis.

"Renee getting sick hurt us," said Brown. "She's back training, but with the kind of problem that she has, it takes a lot of time to get your full strength back."

Until then, the Nos. 6 and 7 slots on the Ridgewood varsity remain somewhat undefined, as a host of runners jockey for position. Freshman Emily Fishbein and junior Christine Kim were the team's 6-7 finishers against Paramus, and senior Margaret Mullen jumped into the sixth spot in Tuesday's sweep of DePaul (15-50) and Passaic Tech (15-50) at Garret Mountain in Woodland Park.

See GIRLS XC, page C4

### 2010 Ridgewood High School varsity cross-country schedule

REMAINING MEETS

- Sept. 20 vs. Hackensack at Darlington Park, Mahwah
- Sept. 25 Bowdoin Cross-Country Classic, Bowdoin Park, Wappingers Falls, N.Y. (boys)
- Sept. 25 Passaic Coaches Invitational, Garret Mountain, Woodland Park
- Sept. 28 vs. Bergen Tech at Garret Mountain
- Oct. 2 Shore Coaches Invitational, Holmdel Park, Holmdel
- Oct. 6 vs. Teaneck at Darlington Park
- Oct. 13 Big North Division III Championships, Darlington Park

- Oct. 16 Ridgewood Invitational, Veterans Field (girls)
- Oct. 16 Manhattan College Invitational, Van Cortlandt Park, Bronx, N.Y. (boys)
- Oct. 23 Bergen County Group A Championships, Darlington Park
- Oct. 30 Bergen Meet of Champions, Darlington Park
- Nov. 6 North 1, Group 4 sectional championships, Garret Mountain
- Nov. 13 State Group 4 championships, Holmdel Park
- Nov. 20 State Meet of Champions, Holmdel Park



The 2010 Ridgewood High School boys cross-country team will take to the course led by five captains. From left: junior Levi Jennings and seniors Tom Stephan, Pat Rynkowski and Steven Spreitzer. Not pictured: Mohamed Eid.

# GLEN ROCK ARBORETUM 5K RUN

## Monday Sept 6, 2010

56.	Brenna Fischer	Ridgewood, NJ	17	F	21:16.80	6:50	12/157	F14-19:2/30	71.04
61.	Caroline Davidson	Ridgewood, NJ	16	F	21:32.16	6:55	14/157	F14-19:3/30	71.07
68.	Marina Krygin	Ridgewood, NJ	16	F	22:00.20	7:04	15/157	F14-19:4/30	69.56
74.	Emily Riemer	Ridgewood, NJ	16	F	22:21.86	7:11	18/157	F14-19:7/30	68.44
89.	Leah Rosenfeld	Ridgewood, NJ	12	F	22:48.22	7:20	23/157	F 1-13:1/21	71.39
154.	Kathleen Simon	Ridgewood, NJ	14	F	25:01.51	8:03	40/157	F14-19:13/30	62.79
162.	Brittany Frank	Ridgewood, NJ	16	F	25:14.89	8:07	42/157	F14-19:14/30	60.62
169.	Erin MacLennan	Ridgewood, NJ	13	F	25:29.65	8:12	46/157	F 1-13:4/21	62.65
196.	Andrea Scibetta	Ridgewood, NJ	16	F	26:29.70	8:31	59/157	F14-19:16/30	57.77
248.	Megan Lucky	Ridgewood, NJ	14	F	28:13.54	9:05	83/157	F14-19:21/30	55.67
305.	Cara Dimino	Ridgewood, NJ	17	F	30:07.06	9:41	109/157	F14-19:26/30	50.19

### GLEN ROCK ARBORETUM 5K RUN TOP FEMALE MASTERS FINISHERS

PLACE	RUNNER'S NAME	CITY/TOWN	AGE	SX	TEAM	(#)	TIME	PACE
1.	Lisa Swain	Fair Lawn, NJ	52	F		4	20:08.33	6:29
2.	Paula Oconnor	Ridgewood, NJ	41	F		198	20:19.67	6:33
3.	Nancy Broughel	Glen Rock, NJ	44	F	G	44	21:14.24	6:50
4.	Jamie Croake	Glen Rock, NJ	41	F	G	17	22:27.22	7:14
5.	Maryalice Rocks-rugg	Caldwell, NJ	43	F		160	23:08.98	7:27
6.	Tami Berman	Fair Lawn, NJ	42	F		43	23:32.07	7:34
7.	Heike Lienhart	,	40	F		367	24:01.56	7:44
8.	Teresa Simpson	Waldwick, NJ	50	F		91	24:15.98	7:49
9.	Liz O'brien	Glen Rock, NJ	48	F	G	81	24:35.11	7:55
10.	Michele Gordon	Wyckoff, NJ	43	F		391	24:40.61	7:57

### GLEN ROCK ARBORETUM 5K RUN FEMALE 13 AND UNDER

PLACE	RUNNER'S NAME	CITY/TOWN	AGE	SX	OVERALL	(#)	TIME	PACE	PERFORMANCE%
1.	Leah Rosenfeld	Ridgewood, NJ	12	F	89	211	22:48.22	7:20	71.39%
2.	Anne Vandervalk	Glen Rock, NJ	11	F	95G	203	22:58.33	7:24	72.44%
3.	Mckenzie Dill	Glen Rock, NJ	12	F	159G	134	25:08.76	8:06	64.74%
4.	Erin MacLennan	Ridgewood, NJ	13	F	169	191	25:29.65	8:12	62.65%
5.	Alexandra Walter	Glen Rock, NJ	10	F	251G	370	28:19.41	9:07	60.23%
6.	Amy Sanders	Glen Rock, NJ	6	F	272G	195	29:17.72	9:26	66.66%
7.	Jean Walter	Glen Rock, NJ	10	F	273G	369	29:19.67	9:26	58.17%
8.	Emily Shaw	Glen Rock, NJ	9	F	279G	27	29:22.19	9:27	59.75%
9.	Ariel Shilitz	Glen Rock, NJ	13	F	297G	66	29:54.11	9:37	53.42%
10.	Tara Szwaluk	Glen Rock, NJ	10	F	307G	46	30:07.88	9:42	56.62%

### GLEN ROCK ARBORETUM 5K RUN FEMALE AGES 14 TO 19

PLACE	RUNNER'S NAME	CITY/TOWN	AGE	SX	OVERALL	(#)	TIME	PACE	PERFORMANCE%
1.	Katie Vandervalk	Glen Rock, NJ	16	F	36G	201	20:17.46	6:32	75.43%
2.	Brenna Fischer	Ridgewood, NJ	17	F	56	62	21:16.80	6:51	71.04%
3.	Caroline Davidson	Ridgewood, NJ	16	F	61	344	21:32.16	6:56	71.07%
4.	Marina Krygin	Ridgewood, NJ	16	F	68	343	22:00.20	7:05	69.56%
5.	Katherine Scandale	Glen Rock, NJ	16	F	69G	153	22:04.52	7:06	69.33%
6.	Erika Pulford	Glen Rock, NJ	17	F	73G	222	22:21.37	7:12	67.62%
7.	Emily Riemer	Ridgewood, NJ	16	F	74	337	22:21.86	7:12	68.44%
8.	Marlena Butters	Glen Rock, NJ	17	F	75G	331	22:22.26	7:12	67.58%
9.	Adrian David	Glen Rock, NJ	17	F	76G	33	22:24.00	7:13	67.49%
10.	Abby Strassberg	Glen Rock, NJ	15	F	78G	100	22:29.83	7:14	68.89%

**BOYS XC from C3**

sophomores Storm Dublir, Tanner Garrity and Nick Salamone at the Sept. 25th Bowdoin Cross-Country Classic at Bowdoin Park in Wappingers Falls, N.Y.

Several others remain in the varsity mix heading into Monday's dual meet with Hackensack including senior Connor Marlyn and junior Ben Fishbein.

Ridgewood will not make its usual trip to the Briarwood Invitational in Philadelphia tomorrow, but rather take an extra week to prepare for its first major race at the Sept. 25th Bowdoin Cross-Country Classic at Bowdoin Park in Wappingers Falls, N.Y.

"That's where the Nike Cross National Qualifiers are, so I want to get a race over that course," said Glynn.

A week later, the Maroons will head down to Holmdel County Park - site of the State Group finals and Meet of Champions - for the Oct. 1st Shore Coaches Invitational, where they finished fifth in Group B last season against some of New Jersey's top team and individual contenders.

"We are in one of the best states in the nation for boys cross-country, and we're ranked sixth in the State," Glynn said. "I think we're better than that. You have to finish in the top two at (qualifiers) to make it to nationals (as a team) - we are realistically thinking about that."

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**GIRLS XC from C3**

nor, another soccer convert, while sophomore Katie Dougherty is also in the mix. Fischer, Llerandi and Olsen will serve as Marlyn, Krygin, Emily Riemer, Tina Gibble and Brigid O'Connell senior Cara Dimino.

After winning 24-of-26 Bergen Meet of Champions (BMOG) crowns from 1980 to 2005 - as well as a string of 12 straight sectional championships during that span - the Maroons have gone four seasons without a team title.

However, their streak of qualifying for every BMOG (since 1978) and State Group 4 meet (since 1976) remains intact, and they are once again in a threat to take home a league title after the dissolution of the NJTCC, which had pitted them against four-time County champion Immaculate Heart in Division B.

As members of the Big North Conference, Ridgewood will vie with Bergen Tech, Hackensack, Paramus and Tenneck for the Division III championship on Oct. 13.

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# Ridgewood Cross Country Dual Meet Summary

Ridgewood vs PARAMUS Date 9/11 Weather SUN - 70s  
Course Darlington Course Record \_\_\_\_\_  
Final Scores 15-50 1-5 Split 9 sec 1-7 Split 39 sec

2010 BIG NORTH XCWEEK 1 Darlington - 9/11/2010  
Darlington

Name	Year	School	Finals	Points
Results - Women				
1 Anzano, Rachael	W12	Ridgewood	20:33.76	1
2 Shigenobu, Hanako	W11	Ridgewood	20:34.74	2
3 Davidson, Caroline	W11	Ridgewood	20:35.09	3
4 Llerandi, Grayson	W12	Ridgewood	20:36.69	4
5 Fischer, Brenna	W12	Ridgewood	20:42.40	5
6 Bartner, Jolie	WSO	Paramus	21:11.08	
7 Fishbein, Emily	W9	Ridgewood	21:42.52	6
8 Kim, Christine	W11	Ridgewood	22:12.22	7
9 O'Connor, Brigid	W11	Ridgewood	22:13.15	
10 Krygin, Marina	W11	Ridgewood	22:14.10	
11 Dougherty, Katie	W10	Ridgewood	22:49.43	
12 Gibble, Tina	W11	Ridgewood	22:57.25	
13 Reimer, Emily	W11	Ridgewood	22:58.26	
14 Weisberger, Laura	W9	Ridgewood	23:23.53	
15 Casey, Deirdre	W11	Ridgewood	23:26.88	
16 Carle, Kristen	W9	Ridgewood	23:33.13	
17 Neborsky, Summer	W11	Ridgewood	23:41.81	
18 Frank, Brittany	W11	Ridgewood	23:51.06	
19 Feder, Francesca	W10	Ridgewood	24:00.15	
20 Schablik, Jen	W10	Ridgewood	24:02.68	
21 Simon, Kathleen	W9	Ridgewood	24:14.89	
22 Merck, Margaret	W9	Ridgewood	24:15.87	
23 Kuderka, Katie	WJR	Paramus	24:34.07	
24 MacLennan, Erin	W9	Ridgewood	24:37.09	
25 Whitman, Mercedes	W11	Ridgewood	24:52.29	
26 Cleary, Catherine	W11	Ridgewood	24:54.25	
27 Kirshner, Jessie	W12	Ridgewood	24:55.77	
28 Fine, Lizzie	W11	Ridgewood	25:15.25	
29 Chiaramonte, Nicole	W12	Ridgewood	25:17.83	
30 Merck, Catherine	W11	Ridgewood	25:18.08	
31 Parsekian, Blake	W10	Ridgewood	25:21.79	
32 Dwyer, Colleen	W10	Ridgewood	25:23.41	
33 Scibetta, Andie	W11	Ridgewood	25:28.07	
34 Smith, Alice	W10	Ridgewood	25:35.73	
35 Sonnick, Stephanie	W12	Ridgewood	25:51.41	
36 French, Oliva	W12	Ridgewood	26:00.59	
37 Kirshner, Lauren	W11	Ridgewood	26:01.86	
38 Sohn, Laura	WJR	Paramus	26:13.49	
39 Vasquez, Camille	W9	Ridgewood	26:36.88	
40 Patel, Bhakti	WJR	Paramus	27:13.54	
41 Focella, Carolina	W11	Ridgewood	27:16.37	
42 Chiaramonte, CJ	W10	Ridgewood	27:16.99	
43 Francis, Kat	W10	Ridgewood	27:20.09	
44 MaKeon, Megan	W11	Ridgewood	29:13.46	
45 Seibold, Allie	W10	Ridgewood	30:29.16	
46 Haworth, Melissa	W10	Ridgewood	30:50.54	
47 Bergin, Zoe	W12	Ridgewood	31:06.52	

**Comment: Great opening meet on a beautiful sunny day!**

# Ridgewood Cross Country Dual Meet Summary

Ridgewood vs Frosh Big North Date 9/11 Weather \_\_\_\_\_  
 Course Darlington Course Record \_\_\_\_\_  
 Final Scores \_\_\_\_\_ 1-5 Split \_\_\_\_\_ 1-7 Split \_\_\_\_\_

2010 BIG NORTH XCWEEK 1 Darlington - 9/11/2010

Darlington

Mixed 3200 Meter Run CC Freshman

Comp#	Name	School	Time	Points
1	486 Clarendon, Bryan	M9 Ridgewood Boy Frosh	9:39.15	
2	490 Frering, David	M9 Ridgewood Boy Frosh	9:43.02	
3	492 Hartmann, Carter	M9 Ridgewood Boy Frosh	10:00.29	
4	499 Mullen, Joe	M9 Ridgewood Boy Frosh	10:02.72	
5	481 Angus, Mason	M9 Ridgewood Boy Frosh	10:04.43	
6	501 Pillai, Raayan	M9 Ridgewood Boy Frosh	10:12.13	
7	483 Casale, Matt	M9 Ridgewood Boy Frosh	10:20.53	
8	504 Wisener, Will	M9 Ridgewood Boy Frosh	10:32.80	
9	502 Ricato, John	M9 Ridgewood Boy Frosh	10:33.01	
10	491 Gerdner, Stephen	M9 Ridgewood Boy Frosh	10:36.49	
11	497 Llerandi, Spencer	M9 Ridgewood Boy Frosh	10:51.94	
12	494 Lai, Michael	M9 Ridgewood Boy Frosh	10:57.45	
13	498 Morgan, Patrick	M9 Ridgewood Boy Frosh	11:04.43	
14	503 Weissman, Philip	M9 Ridgewood Boy Frosh	11:15.65	
15	505 Wong, Allen	M9 Ridgewood Boy Frosh	11:22.52	
16	496 Liaw, Dean	M9 Ridgewood Boy Frosh	11:25.57	
17	517 Lucky, Megan	W9 Ridgewood Girl Frosh	11:26.41	
18	484 Chan, Corey	M9 Ridgewood Boy Frosh	11:31.33	
19	488 Dreier, Matthew	M9 Ridgewood Boy Frosh	11:33.90	
20	506 Yoon, Joseph	M9 Ridgewood Boy Frosh	11:44.32	
21	487 Cole, James	M9 Ridgewood Boy Frosh	11:51.37	
22	510 Bussinelli, Sam	W9 Ridgewood Girl Frosh	11:52.78	
23	525 Stern, Rebecca	W9 Ridgewood Girl Frosh	12:15.24	
24	512 Cebek, Carolyn	W9 Ridgewood Girl Frosh	12:16.60	
25	514 Eckels, Grace	W9 Ridgewood Girl Frosh	12:29.03	
26	480 Altera, Chris	M9 Ridgewood Boy Frosh	12:29.26	
27	526 Sullivan, Julia	W9 Ridgewood Girl Frosh	12:33.92	
28	516 Graham, Elizabeth	W9 Ridgewood Girl Frosh	12:40.14	
29	482 Berry, Liam	M9 Ridgewood Boy Frosh	13:02.82	
30	493 Kates, Spencer	M9 Ridgewood Boy Frosh	13:04.06	
31	519 Mckenna, Kelsie	W9 Ridgewood Girl Frosh	13:07.34	
32	522 Sandler, Sarah	W9 Ridgewood Girl Frosh	13:27.79	
33	508 Brickfield, Emma	W9 Ridgewood Girl Frosh	13:31.45	
34	509 Broatch, Emma	W9 Ridgewood Girl Frosh	13:32.54	
35	523 Scanlon, Abby	W9 Ridgewood Girl Frosh	13:39.88	
36	521 Milch, Allison	W9 Ridgewood Girl Frosh	13:44.82	
37	314 Kishen, Cyndria	W10 Passaic Cty VT	13:49.61	
38	527 Tanner, Becky	W9 Ridgewood Girl Frosh	13:53.82	
39	513 Dimino, Christine	W9 Ridgewood Girl Frosh	13:58.28	
40	507 Bragg, Sara	W9 Ridgewood Girl Frosh	14:05.88	
41	308 Carlelino, Chiara	W09 Passaic Cty VT	15:06.69	
42	320 Palacios, Alondra	W09 Passaic Cty VT	15:16.81	

# Ridgewood Cross Country Dual Meet Summary

Ridgewood vs DePaul & PCT Date 9/14 Weather Beautiful!

Course \_\_\_\_\_ Course Record \_\_\_\_\_

Final Scores \_\_\_\_\_ 1-5 Split 13sec 1-7 Split 38sec

2010 BIG NORTH XC WEEK 2 DAY 2 GARRET - 9/1/2010 to 11/30/2010  
GARRET MOUNTAIN DePaul vs Ridgewood & Passaic Cty VT vs Ridgewood

Name	Year	School	Avg Mile	Finals	Points
1 #447 Anzano, Rachael	12	Ridgewood	7:06	22:03	1
2 #455 Davidson, Caroline	11	Ridgewood	7:06	22:03	2
3 #478 Llerandi, Grayson	12	Ridgewood	7:06	22:04	3
4 #493 Shigenobu, Hanako	11	Ridgewood	7:07	22:04	4
5 #462 Fischer, Brenna	12	Ridgewood	7:10	22:16	5
6 #484 Mullen, Margaret	12	Ridgewood	7:16	22:32	6
7 #463 Fishbein, Emily	9	Ridgewood	7:18	22:41	7
9 #486 O'Connor, Brigid	11	Ridgewood	7:24	22:57	
10 #457 Dougherty, Katie	10	Ridgewood	7:24	22:59	
11 #474 Kim, Christine	11	Ridgewood	7:26	23:04	
12 #489 Reimer, Emily	11	Ridgewood	7:28	23:09	
13 #477 Krygin, Marina	11	Ridgewood	7:32	23:24	
14 #469 Gibble, Tina	11	Ridgewood	7:37	23:39	
16 #460 Fiddle, Ava	12	Ridgewood	7:50	24:20	
18 #461 Fine, Lizzie	11	Ridgewood	7:51	24:22	
19 #499 Weisberger, Laura	9	Ridgewood	7:51	24:22	
20 #485 Neborsky, Summer	11	Ridgewood	7:54	24:32	
21 #451 Casey, Deirdre	11	Ridgewood	7:58	24:43	
22 #487 Olsen, Renee	12	Ridgewood	7:58	24:45	
23 #459 Feder, Francesca	10	Ridgewood	7:59	24:48	
24 #450 Carle, Kristen	9	Ridgewood	8:00	24:50	
25 #466 Frank, Brittany	11	Ridgewood	8:01	24:54	
26 #490 Schablik, Jen	10	Ridgewood	8:01	24:55	
27 #494 Simon, Kathleen	9	Ridgewood	8:02	24:55	
30 #500 Whitman, Mercedes	11	Ridgewood	8:09	25:18	
31 #458 Dwyer, Colleen	10	Ridgewood	8:12	25:29	
33 #479 MacLennan, Erin	9	Ridgewood	8:16	25:39	
34 #475 Kirshner, Jessie	12	Ridgewood	8:17	25:44	
35 #482 Merck, Catherine	11	Ridgewood	8:18	25:46	
36 #496 Sonnick, Stephanie	12	Ridgewood	8:33	26:33	
37 #465 Francis, Kat	10	Ridgewood	8:34	26:36	
38 #476 Kirshner, Lauren	11	Ridgewood	8:35	26:38	
40 #495 Smith, Alice	10	Ridgewood	8:45	27:10	
43 #464 Focella, Carolina	11	Ridgewood	9:18	28:52	
45 #470 Gorman, Marisa	12	Ridgewood	9:29	29:27	
46 #473 Husby, Hanna	12	Ridgewood	9:35	29:46	
47 #480 MaKeon, Megan	11	Ridgewood	9:45	30:15	
48 #452 Chiaramonte, CJ	10	Ridgewood	9:52	30:39	
53 #456 Dimino, Cara	12	Ridgewood	10:24	32:16	
55 #471 Haworth, Melissa	10	Ridgewood	10:28	32:30	
56 #449 Bergin, Zoe	12	Ridgewood	10:30	32:37	



## Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
DePaul vs Ridgewood											
1	Ridgewood	15	1	2	3	4	5	6	7		
	Total Time:	1:50:30.00	Average: 22:06.00								
2	DePaul	50	8	9	10	11	12	13	14		
	Total Time:	2:14:21.00	Average: 26:52.20								
Passaic Cty VT vs Ridgewood											
1	Ridgewood	15	1	2	3	4	5	6	7		
	Total Time:	1:50:30.00	Average: 22:06.00								
2	Passaic Cty VT	50	8	9	10	11	12	13	14		
	Total Time:	2:08:34.00	Average: 25:42.80								

# Ridgewood Cross Country Meet Summary

Meet: Season Opener

Course: Darlington

Division: \_\_\_\_\_

Course Record: 9:49

Date: \_\_\_\_\_

Ridgewood Record: 9:49

Weather: \_\_\_\_\_

Type of Course: \_\_\_\_\_

Team Total: \_\_\_\_\_

Team Place: \_\_\_\_\_

1-5 Split: \_\_\_\_\_

1-7 split: \_\_\_\_\_

2010 BERGEN COUNTY SEASON OPENER - 9/17/2010

DARLINGTON PARK

Girls 3200 Meter Run CC Frosh Girls

Name	Year	School	Avg Mile	Finals	Points
1 #1499 Fishbein, Emily	9	Ridgewood	5:18	10:31	1
5 #1513 Weisberger, Laura	9	Ridgewood	5:32	10:59	3
9 #1495 Carle, Kristen	9	Ridgewood	5:37	11:09	6
14 #1502 MacLennan, Erin	9	Ridgewood	5:44	11:24	10
16 #1501 Lucky, Megan	9	Ridgewood	5:46	11:27	12
17 #1504 Merck, Margaret	9	Ridgewood	5:47	11:29	13
18 #1494 Bussinelli, Sam	9	Ridgewood	5:51	11:36	14
22 #1508 Simon, Kathleen	9	Ridgewood	6:00	11:56	
23 #1509 Stern, Rebecca	9	Ridgewood	6:01	11:57	
26 #1510 Sullivan, Julia	9	Ridgewood	6:05	12:06	
28 #1498 Eckels, Grace	9	Ridgewood	6:06	12:08	
29 #1500 Graham, Elizabeth	9	Ridgewood	6:07	12:09	
32 #1496 Cebek, Carolyn	9	Ridgewood	6:11	12:17	
40 #1493 Broatch, Mackenzie	9	Ridgewood	6:20	12:35	
46 #1497 Dimino, Christine	9	Ridgewood	6:28	12:50	
50 #1503 McKenna, Kelsie	9	Ridgewood	6:30	12:55	
52 #1506 Sandler, Sarah	9	Ridgewood	6:35	13:06	
55 #1507 Scanlon, Abby	9	Ridgewood	6:39	13:12	
56 #1511 Tanner, Becky	9	Ridgewood	6:39	13:14	
57 #1491 Brickfield, Emma	9	Ridgewood	6:40	13:14	
65 #1490 Bragg, Sara	9	Ridgewood	6:50	13:34	
(87 finishers)					

### Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Ridgewood Girl Frosh	32	1	3	6	10	12	13	14		
	Total Time: 55:30.00		Average:		11:06.00						
2	Acad O/T Holy Angels	62	2	11	15	16	18	19	20		
	Total Time: 58:16.00		Average:		11:39.20						
3	North Bergen	78	5	7	21	22	23	24	27		
	Total Time: 1:00:02.00		Average:		12:00.40						
4	Paramus Catholic	85	8	9	17	25	26				
	Total Time: 1:00:57.00		Average:		12:11.40						
5	Passaic Cty VT	122	4	28	29	30	31	32			
	Total Time: 1:12:54.00		Average:		14:34.80						



# Ridgewood Cross Country Dual Meet Summary

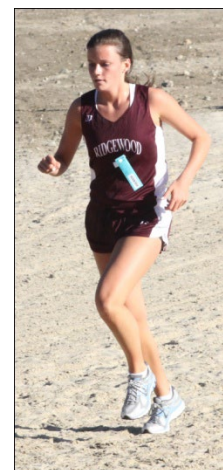
Ridgewood vs Hackensack Date 9/20 Weather sun & warm

Course \_\_\_\_\_ Course Record \_\_\_\_\_

Final Scores \_\_\_\_\_ 1-5 Split \_\_\_\_\_ 1-7 Split \_\_\_\_\_

2010 BIG NORTH XC Monday Week 3 Darlington - 9/20/2010

Name	School	Time	Points
Mullen, Margaret	W12 Ridgewood	21:33.18	1
Obelle, Oni	WJR Hackensack	21:40.45	2
Dougherty, Katie	W10 Ridgewood	21:42.65	3
O'Connor, Brigid	W11 Ridgewood	21:49.28	4
Kim, Christine	W11 Ridgewood	21:54.16	5
Gibble, Tina	W11 Ridgewood	22:10.29	6
Krygin, Marina	W11 Ridgewood	22:17.58	7
Perez, Jennifer	WSO Hackensack	22:19.35	8
Reimer, Emily	W11 Ridgewood	22:27.16	9
Ramache, Diana	WSO Hackensack	22:31.74	10
Fine, Lizzie	W11 Ridgewood	23:01.80	
Feder, Francesca	W10 Ridgewood	23:12.28	
Olsen, Renee	W12 Ridgewood	23:28.88	
Ciummo, Rosa	WJR Hackensack	23:30.93	11
Dwyer, Colleen	W10 Ridgewood	23:40.47	
Neborsky, Summer	W11 Ridgewood	23:43.50	
Fiddle, Ava	W12 Ridgewood	23:50.12	
Frank, Brittany	W11 Ridgewood	23:52.18	
Schablik, Jen	W10 Ridgewood	23:54.54	
Casey, Deirdre	W11 Ridgewood	24:05.16	
Whitman, Mercedes	W11 Ridgewood	24:11.76	
Merck, Catherine	W11 Ridgewood	24:26.10	
Francis, Kat	W10 Ridgewood	24:59.88	
Kirshner, Jessie	W12 Ridgewood	25:00.11	
Scibetta, Andie	W11 Ridgewood	25:07.38	
Forbes, Michelle	WJR Hackensack	25:50.55	12
Sonnick, Stephanie	W12 Ridgewood	25:50.88	
Focella, Carolina	W11 Ridgewood	25:57.32	
Kirshner, Lauren	W11 Ridgewood	25:58.76	
Chiaromonte, Nicole	W12 Ridgewood	25:59.39	
Jones, Sunahtah	WJR Hackensack	26:00.31	13
MaKeon, Megan	W11 Ridgewood	27:06.60	
Cormier, Jacqueline	WJR Hackensack	27:23.93	14
Gorman, Marisa	W12 Ridgewood	28:04.93	
Chiaromonte, CJ	W10 Ridgewood	28:07.94	
Seibold, Allie	W10 Ridgewood	28:13.08	
Goodman, Tashe	WJR Hackensack	29:16.57	
Argila, Kaitlyn	W12 Ridgewood	29:21.47	
Geiger, Emily	W11 Ridgewood	29:29.80	
Husby, Hanna	W12 Ridgewood	29:30.40	
Marquard, Kendall	W12 Ridgewood	30:14.33	
Haworth, Melissa	W10 Ridgewood	30:47.35	
Dimino, Cara	W12 Ridgewood	30:58.68	



## Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
Results - Women											
1	Ridgewood	19	1	3	4	5	6	7	9		
	Total Time:	1:49:09.56	Average:		21:49.92						
2	Hackensack	43	2	8	10	11	12	13	14		
	Total Time:	1:55:53.02	Average:		23:10.61						

# Ridgewood Cross Country Dual Meet Summary

Ridgewood vs Big North Date \_\_\_\_\_ Weather \_\_\_\_\_  
 Course \_\_\_\_\_ Course Record \_\_\_\_\_  
 Final Scores \_\_\_\_\_ 1-5 Split \_\_\_\_\_ 1-7 Split \_\_\_\_\_

2010 BIG NORTH XC Monday Week 3 Darlington - 9/20/2010  
 Mixed 3k Run CC FROSH

Comp#	Name	School	Time	Points
18	470 Fishbein, Emily	W9 Ridgewood Girl Frosh	10:33.64	
22	484 Weisberger, Laura	W9 Ridgewood Girl Frosh	11:06.84	
30	466 Carle, Kristen	W9 Ridgewood Girl Frosh	11:32.54	
31	473 MacLennan, Erin	W9 Ridgewood Girl Frosh	11:36.65	
32	472 Lucky, Megan	W9 Ridgewood Girl Frosh	11:37.90	
34	475 Merck, Margaret	W9 Ridgewood Girl Frosh	11:47.00	
35	465 Bussinelli, Sam	W9 Ridgewood Girl Frosh	11:53.71	
36	480 Stern, Rebecca	W9 Ridgewood Girl Frosh	11:56.04	
37	479 Simon, Kathleen	W9 Ridgewood Girl Frosh	11:57.73	
39	469 Eckels, Grace	W9 Ridgewood Girl Frosh	12:11.05	
44	481 Sullivan, Julia	W9 Ridgewood Girl Frosh	12:25.80	
45	467 Cebek, Carolyn	W9 Ridgewood Girl Frosh	12:31.36	
49	464 Broatch, Mackenzie	W9 Ridgewood Girl Frosh	12:37.89	
54	474 Mckenna, Kelsie	W9 Ridgewood Girl Frosh	12:51.99	
55	468 Dimino, Christine	W9 Ridgewood Girl Frosh	12:59.30	
56	477 Sandler, Sarah	W9 Ridgewood Girl Frosh	13:06.80	
57	478 Scanlon, Abby	W9 Ridgewood Girl Frosh	13:14.39	
58	482 Tanner, Becky	W9 Ridgewood Girl Frosh	13:15.99	
60	462 Brickfield, Emma	W9 Ridgewood Girl Frosh	13:35.64	
62	461 Bragg, Sara	W9 Ridgewood Girl Frosh	13:43.56	
63	476 Milch, Allison	W9 Ridgewood Girl Frosh	13:45.06	



# Ridgewood Cross Country Meet Summary

**Meet:** Passaic Coaches Invite      **Course:** Garret Mt  
**Division:** Frosh      **Course Record:** \_\_\_\_\_  
**Date:** \_\_\_\_\_      **Ridgewood Record:** 13:00.5 J.Lupo-2000  
**Weather:** \_\_\_\_\_      **Type of Course:** \_\_\_\_\_  
**Team Total:** \_\_\_\_\_      **Team Place:** \_\_\_\_\_      **1-5 Split:** \_\_\_\_\_      **1-7 split:** \_\_\_\_\_

44th Passaic County Coaches XC Invitational - 9/25/2010  
Garret Mountain - Woodland Park NJ

Event 3 Girls 3200 Meter Run CC Freshman 3/4

Name	Year	School	Avg Mile	Finals	Points
1 #2375 Fishbein, Emily	9	Ridgewood	6:40	13:14	1
4 #2389 Weisberger, Laura	9	Ridgewood	7:03	14:00	2
9 #2378 MacLennan, Erin	9	Ridgewood	7:17	14:29	5
10 #2377 Lucky, Megan	9	Ridgewood	7:18	14:30	6
13 #2380 Merck, Margaret	9	Ridgewood	7:26	14:46	8
16 #2371 Carle, Kristen	9	Ridgewood	7:31	14:56	10
18 #2370 Bussinelli, Sam	9	Ridgewood	7:34	15:02	11
22 #2385 Stern, Rebecca	9	Ridgewood	7:43	15:20	
27 #2372 Cebek, Carolyn	9	Ridgewood	7:53	15:40	
29 #2374 Eckels, Grace	9	Ridgewood	7:57	15:47	
32 #2369 Broatch, Mackenzie	9	Ridgewood	7:58	15:50	
42 #2384 Simon, Kathleen	9	Ridgewood	8:13	16:19	
43 #2386 Sullivan, Julia	9	Ridgewood	8:16	16:26	
44 #2379 Mckenna, Kelsie	9	Ridgewood	8:17	16:27	
50 #2373 Dimino, Christine	9	Ridgewood	8:32	16:58	
54 #2382 Sandler, Sarah	9	Ridgewood	8:50	17:34	
55 #2367 Brickfield, Emma	9	Ridgewood	8:57	17:48	
56 #2383 Scanlon, Abby	9	Ridgewood	9:00	17:53	
58 #2366 Bragg, Sara	9	Ridgewood	9:01	17:56	
60 #2381 Milch, Allison	9	Ridgewood	9:13	18:19	
62 #2387 Tanner, Becky	9	Ridgewood	9:19	18:31	
(74 finishers)					

### Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Ridgewood Girl Frosh	22	1	2	5	6	8	10	11		
	Total Time:	1:10:59.00									
	Average:	14:11.80									
2	North Bergen	61	4	9	12	17	19	21	23		
	Total Time:	1:15:59.00									
	Average:	15:11.80									
3	Mount Olive	65	7	13	14	15	16	18	26		
	Total Time:	1:17:07.00									
	Average:	15:25.40									
4	Passaic County Technical	103	3	20	25	27	28	29			
	Total Time:	1:29:06.00									
	Average:	17:49.20									
5	Wayne Hills	139	22	24	30	31	32				
	Total Time:	1:37:39.00									
	Average:	19:31.80									

**Comment:** **Congratulations!!**

# Ridgewood Cross Country Dual Meet Summary

Ridgewood vs Bergen Academy Date \_\_\_\_\_ Weather \_\_\_\_\_

Course \_\_\_\_\_ Course Record \_\_\_\_\_

Final Scores 15-50 1-5 Split \_\_\_\_\_ 1-7 Split \_\_\_\_\_

2010 BIG NORTH XC Week 4 Wednesday - 9/29/2010 Garret Mountain

Rankings

Girls 5k Run CC

Comp#	Name	School	Time	Points
1	1132 Dougherty, Katie	10 Ridgewood	21:57.36	
2	1159 Mullen, Margaret	12 Ridgewood	22:01.21	
3	1149 Kim, Christine	11 Ridgewood	22:02.46	
4	1144 Gibble, Tina	11 Ridgewood	22:09.89	
5	1152 Krygin, Marina	11 Ridgewood	23:04.21	
6	1160 Neborsky, Summer	11 Ridgewood	23:17.73	
7	1126 Casey, Deirdre	11 Ridgewood	23:25.87	
8	1134 Feder, Francesca	10 Ridgewood	23:49.01	
9	1141 Frank, Brittany	11 Ridgewood	24:09.31	
10	1165 Schablik, Jen	10 Ridgewood	24:29.95	
11	1175 Whitman, Mercedes	11 Ridgewood	24:32.14	
12	1133 Dwyer, Colleen	10 Ridgewood	24:43.06	
13	1157 Merck, Catherine	11 Ridgewood	24:45.52	
14	1162 Olsen, Renee	12 Ridgewood	25:09.49	
15	1140 Francis, Kat	10 Ridgewood	25:13.59	
16	1170 Smith, Alice	10 Ridgewood	25:24.88	
17	1150 Kirshner, Jessie	12 Ridgewood	25:26.80	
18	1166 Scibetta, Andie	11 Ridgewood	25:54.03	
19	811 Meisel, Jordana	Bergen Cty VT	26:05.04	
20	1151 Kirshner, Lauren	11 Ridgewood	26:10.39	
21	1139 Focella, Carolina	11 Ridgewood	26:11.64	
22	1128 Chiaramonte, Nicole	12 Ridgewood	27:42.97	
23	1155 MaKeon, Megan	11 Ridgewood	27:48.39	
24	1145 Gorman, Marisa	12 Ridgewood	28:27.92	
25	1167 Seibold, Allie	10 Ridgewood	28:38.89	
26	1127 Chiaramonte, CJ	10 Ridgewood	28:43.47	
27	1146 Haworth, Melissa	10 Ridgewood	32:23.51	
28	1131 Dimino, Cara	12 Ridgewood	32:36.86	

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
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Girls Team Scores

Bergen Cty VT vs Ridgewood

1	Ridgewood	15	1	2	3	4	5	6	7
	Total Time:	1:51:15.13							
	Average:	22:15.03							

**comment: Most of Bergen Academy's team missed the race (they had the wrong start time) so the team score was a forfeit. Katie gets a meet t-shirt for a good time and a great run.**



# Ridgewood Cross Country Dual Meet Summary

Ridgewood vs **Big North - Frosh** Date \_\_\_\_\_ Weather \_\_\_\_\_  
Course \_\_\_\_\_ Course Record \_\_\_\_\_  
Final Scores \_\_\_\_\_ 1-5 Split \_\_\_\_\_ 1-7 Split \_\_\_\_\_

2010 BIG NORTH XC Week 4 Wednesday - 9/29/2010 Garret Mountain  
Mixed 3200 Meter Run CC Freshman

Comp#	Name	School	Time	Points
40	1261 Simon, Kathleen	W9 Ridgewood Girl Frosh	15:26.32	
42	1262 Stern, Rebecca	W9 Ridgewood Girl Frosh	15:29.88	
46	1251 Eckels, Grace	W9 Ridgewood Girl Frosh	15:42.53	
50	1263 Sullivan, Julia	W9 Ridgewood Girl Frosh	15:59.36	
57	1249 Cebek, Carolyn	W9 Ridgewood Girl Frosh	16:27.80	
58	1250 Dimino, Christine	W9 Ridgewood Girl Frosh	16:29.54	
59	1256 Mckenna, Kelsie	W9 Ridgewood Girl Frosh	16:33.53	
60	1246 Broatch, Mackenzie	W9 Ridgewood Girl Frosh	16:36.07	
68	1259 Sandler, Sarah	W9 Ridgewood Girl Frosh	17:25.43	
69	1260 Scanlon, Abby	W9 Ridgewood Girl Frosh	17:36.70	
70	1244 Brickfield, Emma	W9 Ridgewood Girl Frosh	17:38.10	
71	1258 Milch, Allison	W9 Ridgewood Girl Frosh	17:40.01	
75	1264 Tanner, Becky	W9 Ridgewood Girl Frosh	18:57.23	
77	1243 Bragg, Sara	W9 Ridgewood Girl Frosh	19:32.12	

# Ridgewood Cross Country Meet Summary

**Meet:** Maroon Invite                      **Course:** Garret  
**Division:** JV - 3-4                      **Course Record:** \_\_\_\_\_  
**Date:** \_\_\_\_\_                      **Ridgewood Record:** \_\_\_\_\_  
**Weather:** \_\_\_\_\_                      **Type of Course:** \_\_\_\_\_  
**Team Total:** \_\_\_\_\_ **Team Place:** \_\_\_\_\_ **1-5 Split:** \_\_\_\_\_ **1-7 split:** \_\_\_\_\_

Maroon Invitational - 10/1/2010                      Garret Mountain Reservation

Event 6 Girls 5k Run CC JV GIRLS 3/4

Name	Year	School	Avg Mile	Finals	Points
group 3/4 Results					
9 #1431 Feder, Francesca	10	Ridgewood	7:31	23:21	8
18 #1423 Casey, Deirdre	11	Ridgewood	7:40	23:47	17
24 #1462 Schablik, Jen	10	Ridgewood	7:48	24:13	23
26 #1438 Frank, Brittany	11	Ridgewood	7:50	24:19	25
27 #1430 Dwyer, Colleen	10	Ridgewood	7:50	24:20	26
32 #1467 Smith, Alice	10	Ridgewood	7:54	24:33	31
35 #1454 Merck, Catherine	11	Ridgewood	7:56	24:38	33
36 #1437 Francis, Kat	10	Ridgewood	7:57	24:39	
44 #1472 Whitman, Mercedes	11	Ridgewood	8:04	25:01	
46 #1447 Kirshner, Jessie	12	Ridgewood	8:04	25:03	
50 #1459 Olsen, Renee	12	Ridgewood	8:08	25:15	
58 #1463 Scibetta, Andie	11	Ridgewood	8:16	25:40	
61 #1448 Kirshner, Lauren	11	Ridgewood	8:22	25:59	
64 #1452 MaKeon, Megan	11	Ridgewood	8:28	26:18	
69 #1436 Focella, Carolina	11	Ridgewood	8:36	26:42	
75 #1425 Chiaramonte, Nicol	12	Ridgewood	8:44	27:08	
80 #1468 Sonnick, Stephanie	12	Ridgewood	8:51	27:28	
86 #1440 Geiger, Emily	11	Ridgewood	8:58	27:52	
91 #1424 Chiaramonte, CJ	10	Ridgewood	9:04	28:11	
100 #1420 Argila, Kaitlyn	12	Ridgewood	9:39	29:57	
(113 finishers)					

## Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
group 3/4 Results											
1	Middletown South	42	2	4	5	13	18	21	22		
	Total Time:	1:55:26.00				Average:	23:05.20				
2	Ridgewood	99	8	17	23	25	26	31	33		
	Total Time:	2:00:00.00				Average:	24:00.00				
3	J.P. Stevens	108	7	16	27	28	30	40	43		
	Total Time:	2:00:10.00				Average:	24:02.00				
4	Hackensack	124	3	10	12	49	50	63			
	Total Time:	2:02:28.00				Average:	24:29.60				
5	Suffern	138	1	6	19	55	57	64	65		
	Total Time:	2:04:09.00				Average:	24:49.80				
6	Marlboro	143	9	15	38	39	42	45			
	Total Time:	2:02:04.00				Average:	24:24.80				
7	North Bergen	177	29	34	36	37	41	46	52		
	Total Time:	2:04:10.00				Average:	24:50.00				
8	Passaic Cty VT	181	14	24	35	48	60				
	Total Time:	2:06:56.00				Average:	25:23.20				
9	Indian Hills	213	20	32	47	56	58	59	62		
	Total Time:	2:09:46.00				Average:	25:57.20				
10	Fair Lawn	250	11	44	61	66	68				
	Total Time:	2:20:05.00				Average:	28:01.00				
11	Nutley	294	51	53	54	67	69				
	Total Time:	2:24:51.00				Average:	28:58.20				



# Ridgewood Cross Country Meet Summary

Meet: Shore Coaches Invite

Course: Holmdel 5K

Division: Varsity B

Course Record: 17:35

Date: October 2, 2010

Ridgewood Record: 18:29 Patti Mileski 1983

Weather: Sun - 70°

Type of Course: \_\_\_\_\_

Team Total: \_\_\_\_\_ Team Place: \_\_\_\_\_

1-5 Split: \_\_\_\_\_ 1-7 split: \_\_\_\_\_

2010 Shore Coaches Invitational - 10/2/2010 Holmdel Park NJ  
Event 23 Girls 5k Run CC VAR GIRLS B

Name	Year	School	Avg Mile	Finals	Points
12 #2425 Shigenobu, Hanako	11	Ridgewood	6:37	20:34	12
13 #2406 Davidson, Caroline	11	Ridgewood	6:38	20:34	13
20 #2416 Llerandi, Grayson	12	Ridgewood	6:45	20:58	19
23 #2411 Fischer, Brenna	12	Ridgewood	6:47	21:03	21
35 #2401 Anzano, Rachael	12	Ridgewood	6:54	21:25	33
62 #2407 Dougherty, Katie	10	Ridgewood	7:10	22:15	58
90 #2420 Mullen, Margaret	12	Ridgewood	7:26	23:03	84
(175 finishers)					

### Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Ridge	64	5	9	11	16	23	24	36		
	Total Time: 1:43:05.00										
	Average: 20:37.00										
2	Ridgewood	98	12	13	19	21	33	58	84		
	Total Time: 1:44:34.00										
	Average: 20:54.80										
3	Morris Knolls	114	4	7	29	32	42	62	91		
	Total Time: 1:44:55.00										
	Average: 20:59.00										
4	West Windsor Plainsboro S	125	1	15	22	31	56	83	89		
5	Moorestown	173	6	14	47	52	54	55	115		
6	Phillipsburg	232	8	40	53	61	70				
7	West Windsor-Plainsboro N	250	10	38	44	60	98	112	125		
8	Roxbury	253	2	17	51	82	101	129			
9	Hamilton East	299	3	30	66	73	127	135	139		
10	Wayne Hills	305	25	43	75	76	86	118	119		
11	Ocean City	310	18	39	74	85	94	111	150		
12	Seneca	330	50	64	67	68	81	93	95		
13	Mainland	341	34	49	71	90	97	108	136		
14	Morristown	349	20	37	45	117	130	131			
15	Clearview	350	26	28	92	100	104	132	149		
16	Shawnee	359	41	72	79	80	87	96	106		
17	Kingsway High School	364	27	35	78	110	114	128	155		
18	Millburn	377	59	65	69	77	107	134	151		
19	Bellport	517	63	88	121	122	123	124	140		
20	Monroe	525	57	99	116	120	133	138	147		
21	Cherry Hill West	549	48	105	113	141	142	146			
22	Pennsauken	563	46	109	126	137	145	148	154		
23	Timber Creek	644	102	103	143	144	152	153			

**Comment: We were 14 of 149 teams on a time basis but maybe more importantly only 7 teams had faster # 5 times than us!**



# Ridgewood Cross Country Meet Summary

**Meet:** Shore Coaches Invite      **Course:** Holmdel 5K  
**Division:** JV A      **Course Record:** \_\_\_\_\_  
**Date:** October 2, 2010      **Ridgewood Record:** \_\_\_\_\_  
**Weather:** Sun - 70°      **Type of Course:** \_\_\_\_\_  
**Team Total:** \_\_\_\_\_ **Team Place:** \_\_\_\_\_ **1-5 Split:** \_\_\_\_\_ **1-7 split:** \_\_\_\_\_

2010 Shore Coaches Invitational - 10/2/2010      Holmdel Park NJ

Event 16 Girls 5k Run CC JV GIRL A

Name	Year	School	Avg Mile	Finals	Points
7 #2413 Gibble, Tina	11	Ridgewood	7:05	22:00	7
28 #2415 Krygin, Marina	11	Ridgewood	7:23	22:56	27
43 #2421 Neborsky, Summer	11	Ridgewood	7:30	23:16	42
52 #2414 Kim, Christine	11	Ridgewood	7:34	23:29	50
59 #2410 Fine, Lizzie	11	Ridgewood	7:40	23:47	57
79 #2424 Reimer, Emily	11	Ridgewood	7:54	24:31	72
(207 finishers)					

### Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Hillsborough	73	2	8	11	14	38	51	54		
2	Southern Regional	77	1	5	13	25	33	34	47		
3	Toms River North	109	9	17	24	28	31	40	114		
4	Ridge	117	4	6	10	41	56	59	92		
5	Bridgewater-Raritan	168	16	22	39	45	46	62	65		
6	Ridgewood	183	7	27	42	50	57	72			
	Total Time:	1:55:28.00									
	Average:	23:05.60									
7	North Hunterdon	196	15	19	37	61	64	68	89		
8	Westfield	201	12	32	49	53	55	69	70		
9	West Windsor Plainsboro S	207	3	20	44	52	88	99	121		
10	Hunterdon Central	268	18	21	60	73	96	100	117		
11	Lenape	275	23	36	67	74	75	77	94		
12	Jackson Memorial	307	26	43	48	93	97	105	110		
13	Cherokee	361	58	63	79	80	81	84	87		
14	South Brunswick	361	35	71	78	82	95	102	107		
15	Montgomery	443	83	85	86	91	98	104	109		
16	Toms River East	462	30	76	111	120	125	128			
17	Howell HS	469	29	103	108	113	116	124			
18	East Brunswick	500	66	101	106	112	115	118	119		
19	Cherry Hill East	588	90	122	123	126	127				

**Comment: We were 9th of 64 teams today on a time basis. Varsity time for Tina! However Brigid's serious injury overshadowed all our accomplishment.**



# Ridgewood Cross Country Meet Summary

**Meet:** Shore Coaches Invite      **Course:** Holmdel 2 Mile  
**Division:** Frosh A      **Course Record:** \_\_\_\_\_  
**Date:** October 2, 2010      **Ridgewood Record:** \_\_\_\_\_  
**Weather:** Sun - 70°      **Type of Course:** \_\_\_\_\_  
**Team Total:** \_\_\_\_\_ **Team Place:** \_\_\_\_\_ **1-5 Split:** \_\_\_\_\_ **1-7 split:** \_\_\_\_\_

2010 Shore Coaches Invitational - 10/2/2010      Holmdel Park NJ

Event 20 Girls 3200 Meter Run CC FROSH GIRL A

Name	Year	School	Avg Mile	Finals	Points
7 #2412 Fishbein, Emily	9	Ridgewood	7:21	14:36	5
17 #2426 Weisberger, Laura	9	Ridgewood	7:36	15:06	11
24 #2417 Lucky, Megan	9	Ridgewood	7:43	15:20	12
25 #2418 MacLennan, Erin	9	Ridgewood	7:43	15:21	13
28 #2419 Merck, Margaret	9	Ridgewood	7:48	15:30	16
48 #2402 Bussinelli, Sam	9	Ridgewood	8:09	16:11	29
83 #2403 Carle, Kristen	9	Ridgewood	8:27	16:47	49
(155 finishers)					

### Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	North Hunterdon A	17	1	2	3	4	7				
2	Ridgewood A	57	5	11	12	13	16				
3	Westfield A	87	6	8	21	22	30				
4	Seneca A	97	9	10	19	26	33				
5	Red Bank Catholic	138	14	18	23	25	58				
6	East Brunswick A	200	20	40	42	48	50				
7	Hunterdon Central A	205	15	24	45	56	65				
8	Westfield B	207	32	35	38	39	63				
9	North Hunterdon B	213	27	28	37	59	62				
10	Holy Angels A	224	31	34	46	52	61				
11	Hillsborough A	225	17	43	53	55	57				
12	Notre Dame	292	41	44	47	75	85				
13	Northern Burlington A	350	36	66	80	81	87				
14	Hillsborough B	358	60	67	69	79	83				
15	Westfield C	361	68	71	72	74	76				

**Comment: 2nd at Shore means 2nd in State today!**



# Ridgewood Cross Country Dual Meet Summary

Ridgewood vs Teaneck

Date 10/4 Weather Wet/Cold

Course Darlington

Course Record \_\_\_\_\_

Final Scores \_\_\_\_\_

1-5 Split 48sec! 1-7 Split 1:21

Big North Week 5 Dual Meets - 10/4/2010

Darlington

Name	Year	School	Finals	Points
1 Gibble, Tina	W11	Ridgewood	21:09.21	1
2 Fishbein, Emily	W9	Ridgewood	21:40.16	2
3 Neborsky, Summer	W11	Ridgewood	21:55.63	3
4 Reimer, Emily	W11	Ridgewood	21:57.17	4
5 Krygin, Marina	W11	Ridgewood	21:57.81	5
6 Fine, Lizzie	W11	Ridgewood	21:58.47	6
7 Feder, Francesca	W10	Ridgewood	22:30.59	7
8 Carle, Kristen	W9	Ridgewood	22:33.99	
9 Merck, Margaret	W9	Ridgewood	22:37.75	
10 Merck, Catherine	W11	Ridgewood	22:44.51	
11 Weisberger, Laura	W9	Ridgewood	22:46.79	
12 Schablik, Jen	W10	Ridgewood	22:54.07	
13 Frank, Brittany	W11	Ridgewood	23:21.98	
14 MacLennan, Erin	W9	Ridgewood	23:23.30	
15 Smith, Alice	W10	Ridgewood	23:30.70	
16 Simon, Kathleen	W9	Ridgewood	23:31.39	
17 Francis, Kat	W10	Ridgewood	23:44.67	
18 Whitman, Mercedes	W11	Ridgewood	23:45.79	
19 Olsen, Renee	W12	Ridgewood	23:46.30	
20 Bussinelli, Sam	W9	Ridgewood	23:47.81	
21 Lucky, Megan	W9	Ridgewood	23:49.16	
22 Scibetta, Andie	W11	Ridgewood	24:17.26	
23 Stern, Rebecca	W9	Ridgewood	24:29.04	
24 Parsekian, Blake	W10	Ridgewood	24:50.02	
25 Kirshner, Jessie	W12	Ridgewood	24:51.59	
26 Eckels, Grace	W9	Ridgewood	25:12.34	
27 Chiaramonte, Nicole	W12	Ridgewood	25:14.06	
28 MaKeon, Megan	W11	Ridgewood	25:30.02	
29 Sonnick, Stephanie	W12	Ridgewood	25:42.40	
30 Kirshner, Lauren	W11	Ridgewood	25:54.32	
31 Sullivan, Julia	W9	Ridgewood	25:55.33	
32 Callis, Jasmine	W12	Teaneck	26:16.21	
33 Dimino, Christine	W9	Ridgewood	26:16.64	
34 Mckenna, Kelsie	W9	Ridgewood	26:30.52	
35 Geiger, Emily	W11	Ridgewood	26:39.22	
36 Milch, Allison	W9	Ridgewood	26:54.81	
37 Chiaramonte, CJ	W10	Ridgewood	26:56.54	
38 Gorman, Marisa	W12	Ridgewood	27:02.99	
39 Seibold, Allie	W10	Ridgewood	27:05.00	
40 Brickfield, Emma	W9	Ridgewood	27:08.67	
41 Scanlon, Abby	W9	Ridgewood	27:55.75	
42 Cebek, Carolyn	W9	Ridgewood	28:33.92	
43 Argila, Kaitlyn	W12	Ridgewood	28:36.45	
44 Broatch, Mackenzie	W9	Ridgewood	28:40.32	
45 Tanner, Becky	W9	Ridgewood	29:05.06	
46 Bragg, Sara	W9	Ridgewood	29:15.84	
47 Sandler, Sarah	W9	Ridgewood	29:16.10	

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
------	------	-------	---	---	---	---	---	----	----	----	----

Results - Women

1	Ridgewood	15	1	2	3	4	5	6	7		
	Total Time:	1:48:39.98	Average:		21:44.00						
2	Teaneck	50									

**Comment: Wow! Great Team. Lots of PR's. Tina continues running well.**

# Ridgewood Cross Country Meet Summary

**Meet:** Big North Champs      **Course:** Darlington  
**Division:** Division 3 - Varsity      **Course Record:** \_\_\_\_\_  
**Date:** 10/13/2010      **Ridgewood Record:** \_\_\_\_\_  
**Weather:** Sun!      **Type of Course:** \_\_\_\_\_  
**Team Total:** \_\_\_\_\_ **Team Place:** \_\_\_\_\_ **1-5 Split:** \_\_\_\_\_ **1-7 split:** \_\_\_\_\_

210 Big North Divisional Championships - 10/13/2010

Divisions: 1-United, 2 Liberty, 3 Freedom

Girls 5k Run CC Varsity

Comp#	Name	School	Time	Points
6	662 Llerandi, Grayson	12 Ridgewood	19:35	
8	682 Shigenobu, Hanako	11 Ridgewood	20:04	
9	636 Davidson, Caroline	11 Ridgewood	20:19	
13	645 Fischer, Brenna	12 Ridgewood	20:29	
18	652 Gibble, Tina	11 Ridgewood	20:53	
19	639 Dougherty, Katie	10 Ridgewood	20:54	
32	671 Mullen, Margaret	12 Ridgewood	21:50	
(76 finishers)				

Event 5 Girls 5k Run CC Varsity

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
Freedom Results											
1	Ridgewood	19	1	2	3	6	7	8	13		
	Total Time:	1:41:20.00									
	Average:	20:16.00									
2	Hackensack	58	4	9	14	15	16	22	27		
	Total Time:	1:48:44.00									
	Average:	21:44.80									
3	Paramus	73	5	11	18	19	20	21			
	Total Time:	1:54:08.00									
	Average:	22:49.60									
4	Bergen Cty VT	86	10	12	17	23	24	25	26		
	Total Time:	1:56:23.00									
	Average:	23:16.60									





# Ridgewood Cross Country Meet Summary

**Meet:** Big North Champs      **Course:** Darlington  
**Division:** Junior Varsity      **Course Record:** \_\_\_\_\_  
**Date:** 10/13/2010      **Ridgewood Record:** \_\_\_\_\_  
**Weather:** Sun!      **Type of Course:** \_\_\_\_\_  
**Team Total:** 16      **Team Place:** 1st      **1-5 Split:** 47sec **1-7 split:** \_\_\_\_\_

210 Big North Divisional Championships - 10/13/2010  
 Divisions: 1-United, 2 Liberty, 3 Freedom  
 Girls 5k Run CC JV

Comp#	Name	School	Time	Points
1	658 Kim, Christine	11 Ridgewood	21:13	
2	672 Neborsky, Summer	11 Ridgewood	21:38	
3	642 Feder, Francesca	10 Ridgewood	21:38	
4	676 Reimer, Emily	11 Ridgewood	21:46	
6	661 Krygin, Marina	11 Ridgewood	22:00	
7	644 Fine, Lizzie	11 Ridgewood	22:01	
10	649 Frank, Brittany	11 Ridgewood	22:37	
11	668 Merck, Catherine	11 Ridgewood	22:37	
20	631 Casey, Deirdre	11 Ridgewood	23:08	
21	679 Schablik, Jen	10 Ridgewood	23:10	
24	684 Smith, Alice	10 Ridgewood	23:21	
25	640 Dwyer, Colleen	10 Ridgewood	23:22	
26	692 Whitman, Mercedes	11 Ridgewood	23:36	
29	643 Fiddle, Ava	12 Ridgewood	23:45	
35	659 Kirshner, Jessie	12 Ridgewood	24:27	
36	680 Scibetta, Andie	11 Ridgewood	24:30	
37	647 Focella, Carolina	11 Ridgewood	24:33	
38	648 Francis, Kat	10 Ridgewood	24:33	
41	675 Parsekian, Blake	10 Ridgewood	24:50	
44	660 Kirshner, Lauren	11 Ridgewood	25:07	
48	667 McKeon, Megan	11 Ridgewood	25:28	
51	634 Chiaramonte, Nicole	12 Ridgewood	25:54	
54	681 Seibold, Allie	10 Ridgewood	26:14	
55	651 Geiger, Emily	11 Ridgewood	26:43	
61	653 Gorman, Marisa	12 Ridgewood	27:55	
62	633 Chiaramonte, CJ	10 Ridgewood	28:18	
68	623 Argila, Kaitlyn	12 Ridgewood	29:49	
71	637 Dimino, Cara	12 Ridgewood	30:35	
72	655 Haworth, Melissa	10 Ridgewood	30:35	

**Comment: 21:39 Team Average!**



# Ridgewood Cross Country Meet Summary

**Meet:** Big North Champs      **Course:** Darlington  
**Division:** Frosh      **Course Record:** \_\_\_\_\_  
**Date:** 10/13/2010      **Ridgewood Record:** \_\_\_\_\_  
**Weather:** Sun!      **Type of Course:** \_\_\_\_\_  
**Team Total:** 33      **Team Place:** 1st      **1-5 Split:** \_\_\_\_\_      **1-7 split:** \_\_\_\_\_

210 Big North Divisional Championships - 10/13/2010      Darlington  
 Girls 3200 Meter Run CC Freshman

Comp#	Name	School	Time	Points
3	646 Fishbein, Emily	9 Ridgewood	10:38	
4	691 Weisberger, Laura	9 Ridgewood	10:39	
7	663 Lucky, Megan	9 Ridgewood	10:47	
9	669 Merck, Margaret	9 Ridgewood	10:54	
10	664 MacLennan, Erin	9 Ridgewood	10:57	
11	630 Carle, Kristen	9 Ridgewood	11:10	
13	629 Bussinelli, Sam	9 Ridgewood	11:16	
14	683 Simon, Kathleen	9 Ridgewood	11:23	
16	686 Stern, Rebecca	9 Ridgewood	11:27	
21	641 Eckels, Grace	9 Ridgewood	11:46	
23	687 Sullivan, Julia	9 Ridgewood	11:51	
24	666 Mckenna, Kelsie	9 Ridgewood	12:16	
25	628 Broatch, Mackenzie	9 Ridgewood	12:21	
27	632 Cebek, Carolyn	9 Ridgewood	12:23	
31	670 Milch, Allison	9 Ridgewood	12:39	
32	638 Dimino, Christine	9 Ridgewood	12:41	
37	688 Tanner, Becky	9 Ridgewood	12:48	
40	626 Brickfield, Emma	9 Ridgewood	13:01	
41	677 Sandler, Sarah	9 Ridgewood	13:07	
42	678 Scanlon, Abby	9 Ridgewood	13:10	
44	625 Bragg, Sara	9 Ridgewood	13:19	
(54 finishers)				

**Comment:** RHS-33, Holy Angels-56, IHA-57. Big North Champs!



# Ridgewood Cross Country Meet Summary

**Meet:** Ridgewood Invitational      **Course:** Veteran's Field  
**Division:** Varsity      **Course Record:** \_\_\_\_\_  
**Date:** 10/10/16      **Ridgewood Record:** \_\_\_\_\_  
**Weather:** Windy - 60s      **Type of Course:** \_\_\_\_\_  
**Team Total:** \_\_\_\_\_ **Team Place:** \_\_\_\_\_ **1-5 Split:** \_\_\_\_\_ **1-7 split:** \_\_\_\_\_

Ridgewood Invitational - 10/16/2010  
 Event 5 Girls 5k Run CC VARSITY

Name	Year	School	Avg Mile	Finals	Points
2 Llerandi, Grayson	12	Ridgewood	6:24	19:51	2
3 Davidson, Caroline	11	Ridgewood	6:24	19:52	3
5 Anzano, Rachael	12	Ridgewood	6:31	20:14	5
8 Fischer, Brenna	12	Ridgewood	6:36	20:29	8
11 Shigenobu, Hanako	11	Ridgewood	6:42	20:48	11
18 Gibble, Tina	11	Ridgewood	6:53	21:23	17
21 Kim, Christine	11	Ridgewood	6:55	21:27	20
(86 finishers)					

Team Scores											
Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Ridgewood	29	2	3	5	8	11	17	20		
	Total Time: 1:41:14.00		Average:		20:14.80						
2	Cornwall	39	1	4	6	9	19	24	42		
3	Warwick Valley	76	12	13	14	16	21	27	28		
4	Curtis	80	7	10	18	22	23	33	55		
5	Memorial	166	15	26	38	43	44				
6	Belleville	174	31	32	35	37	39	51	57		
7	North Bergen	209	36	40	41	45	47	53	56		
8	Paramus Catholic	227	34	46	48	49	50	52	54		
9	Union City	257	25	30	61	70	71				
10	Brooklyn Tech	268	29	58	59	60	62	63			
11	Saint Vincent	330	64	65	66	67	68	69	72		

**Comment: First win at Ridgewood since 2002!**





**FALL SPORTS ROUNDUP**

# Host Maroons claim XC titles at Invitational

**BY GREG TARTAGLIA***Assistant Sports Editor*

RIDGEWOOD — Senior Grayson Llerandi and junior Caroline Davidson finished back-to-back in second and third to lead the Ridgewood High School girls cross-country team to its first Ridgewood Invitational title since 2002 last Saturday at Veterans Field.

The host Maroons defeated Cornwall (N.Y.), 29-39, which produced the individual race winner, sophomore Michelle Lujan (19:35). The two schools combined to sweep the top six spots in the event.

In addition, RHS entered the Invitational varsity boys race for the first time since 2003 and scored a 60-67 victory over St. Peter's Prep, giving the Maroons their first sweep in eight years.

For the girls, Llerandi (19:51) and Davidson (19:52) finished well ahead of Cornwall's Dara Cuffe (fourth place, 20:13), and Ridgewood senior Rachel Anzano (fifth, 20:14) nearly caught her at the line.

Maroon senior Brenna Fischer (eighth, 20:29) came home one place in front of Cornwall's Megan O'Donnell (20:33), while junior Hanako Shigenobu (20:48) added points by taking 11th. Juniors Tina Gible (18th, 21:23) and Christine Kim (21st, 21:27) also competed for RHS.

For the boys, sophomore Nick Salamone (17:21) and junior Mark French (17:22) were the top finishers for Ridgewood, running 6-7. St. Peter's seniors Charlie Bates (17:14) and Kevin Garigan (17:15) actually ran 3-4, but the Maroons placed their top four ahead of the Marauders' No. 3 to turn the tide.

Sophomores Brian Daniels (11th, 17:32), Storm Dublirer (15th, 17:49) and Will Ades (26th, 18:14) also factored into the scoring for RHS, while senior Connor Martyn (18:40) rounded out the order. Union City senior Luis Romero won the race in 16:45.

Prior to Saturday, the last school to sweep the Ridgewood Invitational boys and girls team titles was Warwick Valley of Orange County, N.Y., which did so in 2004 and 2005.

# Ridgewood Cross Country Meet Summary

**Meet:** Bergen Group Champs      **Course:** Darlington  
**Division:** Varsity A      **Course Record:** \_\_\_\_\_  
**Date:** 10/23/2010      **Ridgewood Record:** \_\_\_\_\_  
**Weather:** Sunny - 60s      **Type of Course:** \_\_\_\_\_  
**Team Total:** \_\_\_\_\_ **Team Place:** \_\_\_\_\_ **1-5 Split:** 1:05 **1-7 split:** \_\_\_\_\_

2010 BERGEN COUNTY CROSS COUNTRY CHAMPIONSHIP - 10/23/2010  
 DARLINGTON COUNTY PARK

## Rankings

Event 11 Girls 5k Run CC A

Name	Year	School	Avg Mile	Finals	Points
4 #1553 Llerandi, Grayson	12	Ridgewood	6:21	19:42	4
5 #1573 Shigenobu, Hanako	11	Ridgewood	6:24	19:51	5
6 #1527 Davidson, Caroline	11	Ridgewood	6:24	19:52	6
12 #1513 Anzano, Rachael	12	Ridgewood	6:33	20:20	12
17 #1536 Fischer, Brenna	12	Ridgewood	6:42	20:47	17
18 #1543 Gibble, Tina	11	Ridgewood	6:42	20:48	18
27 #1530 Dougherty, Katie	10	Ridgewood	6:57	21:34	27

### Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Ridgewood	44	4	5	6	12	17	18	27		
	Total Time: 1:40:32.00		Average:		20:06.40						
2	Immaculate Heart	67	1	13	14	15	24	30	34		
3	Northern Highlands	73	2	8	10	21	32	40	48		
4	Old Tappan	106	7	19	23	26	31	37	55		
5	Tenafly	135	3	22	28	33	49	56	57		
6	Paramus	158	9	11	39	47	52	58	59		
7	Hackensack	164	16	20	41	43	44	61			
8	Paramus Catholic	200	29	38	42	45	46	50	53		
9	Fair Lawn	237	25	36	51	62	63				
10	Bergen Cty VT	278	35	54	60	64	65				



# Ridgewood Cross Country Meet Summary

**Meet:** Bergen Group Champs      **Course:** Darlington  
**Division:** JV      **Course Record:** \_\_\_\_\_  
**Date:** 10/23/2010      **Ridgewood Record:** \_\_\_\_\_  
**Weather:** Sunny - 60s      **Type of Course:** \_\_\_\_\_  
**Team Total:** \_\_\_\_\_ **Team Place:** \_\_\_\_\_ **1-5 Split:** \_\_\_\_\_ **1-7 split:** \_\_\_\_\_

2010 BERGEN COUNTY CROSS COUNTRY CHAMPIONSHIP - 10/23/2010      DARLINGTON COUNTY PARK  
 Event 8    Girls 5k Run CC JV A

Name	Year	School	Avg Mile	Finals	Points
1 #1563 Neborsky, Summer	11	Ridgewood	6:49	21:11	1
3 #1562 Mullen, Margaret	12	Ridgewood	6:57	21:34	3
5 #1567 Reimer, Emily	11	Ridgewood	6:59	21:41	5
8 #1552 Krygin, Marina	11	Ridgewood	7:02	21:49	8
12 #1535 Fine, Lizzie	11	Ridgewood	7:03	21:52	12
13 #1549 Kim, Christine	11	Ridgewood	7:06	22:02	13
15 #1570 Schablik, Jen	10	Ridgewood	7:09	22:11	15
18 #1559 Merck, Catherine	11	Ridgewood	7:12	22:21	18
22 #1533 Feder, Francesca	10	Ridgewood	7:19	22:42	22
24 #1522 Casey, Deirdre	11	Ridgewood	7:21	22:49	24
27 #1900 Janosikova, Petra		Ridgewood	7:24	22:58	27
28 #1540 Frank, Brittany	11	Ridgewood	7:25	23:00	28
30 #1575 Smith, Alice	10	Ridgewood	7:25	23:01	30
33 #1531 Dwyer, Colleen	10	Ridgewood	7:35	23:33	33
34 #1583 Whitman, Mercedes	11	Ridgewood	7:35	23:33	34
41 #1550 Kirshner, Jessie	12	Ridgewood	7:50	24:20	41
43 #1551 Kirshner, Lauren	11	Ridgewood	7:51	24:23	43
45 #1538 Focella, Carolina	11	Ridgewood	7:53	24:29	45
51 #1556 MaKeon, Megan	11	Ridgewood	8:02	24:57	50
52 #1539 Francis, Kat	10	Ridgewood	8:10	25:22	51
56 #1571 Scibetta, Andie	11	Ridgewood	8:16	25:39	55
58 #1572 Seibold, Allie	10	Ridgewood	8:19	25:49	57
60 #1566 Parsekian, Blake	10	Ridgewood	8:22	25:58	59
66 #1541 French, Oliva	12	Ridgewood	8:34	26:37	62
68 #1524 Chiaramonte, CJ	10	Ridgewood	8:43	27:05	64
73 #1525 Chiaramonte, Nicol	12	Ridgewood	9:06	28:15	68
81 #1514 Argila, Kaitlyn	12	Ridgewood	9:46	30:21	74
82 #1528 Dimino, Cara	12	Ridgewood	9:59	31:01	

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Immaculate Heart	A 28	2	4	6	7	9				
2	Ridgewood	A 29	1	3	5	8	12				
	Total Time:	1:48:07.00			Average:	21:37.40					
3	Immaculate Heart	B 89	10	17	19	20	23				
4	Ridgewood	B 92	13	15	18	22	24				
	Total Time:	1:52:05.00			Average:	22:25.00					
5	Old Tappan	A 135	16	21	31	32	35				
6	Northern Highlands	A 149	11	14	38	40	46				
7	Ridgewood	C 152	27	28	30	33	34				
	Total Time:	1:56:05.00			Average:	23:13.00					
8	Immaculate Heart	C 159	25	26	29	37	42				
9	Ridgewood	D 230	41	43	45	50	51				
	Total Time:	2:03:31.00			Average:	24:42.20					
10	Immaculate Heart	D 264	44	47	52	58	63				
11	Northern Highlands	B 269	48	49	53	54	65				
12	Demarest	A 291	39	56	61	66	69				
13	Ridgewood	E 297	55	57	59	62	64				
	Total Time:	2:11:08.00			Average:	26:13.60					



**Comment:** This was a close and disappointing loss in the last couple of meters of the race.



# Ridgewood Cross Country Meet Summary

**Meet:** Bergen Group Champs      **Course:** Darlington  
**Division:** Frosh      **Course Record:** \_\_\_\_\_  
**Date:** 10/23/2010      **Ridgewood Record:** \_\_\_\_\_  
**Weather:** Sunny - 60s      **Type of Course:** \_\_\_\_\_  
**Team Total:** \_\_\_\_\_ **Team Place:** \_\_\_\_\_ **1-5 Split:** \_\_\_\_\_ **1-7 split:** \_\_\_\_\_

2010 BERGEN COUNTY CROSS COUNTRY CHAMPIONSHIP - 10/23/2010      DARLINGTON COUNTY PARK

Event 9    Girls 3200 Meter Run CC FROSH    ALL

Name	Year	School	Avg Mile	Finals	Points
2 #1582 Weisberger, Laura	9	Ridgewood	5:16	10:27	2
3 #1537 Fishbein, Emily	9	Ridgewood	5:22	10:40	3
5 #1554 Lucky, Megan	9	Ridgewood	5:26	10:48	5
6 #1555 MacLennan, Erin	9	Ridgewood	5:28	10:51	6
7 #1521 Carle, Kristen	9	Ridgewood	5:33	11:01	7
8 #1520 Bussinelli, Sam	9	Ridgewood	5:34	11:03	8
9 #1574 Simon, Kathleen	9	Ridgewood	5:34	11:05	9
14 #1577 Stern, Rebecca	9	Ridgewood	5:38	11:12	12
22 #1578 Sullivan, Julia	9	Ridgewood	5:49	11:34	16
23 #1532 Eckels, Grace	9	Ridgewood	5:50	11:35	17
26 #1519 Broatch, Mackenzie	9	Ridgewood	5:58	11:52	19
28 #1558 McKenna, Kelsie	9	Ridgewood	6:00	11:55	20
41 #1561 Milch, Allison	9	Ridgewood	6:12	12:20	27
44 #1529 Dimino, Christine	9	Ridgewood	6:19	12:33	28
52 #1517 Brickfield, Emma	9	Ridgewood	6:26	12:48	30
54 #1568 Sandler, Sarah	9	Ridgewood	6:29	12:53	31
60 #1579 Tanner, Becky	9	Ridgewood	6:34	13:03	33
62 #1569 Scanlon, Abby	9	Ridgewood	6:39	13:14	
(74 finishers)					

### Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Ridgewood	A 23	2	3	5	6	7				
	Total Time:	53:47.00	Average:		10:45.40						
2	Acad O/T Holy Angels	A 39	1	4	10	11	13				
3	Ridgewood	B 62	8	9	12	16	17				
	Total Time:	56:29.00	Average:		11:17.80						
4	Glen Rock	A 107	15	21	22	24	25				
5	Ridgewood	C 124	19	20	27	28	30				
	Total Time:	1:01:28.00	Average:		12:17.60						
6	Acad O/T Holy Angels	B 124	14	18	26	29	37				
7	Englewood - Morrow-Dwig	166	23	32	34	38	39				

**Comment: Best in Bergen!!**

# Ridgewood Cross Country Meet Summary

**Meet:** Doc Braver Champs      **Course:** Darlington  
**Division:** JV      **Course Record:** \_\_\_\_\_  
**Date:** 10/28/2010      **Ridgewood Record:** \_\_\_\_\_  
**Weather:** Sun - Warm      **Type of Course:** \_\_\_\_\_  
**Team Total:** \_\_\_\_\_ **Team Place:** \_\_\_\_\_ **1-5 Split:** \_\_\_\_\_ **1-7 split:** \_\_\_\_\_

2010 DOC BRAVER INVITATIONAL - 10/28/2010

DARLINGTON

Event 6 Girls 5k Run CC JV

Name	Year	School	Avg Mile	Finals	Points
1 #840 Neborsky, Summer		Ridgewood	6:54	21:25	1
2 #806 Dougherty, Katie		Ridgewood	6:55	21:29	2
3 #859 Weisberger, Laura		Ridgewood	6:56	21:32	3
4 #826 Kim, Christine		Ridgewood	6:57	21:35	4
5 #813 Fishbein, Emily		Ridgewood	6:57	21:35	5
7 #839 Mullen, Margaret		Ridgewood	7:01	21:46	7
8 #829 Krygin, Marina		Ridgewood	7:01	21:48	8
9 #811 Fine, Lizzie		Ridgewood	7:02	21:50	9
10 #809 Feder, Francesca		Ridgewood	7:03	21:53	10
12 #844 Reimer, Emily		Ridgewood	7:04	21:57	12
17 #836 Merck, Catherine		Ridgewood	7:10	22:14	17
30 #807 Dwyer, Colleen		Ridgewood	7:24	22:59	30
32 #797 Carle, Kristen		Ridgewood	7:25	23:01	32
33 #851 Simon, Kathleen		Ridgewood	7:25	23:01	33
38 #796 Bussinelli, Sam		Ridgewood	7:30	23:17	38
41 #847 Schablik, Jen		Ridgewood	7:31	23:21	41
44 #816 Frank, Brittany		Ridgewood	7:33	23:27	43
48 #860 Whitman, Mercedes		Ridgewood	7:38	23:43	47
50 #852 Smith, Alice		Ridgewood	7:40	23:49	49
54 #815 Francis, Kat		Ridgewood	7:45	24:05	53
56 #825 Janosikova, Petra		Ridgewood	7:49	24:16	55
61 #814 Focella, Carolina		Ridgewood	7:52	24:24	60
62 #827 Kirshner, Jessie		Ridgewood	7:52	24:25	61
78 #828 Kirshner, Lauren		Ridgewood	8:08	25:15	77
79 #833 MaKeon, Megan		Ridgewood	8:08	25:16	78
80 #843 Parsekian, Blake		Ridgewood	8:09	25:17	79
82 #848 Scibetta, Andie		Ridgewood	8:10	25:21	81
84 #853 Sonnicks, Stephanie		Ridgewood	8:12	25:27	83
92 #800 Chiaramonte, CJ		Ridgewood	8:20	25:51	89
93 #801 Chiaramonte, Nicol		Ridgewood	8:20	25:52	90
102 #849 Seibold, Allie		Ridgewood	8:32	26:30	99
104 #818 Geiger, Emily		Ridgewood	8:35	26:39	100
116 #820 Gorman, Marisa		Ridgewood	8:51	27:28	110
123 #790 Argila, Kaitlyn		Ridgewood	9:11	28:30	115
137 #804 Dimino, Cara		Ridgewood	9:39	29:57	127

(154 finishers)



Event 6 Girls 5k Run CC JV

Team Scores												
Rank	Team		Total	1	2	3	4	5	*6	*7	*8	*9
1	Ridgewood	A	15	1	2	3	4	5				
	Total Time:		1:47:36.00	Average:		21:31.20						
2	Ridgewood	B	46	7	8	9	10	12				
	Total Time:		1:49:14.00	Average:		21:50.80						
3	Immaculate Heart	A	60	6	11	13	14	16				
4	Immaculate Heart	B	118	18	19	21	29	31				
5	Ridgewood	C	150	17	30	32	33	38				
	Total Time:		1:54:32.00	Average:		22:54.40						
6	Immaculate Heart	C	211	34	37	40	44	56				
7	Paramus Catholic	A	217	20	22	36	46	93				
8	Ridgewood	D	233	41	43	47	49	53				
	Total Time:		1:58:25.00	Average:		23:29.17						
9	Tenafly High School	A	242	25	27	52	62	76				
10	Wayne Hills	A	278	28	45	64	67	74				
11	Passaic	A	284	15	23	54	69	123				
12	Eastern Christian	A	297	26	35	68	70	98				
13	Ramsey		315	24	58	71	75	87				
14	Garfield	A	321	42	50	65	80	84				
15	Ridgewood	E	331	55	60	61	77	78				
	Total Time:		2:03:36.00	Average:		24:43.20						
16	Ridgewood	F	422	79	81	83	89	90				
	Total Time:		2:07:48.00	Average:		25:33.60						
17	Immaculate Heart	D	425	59	72	88	95	111				
18	Glen Rock	A	430	39	82	91	106	112				
19	Pascack Valley	A	437	48	66	96	101	126				
20	Wayne Valley		481	63	73	92	119	134				
21	Harrison	A	485	57	86	102	109	131				
22	Indian Hills	A	533	51	116	117	124	125				
23	Ridgewood	G	551	99	100	110	115	127				
	Total Time:		2:19:04.00	Average:		27:48.80						
24	Wayne Hills	B	573	97	113	114	121	128				
25	Lyndhurst	A	645	107	132	133	136	137				

**Comment: Ridgewood's JV-A team would rank 13th in Bergen County as a varsity team!**



# Ridgewood Cross Country Meet Summary

**Meet:** Doc Braver Champs      **Course:** Darlington  
**Division:** Frosh      **Course Record:** \_\_\_\_\_  
**Date:** 10/28/2010      **Ridgewood Record:** \_\_\_\_\_  
**Weather:** Sun - Warm      **Type of Course:** \_\_\_\_\_  
**Team Total:** \_\_\_\_\_ **Team Place:** \_\_\_\_\_ **1-5 Split:** \_\_\_\_\_ **1-7 split:** \_\_\_\_\_

2010 DOC BRAVER INVITATIONAL - 10/28/2010

DARLINGTON

Event 3 Girls 3200 Meter Run CC FROSH

Name	Year	School	Avg Mile	Finals	Points
4 #831 Lucky, Megan		Ridgewood	5:22	10:41	2
7 #832 MacLennan, Erin		Ridgewood	5:26	10:48	3
8 #837 Merck, Margaret		Ridgewood	5:27	10:50	4
10 #854 Stern, Rebecca		Ridgewood	5:38	11:11	6
15 #795 Broatch, Mackenzie		Ridgewood	5:47	11:29	8
21 #855 Sullivan, Julia		Ridgewood	6:00	11:55	10
22 #808 Eckels, Grace		Ridgewood	6:00	11:56	11
24 #799 Cebek, Carolyn		Ridgewood	6:07	12:09	12
27 #835 McKenna, Kelsie		Ridgewood	6:08	12:12	14
36 #838 Milch, Allison		Ridgewood	6:22	12:39	20
37 #846 Scanlon, Abby		Ridgewood	6:23	12:40	21
38 #805 Dimino, Christine		Ridgewood	6:25	12:46	22
42 #845 Sandler, Sarah		Ridgewood	6:32	13:00	24
44 #856 Tanner, Becky		Ridgewood	6:40	13:14	25
45 #793 Brickfield, Emma		Ridgewood	6:42	13:19	26

## Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Ridgewood	A 23	2	3	4	6	8				
	Total Time:	54:59.00	Average:		10:59.80						
2	Paramus Catholic	48	1	5	7	16	19				
	Total Time:	57:25.00	Average:		11:29.00						
3	Ridgewood	B 67	10	11	12	14	20				
	Total Time:	1:00:51.00	Average:		12:10.20						
4	Glen Rock	A 72	9	13	15	17	18				
	Total Time:	1:00:42.00	Average:		12:08.40						
5	Ridgewood	C 118	21	22	24	25	26				
	Total Time:	1:04:59.00	Average:		12:59.80						
6	Wayne Hills	A 155	23	27	34	35	36				
	Total Time:	1:10:13.00	Average:		14:02.60						
7	Englewood - Morrow-Dwig	A 157	28	29	31	32	37				
	Total Time:	1:11:02.00	Average:		14:12.40						



# Ridgewood Cross Country Meet Summary

**Meet:** BMOC **Course:** \_\_\_\_\_  
**Division:** \_\_\_\_\_ **Course Record:** \_\_\_\_\_  
**Date:** 10/30/2010 **Ridgewood Record:** \_\_\_\_\_  
**Weather:** Sunny, 60° **Type of Course:** \_\_\_\_\_  
**Team Total:** 58 **Team Place:** 2nd **1-5 Split:** 48sec **1-7 split:** 1:11

2010 BERGEN COUNTY XC MEET OF CHAMPIONS - 10/30/2010  
 Event 1 Girls 5k Run CC

DARLINGTON

Name	Year	School	Avg Mile	Finals	Points
10 #195 Davidson, Caroline	11	Ridgewood	6:18	19:34	7
11 #199 Llerandi, Grayson	12	Ridgewood	6:19	19:37	8
13 #200 Shigenobu, Hanako	11	Ridgewood	6:20	19:40	10
21 #193 Anzano, Rachael	12	Ridgewood	6:27	20:02	14
28 #198 Gibble, Tina	11	Ridgewood	6:34	20:22	19
32 #197 Fischer, Brenna	12	Ridgewood	6:36	20:29	22
39 #196 Dougherty, Katie	10	Ridgewood	6:41	20:45	28
(103 finishers)					

### Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Acad O/T Holy Angels	32	2	3	5	6	16	21	41		
2	Ridgewood	58	7	8	10	14	19	22	28		
	Total Time: 1:39:15.00		Average:		19:51.00						
3	Immaculate Heart	93	1	12	17	24	39	40	43		
4	Indian Hills	160	13	15	25	47	60	61	68		
5	Northern Highlands	173	4	27	42	48	52	63	65		
6	Westwood	183	9	20	45	51	58	75	76		
7	Park Ridge-Emerson	184	23	32	36	37	56	59			
8	Old Tappan	191	26	34	35	46	50	57	73		
9	Ramsey	205	30	33	38	49	55	64	67		
10	Ridgefield Park	229	29	31	44	54	71	77	78		
11	Cresskill	282	18	53	62	70	79	80	81		
12	Hasbrouck Heights	292	11	66	69	72	74	82			

**Comment: Ridgewood's best team effort in quite a while! 5 PR's!!**



# Ridgewood Cross Country Meet Summary

Meet: MOC Course: Darlington  
Division: Frosh Course Record: \_\_\_\_\_  
Date: 10/30/2010 Ridgewood Record: \_\_\_\_\_  
Weather: \_\_\_\_\_ Type of Course: \_\_\_\_\_  
Team Total: 21 Team Place: 1st 1-5 Split: 23sec 1-7 split: \_\_\_\_\_

MOC Frosh Champs

Girls:

Team Scores: 1-Ridgewood-21. 2-Holy Angels-38. 3-RidgewoodB-79. 4-RidgewoodC-125. Holy AngelsB-140.

Individuals:

1. Eunice Lee, Paramus-10:30
2. Laura Weisberger, Ridgewood-10:32
3. Maggie Sheehan, Holy Angels-10:34
4. Emily Fishbein, Ridgewood-10:36
5. Megan Lucky, Ridgewood-10:38
6. Julia Spaar, Holy Angels-10:47
7. Erin Maclennan, Ridgewood-10:53
8. Margaret Merck, Ridgewood-10:55
9. Niamh Glynn, Holy Angels-10:58
10. Kathleen Simon, Ridgewood-10:59
11. Brigid Hayes, Holy Angels-11:02
12. Andrea Galfo, Leonia-11:04
13. Kristen Carle, Ridgewood-11:09
14. Sam Bassinelli, Ridgewood-11:11
15. Chelesa Wardlich, Indian Hills-11:13
16. Alex Garip, Holy Angels-11:13
17. Annika Nungra, Paramus-11:27
18. Rebecca Stern, Ridgewood-11:29
19. Shauna O'Shea, Holy Angels-11:31
20. Julia Sullivan, Ridgewood-11:36
21. Lauren Mihalik, Paramus-11:38
22. Amanda Kelly, Holy Angels-11:41
23. Grace Eckels, Ridgewood-11:46
24. Maskenzie Broatch, Ridgewood-11:52
25. Carolynb Cebek, Ridgewood-12:09
26. Kelsie McKenna, Ridgewood-12:12
27. Amanda Guerra, Hasbrouck Hts-12:16
28. Allison Milch, Ridgewood-12:31
29. Christine Dimino, Ridgewood-12:32
30. Jackie Ferreri, Holy Angels-12:34
31. Snoni Triphthi, Cresskill-12:38
32. Abby Scanlon, Ridgewood-12:39
33. Kelly Mulligan, Holy Angels-12:40
34. Emma Brickfield, Ridgewood-12:41
35. ASlexis Stella, Paramus-12:48
36. Julia Barnhart, Cresskill-12:58
37. Becky Tanner, Ridgewood-13:25
38. Jessica Son, Leonia-13:36
39. Jodie Park, Holy Angels-14:29
40. Annette Lee, Holy Angels-14:30
41. Christina Sivvka, Holy Angels-15:18

## CROSS-COUNTRY: BERGEN MEET OF CHAMPIONS

## Maroons sweep silver medals

*Girls squad posts best finish in three seasons; fifth straight runner-up showing for boys team*

BY RYAN PATRICK SHEEHY  
Correspondent

Last Saturday at Darlington County Park in Mahwah, the Ridgewood High School cross-country squads showed up with their best team performances to date this season. The effort could not have been timelier, as Darlington was host to this year's Bergen Country Meet of Champions (BMOC).

Both the Maroon boys and girls turned in strong outings, leaving their coaches beaming with pride.

"There wasn't one individual that stood out for us last weekend," Ridgewood girls coach Jacob Brown said Monday. "It was truly one of those 'full-team efforts' you hear about."

The RHS girls finished the meet with five of their seven runners logging personal bests, and they ran really well as a group, according to Brown. The coach also added that the two who missed out on personal bests did so by a mere two-to-five seconds.

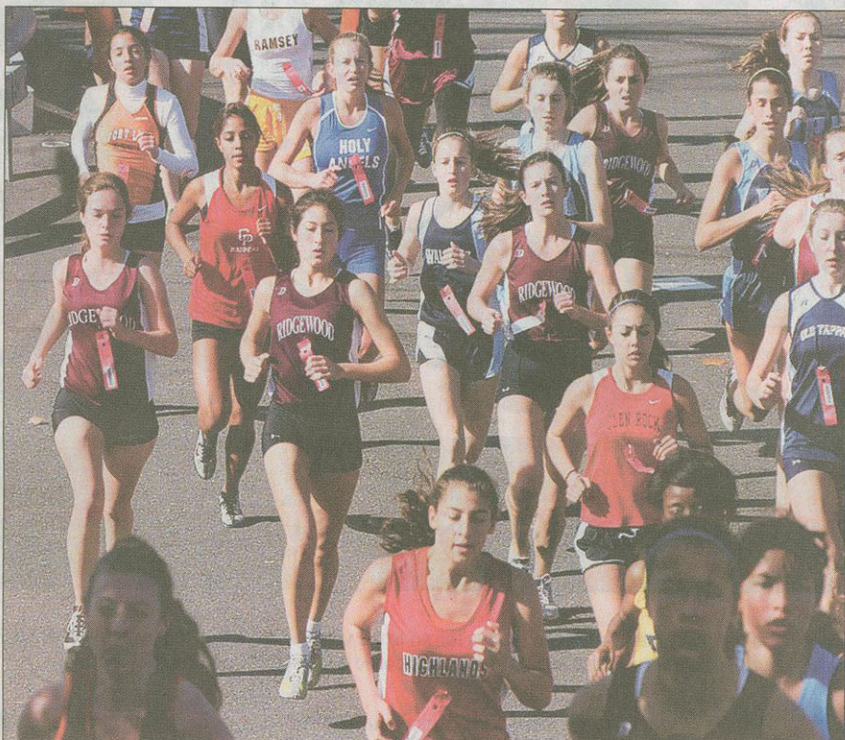
While Holy Angels captured their third straight team title, 32-58 over the Maroons, the second-place showing by Brown's bunch was its best since 2007.

"We ran better than we have in a number of years up there," he said. "We're second in Bergen [County], and now we jump into the State circuit."

All seven Ridgewood girls finished in the Top 40 of last Saturday's 5K race. Junior Caroline Davidson (10th place, 19:34), senior Grayson Llerandi (11th, 19:37) and junior Hanako Shigenobu (13th, 19:40) cracked the Top 15 to spearhead the Maroons' achievements. Senior Rachel Anzano (21st, 20:02), junior Tina Gibble (28th, 20:22), senior Brenna Fischer (32nd, 20:29) and sophomore Katie Dougherty (39th, 20:45) rounded out the order.

Immaculate Heart senior Erin Thompson won her second straight BMOC title by running 18:03, the third-fastest girls time in course history.

Complimenting the Maroon girls' success was a strong second-place finish by the RHS boys. Hinting at strong all-around improvements from his team, head coach Mike Glynn's squad seems to be poised to make a run to the front at tomorrow's North 1, Group 4



PHOTOS COURTESY OF JACOB BROWN

From left, Ridgewood runners (in Maroon) Brenna Fischer, Hanako Shigenobu, Caroline Davidson and Rachel Anzano work their way through the pack in the BMOC girls race.

sectional meet.

Senior Pat Rynkowski (15:22) and junior Levi Jennings (15:44) led Ridgewood at the BMOC by finishing in third and fifth, respectively.

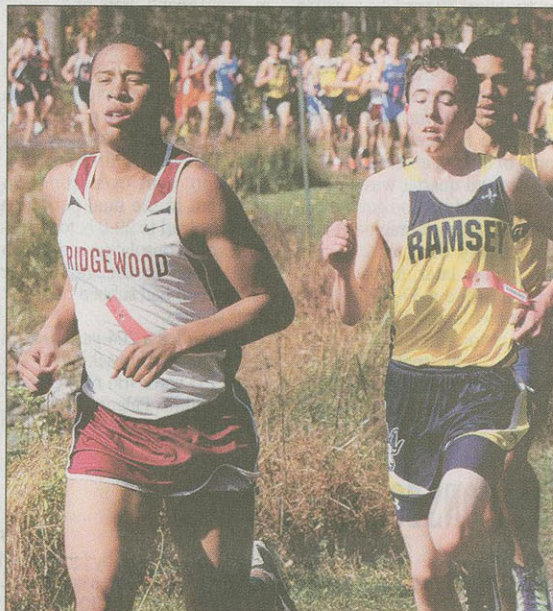
"Rynkowski and Jennings both posted personal bests and continue to have great seasons," Glynn said. "Patrick's time on Saturday was the sixth-fastest of all-time on the Darlington Course."

Senior Mohamed Eid (17th, 16:26) and sophomore Nick Salamone (20th, 16:34) both placed in the Top 20 with very impressive races. "Mohamed really stepped up for us," noted Glynn, "And Nick is going to be a really good runner. This is only his first year running competitively."

Ridgewood also featured strong performances from senior Anthony Andrews (16:58), sophomore Brian Daniels (17:05) and junior Mark French (17:30), who all contributed to its runner-up finish.

Lyndhurst's Patrick Rono won the boys race in 15:17, while Don Bosco (68 points) held off stiff challenges from the Maroons (76) and Indian Hills (85) to claim its fifth straight BMOC team title.

Tomorrow, both Ridgewood teams will head to Garret Mountain in Woodland Park for the



Ridgewood senior Anthony Andrews, left, and Ramsey senior John Dugan work their way toward the front of the BMOC boys race.

North 1, Group 4 meet, both hoping to seize control of North Jersey's most coveted running title. From 2002 to 2007, the RHS boys won a record six consecutive sectional titles, only to see Randolph take it away from them the past two years - includ-

ing last season on a tiebreaker. This weekend, "We are going to try and win it back from them," said Glynn.

Ryan Patrick Sheehy can be reached at farrellb@northjersey.com

# Ridgewood Cross Country Meet Summary

**Meet:** Frosh/JV State Meet      **Course:** Thompson Park  
**Division:** JV      **Course Record:** \_\_\_\_\_  
**Date:** 11/3/2010      **Ridgewood Record:** \_\_\_\_\_  
**Weather:** \_\_\_\_\_      **Type of Course:** \_\_\_\_\_  
**Team Total:** \_\_\_\_\_ **Team Place:** \_\_\_\_\_ **1-5 Split:** \_\_\_\_\_ **1-7 split:** \_\_\_\_\_

2010 FROSH/JV NJ STATE MEET - 11/3/2010  
THOMPSON PARK

Event 3 Girls 5k Run CC JV

Name	Year	School	Avg Mile	Finals	Points
20 #1333 Neborsky, Summer	11	Ridgewood	6:59	21:40	20
26 #1322 Krygin, Marina	11	Ridgewood	7:06	22:01	26
40 #1302 Feder, Francesca	10	Ridgewood	7:12	22:22	40
44 #1337 Reimer, Emily	11	Ridgewood	7:15	22:30	44
49 #1304 Fine, Lizzie	11	Ridgewood	7:16	22:33	49
50 #1329 Merck, Catherine	11	Ridgewood	7:16	22:34	50
(193 finishers)					

## Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Voorhees	40	1	4	8	9	18	42	71		
2	Ridge	48	2	5	6	14	21	30	57		
3	Hillsborough	75	7	12	16	17	23	25	52		
4	Cherokee HS	92	3	11	19	28	31	53	62		
5	Westfield	156	10	15	22	43	66	70	74		
6	Princeton	170	27	33	35	36	39	55	68		
7	Ridgewood	179	20	26	40	44	49	50			
8	Holmdel	236	32	34	46	61	63	75	111		
9	Bridgewater-Raritan	268	24	47	60	64	73	83	88		
10	Hunterdon Central	274	13	54	59	69	79	92	93		
11	Jackson Memorial	276	29	48	56	65	78	86	87		
12	Metuchen	301	37	38	51	81	94				
13	Raritan	422	41	85	95	100	101	104	110		
14	Bishop Ahr	423	76	77	89	90	91	97	98		
15	Mount Olive	456	67	82	96	102	109				
16	North Warren	459	72	80	99	103	105	108	112		
17	Brick Township	487	58	84	114	115	116	117			
18	Toms River East	489	45	106	107	113	118	119			



# Ridgewood Cross Country Meet Summary

**Meet:** Frosh/JV State Meet      **Course:** Thompson Park  
**Division:** Frosh      **Course Record:** \_\_\_\_\_  
**Date:** 11/3/2010      **Ridgewood Record:** \_\_\_\_\_  
**Weather:** \_\_\_\_\_      **Type of Course:** \_\_\_\_\_  
**Team Total:** \_\_\_\_\_ **Team Place:** \_\_\_\_\_ **1-5 Split:** \_\_\_\_\_ **1-7 split:** \_\_\_\_\_

2010 FROSH/JV NJ STATE MEET - 11/3/2010  
THOMPSON PARK

Event 1 Girls 5k Run CC Freshman

Name	Year	School	Avg Mile	Finals	Points
9 #1306 Fishbein, Emily	9	Ridgewood	7:01	21:46	5
11 #1352 Weisberger, Laura	9	Ridgewood	7:02	21:50	6
13 #1330 Merck, Margaret	9	Ridgewood	7:07	22:06	8
20 #1344 Simon, Kathleen	9	Ridgewood	7:20	22:45	13
27 #1289 Bussinelli, Sam	9	Ridgewood	7:26	23:05	18
28 #1290 Carle, Kristen	9	Ridgewood	7:27	23:07	19
30 #1347 Stern, Rebecca	9	Ridgewood	7:30	23:16	21
35 #1325 MacLennan, Erin	9	Ridgewood	7:35	23:33	
(88 finishers)					

## Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Jackson Memorial	40	1	2	3	12	22	43	45		
2	Ridgewood	50	5	6	8	13	18	19	21		
	Total Time: 1:51:32.00			Average:	22:18.40						
3	Mount Olive	78	4	7	9	27	31	32	42		
4	Westfield	85	10	15	17	20	23	25	33		
5	Hunterdon Central	118	11	16	24	30	37	38			
6	Hillsborough	152	14	29	34	35	40	41	46		
7	Manasquan	173	26	28	36	39	44				

# Ridgewood Cross Country Meet Summary

**Meet:** State Sectional      **Course:** Garret Mt  
**Division:** North 1 Group 4      **Course Record:** \_\_\_\_\_  
**Date:** 11/06/2010      **Ridgewood Record:** \_\_\_\_\_  
**Weather:** Sun - 50°      **Type of Course:** \_\_\_\_\_  
**Team Total:** \_\_\_\_\_ **Team Place:** 1st **1-5 Split:** 42sec **1-7 split:** 1:40

2010 NJSIAA/The Star-Ledger/M-F Athletic Cross-Country Championships - North I Section  
 Garret Mountain - Lou Fraulo, Meet Director - 11/6/2010  
 Event 7 Girls 5k Run CC GR 4 GR 4

Name	Year	School	Avg Mile	Finals	Points
8 Hanako Shigenobu	11	RIDGEWOOD	6:31	20:14	8
9 Caroline Davidson	11	RIDGEWOOD	6:32	20:18	9
10 Grayson Llerandi	12	RIDGEWOOD	6:35	20:25	10
11 Rachael Anzano	12	RIDGEWOOD	6:38	20:34	11
16 Brenna Fischer	12	RIDGEWOOD	6:45	20:56	16
22 Tina Gibble	11	RIDGEWOOD	6:52	21:20	21
32 Katie Dougherty	10	RIDGEWOOD	7:05	21:58	28
(84 finishers)					

### Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	RIDGEWOOD	54	8	9	10	11	16	21	28		
	Total Time:	1:42:27.00	Average:		20:29.40						
2	MORRIS KNOLLS	55	5	7	12	13	18	25	32		
3	RANDOLPH	95	1	2	15	17	60				
4	VERNON	102	3	4	20	36	39	40	57		
5	CLIFTON	124	19	23	24	27	31	42	61		
6	MEMORIAL (WNY)	171	29	30	34	35	43	45	51		
7	KEARNY	171	6	22	41	46	56	62	65		
8	LIVINGSTON	173	14	26	37	44	52	55	59		
9	NORTH BERGEN	224	33	38	49	50	54	58	64		
10	PASSAIC CTY VT	277	47	48	53	63	66				



**Comment: Great 1 point Win! All 7 of us had Garret PR's!**



# Maroons back on top

## Win 20th title; Highlands' North triumphs

By **PAUL SCHWARTZ**  
STAFF WRITER

WOODLAND PARK - It's been a long time between sectional victories for the Ridgewood girls and head coach Jacob Brown. No, it's not the 58 years between Giants' World Series victories or even the 41 years since the Jets last won a Super Bowl.

But when your teams won 19 of the first 28 North 1 Group 4 championships and then hadn't won since 2003, it seems as long as the longest of droughts.

"I'm starting to shake thinking about winning this," said Brown after the Maroons placed five runners between eighth and 16th places within 42 seconds of each other to hold off a challenge from Morris Knolls on Saturday at Garret Mountain. "When you have something and you lose it, when you get it back, it's very sweet."

Ridgewood's team and Ariana North of Northern Highlands, the Group 3 girls winner, were the only North Jersey champions in

### North 1 Girls

#### Team champions

**Group 1:** Mountain Lakes

**Group 2:** Morris Hills

**Group 3:** High Point

**Group 4:** Ridgewood

**North Jersey winner**

**Group 3:** Ariana North,  
Northern Highlands

North 1. Eleven North Jersey teams and eight individuals advanced to the State Group meet at Holmdel on Saturday.

Ridgewood's State-record 20th sectional title came with Hanako Shigenobu, Caroline Davidson, Grayson Llerandi and Rachael Anzano finishing from eighth through 11th places. Brenna Fischer completed the scoring in 16th place, three spots and 18 seconds ahead of Morris Knolls' fifth runner.

"It's fitting that Brenna completed our scoring because [Friday

night] at our pre-meet dinner she turned to me and said 'We've won 19 of these? Let's get another one,'" Brown said.

"Hanako is a 58-second 400-meter runner, Caroline is new to cross-country and has done very well on the track and Grayson is a great leader. She and Brenna are really students of the sport and they've brought great leadership to the younger kids on the team. These kids don't carry the heavy burden of our success in the past and they have a sense of history."

North may not have a sense of history yet but the Northern Highlands sophomore is making some of it. She became the second straight Highlander to win a sectional title, joining teammate Katie Hinchey, who won last year. Her winning time of 19:07 broke the 27-year-old school record at Garret set by Eileen Schultz.

"I've spent a lot of time in the last few weeks practicing how to get out fast here, because it narrows so quickly when we go into



DON SMITH/STAFF PHOTOGRAPHER

**Ariana North of Northern Highlands won her sectional title in a time of 19:07.**

the woods," North said.

"But now the real season has started, and I want to keep improving my times so I can make it to the State Meet of Champions."

## SCHOOL SPORTS

# Ridgewood survives scare; Venables, Lacy triumph

## GIRLS CROSS COUNTRY

By Rich Bevenssee

FOR THE STAR-LEDGER

Ridgewood, No. 9 in The Star-Ledger Top 20, survived a major scare from unranked Morris Knolls, Megan Venables of Highland Regional and Megan Lacy of Cherokee knocked out individual records, No. 13 Toms River North edged No. 18 Cherokee in a sixth-runner tiebreaker, Mia Spinelli made it nine straight individual titles for No. 15 Haddonfield and both Caroline Kellner of West Windsor-Plainsboro South and Brianna Feerst of Point Pleasant Beach won their second straight titles yesterday at the NJSIAA/Star-Ledger sectional championships.

Ridgewood trailed Morris Knolls, 37-38, after four runners crossed for each team in the Group 4 race at the North Jersey, Section 1 meet at Garret Mountain in West Paterson. Ridgewood's fifth runner, Brenna Fischer, beat Morris Knolls' fifth by two places for a 54-55 victory. Ridgewood won its girls state-record 19th sectional title (Haddonfield won its 18th in South Jersey) and its first since it won a 12th straight in 2003.

"It's very, very sweet because when you lose something you appreciate it more," Ridgewood coach Jacob Brown said. "And when you get it back, it's



AARON HOUSTON/FOR THE STAR-LEDGER

**Ridgefield senior Victoria Weiss finishes first for the Group 1, North Jersey, Section 2 championship yesterday at Warinanco Park in Elizabeth.**

wonderful."

Two individual records were under assault at the South Jersey meet at Delsea High in Franklinville. Venables, a senior at Highland Regional in Blackwood, won the Group 3 race in 17:23, tying the meet record set by Kingsway All-Stater Chelsea Ley in 2008.

And in the Group 4 race, Lacy, a senior at Cherokee of

Marlton, cruised to victory in 17:36 to smash the Group 4 sectional record of 17:42 set by Lori Watson of Cherry Hill East in 1993.

In the Group 4 team race, No. 13 Toms River North rebounded from a second-place finish at the Shore Conference meet to hold off No. 18 Cherokee and claim its fourth straight title. Toms River North trailed 41-44, after four runners had crossed for each team, but Ashley Kotran finished 24th, three places ahead of Cherokee's fifth, to forge a tie, and Toms River North's sixth runner, Andrea Mathis, placed 25th, nine places ahead of Cherokee's sixth.

Also at Delsea, Spinelli of Haddonfield won the Group 2 title in 19:57 for Haddonfield, which secured its sixth team title in the last eight years. It marks the ninth straight season a Haddonfield girl has won a section title, and the 13th time in 14 years.

Kellner, a junior at West Windsor South, won her second straight Group 4 title in the Central Jersey meet at Thompson Park in Jamesburg, crossing in 18:02. That makes it three in a row for the Kellner family. Kellner's older sister, Katie, now running for Bucknell, won in 2008.

Feerst also won her second straight title, taking the Group 1 crown in 19:00.

# Ridgewood Cross Country Meet Summary

**Meet:** State Championship      **Course:** Holmdel  
**Division:** Group 4      **Course Record:** \_\_\_\_\_  
**Date:** \_\_\_\_\_      **Ridgewood Record:** \_\_\_\_\_  
**Weather:** \_\_\_\_\_      **Type of Course:** \_\_\_\_\_  
**Team Total:** \_\_\_\_\_ **Team Place:** \_\_\_\_\_ **1-5 Split:** \_\_\_\_\_ **1-7 split:** \_\_\_\_\_

2010 NJSIAA/The Star-Ledger/M-F Athletic Boys and Girls State Group Championships  
 Holmdel Park - Don Danser Meet Director - 11/13/2010

Event 8 Girls 5k Run CC Group IV Gr 4

Name	Year	School	Avg Mile	Finals	Points
24 #2408 Caroline Davidson	11	RIDGEWOOD	6:33	20:20	22
26 #2418 Hanako Shigenobu	11	RIDGEWOOD	6:33	20:21	24
42 #2407 Rachael Anzano	12	RIDGEWOOD	6:38	20:37	38
52 #2415 Grayson Llerandi	12	RIDGEWOOD	6:44	20:53	48
77 #2411 Brenna Fischer	12	RIDGEWOOD	6:56	21:30	71
84 #2413 Tina Gibble	11	RIDGEWOOD	6:58	21:37	77
122 #2409 Katie Dougherty	10	RIDGEWOOD	7:20	22:45	115
(139 finishers)					

### Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	HILLSBOROUGH	60	3	7	8	11	31	44	58		
2	RIDGE	153	13	23	32	35	50	72	87		
3	HUNTERDON CENTRAL	164	5	17	18	39	85	97	99		
4	RANDOLPH	171	2	9	19	63	78	127			
5	CHEROKEE	181	1	33	46	49	52	70	74		
6	RIDGEWOOD	203	22	24	38	48	71	77	115		
	Total Time:	1:43:41.00	Average:		20:44.20						
7	WEST WINDSOR-PLAINSBORO S	213	4	45	51	53	60	75	123		
8	HOWELL	220	20	34	36	61	69	84	121		
9	MORRIS KNOLLS	221	25	26	37	54	79	112	120		
10	LENAPE	238	14	27	28	80	89	93	124		
11	TOMS RIVER NORTH	243	10	43	59	65	66	67	106		
12	SOUTHERN REGIONAL	261	16	42	47	73	83	91			
13	JACKSON MEMORIAL	275	6	30	57	90	92	98	107		
14	NORTH HUNTERDON	284	29	41	56	76	82	94	119		
15	WILLIAMSTOWN	354	15	55	68	105	111	129			
16	WESTFIELD	359	40	64	81	86	88	95	108		
17	PHILLIPSBURG	444	21	101	103	109	110	113	114		
18	FREEHOLD TOWNSHIP	447	12	100	102	116	117	118	126		
19	CLIFTON	509	62	96	104	122	125	128	130		

**Comment:** We were one place out of qualifying. We had 3 good races but we needed 5. But after our tears we need to remember our great season.



# Honors - 2010

## **All Big North Division 3**

First Team:

Grayson Llerandi  
Hanako Shigenobu  
Caroline Davidson  
Brenna Fischer

Second Team:

Tina Gible  
Katie Dougherty  
Margaret Mullen

Honorable Mention:

Rachael Anzano

## **All Suburban - Ridgewood News**

First Team:

Caroline Davidson  
Grayson Llerandi  
Hanako Shigenobu  
Rachael Anzano

Second Team:

Brenna Fischer  
Tina Gible

## **All Bergen County - Named by the Coaches Association**

First Team:

Caroline Davidson

Second Team:

Grayson Llerandi  
Hanako Shigenobu  
Rachael Anzano

## RIDGEWOOD GIRLS CROSS COUNTRY HISTORY

<u>year</u>	<u>duals</u>	<u>league</u>	<u>bergen</u> gr IV	<u>bergen</u> champs	<u>state</u> section	<u>state</u> group	<u>state</u> champ
1974	4-2			2nd		7th	
1975	3-2	1st		3rd		8th	
1976	5-1	1st		3rd	2nd	4th	
1977	4-2	2nd		4th	4th	11th	
1978	2-1	2nd	2nd	6th	2nd	12th	
1979	5-0	1st	2nd	2nd	1st	3rd	8th
1980	6-0	1st	1st	1st	1st	1st	2nd
1981	7-0	1st	1st	1st	1st	4th	
1982	5-0	1st	1st	1st	1st	3rd	4th
1983	4-1	3rd	2nd	1st	3rd	12th	
1984	5-0	1st	1st	1st	1st	5th	
1985	5-0	1st	1st	1st	2nd	6th	
1986	4-0	1st	1st	1st	1st	3rd	7th
1987	4-0	1st	1st	1st	2nd	6th	
1988	4-0	1st	1st	1st	2nd	12th	
1989	7-0	1st	1st	1st	2nd	8th	
1990	8-0	1st	1st	1st	1st	6th	
1991	9-0	1 <sup>st</sup>	1st	2nd	2nd	3rd	9th
1992	7-0	1st	1st	1st	1st	1st	1st
1993	6-0	1st	1st	1st	1st	3rd	3rd
1994	6-0	1st	1st	1st	1st	2nd	4th
1995	6-0	1st	1st	1st	1st	5 <sup>th</sup>	
1996	6-0	1 <sup>st</sup>	2nd	1 <sup>st</sup>	1 <sup>st</sup>	3rd	8th
1997	6-0	1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>	3rd	2nd
1998	7-0	1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>	3rd
1999	6-0	1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>
2000	7-0	1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>	6 <sup>th</sup>	
2001	6-0	1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>	5 <sup>th</sup>	11 <sup>th</sup>
2002	7-0	1 <sup>st</sup>	1 <sup>st</sup>	4 <sup>th</sup>	1 <sup>st</sup>	8 <sup>th</sup>	
2003	7-0	1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>	3 <sup>rd</sup>	8 <sup>th</sup>
2004	8-0	1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>
2005	8-0	1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>	3 <sup>rd</sup>	11 <sup>th</sup>	
2006	7-1	1 <sup>st</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	18 <sup>th</sup>	
2007	6-2	1 <sup>st</sup>	2 <sup>nd</sup>	2 <sup>nd</sup>	4 <sup>th</sup>	9 <sup>th</sup>	
2008	7-1	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	2 <sup>nd</sup>	9 <sup>th</sup>	
2009	12-1	2 <sup>nd</sup>	3 <sup>rd</sup>	6 <sup>th</sup>	5 <sup>th</sup>	19 <sup>th</sup>	
2010	6-0	1 <sup>st</sup>	1 <sup>st</sup>	2 <sup>nd</sup>	1 <sup>st</sup>	6 <sup>th</sup>	
<b>Totals:</b>	222-14	32	25	24	20	4	2

### OTHER CHAMPIONSHIPS OF NOTE

1980	Easterns States Championships
1982	Ridgewood Invitational
1990	Bergen Classic
1991	Essex Catholic Invitational
1992	Bulldog
1993	Bulldog
1994	Bulldog
1995	Bulldog
1997	Bulldog
1999	Shore Coaches A race
2001	Shore Coaches B race
2002	Ridgewood Invitational
2010	Ridgewood Invitational

## **FIRST TEAM ALL BERGEN COUNTY**

1976 Alyson Grunder  
1977 Klara Grape  
1978 Barbara Remmers  
1979 Mary Ellen Mileski and Carol Dickstein  
1980 M.E. & Patti Mileski, C.Dickstein, Kathy Duffy, Sue Hart  
1981 Mary Ellen & Patti Mileski, and Colleen Wright  
1982 Mary Ellen & Patti Mileski, and Margaret Scutro  
1983 Margaret Scutro  
1984 M. Scutro, Karen O'Brien, Jen Hughes  
1985 Jen Hughes, Linda Hockey, Norine D'Arcy  
1986 Jen Hughes and Jean Hughes  
1987 Jen Hughes and Jean Hughes  
1988 Jean Hughes and Lynne Collazo  
1989 Liz Figlar and Eileen Fitzgerald  
1990 Liz Figlar, Eileen Fitzgerald, and Jenna Rogers  
1991 Eileen Fitzgerald and Jenna Rogers  
1992 ClaireBlaney, JeanneReilly, J.Rogers, A.Smith, LaurenStuhr  
1993 Jenna Rogers, Amy Smith, Lauren Stuhr  
1994 Amy Smith, Stephanie Doyle, Kim Folk, Celeste Sedo  
1995 Amy Smith, Stephanie Doyle  
1996 Celeste Sedo  
1997 Celeste Sedo, Kelly Behan  
1998 Meg McDermott  
1999 Clair Nowakowski, Kelly Behan, Alyson Cangemi  
2000 Clair Nowakowski, Justine Lupo  
2001 Clair Nowakowski, Justine Lupo  
2002 Justine Lupo, Meghan O'Connell  
2003 Justine Lupo, Meghan O'Connell, Emily Terrin  
2004 Meredith Jones, Ashlyn Llerandi  
2005 Meredith Jones, Ashlyn Llerandi  
2006 Ashlyn Llerandi  
2008 Sarah Daly  
2010 Caroline Davidson

## **All State & All American**

1978 Barbara Remmers 2nd team  
1981 Patti Mileski 1st team, M.E.Mileski 3rd team  
1982 Patti 1st & M.E. 2nd - Patti 1st team all american  
1983 Margaret Scutro 3rd team  
1984 Margaret Scutro 1st team HM-all american  
1985 Norine D'Arcy 3rd team  
1990 Liz Figlar 2nd team  
1991 Jenna Rogers 1st team  
1992 Jenna Rogers 2nd team  
1993 Jenna Rogers 1st team \*STATE CHAMPION\*  
1995 Amy Smith 2nd team, Stephanie Doyle 2nd team  
1996 Celeste Sedo 3<sup>rd</sup> team  
1997 Kelly Behan 1<sup>st</sup> & \*STATE CHAMPION\*, Celeste Sedo 1<sup>st</sup> team  
1999 Clair Nowakowski 2<sup>nd</sup> team, Alyson Cangemi 2<sup>nd</sup> team Gr 4  
2001 Clair Nowakowski 1<sup>st</sup> team.



**DARLINGTON PARK**

**BERGEN CHAMPIONSHIP COURSE**

17:49.1 Jenna Rogers 1993  
 18:23 Meredith Jones 2004  
 18:37.0 Celeste Sedo 1997  
 18:41.4 Kelly Behan 1997  
 18:47 Ashlyn Llerandi 2006  
 18:52.3 Amy Smith 1995  
 18:53.9 Meghan O'Connell 2003  
 18:55.5 Clair Nowakowski 2001  
 19:02.2 Stephanie Doyle 1994  
 19:04.6 Justine Lupo 2002  
 19:17 Sarah Daly 2008  
 19:22 Christy Bertelsen 2005  
 19:28.5 Meg McDermott 1998  
 19:31.6 Lauren Stuhr 1993  
 19:34 Caroline Davidson 2010  
 19:35 Grayson Llerandi 2010  
 19:36.2 Alyson Cangemi 1999  
 19:40 Hanako Shigenobu 2010  
 19:41 Jess Vasquez 2008  
 19:45.9 Emily Terrin 2003  
 19:46 Stephanie Westerman 04  
 19:47 Danielle Walther 1998  
 19:52.2 Julia Brownell 1999  
 19:56 Charlotte Margel 2007  
 19:57 Claire Blaney 1992  
 19:58 Kim Folk 1994  
 19:58.9 Diana Mangam 2004  
 20:02 Erin Roach 1992  
 20:02 Jeanne Reilly 1992  
 20:02 Rachael Anzano 2010  
 20:04 Maggie Harms 2003  
 20:07.1 Katie Cohn 1996  
 20:12.6 Zena Lobell 1994  
 20:16.8 Tara O'Neill 1996  
 20:17.4 Carrie Ruggles 1996  
 20:17 Courtney Schofield 2009  
 20:22.8 Jackie Goulart 2001  
 20:22 Tina Gibble 2010  
 20:24.2 Becca Wells 2004  
 20:29 Jess Krejsa 2005  
 20:29 Brenna Fischer 2010  
 20:31 Monica Schiefen 1998  
 20:31 Tira Lobell 1998  
 20:31 Emily Garber 2008  
 20:31.8 Larissa Skuthan 2002  
 20:32 Christina Lewis 2007  
 20:37 Taylor Dunn 1998  
 20:38.1 Vanessa Worm 1994  
 20:42 Peggy Lynch 2000  
 20:43 Elyse Lee 1993  
 20:44 Beth Apsel 1994  
 20:45 Katie Dougherty 2010  
 20:53.4 Rebecca Johnson 1999  
 20:54 Ana Law 1998  
 20:55 Lauren Lillis 2000  
 20:55 Sam Laddin 2007  
 21:00 Megan McCabe 1992  
 21:02.4 Kathleen Campbell 1993  
 21:04 Julie Hurley 2006  
 21:06.6 Casey Dunn 2003  
 21:11 Summer Neborski 2010  
 21:13.4 Brianne Fenzel 2004  
 21:13 Megan Morris 2007  
 21:13 Christine Kim 2010  
 21:15.0 Roberta Jones 2003  
 21:15 Emma Follender 2008  
 21:21 Alex Scibetta 2008  
 21:22 Megan Granski 2008

21:23.2 Lianne Hansen 2002  
 21:25 Renee Olsen 2008  
 21:26 Julie Sprich 1996  
 21:28 Rose Sedo 1995  
 21:32 Laura Weisberger 2010  
 21:37 Alexandra Oros 2000  
 21:27 Katie Martin 2009  
 21:34 Margaret Mullen 2010  
 21:35 Emily Reimer 2010  
 21:35 Emily Fishbein 2010  
 21:38 Geraldine Campbell 1995  
 21:38 Maureen Muchel 2006  
 21:38 Fran Felder 2010  
 21:40 Claire Burns 2002  
 21:43.6 Marya Goodman 2005  
 21:44 Brigid O'Connor 2010  
 21:46.5 Krista Rynkowski 2003  
 21:48 Marina Krygin 2010  
 21:49 Lesley Bruno 1997  
 21:50 Lizzie Fine 2010  
 21:56 Katy Aldave 1998  
 21:55 Cassie Canzani 2001  
 21:56 Okwuchi Onwubu 2008  
 21:57 Rachael VanYperen 1992  
 21:57 Katie O'Brien 1993  
 21:59 Kara Belknap 1997  
 22:01 Diane Nelson 1997  
 22:02 Justina Cho 2006  
 22:02 Caitlin Daniels 2009  
 22:05 Vanessa Vinici 2006  
 22:11.4 Elana Chalmers 2004  
 22:12 Christine Kim 2009  
 22:14 Vanessa McDermott 1993  
 22:14 Catherine Merck 2010  
 22:15.9 Sara Delaney 2004  
 22:26.8 Nadine Chalmers 2004  
 22:26 Kate McDonagh 2001  
 22:26.7 Sujean Park 2002  
 22:27 Liz O'Connor 1997  
 22:28 Lauren Maxwell 1993  
 22:29 Ava Fiddle 2009  
 22:30 Sara Wells 1998  
 22:31 Julia Foresman 2000  
 22:33 Kristen Carle 2010  
 22:34.9 Jenna Rubinoff 2002  
 22:36.9 Alex Jones 2004  
 22:37 Brittany Frank 2010  
 22:37 Margaret Merck 2010  
 22:42 Rosa Dillon 2004  
 22:44 Deidre Casey 2010  
 22:46 Chrissy Martin 1998  
 22:46 Jackie Macchi 2001  
 22:46.7 Rachael Ryan 2002  
 22:49 Whitney Betancort 2008  
 22:54 Jen Schablik 2010  
 22:55 Jess Connor 2006  
 22:56 Katie Latanich 1999  
 22:57 Ann Bigos 2006  
 22:59 Coleen Dwyer 2010  
 23:01 Alice Smith 2010  
 23:01 Kathleen Simon 2010  
 23:02 Melissa Masterson 1996  
 23:03 Tori Mullin 2006  
 23:04 Maggie Cain 1993  
 23:05 Kitty Lawn 1996  
 23:06.2 Caroline Gable 2002  
 23:11 Alison Correll 1996  
 23:12 Lissett Dillon 2006

23:17 Sam Bussinelli 2010  
 23:18 Clare Weeks 1999  
 23:18 Kristen Espenak 2001  
 23:19 Ruth VanYperen 1999  
 23:19 Colleen Herlihy 1999  
 23:20 Sarah Apsel 1993  
 23:20 Caroline Moore 2008  
 23:22 Eurih Lee 2007  
 23:23 Carolyn Moritz 1995  
 23:23 Ali Schoff 2006  
 23:23 Erin MacLennan 2010  
 23:24 Christina Grab 1995  
 23:25 Lauren G-Heuwetter 1994  
 23:25 Brittany Ghaderi 2006  
 23:25 Irene Janis 1997  
 23:26 Nikki Shea 2006  
 23:30 Sarah Durnan 1992  
 23:30 Shauana Swan 2000  
 23:30 Lauren Kirshner 2009  
 23:34 Madeline Conboy 2006  
 23:36 Mercedes Whitman 2010  
 23:37 Alex Furger 1992  
 23:42 Jamie Nudell 2009  
 23:44 Kat Francis 2010  
 23:46 Cara McBrearty 2006  
 23:47 Mo Smith 1997  
 23:47 Kerry Doherty 2001  
 23:47 Julia Honoroff 2008  
 23:48 Kanako Nakamura 1993  
 23:48 Chantal Guerriero 2007  
 23:49 Megan Lucky 2010  
 23:51.4 Jill Herlihy 2002  
 23:51 Ali Korinis 2007  
 23:54 Lauren Lennon 1998  
 23:54.8 Brianne Lupo 2004  
 23:59.0 Tammie Armstrong 2002  
 23:59 Meryl Saunders 2008  
 24:01 Amanda DiLeo 1994  
 24:03 Alex Shea 2006  
 24:05 Tara Pehush 1997  
 24:06 Sujata Rajpurohit 2004  
 24:08 Lara Poole 2007  
 24:08 Lauren Tedeschi 2009  
 24:10 Olivia French 2008  
 24:13 Kitty Lawn 1995  
 24:13 Lizzy Volgelback 1997  
 24:13 Jess Rhoten 1998  
 24:16 Petra Janosikova 2010  
 24:17 Andi Scibetta 2010  
 24:19 Adella Iliev 2008  
 24:20 Jessie Kirshner 2010  
 24:24 Carolina Focella 2010  
 24:29 Shannon McCarthy 2001  
 24:29 Rebecca Stern 2010  
 24:32 Serena Roth 1996  
 24:36 Vickie Gellis 1993  
 24:37 Milena Loren 2008  
 24:41 Brittany Hemmel 1999  
 24:44 Alyson Donnley 1993  
 24:44 Christina Dasher 1997  
 24:45 Katie Simpson 2003  
 24:45 Megan Goodman 2007  
 24:48 Terry Shum 1992  
 24:50 Blake Parsekian 2010  
 24:52 Mandy Warton 1993  
 24:52 Cara Beirne 2008  
 24:55 Vicky Lowe 1995  
 24:55 Catherine Lowe 1995

24:57	Stephanie Sonnick	2008	29:15	Sara Bragg	2010
25:00	Jen Dlugasch	1997	29:16	Sarah Sandler	2010
25:00	Carolyn Cosgrove	1997	29:27.8	Amanda Cloke	2005
25:00	Devon Fromm	2004	29:28	Alex Antonacci	2008
25:00	Nicole Chiaramonte	2008	29:37	Meta Shaw	1998
25:00	Sarah Lavin	2009	29:51.8	Chris Feeney	2002
25:01.3	Lauren Anderson	2002	29:56	Kelsey Cirillo	2008
25:02.1	Jane Horwitz	2002	30:26	Amy Chidiac	1993
25:04	Joelle Gruber	1993	30:35	Melissa Haworth	2010
25:05	Molly Rapaport	2007	34:31	Michelle Szymanski	2005
25:08	Kristin Egan	1997			
25:11	Nora Apsel	1997			
25:12	Grace Eckels	2010			
25:16	Megan McKeon	2010			
25:20	Dara Hourdajian	1998			
25:22	Sarah Burton	1995			
25:22	Erin Cron	1997			
25:31	Jamie Hollender	1993			
25:32	Catherine Cleary	2009			
25:35	Kendall Marquard	2008			
25:42	Sarah Bigos	1999			
25:42.3	Kim Wheeler	2002			
25:44	Emily Geiger	2009			
25:46	Kim Noble	2009			
25:51	CJ Chiaramonte	2010			
25:53.7	Aimee Martin	2002			
25:55	Kate Strum	1997			
25:55	Julia Sullivan	2010			
25:59	Leilani Laqui	2006			
26:00	Kathy Koo	2007			
26:01	Jie Sun	2006			
26:02	Liz Strahle	1997			
26:07	Priscilla Chow	2006			
26:14	Remy Telesco	2008			
26:14	Allie Seibold	2010			
26:16	Christine Dimino	2010			
26:19	Milena Loren	2009			
26:23	Jen Siegel	1995			
26:23	Casey Callan	2001			
26:25.4	Reine Duffy	2002			
26:27	Nora Varadi	1994			
26:30	Kelsie McKenna	2010			
26:41	Shannon Osborn	1993			
26:41	Emily Hermance	1995			
26:46	Julie Culver	1992			
26:54	Allison Milch	2010			
26:56	Amy McDonald	1997			
27:02	Marisa Gorman	2010			
27:05	Emma Brickfield	2010			
27:15	Kaitlyn Argila	2008			
27:17	Maggie O'Shea	2008			
27:20	Megan Groome	1994			
27:29	Elizabeth Cavanagh	1992			
27:31	Lily Josefsberg	2007			
27:39	Megan Bain	1997			
27:41	Zoe Bergen	2008			
27:44	Cara Dimino	2008			
27:46	Erin Raiter	1997			
27:49	Kate Mcwhiney	1999			
27:53	Helen Peng	2009			
27:55	Abby Scanlon	2010			
28:05	Meg Snyder	1998			
28:11	You Jung Park	1994			
28:25	Jessica Stanley	1992			
28:33	Carolyn Cebek	2010			
28:34	Beth Riina	1998			
28:36	Hanna Husby	2009			
28:42	Lucie Kloak	2009			
28:45.8	Dana Flynn	2004			
28:48	Deborah Apsel	1993			
29:05	Becky Tanner	2010			

All Time Ridgewood List

course established 1992  
course record: 17:38  
Lindsay VanAlstine- 2002  
Hawthorne Christian Academy

compiled 11-2010

## DARLINGTON PARK FROSH COURSE

1 LOOP 1.61 miles

9:49*	Justine Lupo	2000	11:16.0	Cara McBrearty	2004	12:30	CJ Chiaramonte	2009
9:51	Christy Bertelsen	2004	11:16	Julia Honoroff	2007	12:31	Liz Bedford	1999
10:06.9	Grayson Llerandi	2007	11:17.0	Elyse Clarendon	2005	12:32	Pippa Scott	1998
10:16.1	Marya Goodman	2003	11:18.1	Alex Jones	2003	12:32	Katie Martin	2006
10:16	Tara O'Neill	1996	11:20	Shannon McCarthy	2000	12:32	Christine Domino	2010
10:21	Clair Nowakowski	1998	11:20	Lauren Kirshner	2008	12:34	Irene Janis	1995
10:22	Rachael Ryan	2001	11:21	Meredith Jones	2002	12:34	Tory Mullin	2005
10:25	Katie Dougherty	2009	11:21	Lauren Mason	2006	12:35	Deborah Apsel	1992
10:27	Laura Weisberger	2010	11:21	Lauren Tedeschi	2008	12:35	Emily Geiger	2008
10:30.1	Ashlyn Llerandi	2003	11:22	Julie Sprich	1995	12:37	Nora Varadi	1993
10:31	Emily Fishbein	2010	11:23	Julia Foresman	1998	12:37	Nicole chiaramonte	2007
10:32	Alyson Cangemi	1996	11:24	Brianne Lupo	2003	12:39	Abby Scanlon	2010
10:33	Claire Burns	2001	11:24.5	Madeline Conboy	2005	12:40	Pricilla Chow	2005
10:33	Courtney Schofield	2006	11:25	Katie Simpson	2001	12:40.3	Jess Murphy	2000
10:34.8	Justina Cho	2005	11:30	Kate McDonagh	1999	12:40	Kaitlyn Argila	2007
10:35	Renee Olsen	2007	11:30.6	Molly Rappaport	2005	12:41	Mary Anne Lthgow	2006
10:36	Jess Rohten	1996	11:34	Ruth VanYperen	1998	12:41	Emma Brickfield	2010
10:36	Brenna Fisher	2007	11:34	Julia Sullivan	2010	12:42	Cara Dimino	2007
10:38	Megan Lucky	2010	11:35	Nora Apsel	1996	12:44	Ashley Amo	2000
10:40	Rebecca Johnson	1997	11:35	Grace Eckels	2010	12:53	Kelly Phillips	2006
10:41	Ali Korinis	2007	11:37	Sara Delaney	2001	12:53	Sarah Sandler	2010
10:43	Hanako Shigenobu	2008	11:37	Blake Parsekian	2009	12:58	Becky Tanner	2010
10:45	Alice Smith	2009	11:38	Lily Josefsberg	2007	13:00	Dana Flynn	2004
10:47.0	Charlotte Margel	2005	11:39	Colleen Herlihy	1998	13:02	Pam Safirstein	2006
10:48	Casey Dunn	2000	11:40	Jane Horwitz	2001	13:02	Stephanie Sonnick	2007
10:48	Erin MacLennan	2010	11:41	Emily Reimer	2008	13:03	Ali Bonanno	2006
10:49	Alexandra Oros	1998	11:43	Brittany Hemmel	1997	13:03	Amanda Metzger	2006
10:49	Jess Krejsa	2002	11:44	Andie Scibetta	2008	13:04	Katie Minitzer	2006
10:49	Emily Garber	2006	11:45	Kathleen Nowakowski	98	13:05	Aimee Martin	2000
10:50	Margaret Merck	2010	11:45	Emma Follender	2006	13:10	Julie Culiver	1992
10:51.8	Sam Laddin	2005	11:47.7	Jess Connor	2005	13:18	Lauren Breiter	2008
10:51.8	Lissett Dillon	2005	11:47	Katie Latanich	1996	13:19	Sara Bragg	2010
10:53	Jackie Goulart	1998	11:47	Kendal Marguard	2007	13:20	Jen Siegel	1992
10:54	Peggy Lynch	1998	11:49	Kristen Espenak	1999	13:20	Vicki Lowe	1994
10:54	Jackie Macchi	1999	11:49	SuJean Park	2001	13:25	Adella Ilieva	2006
10:55	Colleen Dwyer	2009	11:53	Andrea Remmen	1993	13:31	Chelsea Muggeridge	2006
10:57	Ava Fiddle	2007	11:53	Meryl Saunders	2006	13:29	Pam Safirstein	2006
10:58	Tira Lobell	1995	11:55	Kelsie McKenna	2010	13:39	Mary Taylor	2006
10:59	Mauren Muchel	2004	11:56	Lucia Knight	1995	13:43.9	Ali Wardley	2003
10:59	Kathleen Simon	2010	11:57	Alison Correll	1995	13:44	Nicole Hroncich	2008
11:00	Nikki Lattieri	2000	11:57	Caroline Gable	2000	14:18	Lauren Gadon	2005
11:00	Catherine Cleary	2008	11:57	Jen Schablik	2009	15:36.5	Daisy Watson	2005
11:01	Lesley Bruno	1996	11:58	Shelly Seidenberg	2000			
11:01	Kristen Carle	2010	11:59	Kate Mewhiney	1997			
11:02	Diane Nelson	1996	11:59	Kat Francis	2009			
11:03	Okwuchi Onwubu	2006	11:59	Mackenzie Broatch	2010			
11:03	Sam Bussinelli	2010	12:00	Zoe Bergen	2007			
11:04	Lauren Maxwell	1992	12:04	Grace Kwon	2008			
11:04	Ashley Bridgefarrow	2000	12:06	Milena Loren	2006			
11:04	Christine Kim	2008	12:08	Tammie Armstrong	2000			
11:04	Tina Gibble	2008	12:09	Carolyn Cebek	2010			
11:04	Summer Neborsky	2008	12:11.8	Devon Fromm	2003			
11:06.7	Brittany Ghaderi	2005	12:12	Jenna Rubinoff	1999			
11:07.5	Annie Bigos	2004	12:14	Allyson Donnelly	1992			
11:09.2	Elana Chamlers	2003	12:17	Sarah Bigos	1998			
11:09	Geraldine Campbell	1992	12:20	Alison Milch	2010			
11:09	Cara Beirne	2007	12:22	Erin Cron	1996			
11:10	Julie Hurley	2004	12:23	Kristin Egan	1995			
11:11	Beth Apsel	1992	12:23	Jill Herlihy	2000			
11:11	Lianne Hansen	2000	12:24	Brielle Silletti	2008			
11:11	Catherine Merck	2008	12:25	Jenn Cortright	2001			
11:11	Rebecca Stern	2010	12:25	Mikaela Bradley	2008			
11:13	Natisha Skuthan	1994	12:28	Christina Dasher	1995			
11:14	Kerry Doherty	1999	12:29	Catherine Lowe	1994			

### All Time Ridgewood List

course established 1992  
 \* Course record: 9:49 2000  
 Justine Lupo  
 Ridgewood High School  
 compiled 11/2010

**GARRET MOUNTAIN**

**ALL TIME RIDGEWOOD LIST**

18:15.0	Patti Mileski	1982	21:21	Lisa Waters	1984	23:14	Heather Fitzgerald	1988
18:21.6	Mary Ellen Mileski	1981	21:21.9	Becca Wells	2003	23:14	Jess Connor	2007
18:32	Margaret Scutro	1984	21:22	Monica Scheifen	1996	23:16	Roberta Jones	2003
19:08.6	Celeste Sedo	1997	21:24	Sam Laddin	2007	23:17	Vanessa Vinci	2006
19:09.1	Kelly Behan	1997	21:26	Marci Capitani	1984	23:17	Summer Neborsky	2010
19:18	Jenna Rogers	1993	21:26	Brianne Fenzel	2004	23:20	Lauren Maxwell	1995
19:19	Justine Lupo	2003	21:27.3	Peggy Lynch	2000	23:20	Katy Aldave	1998
19:20	Ashlyn Llerandi	2006	21:28	Carolyn O'Brien	1987	23:21	Fran Felder	2010
19:21	Carol Dickstein	1980	21:28	Katie Cohn	1996	23:22	Cathi Reid	1985
19:22	Jean Hughes	1988	21:31	Steph Kane	1988	23:22	Rosa Dillon	2005
19:26	Meredith Jones	2005	21:33	Megan McCabe	1991	23:25	Deidre Casey	2010
19:28	Clair Nowakowski	2001	21:34	Beth Apsel	1994	23:26	Margaret Ostling	1986
19:32	Norine D'Arcy	1985	21:44	Kelly Keibort	1980	23:28	Diane Nelson	1999
19:32	Lynne Collazo	1988	21:44	Janet Titus	1986	23:29	Kara Belknap	1997
19:33	Kathy Duffy	1980	21:45	Nicole MacLennan	1986	23:31	Eileen Moritz	1990
19:35	Colleen Wright	1981	21:46	Renee Olsen	2009	23:32	Lesley Bruno	1997
19:35	Jennifer Hughes	1985	21:49	Rebecca Johnson	1999	23:34	Lissett Dillon	2005
19:36	Liz Figlar	1990	21:53	Lisa deCastro	1990	23:36	Sara Wells	1997
19:39	Karen O'Brien	1984	21:55*	Jen Bauman	1989	23:38	Sheelyn Marker	1987
19:44	Sue Hart	1980	21:57	Katie Dougherty	2010	23:39	Cassie Canzani	2000
19:56.6	Meghan O'Connell	2003	22:01	Kathleen Campbell	1991	23:40*	Heather Fitzgerald	1989
20:05	Meg McDermott	1998	22:01	Julia Foresman	2001	23:40	Sarah Apsel	1994
20:09	Stephanie Doyle	1994	22:01	Margaret Mullen	2010	23:41	Jess Rhoten	1997
20:10.5	Meghan O'Connell	2002	22:02	Vanessa Worm	1994	23:41	Nadine Chalmers	2004
20:10	Eileen Fitzgerald	1990	22:02	Lauren Lillis	2000	23:43	Ava Fiddle	2009
20:10	Amy Smith	1995	22:02	Christina Kim	2010	23:44	Liz O'Connor	1997
20:13	Christy Bertelsen	2005	22:04	Pam Parker	1984	23:45	Michelle Sarkadi	1982
20:14	Kirsten Kannengieser	82	22:04	Alexandra Oros	1999	23:46	Christina Velez	1985
20:14	Emily Terrin	2003	22:05	Elyse Lee	1993	23:47	Ellen Ostrander	1984
20:14	Hanako Shigenobu	2010	22:10	Cristy Diaz	1982	23:50	Rachael VanYpern	1992
20:18	Chris McKenna	1980	22:10	Courtney Schofield	2007	23:56	Jenna Rubinoff	2001
20:18	Caroline Davidson	2010	22:19	Lauren Goodell	1984	24:00	Meagan Goodman	2007
20:21	Lauren Stuhr	1993	22:19	Katie Martin	2009	24:01.5	Sara Delaney	2004
20:25	Grayson Llerandi	2010	22:19.2	Lianne Hansen	2002	24:01	Elana Chalmers	2004
20:28.2	Emily Terrin	2002	22:21	Maureen Muchel	2006	24:09	Brittany Frank	2010
20:28	Anja Kannengieser	1983	22:23.9	Casey Dunn	2002	24:10	Tori Mullen	2007
20:28	Leslie Barbie	1983	22:23*	Eileen Moritz	1989	24:13	Jen Schablik	2010
20:28	Danielle Walther	1998	22:25	Rose Sedo	1994	24:18	Vanessa McDermott	1992
20:29	Claire Blaney	1992	22:26	Janet Moriz	1984	24:18	Lizzie Fine	2009
20:29	Alyson Cangemi	1999	22:26	Megan Morris	2007	24:19	Colleen Herlihy	1999
20:31	Julia Brownell	1999	22:28	JoAnn Casey	1980	24:19	Jackie Macchi	2001
20:31	Maggie Harms	2003	22:29	Wendy Hawthorne	1981	24:20	Colleen Dwyer	2010
20:31	Stephanie Westerman	04	22:32	Alex Scibetta	2009	24:22	Laura Weisberger	2010
20:34	Linda Hockey	1985	22:32	Okwuchi Onwubu	2009	24:24	Shauna Swan	2000
20:34	Rachael Anzano	2010	22:33	Megan Duffy	1984	24:26	Stephanie DeCongelio	86
20:36	Kim Folk	1994	22:35	Julie Babbitt	1980	24:26	Emma Follender	2007
20:40	Sarah Daly	2007	22:37	Liz Nitti	1980	24:28	Kate Tancos	1987
20:43	Diana Mangam	2004	22:38	Justina Cho	2006	24:29	Ruth VanYperen	1999
20:51	Erin Roach	1992	22:39	Ana Law	1998	24:29	Ann Bigos	2006
20:52	Jackie Goulart	2001	22:39	Caitlin Daniels	2009	24:30	Bryce Mills	1987
20:52	Charlotte Margel	2007	22:41	Emily Fishbein	2010	24:30	Ali Schoff	2006
20:53	Kathy Shevlin	1987	22:42	Krisi Wing	1984	24:32	Brittany Ghaderi	2006
20:53	Jeanne Reilly	1992	22:48	Julie Hurley	2006	24:32	Chantal Guerriero	2007
20:53	Christina Lewis	2007	22:47	Linda Sigillito	1984	24:32	Mercedes Whitman	2010
20:54	Zena Lobell	1994	22:49.3	Claire Burns	2002	24:33	Alice Smith	2010
20:55	Carrie Ruggles	1996	22:50	Julie Spritch	1998	24:34	Cara Hardt	1991
20:56	Jess Vasquez	2007	22:53	Lynn Degelmann	1986	24:34	Maureen Smith	1997
20:56	Brenna Fischer	2010	22:53.5	Sujean Park	2003	24:36	Lauren G-H	1994
20:58	Darcy Nicholson	1984	22:55	Marya Goodman	2005	24:37	Carol Lombaerde	1980
21:05	Nanci Titus	1986	22:57	Brigid O'Connor	2010	24:37	Megan McLoughlin	2006
21:07	Jess Krejsa	2005	22:58*	Missy Klein	1989	24:38	Catherine Merck	2010
21:09.6	Tara O'Neill	1997	22:59	Kate McDonagh	2001	24:39	Kat Francis	2010
21:13	Emily Garber	2009	23:00*	Jill Apostle	1989	24:40.9	Caroline Gable	2002
21:15	Genny Razik	1981	23:04	Marina Krygin	2010	24:44.0	Tammie Armstrong	2002
21:16.0	Larisa Skuthan	2003	23:05.2	Krista Rynkowski	2003	24:44	Kate Pringle	1983
21:18.4	Taylor Dunn	1999	23:08	Elyse Clarendon	2006	24:44	Lizzy Vogelbach	1997
21:20	Beth Pringle	1982	23:09	Emily Reimer	2010	24:44	Irene Janis	1997
21:20	Tina Gibble	2010	23:10	Amy Donnelly	1986	24:50	Kristen Carle	2010

24:51.7	Rachael Ryan	2003	26:52.0	Lauren Anderson	2002
24:52	Ellen Mackey	1980	26:54.2	Brianne Lupo	2004
24:53	Betsy Gershman	1990	26:58	Meryl Saunders	2009
24:53	Sarah Durnan	1992	27:00	Cara Beirne	2007
24:54	Christina Grab	1994	27:06	Jen Siegel	1995
24:54	Kristen Espenak	2001	27:06	Leilani Laqui	2006
24:55	Kathleen Simon	2010	27:07	Joelle Gruber	1994
24:56	Katie Latanich	1999	27:08	Nicole Chiaramonte	2010
24:58	Lauren Kirshner	2009	27:09.3	Brittany Ghaderi	2005
25:02	Kerry Dougherty	2000	27:14	Liz Guenther	1987
25:03	Jessie Kirshner	2010	27:17	Jie Sun	2006
25:04	Mary Ann Skau	1987	27:18.1	Jane Horwitz	2002
25:04	Serena Roth	1997	27:26	Liz Strahle	1997
25:04	Ali Korinis	2007	27:27	Megan Bain	1997
25:08	Tara Pehush	1997	27:34	Nina Bjorklund	1985
25:09	Eurih Lee	2007	27:35	Sarah Burton	1995
25:10	Niki Shea	2005	27:38	Valerie Gold	1987
25:12	Christina Dasher	1997	27:44	Marisa Gorman	2009
25:23	Lara Poole	2007	27:46	Casey Callan	2001
25:29	Amanda DiLeo	1994	27:48	Priscilla Chow	2006
25:31	Michelle White	1991	27:53	Rebecca Johnson	1997
25:35	Jessica Scadron	1988	28:02	Pippa Scott	1999
25:35	Madeline Conboy	2006	28:10	Katie Schumacker	1992
25:37	Jamie Nudell	2009	28:11	CJ Chiaramonte	2010
25:39.6	Jill Herlihy	2002	28:21.4	Devon Fromm	2004
25:39	Erin MacLennan	2010	28:23	Vicki Gellis	1991
25:40	Andie Scibetta	2010	28:26	Amy McDonald	1997
25:41	Cara McBrearty	2006	28:32.5	Reine Duffy	2002
25:42	Mindy LaValle	1980	28:38	Kate Mcwiney	1999
25:42	Meryl Saunders	2007	28:38	Allie Seibold	2010
25:44*	Jenny Schwartz	1989	28:41	Kaitlyn Argila	2007
25:45	Geraldine Campbell	1992	28:53	Erin Raiter	1997
25:46	Sarah Lavin	2009	28:59	Kathleen Nowakowski	98
25:47	Adella Iliev	2009	29:15	Deborah Apsel	1992
25:50	Julia Honoroff	2007	29:23	Nicole Chiaramonte	2007
25:52	Molly Rapaport	2006	29:26	You-Jung Park	1994
25:55	Katherine Lowe	1995	29:44	Julie Culver	1994
25:56	Kitty Lawn	1995	29:45	Katie Minitier	2007
25:57	Kanako Nakamura	1994	29:46	Tanya Panossian	1990
25:58	Shannon McCarthy	2001	29:46	Allyson Dannelly	1992
25:58	Emily Geiger	2009	29:46	Hannah Husby	2010
26:00	Kathy Koo	2007	30:06	Cara Dimino	2007
26:09.3	Aimee Martin	2002	30:36	Amanda Cloke	2005
26:09	Pat Kaupas	1986	31:14	Jessica Burnette	1991
26:11	Alison Spencer	1987	31:28	Alyssa Padavani	2006
26:11	Carolina Focella	2010	32:23	Melissa Haworth	2010
26:12	Melina Loren	2007	39:24	Amy Chiadic	1991
26:12	Blake Parsekian	2009			
26:15	Alex Shea	2005			
26:18	Megan McKeon	2010			
26:19	Amy Titus	1987			
26:19	Kristen Egan	1997			
26:19	Eun-Joo Lee	1997			
26:27	Carolyn Moritz	1994			
26:28	Rebecca Castagno	1991			
26:28	Nora Apsel	1997			
26:30	Erin Cron	1997			
26:30	Lily Josefsberg	2007			
26:33	Bridget Blaney	1990			
26:33	Kate Strum	1997			
26:33	Stephanie Sonnick	2010			
26:34	Magli Durand-Viel	1985			
26:35	Catherine Cleary	2009			
26:37	Sara Bigos	1999			
26:37.5	Katie Simpson	2003			
26:37.9	Shannon McCarthy	2003			
26:39	Jenny Schwartz	1990			
26:41	Sujata Rajpurohhit	2004			
26:43	Terry Shum	1991			
26:44	Kendal Marguard	2007			
26:49.2	Kim Wheeler	2002			

\* altered course (286 yds Longer)

^ no times from 2008-course short due to renovation of the boathouse.

Garret Mountain, West Paterson course established: 1980  
Course Record: 17:58.5  
Christi Constantin, KinnatinyHS

RHS List Compiled 11/2010

## GARRET MOUNTAIN - FROSH COURSE - ALL TIME RIDGEWOOD LIST

13:00.5	Justine Lupo	2000
13:14.3	Grayson Llerandi	2007
13:14	Emily Fishbein	2010
13:17.6	Ashlyn Llerandi	2003
13:19.6	Marya Goodman	2003
13:20.7	Maggie Harmes	2003
13:25	Jess Vasquez	2005
13:34	Charlotte Margel	2005
13:38	Katie Dougherty	2009
13:40	Lissett Dillon	2005
13:44`	Hanako Shigenobu	2008
13:56	Brenna Fischer	2007
14:00.9	Casey Dunn	2000
14:00	Laura Weisberger	2010
14:04	Courtney Schofield	2006
14:08	Sam laddin	2005
14:14	Tiera Lobel	1995
14:15	Ali Korinis	2007
14:16	Renee Olsen	2007
14:18	Julie Spritch	1995
14:18.1	Julie Hurley	2004
14:29	Erin MacLennan	2010
14:30	Megan Lucky	2010
14:33	Christine Kim	2008
14:34	Emily Garber	2006
14:34	Catherine Cleary	2008
14:35	Justina Cho	2005
14:36	Tina Gibble	2008
14:42.9	Elana Chalmers	2003
14:43.0	Maureen Muchel	2004
14:45	Clair Nowakowski	1998
14:46	Margaret Merck	2010
14:47.0	Ava Fiddle	2007
14:49	Summer Neborsky	2008
14:50	Betsy Gershman	1990
14:51	Elyse Clarendon	2005
14:52	Tory Mullen	2005
14:53	Kathleen Campbell	1990
14:54	Brittany Ghaderi	2005
14:56	Alexandra Oros	1998
14:46	Kristen Carle	2010
14:57	Natasha Skuthan	1994
14:58	Jackie Goulart	1998
14:59	Okwuchi Onwubu	2006
15:00	Geraldine Campbell	1992
15:00	Beth Apsel	1992
15:00	Lauren Apsel	1992

(only times under 15 minutes listed)  
Compiled 11/2010

## HOLMDEL PARK

## STATE CHAMPIONSHIP COURSE

## 5,000 METERS

18:29	Patti Mileski	1982	21:05	Brianne Fenzel	2004
18:34.2	Jenna Rogers	1993	21:05.2	Peggy Lynch	2000
18:44	Margaret Scutro	1984	21:09.0	Jackie Goulart	2001
18:58.3	Kelly Behan	1997	21:11	Katie Cohn	1996
19:10.3	Celeste Sedo	1997	21:17	Kathy Shevlin	1986
19:12.9	Stephanie Doyle	1995	21:20	Linda Hockey	1985
19:13	Mary Ellen Mileski	1982	21:20	Vanessa Worm	1994
19:23	Meredith Jones	2004	21:20	Monica Schiefen	1996
19:25.8	Clair Nowakowski	2001	21:22	Colleen Wright	1981
19:39.9	Amy Smith	1995	21:28	Anja Kannengieser	1982
19:41.8	Meghan O'Connell	2003	21:32	Larisa Skuthan	2003
19:47	Carol Dickstein	1979	21:36	Beth Apsel	1994
19:52	Jean Hughes	1988	21:37	Tina Gibble	2010
19:52.7	Justine Lupo	2003	21:40	Sam Laddin	2007
19:54.4	Meg McDermott	1998	21:43	Barbara Remmers	1979
19:55	Kathy Duffy	1980	21:44.1	Tira Lobell	1998
19:59	Sue Hart	1980	21:45	Kathleen Campbell	1993
19:59	Ashlyn Llerandi	2005	21:46	Darcy Nicholson	1984
20:00.6	Emily Terrin	2003	21:46	Megan Granski	2008
20:08	Norine D'Arcy	1985	21:47	Jess Krejsa	2005
20:15	Kim Folk	1994	21:47	Emily Garber	2009
20:20	Carolina Davidson	2010	21:49	Carolyn O'Brien	1987
20:21	Hanako Shigenobu	2010	21:49	Megan McCabe	1992
20:24.2	Alyson Cangemi	1999	21:49	Elyse Lee	1993
20:25	Chris McKenna	1980	21:55	Courtney Schofield	2007
20:26	Sarah Daly	2008	21:56	Steph Kane	1988
20:27	Charlotte Margel	2007	21:56.4	Ana Law	1998
20:27	Jess Vasquez	2008	21:57	Nanci Titus	1986
20:29	Jen Hughes	1984	22:12	Nicole MacLennan	1986
20:29	Liz Figlar	1989	22:12.8	Lauren Lillis	2000
20:31	Beth Pringle	1982	22:15	Katie Dougherty	2010
20:31	Lauren Stuhr	1993	22:16.4	Rebecca Johnson	1999
20:31	Christy Bertelsen	2004	22:18	Katie Martin	2009
20:32	Eileen Fitzgerald	1989	22:19	Leslie Barbie	1983
20:32	Diana Mangam	2004	22:19	Rose Sedo	1994
20:33	Zena Lobell	1994	22:19	Lisa Waters	1984
20:37	Jeanne Reilly	1992	22:23	Jen Bauman	1989
20:37	Rachael Anzano	2010	22:26	Eileen Moritz	1989
20:38	Danielle Walther	1998	22:25	Natasha Skuthan	1997
20:40	Karen O'Brien	1984	22:27.2	Alexandra Oros	1999
20:45	Maggie Harms	2003	22:28	Marci Capitani	1984
20:47	Steph Westerman	2004&05	22:33.7	Julia Foresman	2001
20:48	Lynne Collazo	1986	22:33	Emma Follender	2008
20:49.3	Julia Brownell	1998	22:33	Renee Olsen	2009
20:50	Claire Blaney	1992	22:34.1	Lesley Bruno	1998
20:53	Grayson Llerandi	2010	22:37.0	Casey Dunn	2003
20:56	Carrie Ruggles	1996	22:43	Julie Sprich	1996
20:58	Erin Roach	1992	22:46	Missy Klein	1989
21:00	Becca Wells	2004	22:47.0	Diane Nelson	1898
21:02	Christina Lewis	2007	22:54	Genny Razik	1981
21:02.2	Taylor Dunn	1999	22:55	Lisa deCastro	1991
21:03	Brenna Fischer	2010	22:56	Marina Krygin	2010
21:04	Tara O'Neill	1996	22:57	Alex Scibetta	2008
21:05	Kirsten Kannengieser	82	22:58	Laura Campbell	1979

22:59	Megan Morris	2007
23:00	Robin Lavin	1984
23:03	Margaret Mullen	2010
23:06	Geraldine Campbell	1995
23:11	Julie Hurley	2006
23:12	Janet Titus	1986
23:12	Kara Belknap	1997
23:12	Caroline Moore	2008
23:16	Summer Neborsky	2010
23:17	Okwuchi Onwubu	2008
23:18	Lauren Maxwell	1993
23:23	Linda Sigillito	1984
23:25	Heather Fitzgerald	1988
23:25	Caitlin Daniels	2009
23:27.1	Cassie Canzani	2001
23:27.4	Kate McDonough	2001
23:29	Christine Kim	2010
23:29.6	Lianne Hansen	2001
23:31	Rachael VanYperen	1992
23:47	Lizzie Fine	2010
23:44	Alison Correll	1996
23:49	Janet Moritz	1984
23:49	Jill Apostle	1989
23:54.0	Shanna Swan	2000
24:01	Pam Parker	1984
24:05.7	Chrissy Martin	1998
24:08.7	Sara Wells	1999
24:13	Kitty Lawn	1996
24:19	Maggie Cain	1994
24:23.6	Jenna Rubinoff	2000
24:23	Caroline Gable	2001
24:25.7	Kristen Espenak	2001
24:26	Jess Rhoten	1997
24:26.2	Katie Latanich	1999
24:30.2	Clare Weeks	1998
24:31	Emily Reimer	2010
24:35	Christina Grab	1994
24:36	Krisi Wing	1984
24:37	Ruth VanYpern	2000
24:38	Sarah Apsel	1994
24:43	Alex Furger	1992
24:48	Justina Cho	2007
24:49	Katie O'Brien	1992
24:53	Kanako Nakamura	1994
24:56	Melissa Masterson	1996
25:15	Vanessa McDermott	1992
25:16	Carolyn Moritz	1994
25:28	Katy Aldave	1998
25:37.3	Jenna Rubinoff	2002
25:41.4	Kerry Doherty	2001
25:42	Sarah Durnan	1992
25:55.5	Jackie Macchi	2001
25:55.8	Shannon McCarthy	2001
25:58.5	Tammie Armstrong	2001
26:01	Carolyn Cosgrove	1996
26:04.6	Jill Herlihy	2001

26:13	Serena Roth	1996
26:22	Lizzie Vogelback	1997
26:22	Katty Aldave	1997
26:24.9	Colleen Herlihy	2001
26:36	Nora Varadi	1994
26:43.9	Brittany Hemmel	1999
26:51	Irene Janis	1996
26:53	Amanda Warton	1993
26:53	Lauren Lennon	2000
27:00	Tara Pehush	1997
27:00	Dara Hourdajian	1998
27:04	Catherine Lowe	1995
27:18	Joelle Gruber	1993
27:30	Kristen Egan	1997
27:36	Alyson Donnelly	1993
27:54	Sarah Burton	1995
28:02	Sara Bigos	1999
28:06	Terry Shum	1992
28:10	Jen Siegel	1994
28:20	Jamie Hollender	1993
28:25	Jen Schwartz	1988
28:32.4	Casey Callan	2001
28:50	Shannon Osborn	1993
29:01	Julie Culiver	1994
29:07	Liz Strahle	1997
29:12	Vicki Lowe	1995
29:16	Vicki Gellis	1992
29:35	Meg Snyder	1998
29:48	Kate Strum	1997
29:50	Elizabeth Cavanagh	1992
29:57	Amy Titus	1988
29:57	Katie Schumaecker	1992
30:30	Adrienne Reid	1988
30:33	Anne Burton	1988
30:38	Pipa Scott	1999
31:22.0	Reine Duffy	2001
32:01	Amy McDonald	1997
32:06	Erin Raiter	1997
33:50	Deborah Apsel	1993
34:33	Amy Chidiac	1993
nt	Meghan Groome	1994

All Time Ridgewood List

course established 1979  
course record: 17:35.5  
Janet Smith, North Edison 1983

compiled 11/09





# Cross Country 2010





