RIDGEWOOD CROSS COUNTRY

1978

SEASON SUMMARY

July 24, 1978

Every summer I send a letter to all the girls who have expressed interest in running cross country. This is neccessary because practice starts before school begins and one must do a lot of running in August to be a successful cross country runner. We cannot wait until school starts to start thinking about cross country.

I will cover 3 areas: The schedule, training, and the seasons goals.

GOALS: Ridgewood has been 2nd, 3rd, and 4th in Bergen county but never first. I'm frankly tired of being 2nd in bergen. We are a team with first place potential and I expect everyone to be working for the goal of being the best team in Bergen county. Right after the county meet we have the state meets. Sectionals, groups, and the all group championship. We will peak our training for thoes 4 meets. We will be at our best both mentally and physically for these meets.

A great coach once said that being 2nd was like kissing your sister! He obviously coached men but thats the way I feel about the championship meets. Second place is intollerable when you can win.

TRAINING: There is no complex formula for pre-season cross country training. It is very simple. Run a lot of miles in August. You should start running the last week in July so your body is ready to run a lot of miles in August.

I Would like the experienced girls to try and run 200 miles in August. That sounds like a lot but it is simply 5 to 6 miles a day with a longer 8 to 10 mile run once a week.

The inexperienced runners should start out with 2 or 3 miles a day and work up to 5 to 7 miles a day. Everyone should run at least one 10 miler before september 1st. If you want to break up the over distance training with some track work thats fine but not neccessary. 440s and 880s would be good.

If you don't know distances have someone measure some courses for you in a car. Speaking of cars!!! Be careful of traffic when running on roads. Remember if a car and a human body collide the human body generally gets the worst of it. You will also find that cars don't watch out for runners so stay away from them as much a s possible.

SCHEDULE: August 14 Monday; 7:00 pm Fun Run at 50 John Street
August 21 Monday 7:00 pm Fun Run at 50 John Street
(all are welcome
refreshments afterwards)
August 28 Monday 8:00 am Physical Exams at the High School
Bring your signed permission forms.
September 1 Friday 10:00am First Practice. Meet at the
High School next to the football field
ready to run at 9:45am.
Sept 2nd 10:00am practice
September 5th 3:00 pm practice
September 6th - School starts- Practice everyday after
school. Meets are on saturday.

We have a very nice schedule shaping up this fall. One that will help us become our best in late October. It will be given to you the first week of school.

If there are any questions call me (444-5831). I'm looking forward to a great fall!

Jock Brown, Girls' Cross Country Coach



1978 - Girls Cross Country Schedule

"Dual Meets" — These are all within the League. Not all the listed teams will have [redacted] girls squads.

Bergenfield, Bloomfield		Tue	Sept 19th
Fairlawn, Clifton		Fri	Sept 22nd
Paramus	at Ridgewood	Tue	Sept 26th
Hackensack, Passaic Valley		Tue	October 3rd
Teaneck, Wayne Valley	at Ridgewood	Tue	October 10th

"Other Dates of Importance"

Fri 29th of Sept Practice at Garrett Mt.
Sat 23rd of Sept Practice at Van Courtland Park
Wed 18th of October Practice at Garrett Mt.
Sunday 19th of November - Social Occasion!!!

"Invitational or Championship Meets" — Many teams go to these meets. Prizes are given

Passaic Coches Meet (or) Shore Coaches	Sat	Sept 30th
Ridgewood Cross Country Invitational	Sat	Oct 7th
Manahatan Cross Country Meet - Vancourtland Park	Sat	Oct 14th
Bergen County Champs	Sat	Oct 21st
NNJIL Champs - Garrett Mountain	Tue	Oct 24th
Eastern States Champs - Vancourtland Park	Sat	Oct 28
Bergen County Meet of Champs		
State Sectional (North I Group IV) Championship	Sat.	November 4th
Group III Championship	Sat.	November 11th
State Championship	Sat.	November 18th



Staff photo by Dan Oliver

Ramsey looms as area's best

Rams have back entire cross-country team

By Paul Schwartz
Correspondent

Ramsey coach Lou Molino never has been accused of trying to downplay his team's chances in track or cross-country. So it isn't surprising the Ram coach has placed himself squarely on the spot with a prediction that Ramsey should become the first public school team ever to win the Bergen County boys cross-country Meet of Champions.

"This is our one chance to win it," says Molino, whose team won the Bergen-Passaic Scholastic League and Bergen Group 3 titles last year before fading to second in the State sectionals and fourth in the Bergen Meet of Champs. "It'll be rough, as it always is, going against Bergen Catholic and Paramus Catholic. And the competition is rugged in Group 3. But we've got everyone back and healthy from last year and we'll be ready."

The Rams get an early indication of just how good they are next Saturday in a quadrangular meet at Garret Mountain against state powers Westfield and Memorial (West New York) and always strong Essex Catholic.

Westfield was second and Memorial third in the State Meet of Champions behind Bergen Catholic. Crusader coach Dave Faherty isn't about to concede BC's domination of Bergen cross-country without a fight, however.

"We don't have guys like [All-County stars Bill] Leonard and [Vin] Deuschel who can get us firsts in a major race," says Faherty, the 1977 Bergen coach of the year, "but we've got a group of kids who can run and any one of six to eight kids can lead at any time."

While Ramsey and Bergen Catholic look for early-season clues to late-season success, Paramus Catholic coach Mike Glynn must wait until Oct. 1 to see if his Paladin squad can contend for Bergen honors.

PC returns a top-quality runner in Paul Thomas, a solid supporting cast, and several standout sophomores. But on Oct. 1 transfers Gerry Clark (Old Tappan) and Jose Burges (St. Joseph (WNY)) become eligible. Clark won the Northern Bergen Interscholastic League title and was eighth in the State Group 3 race as a junior.

The Paladins rallied from a slow start to finish third in the Bergen Meet of Champions and with the transfers may loom as the greatest threat to Ramsey, both in Group 3 and the County Meet of Champs.

Passaic Tech lost two-time Passaic champ Ron Weaver to graduation and ninth-place finisher Juan Gaona is overage, but three other All-Passaic runners return should help the Bulldogs easily retain their Passaic title.

Local teams shape up like this for the 1978 season:

B-PSL

Ramsey is loaded. Molino lost none of his top eight runners and says that "Mike Alberse is back to his sophomore-year form."

Even with a subpar Alberse last year, the Rams produced a league champ — Lance Sniatkowski — and a State Sectional Group 3 champ — Ed O'Neill. Both return for their senior year. But Ramsey's strength is much deeper than its three All-Bergen veterans.

Senior John Schnell was the Rams' fourth runner for most of the year before suffering a hip injury. He returns with his hip in good shape. Juniors Bobby Taylor and Jack Marino also scored consistently for Ramsey as sophomores. Junior Bob Manson and senior Steve Skrabola complete the powerhouse squad.

Passaic Tech is the other strong school in the B-PSL, but with Weaver gone, has little chance of beating the Rams. The Bulldogs should beat nearly everyone else, however. Seniors Bob Ridgway and Carlos Rodriguez and junior Juan Melendez are their best runners and all were first-team All-Passaic last season.

Bill Gross and Warren Fields add needed depth and with an 18-meet schedule, the Bulldogs will get a lot of competition, something coach Joe Dziezawiec says they thrive on.

Junior Ian Leavesley of Mahwah returns after a fine outdoor track season. Leavesley was hampered by illness last fall, but should be ready for an outstanding cross-country season.

Saddle Brook and Bergenfield should again vie for area girls cross-country supremacy. See Page C-13.

BCSL-American

Saddle Brook took everything from the league title to the County Group 2 to the State sectional Group 2 crown last year. The Falcons were third in the State Group 2 race and generally had what coach Howie Schuman called their finest year.

But only seniors Jerry Hanley and Joe Kicha, the 6-7 runners from last year's squad return, so Tenafly might inherit the division honors. The Tigers have second-team All-Bergen star Tony Fitzgerald for his final year, with what coach Bob Waterman says is added confidence.

See BERGEN, Page C-13

Bergen Catholic a power again

Continued from Page C-11

Tom Fallon and Steve Kane provide experienced help for Fitzgerald, but Tenafly's season depends largely on the shoulders of Group 1-2 freshman champ Phil Aronson and his fellow sophs Mark Kane and Mick Yphantides. If the sophs run as well as they did as freshmen, Tenafly should have a fine season.

Dumont, a surprising third in the league last year, returns John Wightman, Walt Elflein, Bob Smith, and Steve Duffany in an attempt to move up on the leaders. The Huskies seem ready to pass Saddle Brook, but unless Wightman develops into a top-five runner, second place is Dumont's best hope.

Cliffside Park is another school which should benefit from Saddle Brook's rebuilding year. The Red Raiders return seniors Fran Vidal and Nick Marsico and juniors Scott Kashkin, Tom Bonanno, and Joe Boylan from last year's squad.

Charley Cilwik and Marc Roselli of Garfield should be in the individual battle for league honors, but the Boilermakers show little depth.

NBIL

The loss of Clark puts a big hole in Old Tappan's hopes for a repeat victory. Only John Nelson returns from a Knight squad that rolled to NBIL and State Sectional Group 3 honors last year. Soph Mark Tabasco and seniors Frank Woods and Bob Cooper are the Knights' best.

Pascack Valley coach Bill Henshaw thinks that as many as seven teams will be in the title chase this year. If a strong junior class headed by Jeff Sommer, Joel Zupfer, and Jim Wagner comes through, PV might break away from the seven-team pack.

Several coaches pick Northern Highlands to win the NBIL title. But the Highlanders must add depth to seniors Rich Granowitz and Tom DeBeradine to have a chance at first.

Keith D'Amico returns from a broken shoulder and the Demarest junior should finish in the top 10 in the league meet. Senior Frank Abramonte also will help.

Indian Hills returns seniors Joe Obiso and John Van Hook and sophomore Matt Conroy is expected to play an important role. Seniors Andy Pikoff and Mike Metlitz should lead Pascack Hills.

NNJIL

Ridgewood is a unanimous selection to repeat as champion, and even coach Larry Coyle can't help but be optimistic. "We lost a lot of quality people," he says. "But I think we'll be stronger and deeper."

Seniors Joe Adamo and Chris Wee and junior Al Tarleton are some of the reasons for Coyle's optimism. But County Group 3-4 freshman champ Tom Hughes may provide the needed spark to make a good team even better.

The rest of the league continues to be weak, but only at the team level. Four or five runners have a chance to finish in Bergen's top 10, and John Eberle of Bergenfield, along with Thomas, Clark, Sniatkowski, O'Neill, Alberse, and BC's Quentin Franklin, is in the upper echelon of County runners.

Eberle might be the best of the bunch. An NNJIL champ, second in the Group 4 Sectionals, and third in the Bergen Meet of Champs, his coach Ralph Clark calls him, "A sturdy hard-working runner. I don't see him being beaten this year."

Bergenfield returns senior Rob Korn, and gains Nevada transfer John McNeill. Hackensack loses six of its first seven, but returns all-leaguer Emil Hoogendoorn and a good group of sophs and juniors.

John Murphy returns at Teaneck, and the second-place finisher in last year's league meet is in great shape, according to coach Ted Amendola. Canadian transfer Bob Roberts could surprise.

Junior Ed Kuri leads Passaic Valley. He was recruited out of a gym class last October and improved steadily. Ray Ferriola, a sophomore transfer from Don Bosco Tech, also should help.

Preseason top 10

1. Ramsey
2. Bergen Catholic
3. Paramus Catholic
4. Don Bosco
5. Passaic Tech
6. Ridgewood
7. Tenafly
8. Bogota
9. Passaic
10. Dumont

BCSL-National

With defending champion Leonia having lost its top five runners, including league champ Ernie Fierer, Emerson seems ready to step in and replace the Lions.

Only one of the Cavaliers' top seven is gone. Coach Weiland Ross sees a good pack in seniors Jim Woods, Jim Gaffney, Kevin Van Malden, and Rich Grossfelt and juniors Dave Lenicek and Jeff Grycan. "We won't win many firsts, but we'll get a lot of 2-3-4's," he says.

Palisades Park returns only Tony Consoli from its top seven, but Frank Reiman, Charley Maraglia, and Don Westcott ran varsity last year and the Tigers traditionally are stronger at the end of the year.

Leonia looks to juniors Jack Liccardo and Chris Forte and sophs Jeff Jayson and Andy Liao to help its rebuilding process along. New Rutherford coach Jay Cuny has little behind seniors Gerry Gilroy and Bill Rambo.

BCSL Olympic

Bogota returns its first five runners from last year's league-champion team. Seniors Paul Burns, Mike Hennessy, Joe Gallagher, Joe Racioppi, and Steve Creange may even sweep the first five places, with the graduation of Bergen Tech's Scott Sarnoski and North Arlington's Tony Cannavinna.

PVC

If Ramsey and Paramus Catholic falter, Don Bosco is ready to step in in Group 3. Only a possible conflict between the league meet and the Bergen Meet of Champions can prevent DB from retaining its league crown.

The Dons may even be a year away from its best team with juniors Russ LoPinto, Bob Gibson, John Cullen, and Mike Martineau teaming with seniors Bob Frost and Carlos Ortiz.

Passaic is second best in the PVC and has a chance to place in the Group 4 State sectionals. Luis Caldera and Darryl Littlejohn are the top Indian runners, with Caldera a likely Passaic County champ. Soph Dennis Falcone and senior Kevin Schaeffer also return.

Eastside and Kennedy are improved with soph Felix Cruz and seniors Kim Hobson and Garth Cameron leading the latter. Eastside's top five runners are sophs and juniors, as last year's Eastside freshman and sophomore County champs return. Sophs Mike Bethune and Nick Moodie may be the best of the group.

Parochial

Bergen Catholic was Bergen's first-ever All-Groups champion last year and despite the loss of Leonard, Deuschel, John Malone, and two other starters, should be strong again as usual.

Quentin Franklin is the Crusaders' top runner. He was 10th in the Bergen Meet of Champs and 22nd in the State meet. He's joined by Joe Mecca, a consistent performer last season, and John Clarke, who ran eighth in the Group 4 County meet, his first varsity exposure. Seniors Clem Skorupka, Keith Flood, and Kevin Maher and juniors Sean Gormley and Eugene Carle should complete the BC roster.

Thomas, Clark, and Burges make PC coach Glynn's eyes shine, but it might be sophomore Rich DeFillipis who turns the Paladins into champs. Junior Jim DeLorenzo, Mike Bugge, and Tim Morse also will provide needed depth.

Saddle Brook girls experienced

Last year's Bergen County girls cross-country championships were very inconclusive and unsatisfying. There was no Meet of Champions and both Saddle Brook (the Group 1-2 champion) and Bergenfield (Group 3-4 titlist) had to settle for half the honor as the best team in Bergen.

That problem will be rectified this year by the institution of a girls Meet of Champions and both Saddle Brook and Bergenfield again should be contenders with everyone back from last year's successful teams.



Laura Falci

Saddle Brook may have an advantage, however. Small-groups champ Lynn Scali is back along with the Falconettes lone senior, Mary Boltach, plus Corinne Niland, Claire Lange, and Debbie Ceria. But Saddle Brook coach Howie Schuman also can call on former tennis player Laura Falci. The fact that Falci played tennis last year isn't significant. What is important is the 11:18 two-mile time Falci clocked at the State championships last spring. Falci may be heir to the individual throne vacated by Michele Guido of Paramus Catholic, the only girls champion Bergen has ever had. Guido won three times in as many years.

Saddle Brook has even more depth should any of its top seven falter. Nine Falconettes finished in the top 15 in the Group 1-2 meet last year and all return.

Bergenfield isn't too far behind, though. All-County star Patti Greene returns along with the only other Bergenfield senior Marilyn Triventi. But it's Bergenfield's junior class, Lisa Schadler, Eileen Healy, and Terri Malaspena, that makes the Bears a threat. Sophomore Angela Petzold and junior Jackiy Wilkin also return.

Ramsey should be third. Seniors Lesa Maloof, Colleen Delia, and Sandy Flubacher all finished in the top 10 of the Group 3-4 race last year, and Maloof should contend for individual honors. But Ramsey needs help from junior Diedre Young and freshmen Maria Young and Cathy Jones (Roger's sister) to make a run at first. No other schools loom as threats to the big three, although as girls cross-country grows in strength, some surprises may occur.

But individuals shine throughout the area. One of those with a chance for individual glory is Pascack Valley sophomore Mary Ellen McGowan. She and Westwood's Chris McDonnell handed Guido her only in-County defeat at the State Group 3 mile championships last spring and both are running cross-country for the first time.

Violetta Josevska of Garfield also returns and she is likely to be in the County's top 10 by season's end. Midland Park should also be strong with Bethana Newton, Kori Denzau, and Beth Pillsbury returning from last year's Group 1 sectional runnerup.

Junior Group 1 mile champ Denise Murphy makes her first appearance for Bogota's cross-country team while Gerilynn Abramonte of Demarest leads her team, made up of 12 freshmen and three juniors. All-Bergen long jumper Stephanie Bembridge returns at Northern Highlands.

Passaic County champ Nina Zollo has graduated, but five of the next seven finishers return. Joyce Barmore of Passaic Valley, Kim Rousseau of Eastside, Joann Sheffield of Kennedy, Donna Duggan, and Gayle Slevin of DePaul all return. DePaul and Eastside probably are the class of the Passaic girls teams.

—PAUL SCHWARTZ



Patti Greene

SUBJECT Cross Country PAGE # PERIOD BEGINNING Sept 1978

CLASS PERIOD ENDING

TIME

	NAME	PINK CARD INFO SLIP	1st Week M	F	S	T	W	2nd Week Th	F	S	M	T	3rd Week W	Th	F	S	M	4th Week T	W	Th	F	S	5th Week M	T	W	Th	F
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			M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
1	KATHY DOCKERY	x 447-2738	✓	✓	50	50	50	53		53	52	52	53	50	52	53	52			53	52	53		✓	✓	52		
2	JANET LOMBAERDE	xx 652-5886						✓	✓	57	56	48	✓		55		50		✓	✓		✓		✓	✓	✓		
3	MARY O'NEILL	x 447-1048	✓	✓	52	51	52	49	✓	53	50	51	53	✓	✓		52		✓	✓		✓		✓	✓	✓		
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7	ANN REMMERS	xx 652-7289					58	52	52	58	58	58	A	✓			52		✓	✓	✓		✓	✓	✓		
8	~~E~~NGRID LANDER	x 444-3463						✓	57	56	✓	53	57	✓	✓		✓	✓			55	✓		✓	✓		
9	LAURIE CAMPBELL	652-4558						✓	✓	68		57	✓	53	✓				✓						✓		
10	ALISON MACGREGOR	x 652-1682					57	58	57	57	57	57	57	✓	56	50	49		✓	52				✓	✓	50	
11	DEBBIE WEE	x 445-3426	✓					59	59	56	✓	✓	55	54	55	56	✓		54						✓	50	
12	MARGARET MCGILVRAY	x 445-4691						50	49	✓	50	✓	52	50			✓		(SICK FLU)					✓		✓	49
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16	BARB REMMERS	xx 652-7289		✓	40	43	49	42	42	46	48	46	43	44	44	41	45 42	46	44	44	46	52		✓	✓	52	
17	SANDY VANDERMEYS	x 444-9574		✓		56		56	✓	✓	✓	57	56		56		48		✓			✓		✓	✓	✓	
18	GRETCHEN SIGLER	x 444-8477						✓		67	✓	✓	✓	✓	61	60	54		✓			56			✓	56	✓
19	HILARY KERR	x 447-4144								✓	✓	✓	✓	60	✓		✓	✓						QUIT			
20	LIZ DOCKERY	x 447-2738									✓	✓	✓		✓		✓	✓						QUIT			
21	KATHY DUFFY	x																	✓		✓	✓		✓	48	52	✓
22																											
23	DONNA LONGINETTI	x 444-1457		✓	64		55	✓	✓	47	52	57	60		60		60	✓	✓	56		57		✓	✓	✓	52
24	CRIS SPERANZA	x 444-3771						✓	58	✓	55		52		52		52	✓		52		52		✓	✓	✓	52
25	CHRIS MC KENNA	x 445-5647									✓		A	48												53	48
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6 miles 5½ mi 10 mi 5-6 mi

5 mi 2 mi avg - 2 days/wks

Meet with Bergenfield 10 miles

PERIOD BEGINNING _____

SUBJECT _____ PAGE # _____ PERIOD ENDING _____

CLASS _____

TIME _____

	NAME	1st Week					2nd Week					3rd Week					4th Week					5th Week				
		M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
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1	Kathy Dockery	✓	53		53			✓	✓	54		✓	✓	53												
2	Janet Lombaerde	✓	✓		✓			✓	✓	X		✓	✓													
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5	Ann Remmers	✓						✓	✓			✓	✓	✓												
6	Ingrid Lander	✓	✓		✓			✓	✓	62		✓	✓													
7	Laurie Campbell	52	50					✓	✓			✓	49													
8	Alison MacGregor		50		✓			✓	✓			✓	✓													
9	Debbie Wee	44	41		✓			✓	✓	45		✓														
10	MARGARET McGILVRAY				48			✓	✓					✓												
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13	Barb Remmers	✓	✓	46	49			56	46	46	45	✓	✓	✓												
14	Sandy Vandermeys		56		56			✓		✓		✓	✓	✓												
15	Gretchen Sigler	48	✓	62	✓			✓	✓	✓		✓	✓	✓												
16	Kathy Duffy	50	✓	53	✓			✓	56	✓		✓	48	53												
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21	Donna Longinetti	✓	✓		58			✓	✓			✓	✓													
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No Practice

PC Dual meet

Mass Action

PERIOD BEGINNING _____

SUBJECT _____ PAGE # _____ PERIOD ENDING _____

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	NAME	1st Week					2nd Week					3rd Week					4th Week					5th Week				
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1	Kathy Dockery	✓	53		53			✓	✓	54		✓	✓	53												
2	Janet Lombaerde	✓	✓		✓			✓	✓	X		✓	✓													
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4																										
5	Ann Remmers	✓						✓	✓			✓	✓	✓												
6	Ingrid Lander	✓	✓		✓			✓	✓	62		✓	✓	L												
7	Laurie Campbell	52	50					✓	✓			⊘	49													
8	Alison MacGregor		50		✓			✓	✓			✓	✓													
9	Debbie Wee	44	41		✓			✓	✓	45		⊘														
10	MARGARET MCGILVRAY				48			✓	✓					✓												
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12																										
13	Barb Remmers	✓	✓	46	49			56	46	46	45	✓	✓	✓												
14	Sandy Vandermeys		56		56			✓		✓		✓	✓	✓												
15	Gretchen Sigler	48	✓	62	✓			✓	✓	✓		✓	✓	✓												
16	Kathy Duffy	50	✓	53	✓			✓	56	✓		✓	48	53												
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No Practice

PC Dual meet

Meet Abington

	BVAC Bergenfield	Paramus	P.C.	Shore	Ridgewood	Manhattan	Counties	NNJL	Eastern	County Champ	Sectionals
Bart Remmers	1	1	1	1	1		1	1	1		
Debbie Wee	2	2	2	2	2		2				
Alwen Mac	3	3	3		3		3	2	2		
Kathy Duffy		7	4		4		4	3	3		
Gretchen Sigler					6		5	4	4		
Engred Lander	4	5	7	5			6	6			
Laurie Campbell	5	4		3					7		
Kathy Dockery			6		7			5	5		
Janet Lombaerde	7	6	5	4	5		7				
Cris Speranza									6		
Ann Remmers	6							7			

Team Medals

Letter Winners

B Remmers
Wee
MacGregor
Duffy
Sigler
Lander
Lombaerde
Campbell
Dockery

16 Sept 1978 · 3x The course

around duck pond up Ridgewood Ave to Lorna - up to Wyndermere rt on Wyndermere down to pershing

19:30
2:30
5:00

6:50
19:30
23:30
24:16

Mary ✓		14:38	15:04 ~~17:04~~	15:12 ~~15:00~~
Chris S		14:04	19:30 ~~21:30~~	~~20:00~~ 15:12
Janet		14:38	15:04 ~~17:04~~	15:12
Ann		14:38	15:52 ~~17:52~~	15:12
Sandy		15:51	20:00 ~~22:00~~	- 12:30
Gretchen	60	14:57	16:36 ~~16:56~~	17:20
Lin		~ 18:00	2:40	- 12:30
Kathy	53	14:04	15:04 ~~17:04~~	~~19:43~~ 14:43
Barb	41	12:34	12:16	11:52
Debbie	56	12:39	DNF	DNF
Alison	50	13:13	DNF	DNF

Debbie	12:13	12:18
Alison	12:22	12:21

5TH Sept Ann Dorsett Course Twice

Barbara Remmers 35:15, 36:01 - 71:16

Ann Remmers 48:18

Alison MacGregor 39:43, 46:11 - 61:27

Karen Rollee 39:43

23 Sept 2x Van Courtland Park Course

Barbara Remmers	20:43 ,	41:26
Kathy Dorsey	24:21 ,	48:09
Cris Speranaza	24:21 ,	D.N.F.
Janet Contreras	24:55 ,	49:44
Kathy Duffy	25:24 ,	50:39
Engrid Carder	25:48 ,	52:35
Gretchen	28:51 ,	54:57
Ann	26:58	

Splits at Garrett Mountain for Barb.

	County meet of Champs	Sectional Meet
Parking lot	2:11	2:11
"Mile" Pole	5:20	5:20
Bridge	9:26	9:27
Bottom of Hill	14:16	14:14
Finish	18:02	17:48

Mary Ellen at County Meet of Champs

	1:58
	5:11
	9:19
	14:10
	17:52

16 Oct

5 × 880
10- Strides

Barb	2:53	3:03	2:52	3:07	2:53
Alison		305	2:47	3:08	2:55
Kathy		3:16		3:18	06
		17		3:19	9
		21		3:20	10
		22		3:21	11
		23		3:31	13
		27		3:34	
		21		3:36	43
				3:55	46
					46

1 Nov 5 × 880 day after a Race

2:56	3:04	2:49	2:56	2:39
2:58	3:06	2:53	3:16	2:55
3:04	3:14	3:06	3:17	2:56
3:08	3:16	3:06	3:18	2:57
3:09	3:16	3:13	3:29	3:11
3:19	3:16	3:19	3:31	3:19
3:19	3:16	3:19	3:34	
3:53				
3:53				

The kids think this was wrong.

Socks - cotton or wool - will breath better than synthetic

Nottingham

15:33	2	1-5 gap 55 seconds
15:46	3	
15:47	4	
16:20	12TH	
16:27	17TH	
	38	

Note Garfield in "A" race

	16:51	14
	16:53	15
	17:27	28
	17:29	29
		75
		161

Old Tappan, Garfield } New teams this year

Ramsey out



12
15
22
34
56
139

With Debbie we would have been 2ND or 3rd.

Perfect week for practice - Get your sleep - ~~Sat~~ Plan your social life for Sat not Fri

Train well - Because you race as you train

Mon - Interval
Tue - Fartlek O.D.
Wed - Garrett
Thur - Tune up stride
Fri - Rest.

Monday 11 Sept

Bart Remmers	3:12 ~~3:15~~	6:32	10:06	13:48	20:46.7
Debbie Wee	3:15 ~~3:19.6~~	6:42	10:35	14:19	21:42.6
Alison MacGregor	3:19.6 ~~3:27.8~~	6:57	11:05	15:10	23:09.9
Terry Keller	3:27.8 ~~3:29~~	7:30	–	17:34	25:11.1
Janet Lombaerde	3:29 ~~3:29~~ (3:30)	7:39	12:13	17:38	25:20.4
Ingrid Lander	3:29 ~~3:27.8~~	7:39	12:13	17:38	25:20.4
Kathy Dockery	3:27.8 ~~3:27.8~~	7:39	12:13	17:40	25:42.5
Chris Spranza	3:27.8 ~~3:29~~	7:39	12:13	17:38	25:38.8
Ann Remmers	3:29 ~~3:59~~	7:39	12:35	18:40	27:34
Gretchen Snyder	4:34.1	9:26	–	20:19	28:48
Sandy Vandermeys	4:34.1	9:26	–	20:19	28:50
Donna Longinetta	4:34.1	9:26	–	22:55	33:23

Mary O'Neill	3:59	DNF	
Margaret McGilvary	4:09	8:21	DNF

Bart Remmers by 880s - 3:12 ~~3:20~~, ~~3:30~~, 3:34, 3:42

By miles - 6:32, 7:16, 6:58.7

Janet Lombaerde - 7:39, 9:59, 7:42.4

by 880s 3:29 ~~4:10~~, ~~3:40~~, 4:34, 4:25

CROSS COUNTRY SCORE SHEET

RIDGEWOOD vs Bergenfield
DATE 9/19/78 Bloomfield (1 girl)
TEAM RECORDS: RHS _____

DISTANCE 3.0 miles
COURSE RECORD New Course
COURSE CHARACTER grass & mecadam
WEATHER cool (60)

PLACE	NAME	SCHOOL	TIME
1.	Barb Remmers	RHS	18:23
2.	Pat Greene	B	19:03
3.	Debbie Wee	RHS	19:06
4.	Eileen Healy	B	19:13
5.	Lisa Schadler	B	19:30
6.	Alison MacGregor	RHS	19:36
7.	Terri Malespine	B	19:57
8.	Nancy Denelea	Bloomfield	20:41 (not counted in team score)
9.	Jackie Wilken	B	20:55
10.	Kathy Martin	B	21:28
11.	Engrid Lander	RHS	21:39
12.	Lori Campbell	RHS	21:52
13.	Connie Wilson	B	22:27
14.	Anne Remmers	RHS	22:30
15.	Janet Lombaerde	RHS	22:40
16.	Kathy Dockery	RHS	22:55
17.	Gretchen Sigler	RHS	23;06
18.	Debbie Pierro	B	23:28

SCORE	RHS	Bergenfield
	1	2
	3	4
	6	5
	10	7
	11	8
FINAL SCORE	31	26

19. Mary O'Neill RHS 23:59
20. Sandy Vandermeys RHS 24:22
21. Denise Corsey B 24:56
22. Marge Mc B 24:59
23. Chris Speranza RHS 25:34
24. Donna Longinetti RHS 26:12

1-3 gap 1:13
1-5 gap 3:29
1-7 gap 4:17

CROSS COUNTRY SCORE SHEET

RIDGEWOOD vs Paramus
DATE 26 September 1978
TEAM RECORDS: RHS 1 - 1

DISTANCE 5,000 meters
COURSE RECORD 18:40
COURSE CHARACTER flat
WEATHER beautiful

PLACE	NAME	SCHOOL	TIME
1.	Barb Remmers	RHS	19:42.6
2.	Debbie Wee	RHS	20:04
3.	Alison MacGregor	RHS	21:23
4.	Laurie Campbell	RHS	22:47
5.	Engrid Lander	RHS	22:48
6.	Janet Lombaerde	RHS	22:59
7.	Kathy Duffy	RHS	23:04
8.	Kathy Dockery	RHS	23:19
9.	Gretchen Sigler	RHS	23:20
10.	Kathy Szorentini	P	23:34
11.	Ann Remmers	RHS	23:35
12.	Chris Speranza	RHS	23:40
13.	Laura Poulillo	P	23:42
14.	Cindy Molar	P	23:59
15.	Lori Cooke	P	24:12
16.	Jan Sharry	P	24:33
17.	Sandra Vandermeys	RHS	26:34
18.	Carol Cooper	P	27:22
19.	Donna Longinatti	RHS	32:41

SCORE RHS	Paramus
1	8
2	9
3	10
4	11
5	12
FINAL SCORE 15	50

1-3 gap 1:40
1-5 gap 3:05
1-7 gap 3:21

Splits

880	1 mile	2 mile	5,000 m
0:03:04.2	0:06:17.0	0:13:06.0	0:19:42.5
0:03:04.5	0:06:17.9	0:13:16.6	0:20:04.3
0:03:06.5	0:06:30.8	0:14:02.4	0:21:23.0
0:03:12.5	0:06:50.5		0:22:47.0
0:03:12.9	0:06:50.8		0:22:48.0
0:03:16.1	0:06:58.4		0:22:59.1
0:03:17.1	0:06:59.4		0:23:04.0
0:03:17.7	0:07:03.8		0:23:19.5
0:03:19.4	0:07:07.0		0:23:19.9
0:03:19.9	0:07:07.2		0:23:33.8
0:03:21.1	0:07:11.5		0:23:34.9
0:03:27.2	0:07:30.4		0:23:39.8
			0:23:42.0
			0:23:58.5
			0:24:12.1
			0:24:32.8
			0:26:34.6
			0:27:22.5
			0:32:41.1

			(1.1 miles)
Bart -	6:17.0	6:49	6:36
Debbie -	6:17.9	6:59	6:48
Alison -	6:30	7:32	7:21

CROSS COUNTRY SCORE SHEET

RIDGEWOOD vs Paramus Catholic
DATE October 10, 1978
TEAM RECORDS: RHS 2 - 1

DISTANCE short 3 miles
COURSE RECORD
COURSE CHARACTER flat, mecadam (bike path)
WEATHER beautiful

PLACE	NAME	SCHOOL	TIME
1.	Barb Remmers	RHS	18:04
2.	Debbie Wee	RHS	18:12
3.	Ann Kraemers	PC	18:37
4.	Alison MacGregor	RHS	19:56
5.	M.K. Saleta	PC	20:00
6.	Kathy Duffy	RHS	20:03
7.	Janet Lombaerde	RHS	20:17
8.	Kathy Dockery	RHS	20:29
9.	Engrid Lander	RHS	20:30
10.	Angie Mamola	PC	21:05
11.	Cris Speranaza	RHS	21:35
12.	Charlotta Carrillo	PC	21:44
13.	Ruth Ross	PC	21:53
14.	Cathy Spano	PC	21:54
15.	Ann Remmers	RHS	22:29
16.	Gretchen Sigler	RHS	22:36
17.	Muly Hurley	PC	22:40
18.	Sandra Vandermeys	RHS	22:48
19.	Mary Jo Bolger	PC	23:03

SCORE RHS	Paramus Catholic
1	3
2	5
4	10
6	11
7	12
FINAL SCORE 20	41

20. Laurie Campbell RHS 23:42
21. Jeannie Begley PC 23:46
22. Margaret McGilvary RHS 24:4
23. Donna Longinetti RHS dnf

Ramsey runners in second place

ELIZABETH — Ramsey and Bergen Catholic, The Record's top-ranked cross-country teams, started the 1978 major-meet season with good showings in the Roselle Catholic Turkey Trot at Warinanco Park yesterday.

Ramsey finished second to Morris Catholic in the B division, beating out Delbarton when Bobby Taylor, the sixth Ram finisher, finished ahead of Delbarton's sixth man. Ramsey finished with 60 points, the same score as Delbarton, 10 behind Morris Catholic.

Barry Enright of Delbarton won the race, but Ramsey placed three runners in top 10, Lance Sniatkowski was fifth, Mike Alberse eighth, and Ed O'Neill ninth. Bob Manson was 16th and John Schnell 22nd for the Rams.

Bergen Catholic was third in the A race behind winner Brick Township which had 64 points. The Crusaders had 124. Steve Thompson of Brick won the race, with BC's Quentin Franklin seventh. Sean Gormley was 12th and Joe Mecca 21st for the Crusaders, who won the New Jersey Meet of Champions last year.

Anne Gladue of Bayley-Ellard set a course record in the girls race, running 16:30.5, and Hunterdon Central had 83 points to win the division.

Laura Falci of Saddle Brook was 12th and Lynn Scali 19th to lead the Falconettes to a fifth-place finish. Ramsey's Lesa Maloof and Sandy Flubacher were 22nd and 23rd to help the Rams to a sixth-place finish, seven points behind Saddle Brook.

Big field in Passaic meet

WEST PATERSON — Meet director Joe Dziezawiec says he expects some 120 teams for the 11th annual Passaic County Coaches Invitational Cross-Country meet at Garret Mountain next Saturday.

Dziezawiec is especially impressed by the turnout for girls. He says close to 50 high school girls teams, both varsity and freshman, should show up for the meet.

The meet includes the second annual meet of champions. It is open only to high schools defending a league, county, or State championship. Memorial High School of West New York, last year's champion, already has indicated it will defend its title. Ramsey, Steinert (Trenton), Passaic County Tech, and Paramus Catholic will represent New Jersey, while Glasgow, Del., and Pearl River, N.Y., make up the out-of-state contingent.

The first of the 21 races starts at 9 a.m. The varsity and JV boys run three miles, as do the varsity girls. The JV girls and sophomore boys will compete at 2½ miles, and the freshman boys and girls at 2 miles.

Hmmm, Not bad for someone with an injury!



Varsity III-IV

1. Barbara Remmers, Ridgewood, 17:52
2. Mary Ellen McGowan, Pascack Valley, 18:25
3. Debbie Mebey, Old Tappan, 18:29
4. Carol Dickstein, Immaculate Heart Academy, 18:29
5. Sandy Flubacher, Ramsey, 18:51
6. Marji Metlitz, Pascack Hills 18:53
7. Gerylann Abramente, Demarest, 18:55
8. Eileen Healy, Bergenfield, 19:02
9. Kathy Jones, Ramsey, 19:11
10. Antoinette Bush, Teaneck, 19:14

Other Area Finishers: 11. Pat Green, Bergenfield, 19:16; 14. Debbie Wee, Ridgewood, 16:27; 15. Teri Malespina, Bergenfield, 19:32; 16. Lisa Schader, Bergenfield, 19:39; 17. Alison MacGreiger, Ridgewood, 19:40; 18. Kathy Duffy, Ridgewood, 19:52; 19. Anne Kraemer, Paramus Catholic, 19:52; 20. Mary Donovan, Dumont, 20:02; 21. Glori Schiraldi, Dumont, 20:05; 22. Jacky Wilken, Bergenfield, 20:11, 25. Coleen Murphy, Ramsey, 20:25.

Team Scores: Bergenfield 72, Ridgewood 83, Ramsey 96, Northern Valley 119, Dumont 141, Pascack Valley 225, Demarest 242, Paramus Catholic 256, Northern Highlands 257, Immaculate Heart Academy 259.

GIRLS VARSITY "A"

Place	NAME	School	Time
1	Jeanne Fox	Brick	17:32.4
2	Mary Banks	Raritan	:56
3	Alyson Hendricks	Mat.	18:07
4	Barb Remmers	Ridgewood	:12
5	Carol Becht	Morristown	:13
6	Cindy Summa	Rar.	:20
7	Tracey Vandyke	RBC	:24
8	Marge DeMarris	No. Hunt.	:30
9	Wanda Darling	Brick	:32
10	Valerie Huhn	"	:36
11	Sandy Cook	Howell	:37
12	Lisa Mitchell	TRSo.	:44
13	Debbie Wee	Ridgewood	:54
14	Deb Russell-Brown	Frank Twp.	:56
15	Judy Stein	Morristown	:57
16	Nancy Staudt	Lakewood	19:06
17	Kathy Kirgin	RBC	:07
18	Terry O'Neil	JFK	19:08
19	Sharon White	TR No	:09
20	Laura Fyfe	Ocn Twsp	:09
21	Tracey Deely	Rar.	:10
22	Stacey McMullin	RBC	:11
23	Micki Griffith	No. Hunt	:12
24	Carolyn Nance	Rar.	:15
25	Dale DeGraw	Morristown	:15

Brick's 1-5 gap was about 2 minutes

1-5 gap 3:04
1-7 gap 3:16

Barb Remmers	18:11.8
Debbie Wee	18:53.4
Lauine Campbell	21:07.6
Janet Lombaerde	21:22.7
Engrid Lande	21:28.6

J.V. race

Gretchen Sigler	21:12.4
Kathy Dockery	21:16.4
Kathy ~~Duffy~~ Duffus	21:27.6
Cris Speranza	23:14.8
Sandy Vandermeys	23:24.2

Girls Varsity "A"

School	1st	2nd	3rd	4th	5th	Total	Place
Lakewood	16						
Red Bank Catholic	7	17	22	32	39	117	3rd
Jackson	33	52	59	68	83	295	
Howell	11	35					
Morristown	5	15	25	47	50	142	4TH
Ridgewood	4	13	74	82	84	257	8TH
Franklin Twp	14	34	89	106	109	352	
Bricktown	1	9	10	30	32	82	1st
Toms River South	12	26	31	46	60	175	5TH
Cinnaminson	95	114	135				
Ocean Twp.	20	129					
Matawan Reg. School	3	38	132				
Middletown North	104	124	128	142			
Manalapan	29	58	61	77	100	335	
Neptune	92	99	120	127	136	574	
Raritan	2	6	21	24	41	94	2nd
Marlboro	28	63	69	75	80	315	
JFK (Iselin)	18	67	72	88	90	335	
Toms River North	19	43	48	53	62	225	6TH
North Hunt.	8	23	36	51	125	243	7TH
Southern Reg. H.S.	49	64	97	101	105	416	
Middletown South	111	118	140				
Manasquan	45	71	85	91	130	422	
East Brunswick	27	44	56	116	121	364	

GIRLS VARSITY "B"

Place	NAME	School	Time
1	Eva Marie Berardi	Williamstown	17:35
2	Suzanne Minogue	Mater Dei	18:00
3	Karen Floyd	Mt Olive	18:06
4	Sue Jackson	St Joes T.R.	:20
5	Bev Reilly	St Rose	:24
6	Nancy Schmidt	Kinnelon	:26
7	Lori Gentile	Bernards	:27
8	Barbara Logarcme	"	:28
9	Fran Coughlin	SJV	:57
10	Pat Eletto	Man. Twsp.	:59
11	Kate Jeffers	Princeton Day	19:09
12	Debbie Smith	Morris Cath	19:25
13	Inge Schuurmans	Kinnelon	19:26
14	Erin McKenna	Mater Dei	19:28
15	Kerry White	As. Park	19:29
16	Kim Olson	Free. Twsp.	19:29
17	Linda Wagnecz	Dover	19:30
18	Kitty Ager	Princeton Day	19:34
19	Lisa Stewert	Bound Br.	19:35
20	Stephanie Bruschi	Kinnelon	19:36
21	Cathy O'Connor	Rum-F.H.	19:37
22	Bethana Newton	Mid Park	19:37
23	Kathy Mitchell	Haddon Twsp	19:38
24	Sue McGoff	PA Boro	19:38
25	Debbie Grover	Mater Dei	19:42

Girls Varsity "B"

School	1st	2nd	3rd	4th	5th	Total	Place
Kinnelon	6	13	20	69			
Glassboro	124						
Hopewell Valley	29	59	69	72	83	312	
Princeton Day School	11	18	138	145			
Pt Pleasant Beach	36	49	61	067			
Williamstown	1	57	62	75	77	272	
Spotswood	114	109	111				
Pt. Boro	24	39	51	63	90	267	
Bernards	7	8	34	38	53	140	2nd
Haddonfield	93	107	127	131	135	593	
St. Joseph Toms River	4	45	71	81	87	288	
Freehold Twp.	16	46	56	66	82	266	
Henry Hudson	52	55	78	130	146	461	
Midland Park	22	26	85	94	112	339	
Mater Dei	2	14	25	31	42	114	1st
St. Rose	5	36	37	105	128	305	
Dover	17	60	116	119	147	459	
Manchester Twp	10	73	76	108	115	382	
Bound Brook	19	48	74	126	144	411	
Morris Catholic	17	20	70	97	98	305	
Asbury Park	15	40	58	89	113	315	
Keansburg	86	95	106	121	122	530	
Shore Regional	27	35	139				
Rumson-Fair Haven	21	41	102	117	129	410	
St Johns Vinney	9	32	64	84	101	290	
Mt. Olive	3	47	50	54	63	217	3rd

GIRLS JV

ke	NAME	School	Time
	Lisa Reynolds	RBC	20:223
	Monica Ring	RBC	20:27
3	Cindy Tremaine	Raritan	:32
4	Gail Himes	TR No.	:32
5	Lauren McConnell	RBC	:44
6	Sue Rathlen	RBC	:46
7	Annemarie Golding	Mater Dei	:54
8	Ann Courtney	" "	21:01
9	Jean Marie McAuliffe	" "	:02
0	Chris King	Brick	:05
1	Corinne Taylor	TR No	:06
2	Barbara Brennan	Jackson	:08
3	Barbara Murphy	TR No.	:09
4	Sharon Hughes	Mater Dei	:12
5	Gretchen Sigler	Ridgewood	:13

Place	NAME	Time	School
16	Kathy Dockery	21:16	Ridgewood
17	Beth Arnone	:21	RBC
18	Dede Shebell	:22	RBC
19	Kathy Duffy	:27	Ridgewood
20	Joan Lennek	:35	T.R. No
21	Diana Myers	:42	TR No.
22	Leslie Vian	:43	Morristown
23	Joanne Slocum	:45	Rumson
24	Jo Ann Hurley	:47	Pt Pl Boro
25	Ann Valente	:51	Pt Pl. Boro

1. RBC - 31
2. Mater Dei 65

Girls J.V

School	1st	2nd	3rd	4th	5th	Total	Place
Jackson	12	24	30	43			
Brearley-Kenilworth	31						
Red Bank Catholic	1	2	5	6	17	31	1st
Pt. Pleasant Beach	63						
Bernards	26	56					
St. John Vianney	25	28					
Pt. Boro	23	38	42	55	68	226	
Ridgewood H.S.	15	16	19	45	52	147	4TH
Morristown	57	81					
Rumson-Fair Haven	66	74	75	76	80	371	
Toms River South	34	36	40	53			
Mater Dei	7	8	9	14	27	65	2nd
Bricktown	10	41	58	61	73	243	
Raritan	3	47	59	67	72	248	
Mt. Olive	37	49	51	62	71	270	
Toms River North	4	11	13	20	21	69	3rd
JFK (Iselin)	35	44	63				
Central High	29	54	67				

Girls Frosh

School	1st	2nd	3rd	4th	5th	Total	Place
Westfield	6						
Ridgefield	76	77	91				
Dover	3	10					
Monmouth Reg.	11	13					
North Hunterdon	4	29	33				
Matawan Regional	15	20	35	40	47	157	
Freehold Twp.	43	58	68	72	83	318	
Red Bank Catholic	8	9	21	24	26	88	1st
Mater Dei	23	32	36	48	50	189	
Morristown	18	57	58				
St. Mary's P.A.	19	46	90	93	95	353	
Raritan	28	30	49	67	89	263	
Brick Twp.	25	31	34	43	66	198	
Manasquan	7	75	80				
Manalapan	17	22	27	38	44	148	2nd
Pt. Pleasant "A"	5	16	37	39	59	156	
Pt. Pleasant "B"	61	64	71	82	86	364	
Toms River South	51	56	70				
Middletown South	69	74	88	94	96	419	
Toms River North	2	12	14	55	65	148	3rd

1978 BERGEN COUNTY GIRLS' CROSS COUNTRY CHAMPIONSHIPS

GROUP I-II

Place	Name	School	Time
1.	Violetta Jasevska	Gar	18:41
2.	Lynn Scali	SB	18:49
3.	Laura Falci	SB	18:53
4.	Cindy Cilnick	Gar	19:05
5.	Diane Mastoy	Gar	19:06
6.	Jill Yakimik	Gar	19:07
7.	Mary Boltach	SB	19:11
8.	Kari Denzau	MP	19:17
9.	Bianca O'Connell	Ruth	19:19
10.	Heather Kelly	PR	19:26
11.	Mary DeLuca	GR	19:31
12.	Karen VonBernewitz	Bect	19:37
13.	Corrine Niland	SB	19:42
14.	Denise Murphy	Bog	19:50
15.	Simone Mele	Cres	19:57
16.	Debbie Ceria	SB	19:59
17.	Mary Britweiser	Ruth	20:03
18.	Stacy Green	PR	20:13
19.	Helen Quinn	Ruth	20:19
20.	Bethana Newton	MP	20:28
21.	Lisa Harcick	SB	20:40
22.	Fran. SiVollella	WR	20:42
23.	Diane Connolly	Cres	20:45
24.	Cathy Daly	Ruth	20:47
25.	Eileen Keyes	Ten	20:47

GROUP III-IV

Place	Name	School	Time
1.	Barb Remmers	Ridg.	17:52
2.	MaryEllen McGowan	PV	18:25
3.	Debbie Meberg	NVOT	18:29
4.	Carol Dickstein	IHA	18:29
5.	Sandy Flubacher	Ram	18:51
6.	Margie Metlitz	PH	18:53
7.	Gerylann Abramonte	NVDem	18:55
8.	Eileen Healy	Berg	19:02
9.	Kathy Jones	Ram	19:11
10.	Antoinette Bush	Tean	19:14
11.	Pat Greene	Berg	19:16
12.	Pam Okolita	CP	19:22
13.	Michele Fudge	Hack	19:24
14.	Debbie Wee	Ridg	19:27
15.	Teri Malespina	Berg	19:30
16.	Lisa Schadler	Berg	19:39
17.	Alison MacGregor	Ridg	19:40
18.	Kathy Duffy	Ridg	19:52
19.	Anne Kraemer	PC	19:58
20.	Mary Donovan	Dum	20:02
21.	Gloria Schiraldi	Dum	20:05
22.	Jackie Wilken	Berg	20:11
23.	Mary Kate Connolly	NVOT	20:16
24.	Joanne Donnelly	NVOT	20:19
25.	Colleen Murphy	Ram	20:25

TEAM	1	2	3	4	5	Tot.	Pl.
Bergen Tech	34	35	39	55	72	235	9th
Bogota	14	41	50	57	58	220	8th
Cresskill	15	23	36	38	44	156	*4th
Elmwood Park	47	62	64	75	80	328	11th
Garfield	1	4	5	6	32	48	2nd
Hasbrouck Heights	51	52	54	68	79	304	10th
Leonia	31	71	77	-	-	-	-
Midland Park	8	20	40	42	46	156	*4th
Palisades Park	29	63	66	67	-	-	-
Park Ridge	10	18	33	43	65	169	6th
Rutherford	9	17	19	24	26	95	3rd
Saddle Brook	2	3	7	13	16	41	1st
Tenafly	28	25	45	53	59	210	7th

JUNIOR VARSITY* results incomplete

1.	L. Campbell	Ridg.	21:21	10.	
2.	Jean Busgiel	Ruth.	21:52	11.	M. McGilvray Ridg. 23:51
3.	A. Remmers	Ridge	22:06	12.	L. Malfourb Ruth. 24:07
4.	C. Speranza	Ridge	22:09	13.	M.J. Bolger PC 24:34
5.	S. Vandermeys	Ridge	22:23	14.	C. Spano PC 25:04
6.	Heidi Schneider	Ruth.	22:38	15.	26:21
7.			22:50	16.	27:47
8.	R. DelVescovo	Ruth.	23:14	17.	D. Longinate Ridg. 27:47
9.	D. Calden	Ruth.	23:39	18.	30:14

TEAM	1	2	3	4	5	Tot.	Pl.
Bergenfield	8	11	15	16	22	72	1st
Cliffside Pk.	12	27	43	52	-	-	-
(N.V.) Demarest	7	41	56	65	73	242	7th
Dumont	20	21	28	32	40	141	5th
Hackensack	13	44	60	-	-	-	-
Immac. Ht. Acad.	4	49	66	69	71	259	10th
No. Highlands	29	53	54	57	64	257	9th
(N.V.) OldTappan	3	23	24	34	35	119	4th
Paramus	42	51	58	63	-	-	-
Paramus Catho	19	38	47	75	77	256	8th
Pascack Valley	2	37	48	68	70	225	6th
Ramsey	5	9	25	26	31	96	3rd
Ridgewood	1	14	17	18	33	83	2nd
RiverDell	83	-	-	-	-	-	-
Teaneck	10	72	80	82	-	-	-



A Post-Race Smile — Ridgewood High's Barbara Remmers relaxes after winning the Bergen County girls' Group III-IV cross country race with a time of 17:52 at Garret Mountain in West Paterson Saturday. (Photo by Rich McBride)

RESULTS : COUNTY Group Championship.

			League
BARBARA REMMERS	1	17:52	18:24
DEBBIE WEE	14	19:27	—
ALISON MACGREGOR	17	19:39	19:36
KATHY DUFFY	18	19:52	19:54
GRETCHEN SIGLER	33		20:57
ENGRID LANDER	36	~ 20:55	21:12
JANET LOMBAERDE	46	~ 21:27	DNF
LAURIE CAMPBELL	1	21:21	22:19
ANN REMMERS	3	22:06	22:08
CRIS SPERANZA	4	22:09	22:33
SANDY VANDERMEYS	5	22:23	22:45
MARGARET MILGAJARY		23:51	23:00
DONNA LONGENITTI		27:47	27:49

20:58 KATHY Dockery



Staff photo by Peter Monsees

Tenafly's Tony Fitzgerald wins the Group 2 boys run in the Bergen cross-country championships.

Bergenfield, SB girls win meet

WEST PATERSON—Bergenfield and Saddle Brook repeated as champions in their respective sections of the Girls Bergen County Cross-Country championships yesterday at Garret Mountain, but neither team approached last year's winning margins.

Bergenfield needed a courageous finish by Pattie Greene to edge Ridgewood by 11 points, while Saddle Brook's depth carried it to its second narrow win over Garfield in a week, this time a 41-48 victory.

Ridgewood's Barbara Remmers routed the field in the Group 3-4 race, winning by 150 yards and recording the second-best Bergen Garret Mountain time ever. But Bergenfield's depth carried it to five of the first 22 places. Greene, after collapsing 25 yards from the finish, got up to finish 11th, providing the margin of victory. She needed oxygen after completing the race, but was not hospitalized.

"We run in a pack," said Bergenfield coach Frank Schorling. "We know we won't be first or second, but if everyone runs up to potential we can beat anyone in the state."

Violetta Josevska of Garfield continued to improve, winning the 1-2 race and defeating last year's nemeses, Lynn Scali and Laura Falci of Saddle Brook. Garfield took 4-5-6 and seemed about to reverse a 10-point loss at the Bergen County Scholastic League American meet.

The top five teams in each section qualify for the Oct. 31 Meet of Champions, along with the top 15 finishers.

—PAUL SCHWARTZ

Bergen County meet summaries

GROUP 1 BOYS
Team scores
Bogota 53, Mahwah 77, Cresskill 87, Emerson 101, North Arlington 131, Ridgefield 174, Palisades Park 188, Leonia 195, Becton 218, Park Ridge 277, Wood-Ridge 309, Midland Park 323, Hasbrouck Heights 333.

1. Ian Leavesley (M) — 14:55
2. Mike Fezza (C) — 15:13
3. Mike Hennessy (Bog.) — 15:30
4. Al Frank (Bect.) — 15:33
5. Jim Woods (E) — 15:36
6. Chip Sharp (M) — 15:38
7. Tony Consoli (PP) — 15:41
8. Paul Burns (Bog.) — 15:46
9. Ed Burns (Bog.) — 15:49
10. Phil Leo (R) — 15:52
11. Willie Braun (R) — 15:52*
12. Paul Calabrese (NA) — 16:04*
13. KevinVanMalden (E) — 16:07*
14. Walt Eckhardt (NA) — 16:09*
15. Robert Ryan (C) — 16:16
16. Craig Brown (Bog.) — 16:19
17. Joe Raccioppi (Bog.) — 16:23
18. Scott Rittweger (M) — 16:27
19. Lou Ascione (C) — 16:30
20. Dean Toher (M) — 16:32
21. Hank Chandless (HH) — 16:35
22. Joe Fezza (C) — 16:38
23. Steve Creango (Bog.) — 16:41
24. Joe Gallagher (Bog.) — 16:46
25. Jim Gaffney (E) — 16:48

GROUP 2 BOYS
Team scores
Queen of Peace 43, Garfield 77, Tenafly 83, Saddle Brook 88, Lyndhurst 149, Elmwood Park 167, Rutherford 174, Waldwick 206.

1. Tony Fitzgerald (T) — 15:01
2. Greg Bloom (QP) — 15:08
3. Charlie Cilwik (G) — 15:41
4. Jerry Hanley (SB) — 15:59
5. Mark Mellea (QP) — 16:00
6. John LaGuardia (SB) — 16:07
7. Paul Kane (T) — 16:11
8. Mike Ferraro (L) — 16:14
9. Bill Rambo (R) — 16:16
10. Tony Costo (QP) — 16:17
11. Jim Record (EP) — 16:19
12. Craig Cannon (BT) — 16:22
13. Brian Gilooly (GR) — 16:26
14. Ray Simonse (SB) — 16:27
15. John Ziemba (G) — 16:28
16. Tom Fallon (T) — 16:31
17. Brendan Smith (T) — 16:32
18. Gerry Bychlak (G) — 16:33
19. Joe Duboyce (QP) — 16:35
20. Paul Listmeir (G) — 16:37
21. Mark Rosselli (G) — 16:40
22. Mark Koehn (T) — 16:42
23. Walt Geer (SB) — 16:48
24. Gary Golembiski (EP) — 16:53
25. Marty Cilwik (G) — 16:56

GROUP 3 BOYS
Team scores
Ramsey 31, Paramus Catholic 49, Don Bosco 110, Pascack Valley 119, St. Joseph Regional 150, Dumont 163, Cliffside Park 168, Ridgefield Park 196, Indian Hills 270, Westwood 277, River Dell 292, Old Tappan 300, Demarest 303.

1. Paul Thomas (PC) — 14:48
2. Gerry Clark (PC) — 15:01
3. Mike Alberse (R) — 15:12
4. Ed O'Neil (R) — 15:17
5. Lance Sniatkowski (R) — 15:20
6. Walt Elflein (D) — 15:22
7. Vince Lolacano (RP) — 15:26
8. Bob Gibson (DB) — 15:29
9. Bob Manson (R) — 15:31
10. John Schnell (R) — 15:34
11. Mike Bugge (PC) — 15:36
12. Jose Burges (PC) — 15:44
13. Art Mercandante (RP) — 15:49*
14. Bob Frost (DB) — 15:51
15. Joe Obiso (IH) — 15:54*
16. Fran Vidal (CP) — 15:57*
17. Bob Cullen (DB) — 16:01
18. Jack Marino (R) — 16:07
19. J. Cristensen (SJR) — 16:08*
20. Dan Fischbein (PV) — 16:10*
21. Joel Zupfer (PV) — 16:13
22. John Gelan (SJR) — 16:14
23. JimDiLorenzo(PC) — 16:19
24. Jeff Sommer (PV) — 16:20
25. Jeff Fogarty (SJR) — 16:20

GROUP 4 BOYS
Team scores
Ridgewood 38, Bergen Catholic 50, Bergenfield 76, Teaneck 109, Hackensack 115.

1. John Eberle (B) — 14:37
2. John Murphy (T) — 15:02
3. Q.Franklin (BC) — 15:03
4. Bob Korn (B) — 15:15
5. Tom Hughes (R) — 15:17
6. Chris Wee (R) — 15:32
7. Al Tarleton (R) — 15:37
8. Keith Flood (BC) — 15:41
9. DaveNicholson(R) — 15:45
10. Joe Mecca (BC) — 15:47
11. DaveHartmann(R) — 15:55
12. Joe Adamo (R) — 15:56
13. LarryMaloney(BC) — 16:01
14. Brian Ruland (P) — 16:11*
15. Ray Croney (B) — 16:20
16. SeanGormley(BC) — 16:25
17. Tim Aitken (BC) — 16:27
18. Ron Weiss (H) — 16:33
19. Joe Hernciar (H) — 16:44
20. Gene Carle (BC) — 16:46
21. SteveFahraazdeh(T) — 16:47
22. Sean Duffy (R) — 16:51
23. Kevin O'Shea (H) — 16:55
24. GlennDeSimone(P) — 17:07
25. E.Hoogendoorn(H) — 17:10

*Qualified as individuals for Meet of Champions.

FRESHMEN 1-2
1. Ralph Betancourt (T) — 11:10
Team winner—Leonia 26.

FRESHMEN 3-4
1. Dave Bates (PH) — 11:05
Team winner—Bergen Catholic 36.

JUNIOR VARSITY 1-2
1. John Pedati (QP) — 16:40
Team winner—Queen of Peace 25.

JUNIOR VARSITY 3-4
1. John Clarke (BC) — 15:52
Team winner—Ridgewood 31.

GROUP 1-2
GIRLS VARSITY
Team scores
Saddle Brook 41, Garfield 48, Rutherford 95, Midland Park 156, Cresskill 156, Park Ridge 169, Tenafly 210, Bogota 220, Bergen Tech 235, Hasbrouck Heights 304, Elmwood Park 328.

1. VioletteJosevska(G) — 18:41
2. Lynn Scali (SB) — 18:49
3. Laura Falci (SB) — 18:53
4. Cindy Cilwik (G) — 19:05
5. Diane Mostaj (G) — 19:06
6. Jill Yakimik (G) — 19:07
7. Mary Boltach (SB) — 19:11
8. Kari Denzau (MP) — 19:17
9. BiancaO'Connell(R) — 19:19
10. Heather Kelly (PR) — 19:26
11. Mary DeLuca (GR) — 19:31
12. K.VonBernewitz(Bec.) — 19:37
13. Corinne Niland (SB) — 19:42
14. DeniseMurphy(Bog.) — 19:50
15. Cimone Mele (C) — 19:57

GROUP 3-4
Team scores
Bergenfield 72, Ridgewood 83, Ramsey 96, Old Tappan 119, Dumont 141, Pascack Valley 225, Demarest 242, Paramus Catholic 256, Northern Highlands 257, Immaculate Heart 259.

1. BarbaraRemmers(R) — 17:52
2. M.E. Mc
8 8 8 1 8 : 2
4. CarolDickstein(IHA) — 18:29
5. SandyFlubacher(Rams) — 18:51
6. Marji Metlitz (PH) — 18:53
7. G.Abramonte(Dem.) — 18:55
8. Eileen Healy (B) — 19:02
9. Kathy Jones (Rams.) — 19:11
10. Toni Bush (T) — 19:14
11. Patti Greene (B) — 19:16
12. Pam Okolita (CP) — 19:22
13. Michelle Fudge (H) — 19:24
14. Debbie Wee (R) — 19:27
15. TerriMalespina(B) — 19:30

JUNIOR VARSITY
1. LaurieCampbell(Rdgwd) 21:31
No Team Winner.

Independent

Eastside 18, E. Christ. 45
1. Tie among Alex Barrier, Leon Finney, and Dennis Cleaver (E) — 16:03
4. Tie bet. Al Huizin (EC) and Mike Buthane (E) — 16:11

Clifton 15, Elmwood Park 50
1. Carl Williams (C) — 15:43
2. Warren Martin (C) — 17:03
3. Tie bet. Dwayne Stevens and Dave Claxton (C) — 17:28
5. Bill Archer (C) — 17:32

At Garret Mountain, course distance: 3.0 miles.



They're off and running in the Group 1-2 girls race at the Bergen County cross-country championships. Story on Page C-13.

Staff photo by Peter Monsees

Ridgewood ends BC reign

By Paul Schwartz
Correspondent

WEST PATERSON — It had to happen eventually. Ridgewood yesterday ended Begen Catholic's five-year reign as Group 4 Bergen County cross-country champion, and made it the first year since 1969 that the Crusaders failed to win a group championship.

Ridgewood's victory was even more impressive than the final 41-54 score indicated.

The Crusaders took third (Quentin Franklin), eighth (Keith Flood), and 10th (Joe Mecca), but Ridgewood placed six runners in front of BC's fourth runner. Sophomore Tom Hughes paced the Maroons, who grouped their top six runners in a tight 39-second pack.

"Our kids did everything we asked them to do," said a delighted Larry Coyle of Ridgewood, "I wanted Hughes to stay with Franklin, and he did, I wanted my next three kids to stay with BC's next two, and they did, and I wanted the back kids to beat their back kids and they did. I feel we're as good as anyone around, and today we showed it."

While Ridgewood was doing the unexpected, Ramsey and Bogota were winning as anticipated.

The Group 3 Rams placed five of the top 10 runners to overcome the 1-2 punch of Paramus Catholic for a 31-48 win. Paul Thomas repeated as Group 3 individual champion and Gerry Clark was second, but Mike Alberse, Ed O'Neil, and Lance Sniatkowski of Ramsey took the next three spots and Bob Manson and John Schnell finished 9-10 to secure Ramsey's third straight win.

"The difference between last year [a 47-48 thriller over Old Tappan] and this year," said Ram coach Lou Molino, "is last year, with the injuries, it was the end of our season. This year we're expecting much more."

In Group 1, Bogota overcame a long-standing jinx to win its first title since 1966, easing past Mahwah 53-77.

"I'm always nervous about this meet," said Bogota coach Joe Feigel. "We never seem to have much luck here." But with three runners in the top nine and seven in the top 24, Bogota had little to worry about, even with Mahwah's Ian Leavesley winning his second major championship in a week. He added the County Group 1 to the Bergen-Passaic Scholastic League title he won Wednesday.

"I knew I could do something in cross-country," said the Mahwah junior, who missed most of last year's fall season because of hypoglycemia (low blood sugar). "I had run well last spring (winning the Group 1 two-mile) and felt good all fall."

The other group winner was Queen of Peace, giving former County champ Tim Conheeney his first win in his first season as head coach. The Queensmen finished far ahead of Garfield in Group 2, placing four men in the top 10, including second-place finisher Greg Bloom and fifth-place Mark Mallea.

Bergenfield's John Eberle established himself as the runner to beat in the Oct. 31 Meet of Champions by winning the Group 4 title in the day's best time of 14:37. Tenafly's Tony Fitzgerald was the Group 2 winner.

The top three teams in each group, the top 10 individuals in each group and all runners at 16:11 or under qualify for the Meet of Champs.

Passaic Valley second behind Ridgewood

Runner-up Passaic Valley High School was no match for the overall talent of Ridgewood as the Maroons captured the Northern New Jersey Interscholastic League cross country meet Tuesday afternoon by placing five runners in the top 10 for a total of 27 points.

Passaic Valley amassed 85 points followed by Teaneck at 127 and Clifton at 131.

The best performance by an area harrier belonged to Carl Williams of Clifton, who took fourth place with a 15:26 clocking. But Williams was well behind individual champion Tom Hughes of Ridgewood, who was timed in 15:11.

After Williams crossed the finish line, Ridgewood took the next four places courtesy of Chris Wee, Joe Adamo, Al Politan and Dave Nicholson. Passaic Valley's Ed Kuri came was the next non-Maroon in ninth at 15:45. Paul Davis of Bloomfield completed the top 10 with a 15:55.

Other area runners to break into the top 20 were Bob Stackpole (12th) and John Evans (14th) of Passaic Valley, Bloomfield's Joe Catino (13th), Rich Schaeffer (17th) of Fair Lawn and Ken Philhower (18th) of Clifton.

IN THE NNJIL GIRLS MEET, Bergenfield captured the team title, but again a Ridgewood runner was crowned individual champ as Barbara Remmero ran an 18:24. Eileen Healy of Bergenfield was second at 18:39, while Nancy Deneka of Bloomfield took third place in 18:49.

Ridgewood's Joe Flechtner won the junior varsity honors while Joe Coiro of Passaic Valley was the freshman champ.

In dual meet action, unbeaten Essex Catholic defeated Kearny, 24-31, Caldwell took a tri-meet from West Orange, 25-30, and New Providence, 26-29, Paul VI knocked off Neumann Prep, 15-50, Lakeland beat Manchester, 23-37, and Parsippany Hills fell to undefeated Morristown, 25-34.

Essex Catholic made it six victories in a row despite the fact that Kearny's Joe Weber took first place in 14:46. But the Eagles' junior standouts of Don Sullivan, Roberto DelRios and Don Peterson took three of the next four places. Sullivan (14:52) and DelRios (15:38) were second and third, respectively, while Peterson was fifth.

CALDWELL'S BOB TESTA and Mike Freeman placed first and second to lead the Chiefs, now 8-10. Testa was clocked in 16:37 and Freeman in 17:21. Russ Pool of Caldwell was fourth in 17:42.

The Paul VI trio of Charlie Murray, Nick Fillipone and Tony Ferrara tied for first place with 17:03 times to pace the Patriots in their rout of Neumann Prep. Paul VI stands at 7-4 while Neumann Prep is 6-7.

Despite a first place from Pete Orve, Manchester bowed to Lakeland. Dave Kirkham and Jon Trusewicz paced the Lancers with a second and third, respectively.

Caldwell 25, West Orange 30
Caldwell 26, New Providence 29
West Orange 26, New Providence 29

Testa (C), 16:37; Freeman (C), 17:21; Hensley (NP), 17:42; Pool (C), 18:02; Pefry (WO), 18:04; Palmer (NP), 18:10; Goldfinger (WO), 18:17; Forbes (WO), 18:21; Holland (WO), 18:22; Nicloinn (NP), 18:31.

Team records: Caldwell (8-10); New Providence (4-12); West Orange (5-10).

Paul VI 15, Neumann Prep 50

(Tie) Murray (PVI), Fillipone (PVI) and Ferrara (PVI), 17:03; (tie) Olivola (PVI) and Jaworski (PVI), 17:27.

Team records: Paul VI (7-4); Neumann Prep (6-7).

Morristown 25, Parsippany Hills 34

Smalley (PH), 15:11; Slaerno (M), 15:19; Warner (PH), 15:24; Connel (M), 15:25; Wiggins (M), 15:31.

Team records: Morristown (7-0); Parsippany Hills (5-2).

Essex Catholic 24, Kearny 31

Weber (K), 14:46; Sullivan (EC), 14:52; DelRios (EC), 15:38; McNammy (K), 15:51; Peterson (EC), 16:12.

NNJIL Meet
Boys Varsity

Team scores: Ridgewood 27, Passaic Valley 85, Teaneck 127, Clifton 131, Hackensack 147, Bergenfield 151, Paramus and Bloomfield 176, Fair Lawn 186, Wayne Valley 239

Hughes (R), 15:11; Murphy (T), 15:18; Korn (Be), 15:22; Williams (C), 15:26; Wee (R), 15:33; Adamo (R), 15:37; Politn (R), 15:43; Nicholson (R), 15:43; Kuri (PV), 15:45; Davis (Bl), 15:55; Hartmann (R), 16:06; Stackpole (PV), 16:09; (tie) Catino (Bl) and Evans (PV), 16:11; Duffy (R), 16:13; Ruland (P), 16:14; Schaefer (FL), 16:15; Philhower (C), 16:18; Hermler (H), 16:20; Croney (Be), 16:22.

Girls Varsity

Team scores: Bergenfield 41, Ridgewood 60

Remmero (R), 18:24; Healy (Be), 18:39; Deneka (Bl), 18:49; Herman (WV), 18:58; Busch (T), 19:03; Fudge (H), 19:07; Malespina (Be), 19:09; Barmore (PV), 19:18; Green (Be), 19:23; McGregor (R), 19:36; Schadler (Be), 19:37; Duffy (R), 19:54; Wilkens (Be), 20:24; Martin (Be), 20:32; Szorentini (P), 20:38; Liebiskind (FL), 20:43; Paulillo (P), 20:44; Sigler (R), 20:57; Dockery (R), 20:58; Lander (R), 21:12.

NNJIL - CROSS COUNTRY 1978

Dual Meets

1	Ridgewood	(9-0)	10 x .6 = 6.0
2	Passaic Valley	(8-1)	9 x .6 = 5.4
3	Teaneck	(7-2)	8 x .6 = 4.8
4	Bloomfield	(5-4)	6.5x.6 = 3.9
4	Bergenfield	(5-4)	6.5 x.6 = 3.9
6	Paramus	(4-5)	4.5 x.6 = 2.7
6	Hackensack	(4-5)	4.5 x.6 = 2.7
8	Clifton	(2-7)	3 x .6 = 1.8
9	Fair Lawn	(1-8)	2 x .6 = 1.2
10	Wayne Valley	(0-9)	1 x .6 = 0.6

League Meets

1	Ridgewood	(27)	10 x .4 = 4.0
2	Passaic Valley	(85)	9 x .4 = 3.6
3	Teaneck	(127)	8 x .4 = 3.2
4	Clifton	(131)	7 x .4 = 2.8
5	Hackensack	(147)	6 x .4 = 2.4
6	Bergenfield	(151)	5 x .4 = 2.0
7	Bloomfield	(176)	3.5x.4 = 1.4
7	Paramus	(176)	3.5x.4 = 1.4
9	Fair Lawn	(180)	2 x .4 = 0.8
10	Wayne Valley	(239)	1 x .4 = 0.4

League cross-country summaries

NNJIL

BOYS' VARSITY

TEAM SCORES — Ridgewood 27, Passaic Valley 85, Teaneck 127, Clifton 141, Hackensack 147, Bergenfield 151, tie between Paramus and Bloomfield 176, Fair Lawn 180, Wayne Valley 239.

1. Tom Hughes (R) — 15:11
2. Jay Murphy (T) — 15:18
3. Bob Korn (B) — 15:22
4. Carl Williams (C) — 15:26
5. Chris Wee (R) — 15:33
6. Joe Adamo (R) — 15:37
7. Al Politan (R) — 15:43
8. Dave Nicholson (R) — 15:44
9. Ed Kuri (PV) — 15:45
10. Paul Davis (Blo.) — 15:55
11. Dave Hartmann (R) — 16:06
12. Bob Stackpole (PV) — 16:09
13. John Catino (Blo.) — 16:10
14. John Evans (PV) — 16:11
15. Sean Duffy (R) — 16:13
16. Brian Ruland (Pa) — 16:14
17. Rich Schaffer (FL) — 16:15
18. Ken Filhower (C) — 16:18
19. Joe Hrnciar (H) — 16:20
20. Ray Cronin (B) — 16:26
21. Ron Weiss (H) — 16:31
22. Eric Andersen (FL) — 16:35
23. Steve Fakhareapech (T) — 16:37
24. Dan Smith (PV) — 16:42
25. Dean Nilson (B) — 16:44

GIRLS' VARSITY

1. Barbara Remmers (R) — 18:24
2. Eileen Healy (B) — 18:39
3. Nancy Teneka (Blo.) — 18:49
4. Hannah Herman (WV) — 18:58
5. Antonette Bush (T) — 19:03
6. Micki Fudge (H) — 19:07
7. Terri Palespina (B) — 19:09
8. Joyce Barmore (PV) — 19:19
9. Pat Greene (B) — 19:23
10. Allison McGregor (R) — 19:36
11. Lisa Schadler (B) — 19:37
12. Kathy Duffy (R) — 19:54
13. Jackie Wilcon (B) — 20:24
14. Cathy Martin (B) — 20:32
15. Cathy Szorentini (P) — 20:38

BOYS JV

1. Jim Flechtner (R) — 16:31

Team scores — Ridgewood 15, Hackensack 86, Passaic Valley 89, Fair Lawn 92, Teaneck 132, Clifton 148.

FRESHMEN

1. Joe Coiro (PV) — 11:52

Team scores — Passaic Valley 41, Clifton 63.

FINAL STANDINGS

1	Ridgewood	6.0 + 4.0 = 10.0
2	Passaic Valley	5.4 + 3.6 = 9.0
3	Teaneck	4.8 + 3.2 = 8.0
4	Bergenfield	3.9 + 2.0 = 5.9
5.	Bloomfield	3.9 + 1.4 = 5.3
6	Hackensack	2.7 + 2.4 = 5.1
7	Clifton	1.8 + 2.8 = 4.6
8	Paramus	2.7 + 1.4 = 4.1
9	Fair Lawn	1.2 + 0.8 = 2.0
10	Wayne Valley	0.6 + 0.4 = 1.0

SPORTSMANSHIP BANNER POINTS

10	Ridgewood
9	Passaic Valley
8	Teaneck
7	Bergenfield
6	Bloomfield
5	Hackensack
4	Clifton
3	Paramus
2	Fair Lawn
1	Wayne Valley

Results of NNJIL Cross Country Meet October 24, 1978

Varsity Boys

No.	Name	Time	School
1	Tom Hughes	15:11	Ridg.
2	J. Murphy	15:18	Tean.
3	Robert Korn	15:22	Berg.
4	Carl Williams	15:26	Clif.
5	Chris Wee	15:33	Ridg.
6	Joe Adamo	15:37	Ridg.
7	Al Tarleton	15:43	Ridg.
8	Dave Nicholson	15:44	Ridg.
9	Ed Kuri	15:45	P.V.
10	Paul Davis	15:55	Blom.
11	Dave Hartmann	16:06	Ridg.
12	Bob Stackpole	16:09	Ridg.
13	John Catino	16:10	Blom.
14	John Evans	16:11	P.V.
15	Sean Duffy	16:13	Ridg.
16	Brian Ruland	16:14	Parm.
17	Rich Schaffer	16:15	F.L.
18	Ken Philhower	16:18	Clif.
19	Joe Hrnciar	16:20	Hack.
20	Ray Croney	16:26	Berg.
21	Ron Weiss	16:31	Hack.
22	Eric Andersen	16:35	F.L.
23	S. Fakharzaden	16:38	Tean.
24	Dan Smith	16:42	P.V.
25	Dean Nilsen	16:44	Berg.
26	Ray Ferriola	16:45	P.V.
27	Wes Knowles	16:49	Parm.
28	Mike Smula	16:51	Clif.
29	P. Baboulis	16:51	Tean.
30	T. Norris	16:58	Tean.
31	E. Hoogendoorn	17:00	Hack.
32	Glen DeSimone	17:01	Parm.
33	Warren Martin	17:03	Clif.
34	Dan Mitton	17:04	P.V.
35	P. Sanchirico	17:08	W.V.
36	Chris Leonard	17:09	Hack.
37	Dave Edelman	17:11	F.L.
38	Craig Macauley	17:14	Blom.
39	Keith DeVisser	17:15	P.V.
40	Ron Barthe	17:19	Hack.
41	Kevin O'Shea	17:20	Hack.
42	Ed Guy	17:25	F.L.
43	M. Adelman	17:29	Tean.
44	Ron Lustberg	17:30	Parm.
45	Lance Symons	17:32	W.V.
46	Wayne Herman	17:36	W.V.
47	R. Roberts	17:38	Tean.
48	Dave Claxton	17:39	Clif.
49	George Andros	17:40	Hack.
50	Bill Archa	17:40	Clif.
51	Gary Powers	17:45	Berg.
52	Joseph Fulco	17:46	Berg.
53	Art Orland	17:54	W.V.
54	Bob DeAnna	18:02	Blom.
55	Jim Sweet	18:05	Berg.
56	Dwayne Stephens	18:06	
57	Joe Wyeste	18:10	Parm.
58	Ron Buesser	18:20	Berg.
59	M. Mallory	18:28	Tean.
60	Jake Vandalen	18:31	W.V.
61	Mike Horbatuk	18:34	Blom.
62	Bob O'Leary		F.L.
63	Ken Powley		W.V.
64	Todd Carlson		Parm.
65	Jon Scheuch		Blom.
66	Kevin Olsen		W.V.

Team Standings

1	Ridgewood	27
2	Passaic Valley	85=
3	Teaneck	127
4	Clifton	131
5	Hackensack	147
6	Bergenfield	151
7	Paramus	176
7	Bloomfield	176
9	Fair Lawn	180
10	Wayne Valley	239

Results of NNJIL Cross Country Meet October 24, 1978

J.V. Boys

No.	Name	School	Time
1.	J. Flechtner	Ridgewood	16:31
2	R. Sharo	Ridgewood	16:32
3	M. Jones	Ridgewood	16:55
4	K. Murphy	Ridgewood	17:05
5	M. Campbell	Ridgewood	17:07
6	K. Moran	Hackensack	17:10
7	M. Spangenburg	Ridgewood	17:11
8	W. Spielvogel	Ridgewood	17:16
9	S. Scrop	Fair Lawn	17:18
10	K. Donnelly	Ridgewood	17:20
11	E.J. Faber	Teaneck	17:32
12	M. Lombardi	Passaic Valley	17:38
13	J. Giovia	Hackensack	17:39
14	T. Forzano	Hackensack	17:41
15	J. Brinkman	Passaic Valley	17:45
16	P. Folan	Passaic Valley	17:49
17	Bob Franck	Fair Lawn	17:50
18	D. Paul	Clifton	18:06
19	M. Paul	Clifton	18:09
20	P. Scullion	Fair Lawn	18:10
21	J. Cooper	Fair Lawn	18:13
22	K. Burns	Passaic Valley	18:14
23	D. Florenzie	Teaneck	18:15
24	J. Veltri	Passaic Valley	18:21
25	T. Metzler	Fair Lawn	18:36
26	Ian Copeland	Hackensack	18:38
27	Paul Novak	Hackensack	18:39
28	Paul Chen	Ridgewood	18:42
29	Herb Brinkman	Passaic Valley	18:43
30	Sam George	Teaneck	18:44
31	Pete Tantillo	Passaic Valley	18:80
32	Bill Warrick	Ridgewood	19:02
33	Jay Wolfeker	Teaneck	19:03
34	Al DeFuria	Passaic Valley	19:24
35	Jim Gaylord	Teaneck	19:31
36	Dean DeSantis	Clifton	19:43
37	George Hryrich	Clifton	
38	Dave Kosson	Clifton	
39	Jeff Parisi	Hackensack	
40	Steve Okker	Wayne Valley	
41	Paul Nitch	Passaic Valley	
42	Jeff Angello	Clifton	
43	Scott Niskatch	Wayne Valley	
44	Dan O'Shea	Clifton	
45	Jeff Brantley	Teaneck	

Team Standings:

1	Ridgewood	15
2	Hackensack	86
3	Passaic Valley	89
4	Fair Lawn	92
5	Teaneck	132
6	Clifton	148

Results of NNJIL Cross Country Meet October 24, 1978

Varsity Girls

No.	Name	School	Time
1	Barbara Remmers	Ridgewood	18:24
2	E. Healy	Bergenfield	18:39
3	Nancy Deneka	Bloomfield	18:49
4	Hannah Herman	Wayne Valley	18:58
5	A. Bush	Teaneck	19:03
6	Micki Fudge	Hackensack	19:07
7	T. Malespina	Bergenfield	19:09
8	Joyce Barmore	Passaic Valley	19:19
9	P. Greene	Bergenfield	19:23
10	A. MacGregor	Ridgewood	19:36
11	L. Schadler	Bergenfield	19:37
12	K. Duffy	Ridgewood	19:54
13	J. Wilkon	Bergenfield	20:24
14	C. Martin	Bergenfield	20:32
15	Cathy Szorentini	Paramus	20:38
16	Sue Liebiskind	Fair Lawn	20:43
17	Laura Paulillo	Paramus	20:44
18	G. Sigler	Ridgewood	20:57
19	K. Dockery	Ridgewood	20:58
20	E. Lander	Ridgewood	21:12
21	Cyndie Mola	Paramus	21:19
22	D. Pierro	Bergenfield	21:20
23	Shari Scrop	Fair Lawn	21:28
24	Kay Magone	Clifton	21:31
25			21:32
26	Cari Lamm	Fair Lawn	21:43
27	D. Schmidt	Clifton	21:48
28	Marilyn Triventi	Bergenfield	21:55
29	Ana Remmero	Ridgewood	21:59
30			22:08
31	Laurie Campbell	Ridgewood	22:15
32	Sue Mihalasky	Clifton	22:19
33	Cris Speranaza	Ridgewood	22:28
34	Sue DenBleyker	Clifton	22:33
35	Melissa Cohen	Teaneck	22:44
36	Sandy Vandermeys	Ridgewood	22:46
37	D. Dryguniewicz	Bergenfield	
38	Marg McGilvary	Ridgewood	23:00
39	Carol Cooper	Paramus	
40	Dana Roth	Fair Lawn	
41	Judy Olsen	Wayne Valley	
42	Ellen Bender	Fair Lawn	
43	Denise Corsi	Bergenfield	
44	Diane Henn	Clifton	
45	D. Longenitti	Ridgewood	27:49

Results of NNJIL Cross Country Meet October 24, 1978

Freshmen

No.	Name	School	Time
1	J. Coiro	Passaic Valley	11:52
2	R. Ralston	Passaic Valley	11:58
3	C. Pezano	Woodrow Wilson	11:59
4	J. Ferrone	Bergenfield	12:05
5	D. Troast	Woodrow Wilson	12:10
6.	C. Keller	Ridgewood	12:24
7	B. Schmidt	Hackensack	12:25
8	B. Taylor	Hackensack	12:25
9	E. Tosi	Passaic Valley	12:37
10	T. Ryan	Passaic Valley	13:17
11	D. Knowles	Paramus	13:18
12	E. Field	Bergenfield	13:28
13	G. Olson	Christopher Columbus	13:48
14	J. Guerra	Hackensack	13:53
15	D. Goetz	Wayne Valley	14:03
16	C. Barski	Woodrow Wilson	14:11
17	L. Kossan	Woodrow Wilson	14:12
18	J. Missora	Christopher Columbus	14:15
19	F. Semrau	Passaic Valley	14:17
20	J. Carrino	Hackensack	14:18
21	J. Storms	Woodrow Wilson	
22	B. Rodgers	Christopher Columbus	
23			
24	Ed Yo	Wayne Valley	
25			
26	S. Giordano	Christopher Columbus	
27	Jeff Hettbeck	Woodrow Wilson	

EASTERN STATES CHAMPIONSHIP

October 28, 1978

RACE GIRLS A

1.	/Ann Gladue, Baxley Ellard	15:01.2
2.	Janet Pietopaolo, Nanuet	15:26
3.	Heidi, Maher, Valley Stream So.	15:28
4.	Colleen Hillery, J.F. K. Somers	15:36
5.	Eileen Costello, A. Magnus	15:43
6.	Barbara Remmers, Ridgewood	15:49
7.	Michelle Donnelly, White Plains	15:50
8.	Monica Hautau, Tappan Zee	15:51
9.	Ann Kiely, Valley Stream Central	15:53
10.	Judith Moody, Bklyn. Tech	15:54
11.	Diana Kirchhoff, Harborfields	15:55
12.	Jeanne Muhrcke, Harborfields	15:56
13.	Shelia Wall, Valley Stream Central	15:57
14.	Sue Blackman, Harborsfield	16:01
15.	Eileen Lopez, Loughlin	16:04
16.	Celeste Arndt, Valley Stream Central	16:12
17.	Lisa Schaefer, Bayshore	16:14
18.	Susan Hillery, J.F. K. Somers	16:15
19.	Eileen Kiely, Valley Stream Central	16:20
20.	Sue Flynn, Nanuet	16:21
21.	Sue Robinson, Monroe Woodbury	16:23
22.	Robbin Winter, Scarsdale	16:25
23.	Julie Malloney, Tappen Zee	16:27
24.	Kelly Katterhagen, J.F. K. Somers	16:28
25.	Vonda Long, Monroe Woodbury	16:30
26.	Eileen Healy, Bergenfield	16:31
27.	Patty Reilly, Monroe Woodbury	16:32
28.	Diana King, White Plains	16:34
29.	Mary Hayes, Susan Wagner	16:36
30.	Karen Russell, A. Magnus	16:41
31.	Linda Edwards, Monroe Woodbury	16:42
32.	Tasha Robinson, Monroe Woodbury	16:43
33.	Carol Parker, Harbergields	16:44
34.	Mary McQueeney, Harborsfield	16:45
35.	Mia Mahedy, Bklyn. Tech.	16:45
36	Pat Green, Bergenfield	16:45
37.	Kathy Grey, Kearney	16:45
38.	Peggy Hawilins, Monroe Woodbury	16:49
39.	Beverly Carlson, Monroe Woodbury	16:57
40.	Laurel Gilhooly, A. Magnus	16:59
41.	Erica, Janes, Kearny	17:02
42.	Helen Banks, J.F. K. Somers	17:06
43.	Shelia Booker, Loughlin	17:07
44.	Candice Cline, Nanuet	17:08
45.	Ø Philicia Lloyd, Bklyn Tech.	17:09
46.	Teri Malespina, Bergenfield	17:10
47.	Lori Parker, North Bergen	17:11
48.	Cathy Owen, Scarsdale	17:14
49.	Meg Lyons, Scarddale	17:14
50.	Pat Harrington, Tottenville	17:14

MacGregor 17:16
Duffy 17:18
Sigler 18:18

Dorkery - 18:55
Speranaza - 19:59
Campbell - 20:32

SCORE

1.	Harborfields	104
2.	Valley Stream Central	
3.	Monroe/woodbury	136
4.	J.F. K.Somers	174
5.	White Plains	214
6.	Bklyn Tech	217
7.	Scarsdale	235
8.	Nanuet	248
9.	Bergenfield	257
10.	Loughlin	277
11.	A. MAGNUS	289
12.	RHS	296
13.	TOTTENVILLE	334
14.	Sue WAGNER	349
15.	North Bergen	354
16.	Bayshore	368
17.	Kearney	387
18.	Pearl River	521
19.	East Islip	531
20.	Bay. Elland	540

RHS
6
52
55
83 Gretchen
100 Dorlaney
296

121
130

Kearney
37
41
71
118
120

No. Bergen
47
54
66
87
97

Bergenfield
26 Darleen
36 Pat
46 Terri
69
80

SJR runners triumph

The area's top-rated teams didn't run well yesterday, perhaps looking ahead to Tuesday's Bergen County Meet of Champions at Garret Mountain, but St. Joseph of Montvale won a division title at the Eastern States Championships at Van Cortlandt Park.

St. Joseph placed Rob Gelnaw and Marty Dougherty in the top 20 on the way to winning the F race. Charlie Cilwik of Garfield was sixth in the race, leading the Boilermakers to a third-place finish.

In the championship race, Ridgewood was 15th, Bergen Catholic 20th, and Paramus Catholic 21st behind champion Walt Whitman of New York. Paul Thomas and Gerry Clark, Paramus Catholic's 1-2 punch, were impressive with Thomas finishing 10th and Clark 17th.

Bob Frost and Bob Gibson of Don Bosco were seventh and ninth, respectively, in the C race. Walt Elflein of Dumont was ninth in the E race.

Barbara Remmers was sixth in the girls' championship race, and her Ridgewood team was 12th behind champion Harborfield. Bergenfield was ninth in the team standings.

Eastern States meet

RACE A, BOYS
Team scoring—Walt Whitman 157; Morris Catholic 166; Memorial (WNY) 184; 15, Ridgewood 332; 20, Bergen Catholic 396; 21, Paramus Catholic 398.

1 Joe Green (WW) —— 12:43.9
10. Paul Thomas (PC) —— 12:59
17 Gerry Clark (PC) —— 13:10
34 Sean Gormley (BC) —— 13:25
42 Q. Franklin (BC) —— 13:29
48 Chris Wee (R) —— 13:30

RACE B, BOYS
Team scoring—Archbishop Ryan 145; Suffern 182; Salesian 208; 22, Bergenfield 548

1 Mike Mantini(Gate) —— 12:42.1

RACE C, BOYS
7 Bob Frost (DB) —— 13:25
9 Bob Gibson (DB) —— 13:26

RACE E, BOYS
Team scoring—Emerson (UC) 137; Chappaqua 140; Massapequa 147; 5, Dumont 174; 14, Hackensack 323.

5 GeorgeDelaVega(Em.) — 13:29.4
9 Walt Elflein (Du.) —— 13:54
20 Steve Duffany (Du.) —— 14:07

RACE F, BOYS
Team scoring—St. Joseph (Mont.) 101; Martin Luther King 147; Garfield 154; 8, Pascack Hills 197.

1 Mike Harris (MLK) —— 13:08.1
6 Charlie Cilwik (Gar.) —— 13:57
11 Rob Gelnaw (SJR) —— 14:10
16 John Ziemba (Gar.) —— 14:22
19 M Dougherty (SJR) —— 14:25

RACE A, GIRLS
Team scoring—Harborfield (NY) 104; 9, Bergenfield 257; 12, Ridgewood 296; 15, North Bergen 354.

1 Anne Gladue (B-Ell.) — 15:01.2
6. Barbara Remmers (R) — 15:49
26. Eileen Healy (B) —— 16:31
36. Patti Greene (B) —— 16:45
46. TerriMalespina(B) —— 17:10
47. Lori Parker (NB) —— 17:11

RACE B, GIRLS
Team scoring—Greenwich (Conn.) 109; 5, Midland Park 209; 11, Dumont 276; 12, Queen of Peace 306; 17, Bogota 407

1. C. Riegelmann (Clc.) — 15:44.9
7. Carol Dickstein (IHA) — 16:38
9. Cari Denzau (MP) —— 16:57
10. Beth Newton (MP) —— 17:05
18. Denise Murphy (Bog.) — 17:07

IC4A summaries

CHAMPIONSHIP DIVISION
1. Sidney Maree (Vill.) — 24:04.0
2. Amos Kip Korir (Vill.) — 24:13.1
3. Dave Cornwell (Md.) — 24:26.5
4. Mike Quinn (Mass.) — 24:29.8
5. Dave Wilson (W.V.) — 24:45.8
6. Pete Pfitzinger (Cor.) — 24:46.5
7. Art Switchenko (Dart.) — 24:48.0
8. John Burns (Vill.) — 24:51.2
9. James Shields (W&M) — 24:53.7
10. Rob Earl (Vill.) — 24:55.8
11. Marty Ludwikowski (Man 24:57.1
12. Paul Marzan (FDU) — 24:57.6
13. Dave Dobrzynski (Geo.) 25:01.7
14. John Green (Md.) — 25:04.9
15. Paul Steeds (FDU) — 25:07.8
16. John Enright (Army) — 25:09.0
17. Ross Donoghue (St.J.) — 25:09.5
18. Kevin Dillon (Vill.) — 25:11.8
19. Jim Flynn (Vill.) — 25:13.2
20. Paul Friedman (Rut.) — 25:13.8
21. Barry Nelson (FDU) — 25:18.6
22. James Hopkins (Rut.) — 25:20.0
23. Brad Gair (Vill.) — 25:20.3
24. James Casey (W.V.) — 25:20.7
25. Rich Walls (Mass.) — 25:21.7
26. Randy Greathouse (FDU) 25:22.6
33. Robert Amitrani (Rut.) — 25:34.4
34. Rick Constantine (Rut.) 25:35.7
39. Kevin Byrne (Geo.) — 25:37.2

TEAM SCORES
Villanova 36, Fairleigh Dickinson 136, Massachusetts 137, Rutgers 156, Cornell 160, Maryland 177, Army 185, Georgetown 188, St. John's 199, Manhattan 235, William & Mary 272, Dartmouth 291, Northeastern 336, Columbia 349, St. Joseph's 359, Syracuse 399, Boston College 466, Holy Cross 483, Brown 493, West Virginia DNF.

BCSL National

(3-3)-Becton	7	6	6	6–	25
(3-3)-Hasbrouck Hgts.	0	0	6	0–	6

B—Golabek 43 pass from Tsiolas (Sferruzza kick)
B—Simpfrenderfer 1 run (kick failed)
HH—Lohrmann 5 run (kick failed)

(1-5)-Cresskill	0	6	6	6–	18
(3-2-1)-Leonia	8	0	0	14–	22

L—Stewart 3 run (Madden run)
C—Papa 3 pass from LaPietra (run failed)
C—Terhune 10 fumble recovery (pass failed)
L—Stewart 43 run (Plunkett pass from Cerchio)
L—DiBlasio 48 pass interception (pass failed)
C—Benjamin 1 run (pass failed)

(4-2)-Secaucus	0	0	0	0–	0
(6-0)-Palisades Pk	0	0	14	0–	14

B.Bell 23 run (kick failed)
Cieslak 8 run (B.Bell run)

(4-2)-Rutherford	7	6	0	19–	32
(2-4)-Emerson	0	6	0	0–	6

R—Frio 14 run (Ferullo kick)
E—Palombit 10 run (kick failed)
R—Nichols 22 pass from Manning (kick failed)
R—Frio 2 run (kick failed)
R—Ferullo 14 run (kick failed)
R—Manning 2 run (Ferullo kick)

Bancroft tennis mini-jamboree

At Meadowlands R.C.
MEN'S 35S FINAL
Claude Schoenlank, Staten Island, def. Hiro Suzuki, New York, 6-3, 6-4.

EASTERN STATES CHAMPIONSHIP

October 28, 1978

RACE GIRLS B

1.	Connie Riegelmann, Cicero	15:44.9
2.	Debbie MacAdam, Monticello	16:03
3.	Helena Tompuri, Carmel	16:05
4.	Liz Schlageter, Brockport, N.Y.	16:23
5.	Sue Scomillio, Eastchester	16:23
6.	Debbie Smith, Morris Cath.	16:24
7.	Carol Dickstein, Immaculate Heart	16:38
8.	Barb Ketchum, Brockport	16:55
9.	Kari Denzau, Midland Park	16:57
10.	Bethana Newton, Midland Park	17:05
11.	MaryBeth Fix, Eastchester	17:08
12.	Shelia Simmeau, Greenwich Central	17:14
13.	Patty Ward, Haddonfield	17:16
14.	Maureen Carson, Clarkstown So.	17:26
15.	Marie Dwyer, New Rochelle	17:35
16.	Eileen Peppard, Carmel	17:41
17.	Nancy Mason, Greenwich Central	17:45
18.	Denise Murphy, Bogota	17:47
19.	Debbie Franco, Morris Cath..	17:48
20.	Patty Pruiksma, Greenwich Central	17:48
21.	Mary Calderaro, Richmond Hills	17:50
22.	Beth Martin, Greenwich Central	17:50
23.	Kathy O'Connoe, Rumson Fair/Haven	17:51
24.	Gilliard, Martin L. King	17:55
25.	Julie Cohen, New Rochelle	17:57

SCORE

1.	Greenwich Central	109
2.	Morris Catholic	131
3.	Carmel	152
4.	Brockport	186
5.	Midland Park	209
6.	Christ/King	213
7.	Eastchester	247
8.	Haddonfield	261
9.	New Rochelle	262
10.	Monticello	268
11.	Dumont	
12.	Queen of Peace	
13.	Rumson Fair Haven	
14.		
15		
16.	Morris Catholic	
17.	Bogota	

EASTERN STATES CHAMPIONSHIP

October 28, 1978

RACE GIRLS A

1.	/Ann Gladue, Baxley Ellard	15:01.2
2.	Janet Pietopaolo, Nanuet	15:26
3.	Heidi, Maher, Valley Stream So.	15:28
4.	Colleen Hillery, J.F. K. Somers	15:36
5.	Eileen Costello, A. Magnus	15:43
6.	Barbara Remmers, Ridgewood	15:49
7.	Michelle Donnelly, White Plains	15:50
8.	Monica Hautau, Tappan Zee	15:51
9.	Ann Kiely, Valley Stream Central	15:53
10.	Judith Moody, Bklyn. Tech	15:54
11.	Diana Kirchhoff, Harborfields	15:55
12.	Jeanne Muhreke, Harborfields	15:56
13.	Shelia Wall, Valley Stream Central	15:57
14.	Sue Blackman, Harborsfield	16:01
15.	Eileen Lopez, Loughlin	16:04
16.	Celeste Arndt, Valley Stream Central	16:12
17.	Lisa Schaefer, Bayshore	16:14
18.	Susan Hillery, J.F. K. Somers	16:15
19.	Eileen Kiely, Valley Stream Central	16:20
20.	Sue Flynn, Nanuet	16:21
21.	Sue Robinson, Monroe Woodbury	16:23
22.	Robbin Winter, Scarsdale	16:25
23.	Julie Malloney, Tappen Zee	16:27
24.	Kelly Katterhagen, J.F. K. Somers	16:28
25.	Vonda Long, Monroe Woodbury	16:30
26.	Eileen Healy, Bergenfield	16:31
27.	Patty Reilly, Monroe Woodbury	16:32
28.	Diana King, White Plains	16:34
29.	Mary Hayes, Susan Wagner	16:36
30.	Karen Russell, A. Magnus	16:41
31.	Linda Edwards, Monroe Woodbury	16:42
32.	Tasha Robinson, Monroe Woodbury	16:43
33.	Carol Parker, Harborgields	16:44
34.	Mary McQueeney, Harborsfield	16:45
35.	Mia Mahedy, Bklyn. Tech.	16:45
36	Pat Green, Bergenfield	16:45
37.	Kathy Grey, Kearney	16:45
38.	Peggy Hawilins, Monroe Woodbury	16:49
39.	Beverly Carlson, Monroe Woodbury	16:57
40.	Laurel Gilhooly, A. Magnus	16:59
41.	Erica, Janes, Kearny	17:02
42.	Helen Banks, J.F. K. Somers	17:06
43.	Shelia Booker, Loughlin	17:07
44.	Candice Cline, Nanuet	17:08
45.	~~Ø~~ Philicia Lloyd, Bklyn Tech.	17:09
46.	Teri Malespina, Bergenfield	17:10
47.	Lori Parker, North Bergen	17:11
48.	Cathy Owen, Scarsdale	17:14
49.	Meg Lyons, Scarddale	17:14
50.	Pat Harrington, Tottenville	17:14

SCORE

1.	Harborfields	104
2.	Valley Stream Central	
3.	Monroe/woodbury	136
4.	J.F. K.Somers	174
5.	White Plains	214
6.	Bklyn Tech	217
7.	Scarddale	235
8.	Nanuet	248
9.	Bergenfield	257
10.	Loughlin	277

MEET OF CHAMPIONS

1978 BERGEN COUNTY GIRLS' CROSS COUNTRY CHAMPIONSHIPS

Adj. Place	Pl.	Name	School	Time
-	1.	Mary Ellen McGown 10TH	PV	17:52
1	2.	Barb Remmers 10TH	Ridg	18:02
2	3.	Debbie Meberg 11TH	NVOT	18:07
3	4.	Jill Jasevska 11TH	Gar.	18:12
-	5.	Carol Dickstein 10TH	IHA	18:23
4	6.	Eileen Healy 11TH	Berg	18:29
-	7.	Marge Metlitz SOPH	PH	18:29
5	8.	Sandy Flubacher	Ram	18:31
6	9.	Laurie Falci	SB	18:36
7	10.	Coleen Dunn JUNIOR	NVOT	18:42
8	11.	Kari Denzau	MP	18:43
9	12.	Colleen Delia	Ram	18:43
10	13.	Jill Yakimik 9TH	Gar	18:51
11	14.	Pat Greene 12TH	Berg	18:55
12	15.	Terry Malespina	Berg	18:56
13	16.	Diane Mastai 10TH	Gar	18:57
14	17.	Kathy Jones	Ram	18:58
15	18.	Bethana Newton	MP	19:02
6-	19.	Michele Fudge	Hack	19:04
--	20.	Antoinette Bush	Tean	19:13
16	21.	Simone Mele	Cres	19:14
17	22.	Mary Donovan	Dum	19:17
--	23.	Gerylann Abromonte	Dem	19:22
18	24.	Mary Boltach	SB	19:25
--	25.	Karen Von Bernewitz	Bect	19:26
19	26.	Kathy Duffy	Ridg	19:33
20	27.	Mary Kate Connelly	NVOT	19:38
21	28.	Corrinne Niland	SB	19:42
22	29.	Debbie Cerla	SB	19:46
23	30.	Joann Donnelly	NVOT	19:51
24	31.	Jackie Wilken	Berg	19:57
25.	32.	Cathy Daly	Ruth	20:02
--	33.	Mary DeLuca	GR	20:02
26	34.	Linda Rahal	NVOT	20:02
27	35.	~~MKMT~~ Erin Murphy	Ram	20:03
--	36.	Heather Kelly	PR	20:10
28	37.	Margaret Gibson	Dum	20:11
29	38.	Colleen Murphy	Ram	20:12
30	39.	Cathy Martin	Berg	20:14
31	40.	Cara O'Brien	NVOT	20:16
32	41.	Lynn Scali	SB	20:18
33	42.	Gloria Sciraldi	Dum	20:22
34	43.	Engrid Lander	Ridg	20:27
35	44.	Cindy Cilwik	Gar	20:29
36	45.	Chris McCann	Dum	20:33
--	46.	Denise Murphy	Bog	20:38
37	47.	Libonati, Suzie	NVOT	20:40
38	48.	Alison MacGregor	Ridg	20:48
39	49.	Rosemary Del Vescovo	Ruth	20:49
40	50.	Amy Maclaughlin	SB	20:51
41	51.	Deirdre Young	Ram	20:54
42	52.	Lisa Kascich	SB	20:56
43	53.	Gretchen Sigler	Ridg	20:56
44	54.	Noreen O'Connor	Dum	21:00
45	55.	Laura Campbell	Ridg	21:06
46	56.	Kathy Dockery	Ridg	21:10
47	57.	Cindy Wiehl	Cres	21:13
48	58.	Sandy Leppert	Dum	21:14
49	59.	Trish O'Connor	Dum	21:21
50	60.	Cathy Rebisz	Gar	21:22
51	61.	Mary Daly	Ruth	21:37
52	62.	Marilyn Triventi	Berg	21:41
53	63.	Maria Young	Ram	21:49
54	64.	Sue Traficante	Ruth	21:52
55	65.	Beth Pillsbury	MP	21:58
56	66.	Karen Stout	MP	22:01
57	67.	Helene Gallivan	Cres	22:02
58	68.	Patty VanBlarcom	MP	22:14
59	69.	Lori Stage	Gar	22:22
60	70.	Tracy Hurtzinger	MP	22:24
61	71.	Miriam O'Adolf	Cres	
62	72.	Diane Connolly	Cres	
63	73.	Karen O'Hagan	MP	
64	74.	Maryann Waters	Gar	
65	75.	Laura Demah	Ruth	

SCHOOL	1	2	3	4	5	Total	Place
Bergen	4	11	12	24	30	81	2nd
Cressk	16	47	57	61	62	243	10th
Dumont	17	28	33	36	44	158	7th
Garfld	3	10	13	35	50	111	5th
Mid.Pk.	8	15	55	56	58	192	8th
NV-OT	2	7	20	23	26	78	1st
Ramsey	5	9	14	27	29	84	3rd
Ridgew.	1	19	34	38	43	135	6th
Ruther.	25	39	51	54	65	234	9th
Saddle B.	6	18	21	22	32	99	4th

1-5 gap 2:54 sec

Ridgewood wins a second title

By Joel Pisetzner
Staff Writer

WAYNE — When Ridgewood's cross-country runners put up a sign on their fieldhouse reading "NNJIL Champions", they left some space underneath it — just in case.

Visitors at the high school today will see that space filled with a bigger sign that reads "County Champions."

"Now are they going to believe us?" asked Dave Houghton, seventh man on the team that shocked the rest of the boys field in the Bergen County Meet of Champions yesterday at Garret Mountain.

They'll have to. While none of the top five Maroon runners placed better than 10th place, none placed worse than 22nd, either. "A great team performance," said their coach, Larry Coyle. "Ramsey was a better team during the year but we kept coming. These kids had a sense of destiny since the summer."

Tom Hughes took 10th, Chris Wee 12th, Dave Nicholson 16th, Joe Adamo 18th, and Al Tarleton 22nd for the Maroons. Twenty-seven seconds separated Hughes from Tarleton — as much a display of teamwork as possible in an individual sport.

A public school won the six-year-old meet for the first time but it wasn't favored Ramsey, which finished fourth behind Bergen Catholic and Paramus Catholic. Ramsey coach Lou Molino simply raised his eyebrows and said, "I don't even want to talk about it."

While the Ridgewood runners were planning how to fill that space on their fieldhouse, Bergenfield's John Eberle and Pascack Valley's MaryEllen McGowan were planning on nice, long victory sleeps.

Eberle, weakened by the flue, flew through the 2.8-mile course to a first-place boys time of 14:36.2. McGowan took individual honors in the inaugural Girls Meet of Champions, won by Old Tappan, in 17:52.1.

Flu had limited Eberle to two days practice this week, but he still grabbed the lead at the one-mile mark and held off Gerry Clark of Paramus Catholic during the remaining 1.8 miles for the best time of his career.

"I heard footsteps the whole way," Eberle said. "If I had taken a look back I would've died. I figured I should win, but I knew having the flu would hurt me. I'm going to jog a little, eat supper, and sleep."

McGowan's time also was the best of her life — "if I live," she said in the throes of exhaustion. The tiny sophomore established her lead before the field had disappeared from view of the spectators. "I like to get a good start," she said. Like Eberle, she never looked back, although she was tempted.

Old Tappan won its girls title by the slimmest of margins — one point over Bergenfield. Debbie Meberg led the Knights with a third-place finish.

Bergen cross-country Meets of Champions

BOYS

Team scoring: Ridgewood 78, Bergen Catholic 83*, Paramus Catholic 83, Ramsey 97, Don Bosco 135, Bogota 154, Mahwah 181, Queen of Peace 201, Tenafly 246, Bergenfield 261, Garfield 276, Cresskill 279.

(*Bergen Catholic awarded second place on basis of better finish by sixth runner, 31st place to Paramus Catholic's 46th.)

Leading individuals

1. John Eberle (Bgfd) — 14:36.2
2. Gerry Clark (PC) — 14:38
3. Ian Leavesley (M) — 14:39
4. Paul Thomas (PC) — 14:47
5. Greg Bloom (QP) — 14:51
6. Mike Alberse (Rms) — 14:52
7. Tony Fitzgerald (Ten) — 14:54
8. Quentin Franklin (BC) — 15:02
9. Bob Frost (DB) — 15:04
10. Tom Hughes (Rwd) — 15:05
11. Bob Gibson (DB) — 15:06
12. John Murphy (Tnk) — 15:07
13. Chris Wee (Rwd) — 15:08
14. Ed Hennessy (Bog) — 15:10
15. Sean Gormley (BC) — 15:10
16. Jose Burges (PC) — 15:10
17. Dave Nicholson (Rwd) — 15:18
18. Vince Lolacono (RPk) — 15:19
19. Keith Flood (BC) — 15:21
20. Joe Adamo (Rwd) — 15:23
21. Al Frank (BC) — 15:25
22. Lance Sniatkowski (Rms) 15:26
23. John Schnell (Rms) — 15:26
24. Joe Obiso (IndHls) — 15:27
25. Larry Moloney (BC) — 15:31

GIRLS

Team scoring: Old Tappan 77*, Bergenfield 78, Ramsey 82, Saddle Brook 96, Garfield 104, Ridgewood 130, Midland Park 146, Dumont 154, Cresskill 242, Rutherford 264.

Leading individuals

1. MaryEllen McGowan (PkVal) 17:52.1*
2. Barbara Remmers (Rwd) 18:02
3. Debbie Meberg (OT) — 18:07
4. Violetta Josevska (G) — 18:12
5. Carol Dickstein (ImHrt) — 18:23
6. Eileen Healy (Bgfd) — 18:29
7. Marge Metlitz (PkHls) — 18:29
8. Sandy Flubacher (Rms) — 18:31
9. Lauri Falci (SB) — 18:36
10. Coleen Dunn (OT) — 18:42
11. Kari Denzau (MP) — 18:43
12. Colleen Delia (Rms) — 18:43
13. Jill Yakimik (G) — 18:51
14. Pat Greene (Bgfd) — 18:55
15. Teri Malespina (Bgfd) — 18:56
16. Diane Mosta (G) — 18:57
17. Kathy Jones (Rms) — 18:58
18. Bethana Newton (MP) — 19:02
19. Michelle Fudge (Hack) — 19:04
20. Toni Bush (Tnk) — 19:13
21. Simone Mele (C) — 19:14
22. Mary Donovan (Dum) — 19:17
23. Geryann Abramonte (Dem) 19:22
24. Mary Boltach (SB) — 19:25
25. Karen Von Bernewitz (Bec) 19:26

*As an inaugural meet, winning team total and individual time are meet records.

At Garret Mt.; course distance 2.8 miles (for boys and girls).



Staff photos by Rich Gigli

John Eberle of Bergenfield (above) and MaryEllen McGowan of Pascack Valley wind down after winning their respective Bergen County Meets of Champions with career-best times.



State Sectionals
Nov 4th

Place	Name	School	Time
.	Barbera Lemmers	Ridgewood	17:48
.	Joann Sheffield	Kennedy	18:21
.	Eileen Hety	Bergenfield	18:48
	Kathy Gray	Carney	18:57
.	Patti Greene	Bergenfield	19:01
.	Gwenn White	Hoboken	19:05
.	Angela Jackson	Passaic Tech	19:06
.	Erica Jones	Carney	19:11
.	Alison macgregor	Ridgewood	19:15
.	Terri Malespina	Bergenfield	19:20
.	Kathy Duffy	Ridgewood	19:23
.	Nancy Quinones	Hoboken	19:27
.	michelle Matthews	Eastside	19:41
	Sue Barmore	Passaic Valley	19:45
	Lori Parker	N. Bergen	19:49
	Lisa Gallo	N. Bergen	19:51
	Pat Davidson	Kennedy	20:03
	Rose Duger	Carney	20:09
	Rhonda Crawley	PCT	20:12
	Barbera Zielinski	Hoboken	20:13
	Kathy Dougherty	N Bergen	20:14
	Charlene Wells	Eastside	20:24
	Carol Bowman	Eastside	20:31
	Vivian Scott	Hoboken	20:38
	Debbie Pierro	Bergenfield	20:39

	Place	Place for Team Score
Barbara Remmers - 17:48	1	1
Alison MacGregor - 19:15	9	9
Kathy Duffy - 19:23	11	11
Laurie Campbell - 20:51	30	29
Janet Lombaerde - 20:58	33	31
Gretchen Sigler - 21:15	39	/81
Ingrid Lander - 22:11	46	

Bergen harriers do well

By Paul Schwartz
Correspondent

WEST PATERSON — Ramsey's boys and Saddle Brook's girls had disappointing performances in Tuesday's Bergen County Meet of Champions. Coaches Lou Molino of Ramsey and Howie Schuman of Saddle Brook were concerned that the letdown might carry over to yesterday's State sectional group championships.

But both teams reasserted themselves as members of the County's elite with easy victories in Group 3 and Group 2, respectively. Both hope the wins lead some people to believe that they are the top teams in the County.

"I'm very disappointed that we dropped to fourth in the (Record's) poll after one bad week," said Molino after his Rams led Pascack Valley 40-85 for their third straight Group 3 championship. "We have one kid run one bad race and we drop three places. We showed how good we are today, even though we didn't run as well as we can."

"Tuesday was the biggest letdown I've ever had in cross-country," said Schuman, whose Falcons were fourth behind Bergen champ Old Tappan Tuesday. "It's nice to bounce back, and we got a big lift by Lynn [Scali] running so well." Scali, who twisted her ankle and finished 41st Tuesday, was ninth in the race, helping the Falcons to a 29-point margin over runner-up Hopatcong.

Ramsey's Ed O'Neill, who ran 34th Tuesday, finished second behind surprise winner Vin LoIacono of Ridgefield Park, to pace Ramsey. But the real life for the Rams came from John Schnell and Bob Manson, normally their fourth and fifth runners.

Schnell was Ramsey's second finisher yesterday, in fifth place and Manson was 10th, offsetting subpar races by Lance Sniatkowski (11th) and Mike Alberse (12th).

The other races followed form. In boys Group 4, Memorial continued its dominance by placing three runners in the top seven, including Al Solano, who won in 14:25.4. The Mems outdistanced Bergen champ Ridgewood 47-90.

Northern Highlands and Dumont also qualified for the State Group 3 race by finishing in the top five teams. LoIacono, Demarest's Keith D'Amico, and Old Tappan's John Nelson also qualified, Nelson finishing a creditable sixth after missing three weeks because of illness. Ridgefield Park's Art Mercandente seemed about to finish in the top 10 until he injured his left ankle.

Sparta routed Tenafly in Group 2 despite an impressive win by the Tigers' Tony Fitzgerald. Garfield and Saddle Brook also qualified as teams.

Bogota finished an easy triple in league, County Group 1, and sectional Group 1 for the first time, outdistancing Mahwah 45-64.

Cresskill star Mike Fezza will be unable to run in the State championships because of an injured hip.

Bergenfield edged Ridgewood by 12 points in Group 4 girls despite Barbara Remmer's easy win. The Bears, missing Lisa Schadler, seemed in trouble when Jackiy Wilkin fell and injured her left leg. But 3-5-10 finishes by Eileen Healy, Patti Greene, and Terri Malespina and good finishes by Debbie Pierro and Cathy Martin enabled the Bears to win.

Old Tappan placed five runners in the top 14 and seven in the top 21 to win Group 3, despite a 17:46 performance by Pascack Valley's Mary Ellen McGo-

Summaries on Page C-15

wan. Ramsey, Pascack Valley, Dumont and Paramus Catholic also qualified, as did Immaculate Heart's Carol Dickstein, Demarest's Gerylann Abramonte, and Pascack Hills' margie Metlitz.

Garfield was third in Group 2, with Violetta Josevska, Diane Mastej, and Jill Yakimik finishing 3-6-8, and Cresskill and Midland Park followed champion Paul VI in Group 1.

State Sectionals
Nov 4TH

Group III Girls.

Place		School	Time
1.	Mary Ellen McGown.	Pascack Valley	17:46
2.	Debbie Meberg	Old Tappan	18:25
3.	Colleen Dunn	Old Tappon	18:30
4.	Carol Diskstein	Immaculate Heart	18:37
5.	Gerylann Abramente	Demerest	18:46
6.	Margie metlitz	Pascack Hills	18:56
7.	Sandy Flubacher	Ramsey	19:07
8.	Cathy Jones	Ramsey	19:14
9.	Ann Kramer	Paramus Catholic	19:20
10.	Colleen Delia	Ramsey	19:22
11.	Pam Otolita	Cliffside Park	19:33
12.	Mary Kate Connolly	Old Tappon	19:42
13.	Joann DonAnelly	Old Tappan	19:46
14.	Cara O'Brein	Old Tappon	19:48
15.	Sue Wagner	Pascack Valley	19:49
16.	Gloria Schiraldi	Dumont	19:53
17.	Mary Donovan	Dumont	19:56
18.	Cheryl Wagner	Pascack Valley	20:15.
19.	Margaret Gibbson	Dumont	20:17
20.	Susie Libonati	Old Tappon	20:20
21.	Linda Rahal	Old Tappon	20:27
22.	Jennifer Schrinacher	Westwood	20:29.
23.	Erin Murphy	Ramsey	20:40
24.	Rosanna Salerno	Cliffside Park	20:43
25.	Chris Zupfer	Pascack Valley	20:48

NVOT - 38
Ramsey - 69
P.V. 96
DuMont 103

P.C. 159
N. Highlands 168
N.V.D. 171

Union Hill - 200
IHA - 204

Sectional summaries

Group 1 boys

TEAM SCORING
Bogota 45, Mahwah 64, Emerson 89, Cresskill 110, Ridgefield 157, North Arlington 157, Kittatinny 166, Leonia 190, Palisades Park 204, Pompton Lakes 282, Wood-Ridge 304, Hasbrouck Heights 329.

1. Ian Leavesley (M) — 15:19
2. Mike Hennessy (B) — 15:35
3. Jim Woods (E) — 15:43
4. Ed Burns (B) — 15:46
5. Paul Burns (B) — 15:50
6. Chip Sharp (M) — 15:52
7. Tony Consoli (PP) — *15:54
8. Phil Leo (R) — 16:00
9. Joe Gallagher (B) — 16:04
10. Al Frank (Bec) — *16:06
11. Kevin Van Malden (E) — 16:08
12. Scott Rittweger (M) — 16:09
13. Hank Chandless (HH) — 16:12
14. Paul Calabrese (NA) — 16:19
15. Walt Eckhardt (NA) — 16:20
16. Lou Ascione (C) — 16:23
17. Bob Ryan (C) — 16:25
18. Jim Brown (K) — 16:31
19. Jim Gaffney (E) — 16:33
20. Dean Toher (M) — 16:34
21. Joe Fezza (C) — 16:42
22. John Naehrlich (L) — 16:43
23. Willie Braun (R) — 16:51
24. Jeff Thurston (K) — 16:52
25. Bill Connelly (C) — 16:55

Group 2 boys

TEAM SCORING
Sparta 50, Tenafly 96, Garfield 103, Saddle Brook 114, Sussex Tech 154, Vernon 168, Hawthorne 183, Harrison 222, Manchester 250, Hopatcong 261, Elmwood Park 263, Bergen Tech 265, Waldwick 310.

1. Tony Fitzgerald (T) — 15:13
2. Pete Orbe (M) — *15:20
3. Pete Pfeil (ST) — 15:25
4. Bob Back (S) — 15:31
5. Charlie Cilwik (G) — 15:39
6. Jerry Hanley (SB) — 15:46
7. Paul Fiorilla (H) — *15:50
8. Steve Grube (V) — *15:54
9. Steve Carty (S) — 15:56
10. Joe Presher (V) — *15:58
13. John LaGuardia (SB) — 16:16
15. Ray Simonse (SB) — 16:24
16. Servando Mesa (Har) — 16:25
17. Brendan Smith (T) — 16:28
20. John Ziemba (G) — 16:31
22. Jim Knepper (Haw) — 16:34
23. Phil Aronson (T) — 16:35

Group 3 boys

TEAM SCORING
Ramsey 40, Pascack Valley 85, Northern Highlands 142, Dumont 144, Emerson (UC) 144, Union Hill 187, Old Tappan 190, Demarest 209, Cliffside Park 209, River Dell 225, Pascack Hills 282, Lakeland 338.

1. Vin Lolacono (RP) — *15:12
2. Ed O'Neill (R) — 15:18
3. George DelaVega (E) — 15:20
4. Keith D'Amico (Dem) — *15:21
5. John Schnell (R) — 15:22
6. John Nelson (OT) — *15:24
7. Walt Elflein (Dum) — 15:26
8. Dan Fischbein (PV) — 15:28
9. Rafael Marte (E) — 15:31
10. Bob Manson (R) — 15:32
11. Lance Sniatkowski (R) — 15:43
12. Mike Alberse (R) — 15:48
14. Jim Wagner (PV) — 15:52
15. Joel Zupfer (PV) — 15:57
16. Joe Obiso (IH) — 16:01
18. Ray Degheri (NH) — 16:04
19. Marty Wraga (NH) — 16:06
20. Jack Marino (R) — 16:07
21. Bob Smith (Dum) — 16:08
22. Dave Katz (R) — 16:09
23. Jeff Sommer (PV) — 16:10
24. Mark Tabasco (OT) — 16:11
25. Eric Fischbein (PV) — 16:12

Group 4 boys

TEAM SCORING
Memorial 47, Ridgewood 90, Passaic Tech 108, Dickinson 129, Kennedy 134, Bergenfield 171, North Bergen 173, Kearny 210, Passaic Valley 253, Eastside 261, Teaneck 297, Hackensack 338, Clifton 349, Wayne Hills 385.

1. Al Solano (M) — 14:25
2. Joe Weber (Ky) — *14:30
3. John Eberle (B) — *14:36
4. Lenny Hernandez (M) — 14:51
5. Luis Caldera (P) — *14:55
6. John Murphy (T) — *15:03
7. Paul Scire (M) — 15:05
8. Warren Fields (PCT) — 15:10
9. Tom Hughes (R) — 15:12
10. Bob Korn (B) — 15:15
12. Mike Ilgandi (NB) — 15:22
13. Carlos Rodriguez (PCT) — 15:23
14. Darin Ward (JFK) — 15:28
16. Joe Adamo (R) — 15:31
17. Chris Wee (R) — 15:34
19. Juan Melendez (PCT) — 15:37
21. Garth Cameron (JFK) — 15:43
22. Dave Nicholson (R) — 15:44
24. Ken Perry (JFK) — 15:46
25. Ed Kuri (PV) — 15:47

Group 1 girls

TEAM SCORING
Paul VI 66, Cresskill 82, Midland Park 84, Secaucus 107, Park Ridge 114, Kittatinny 124, Eastern Christian 131, Bogota 162.

1. Pam Farinella (PVI) — 18:49
2. Joan Profita (PVI) — 19:01
3. Kari Denzau (MP) — 19:14
4. Sharone DeVries (EC) — 19:16
5. Gae Romano (K) — 19:17
6. Heather Kelly (PR) — 19:23
7. Karen Von Bernewitz (Bec) 19:24
8. Bathana Newton (MP) — 19:26
9. Anna Krzystic (PVI) — 19:35
10. Simone Mele (C) — 19:39
11. Stacy Green (PR) — 19:59
13. Denise Murphy (Bog) — 20:29
14. Diane Connolly (C) — 20:31
15. Rosemary Metcalfe (S) — 20:44

Group 2 girls

TEAM SCORING
Saddle Brook 59, Hopatcong 88, Garfield 94, Vernon 102, DePaul 102,

DAY RECORD, NOVEMBER 5, 1978

Rutherford 145, Queen of Peace 177, Manchester 183, St. Dominic's 212, Sparta 251, Harrison 315.

1. Kathy Stone (V) — 17:51
2. Lisa Pakutka (H) — 17:58
3. Violetta Josevska (G) — 18:20
4. Pat Salmon (SD) — *18:29
5. Sandy Ford (D) — 18:47
6. Diane Mostaj (G) — 18:49
7. Laura Falci (SB) — 18:52
8. Jill Yakimik (G) — 18:53
9. Lynn Scali (SB) — 19:03
10. Donna Duggan (D) — 19:13
11. Bianca O'Connell (R) — 19:25
12. Mary Boltach (SB) — 19:40
13. Rose Dell'Aquilla (M) — 19:46
15. Corinne Niland (SB) — 19:59

Group 3 girls

TEAM SCORING
Old Tappan 38, Ramsey 69, Pascack Valley 96, Dumont 103, Paramus Catholic 159, Northern Highlands 168, Demarest 171, Union Hill 200, Immaculate Heart 204.

1. Mary Ellen McGowan (PV) 17:46
2. Debbie Meberg (OT) — 18:25
3. Colleen Dunn (OT) — 18:30
4. Carol Dickstein (IHA) — *18:37
5. G. Abramonte (Dem) — *18:46
6. Margie Metlitz (PH) — *18:56
7. Sandy Flubacher (R) — 19:07
8. Kathy Jones (R) — 19:14
9. Ann Kramer (PC) — *19:20
10. Colleen Delia (R) — 19:22
11. Pam Okolita (CP) — 19:33
12. Mary Kate Connolly (OT) 19:42
13. Joan Donnelly (OT) — 19:46
14. Cara O'Brien (OT) — 19:48
15. Sue Wagner (PV) — 19:49

Group 4 girls

TEAM SCORING
Bergenfield 69, Ridgewood 81, Hoboken 90, North Bergen 114, Eastside 123, Kearny 124, Kennedy 126, Passaic Tech 159, Memorial 187, Wayne Hills 287.

1. Barbara Remmers (R) — 17:48
2. Joann Sheffield (JFK) — *18:21
3. Eileen Healy (B) — 18:48
4. Kathy Gray (Ky) — *18:57
5. Patti Greene (B) — 19:01
6. Gwen White (H) — 19:05
7. Angela Jackson (PCT) — *19:06
8. Erica Jones (Ky) — *19:11
9. Alison MacGregor (R) — 19:15
10. Terri Malespina (B) — 19:20
11. Kathy Duffy (R) — 19:23
13. Michelle Matthews (E) — 19:41
14. Joyce Barmore (PV) — 19:45
15. Lori Parker (NB) — 19:47

*Indicates individual qualifiers for State group meet.

N.J. Catholic Track Conference

Team Scoring
Morris Catholic 67, Christian Brothers Academy 88, Delbarton 117, Essex Catholic 133, Paramus Catholic 149, Bergen Catholic 150; 10, Don Bosco 232.

1. Steve Tremblev (EC) — 14:05.2*
2. Barry Enright (Del) — 14:06
3. John Gernert (MC) — 14:08
4. Paul Thomas (PC) — 14:10
5. Pete Casagrande (CBA) 14:18
6. Greg Bloom (QP) — 14:21
7. Steve Delahunty (Del) 14:21
8. Greg Noll (MC) — 14:22
9. Dennis Walsh (SH) — 14:22
10. Gerry Clark (PC) — 14:23
14. Quentin Franklin (BC) 14:31
17. Sean Gormley (BC) — 14:37
22. Bob Frost (DB) — 14:45
25. Bob Gibson (DB) — 14:46
32. Mike Bugge (PC) — 15:01

Collegiate Track Conference meet

TEAM SCORING
Iona 53, Glassboro St. 56, Adelphi 118, Montclair St. 126, Trenton St. 139, C.W. Post 140, Kings Point 183, Brooklyn College 233, N.Y. Tech 243, Queens College 267, Stony Brook 298, Wagner and Lehman 233, Monmouth 239, Pratt 371, Hunter 395, CCNY and FDU no scores.

1. Jack Kruse (G) — 25:04
2. Kevin Murphy (Post) — 25:13
3. Greg Hobbs (I) — 25:31
4. Reno Stiratt (I) — 25:32
5. Tom Dougherty (T) — 25:42
6. Rich Paperno (NYT) — 25:43
7. Bill Martin (I) — 25:50
8. John Williams (A) — 25:57
9. Scott Sarnoski (FDU) — 26:00
10. Harry Frezza (G) — 26:02

FINAL RESULTS

GROUP I GIRLS

1.	18:40.6	A. Cigdue	Bailey Ellard
2.	19:27.6	J. Roff	Highland Pk
3.	19:54	D. O'Brian	St. Peter's
4.	20:00	B. Lagarenne	Bernards
5.	20:09	D. Smith	Morris Catholic
6.	20:17	L. Gentile	Bernards
7.	20:28	S. Mimogue	Mater Dei
8.	20:33	J. Roach	Gloucester Catholic
9.	20:35	P. Eletto	Manchester
10.	20:39	L. Kramer	GlenRidge
11.	20:40	J. Barnett	North Warren
12.	20:49	M. Trombadore	Bound Brook
13.	20:51	E. Florin	Bayley Ellard
14.	20:56	J. Protita	Paul VI
15.	20:58	C. Brandner	Bernards
16.	21:00	E. McKenna	Mater Dei
17.	21:01	N. Schnitt	Kinne lon
18.	21:13	K. Deneau	Midland Park
19.	21:19	I. Schuurmans	Kinnelon
20.	21:21	C. Fallon	Mater Dei
21.	21:23		
22.	21:24		
23.	21:26		
24.	21:32		
25.	21:36		

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FINAL TEAM SCORES

School	Score	School	Score
1. Bernards	58	11. Woodbury	268
2. Mater Dei	84	12. Park Ridge	301
3. Highland Park	140	13. Mt. Lakes	314
4. Morris Cath.	144	14. Glouster Cath.	320
5. Glen Ridge	166		
6. Pt. Pleas. Bch.	173		
7. Bound Brk.	179		
8. Manchester	195		
9. Paul VI	244		
10. Midland Pk	251		

State cross-country summaries

Group 1 boys

TEAM SCORING
Bernards 59, Audubon 111, Bogota 137, Bound Brook 147, Kinnelon 158, Mahwah 184, Mendham 218, Mountain Lakes 247, Roselle Park 288, Manchester 302, Pitman 304, Florence 309, Emerson 316, Hammonton 326, Spottswood 329, Glen Ridge 343, Ridgefield 359, Kenasburg 403, Manville 418.

1. Charles Logan (Bern) – 15:47.7
2. Bill Agee (Kinn) – 16:19.9
3. Ian Leavesley (Mah) – 16:31
4. Bob Strobel (Mend) – 16:37
5. Bob Gibson (Mt.Lks) – 16:43
6. Russ Barry (Kinn) – 16:50
7. Ed Wickersham (Aud) – 17:00
8. Joe Gibson (Mt.Lks) – 17:04
9. Dan Kopk (BndBk) – 17:05
10. Drew Taylor (Bern) – 17:08
11. Mike Hennessey (Bog) – 17:12
12. Vic Fucci (GR) – 17:13
13. Chris Wilde (Bern) – 17:14
14. Paul Burns (Bog) – 17:16
15. Al Frank (Bec) – 17:20
19. Chip Sharp (Mah) – 17:25

Group 2 boys

TEAM SCORING
Haddonfield 67, Dover 136, Ridge 174, Williamstown 192, Sparta 199, Madison 201, Holmdel 211, Whippany Park 235, Vorhees 242, Dayton 242, Jefferson 253, Princeton 265, North Plainfield 281, Gateway 328, Haddon Twp. 337, Tenafly 350, Garfield 402, Delran 418, Sussex Tech 443, Saddle Brook 464.

1. Mike Mantini (Gat) – 15:54
2. Jim Smith (Had) – 15:56
3. John McCarthy (Hlm) – 16:08
4. Dave Thomson (Dov) – 16:24
5. Chris Smith (Dov) – 16:27
6. Ken Noden (Gate) – 16:37
7. Chris Meredith (Had) – 16:43
8. Joe Matalenas (Dov) – 16:47
9. John Kellogg (Prn) – 16:49
10. Bob Back (Spta) – 16:55
11. T Fitzgerald (Ten) – 16:57
12. Drew Hadley (Will) – 17:02
13. Mike Milteer (Hlls) – 17:03
14. John Duckly (WP) – 17:09
15. Bob Aromando (WP) – 17:10
23. Pete Orbe (Man) – 17:21

Group 3 boys

TEAM SCORING
Ramsey 62, Eastern 130, Manalapan 150, West Essex 172, Clark 173, Morris Hills 180, Long Branch 188, North Hunterdon 193, Edgewood 231, Emerson (UC) 253, Moorestown 296, Pascack Valley 297, Northern Highlands 322, North Brunswick 325, Millburn 349, Hightstown 366, Cinnaminson 373, Dumont 391, Collingswood 455.

1. Keith Ratzman (Clark) – 16:09.2
2. Jim Smart (WE) – 16:14
3. Tim Anderson (Manal) – 16:18
4. Kevin Lundy (Long Branch) – 16:25
5. Bill Wells (Howell) – 16:28
6. Mike Anello (N. Hunt.) – 16:30
7. Tim Delaney(Moores.) – 16:38
8. John Nelson (Old Tappan) 16:42
9. Kevin Carlucci (Mt.) – 16:43
10. Stu Bacha (Han. Pk.) – 16:44
11. Jorge Delavega (Emer. UC) – 16:45
12. John Schnell (Ramsey) – 16:46
13. Ed O'Neill (Ramsey) – 16:47
14. Bob Farrell (Sterling) – 16:52
15. Lance Sniatkowski (Ramsey) 16:53
21. Mike Alberse (Ramsey) 17:07
27. Bob Manson (Ramsey) – 17:18

Group 4 boys

TEAM SCORING
Memorial 74, Brick 119, Toms River South 129, Morristown 134, Toms River North 177, Ridgewood 218, Passaic Tech 227, Millville 241, Highland 258, Columbia 278, Franklin 283, Westfield 305, Hamilton East 350, Watchung Hills 361, Kennedy 368, Cranford 375, Nutley 384, Neptune 390, Dickinson 398, East Brunswick 400.

1. Dave Swatland (Col.) – 15:48.1
2. Joe Weber (Kearny) – 15:53
3. Al Solano (Mem.) – 15:54
4. John Eberle (Berg.) – 15:55
5. Steve Thomson (Brick) – 15:56
6. Al Hardin (Mill.) – 16:09
7. Ned Connell (Morris.) – 16:10
8. Lenny Hernandez (Mem.) 16:16
9. Luis Caldera (Passaic) – 16:18
10. Bob Wagner (High.) – 16:19
11. Scott Van Why (Cran.) – 16:21
12. Mike Benson (TR So.) – 16:27
13. Dirk Smith (Brick) – 16:29
14. Pat Busby (Morris.) – 16:30
15. Mike Graffeo (Nutley) – 16:31

Parochial A boys

TEAM SCORING – Christian Brothers Academy 54, Paramus Catholic 80, Essex Catholic 87, Seton Hall 92, Bergen Catholic 122, St. Joseph's (Met) 144, Don Bosco 182, Red Bank Catholic 197, Hudson Catholic 215, Camden Catholic 273, Roselle Catholic 319, Holy Cross 321, Paul VI-Haddon Twp. 325, DePaul 376.

1. Paul Thomas (Par.Cath.) – 16:01
2. Steve Trembley (Essex Cath.) 16:03
3. Gerry Clark (Par.Cath.) – 16:09
4. John Wavro (St. Joseph) – 16:13
5. Dennis Wish (SH) – 16:24
6. Pete Casagrande (CBA) – 16:25
7. Quentin Franklin (BC) – 16:25
8. Sean O'Brien (CBA) – 16:33
9. Charles Quakenbush (RBC) 16:34
10. Rick Green (SH) – 16:35
11. Jack Lawrence (CBA) – 16:41
12. Don Sullivan (Essex Cath.) 16:42
13. Bob Gibson (DB) – 16:42
14. Sean Smith (Holy Spirit) – 16:43
15. John Fodor (CBA) – 16:44
20. Sean Gormley (BC) – 16:52

Parochial B boys

TEAM SCORING – Morris Catholic 27, Bayley-Ellard 74, St. John Vianney 97, Queen of Peace 146, Paul VI (Clifton) 149, St. Thomas Aquinas 167, Paterson Catholic 197, Mater Dei 225, St. Rose 226, Eastern Christian 254, Gloucester Catholic 271, Bishop Eustace 291, Our Lady of the Valley 305, Immaculate 368.

1. John Gernert (MC) – 16:15.5
2. Ken Walsh (MC) – 16:22.5
3. Greg Bloom (QP) – 16:33
4. Ray McCarthy (St. J) – 16:41
5. Greg Noll (MC) – 16:42
6. John Leary (BE) – 16:43
7. Pete Guthrie (Pat.Cath.) – 16:45
8. Tim Harris (MC) – 16:49
9. Jack Doyle (St.J) – 16:54
10. Omar Tamimi (Pat.Cath.) 17:03

Parochial C boys

TEAM SCORING – St. Augustine 29, Wildwood Catholic 41, Immaculate Conception 97, Oratory 108, Sacred Heart 162, St. Benedicts 165, St. Peters 167, St. Marys 203.

1. John Heran (St. P) – 16:37.1
2. Tim Pfaff (SA) – 16:55.9
3. Jorge Otero (PP) – 17:17
4. Mike Simonini (WC) – 17:21
5. Greg Kazmierczak (SA) – 17:25
6. John Shea (SA) – 17:36
7. Jim Monegan (WC) – 17:39
8. Steve Chenulski (SA) – 17:43
9. Bob Dereyna (Ora.) – 17:46
10. Gerry Smith (WC) – 17:49

Group 1 girls

TEAM SCORING
Bernards 58, Mater Dei 84, Highland Park 140, Morris Catholic 144, Glen Ridge 166, Point Pleasant Boro 173, Bound Brook 179, Manchester Twp. 195, Paul VI 244, Midland Park 251, Woodbury 268, Park Ridge 301, Mountain Lakes 314, Gloucester Catholic 320.

1. Ann Gladue (B-E) – 18:40.6
2. Judy Ruff (High Pk.) – 19:27.6
3. Debbie O'Brien (St. P) – 19:54
4. Barbara Lagarenne (Bern) 20:00
5. Debbie Smith (MC) – 20:09
6. Lori Gentile (Bern) – 20:17
7. Sue Minogue (Mater Dei) 20:28
8. Joan Roach (GC) – 20:33
9. Pat Eletto (Man. Twp) – 20:35
10. Lisa Kramer (GR) – 20:39
11. Jocelyn Barnett (N.Warren) – 20:40
12. Mary Ann Trombadore (Bnd Bk) – 20:49
13. Ellen Floring (B-E) – 20:51
14. Joan Profita (Paul VI) – 20:56
15. Carol Brandner (Bern) – 20:58
18. Kori Denzau (Mid Pk) – 21:13
24. Cimone Mele (Cresskill) – 21:32

Group 2 girls

TEAM SCORING
Saddle Brook 139, Point Pleasant Beach 150, Mount Olive 161, Garfield 175, Hopatcong 184, Delaware Valley 196, Dover 200, St. John Vianney 208, Vernon 275, DePaul 279, St. Rose 301, Rumson 310, Williamstown 310, Hackettstown 321, Butler 327, Hopewell Valley 365, Jefferson 381, Haddon Twp. 391, Haddonfield 404, St. Joseph's (TR) 419

1. Eve Marie Bernardi (Will.) 19:13
2. Lisa Pakutla (Hop) – 19:29.8
3. Karen Floyd (MO) – 20:05
4. Violetta Josevska (Gar.) 20:13
5. Cathy Stone (Vernon) – 20:25
6. Pat Salmon (St. Dom) – 20:29
7. Bev Reilly (St. Rose) – 20:33
8. Karen Flanagan (Jeff) – 20:34
9. Diane Mastej (Gar) – 20:35
10. Angie Pupo (Delran) – 20:36
11. Denise Romansky (Penns) 20:37
12. Laura Falci (SB) – 20:38
13. Fran Coughlin (St. J) – 20:40
14. Joan Cummings (Hack.) – 20:42
15. Jill Yakimik (Gar.) – 20:44
20. Sandy Ford (DeP) – 20:57
21. Lynn Scali (SB) – 20:58

Group 3 girls

TEAM SCORING
Red Bank Catholic 79, Pequannock 122, North Hunterdon 135, Old Tappan 140, North Brunswick 224, Manalapan 230, Ramsey 237, Holy Cross 243, West Essex 248, Paul VI (Haddon Twp.) 264, Pascack Valley 275, Marlboro 305, Morris Hills 312, West Side 359, Dumont 370, Eastern 420, North Burlington 426, Holy Spirit 432, West Morris Central 459, Paramus Catholic 497

1. Monique Purcell (HS) – 18:59.8
2. Mary Ellen McGowan (PV) 19:25
3. Debbie Meberg (OT) – 19:43
4. Laura Mason (NBu.) – 19:47
5. Donna Beers (Dept) – 19:48
6. Nancy Gallagher (NH) – 19:50
7. Doreen Startare (Paul VI) 19:51
8. Sue Cook (Howell) – 19:53
9. Maura Taylor (RB) – 19:57
10. Marge DeMarrows (NHu) 19:59
11. Nancy Staudt (Lake) – 19:59
12. Linda King (Rox) – 20:06
13. Martha Crandall (Peq) – 20:10
14. Lisa Green (WE) – 20:13
15. Colleen Dunn (OT) – 20:22
18. Laura Forsyth (Peq) – 20:30
20. Barbara Forsyth (Peq) – 20:33

Group 4 girls

TEAM SCORING
Toms River North 71, Brick 79, Raritan 122, Morristown 126, Hunterdon Central 169, Toms River South 173, Sayreville 191, Bergenfield 233, Jackson 245, Columbia 255, Plainfield 278, Ridgewood 290, Eastside 290, East Brunswick 305, Matawan 317, Southern 379, North Bergen 390, East Side 549.

1. Joetta Clark (Col) – 18:45
2. Mary Banks (Rar) – 19:11
3. Alyson Hendricks (Mat) – 19:18
4. Jeanne Fox (Brick) – 19:28
5. Barbara Remmers (Ridge) 19:35
6. Sharon White (TRN) – 19:56
7. Lisa Noll (NE) – 19:56
8. Judy Stein (Morris) – 19:57
9. Carol Becht (Morris) – 20:01
10. Janet Flood (TRN) – 20:05
11. Lisa Szymanski (TRN) – 20:07
12. Debbie Oraschen (Hunt.Cent) 20:08
13. Val Huhn (Brick) – 20:11
14. Mary Anne Brody (Sayre) 20:12
15. Cindy Summa (Rar) – 20:13

FINAL RESULTS

GROUP II Girls

FINAL TEAM SCORES

School	Scores	School	Scores
1. Saddle Brook	139	11. St. Rose	301
2. Pt. Pleasant	150	12. Rumson Fair Haven	310
3. Mt. Olive	161	13. Williamstown	310
4. Garfield	175	14. Hackettstown	321
5. Hopatcong	184	15. Butler	327
6. Delaware Valley	196	16. Hopewell Valley	365
7. Dover	200	17. Jefferson Twp.	381
8. St. John Vianny	208	18. Haddon Twp.	391
9. Vernon	275	19. Haddonfield	404
10. De Paul	279	20. St. Joseph's (Toms River)	419

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	Time	Name	School
1.	19:13.0	E. Berardi	Williamstown
2.	19:29.8	L. Pakutka	Hopatcong
3.	20:05	K. Floyd	Mt. Olive
4.	20:13	V. Josenska	Garfield
5.	20:25	C. Stone	Vernon
6.	20:29	P. Solmon	St. Dominic Acad
7.	20:33	B. Reilly	St. Rose
8.	20:34	K. Flanagan	Jefferson Twp.
9.	20:35	D. Mastaj	Garfield
10.	20:36	A. Popo	Delran
11.	20:37	D. Romansky	Pennsville
12.	20:38	L. Falci	Saddle Brook
13.	20:40	F. Coughlin	St. John Vianny
14.	20:43	J. Cummins	Hackettstown
15.	20:44	J. Yakimik	Garfield
16.	20:46	B. McGoff	Pt. Pleasant
17.	20:49	N. Lauck	Del. Valley
18.	20:50	A. Martinek	St. John Vianny
19.	20:54	B. Pulchalski	Dover
20.	20:57	S. Ford	De Paul
21.	20:58	L. Scali	Saddle Brook
22.	21:03	D. Adams	Mt. Olive
23.	21:13	K. Fox	Hopateong

FINAL RESULTS

GROUP II Girls

FINAL TEAM SCORES

School	Scores	School	Scores
1. Saddle Brook	139	11. St. Rose	301
2. Pt. Pleasant	150	12. Rumson Fair Haven	310
3. Mt. Olive	161	13. Williamstown	310
4. Garfield	175	14. Hackettstown	321
5. Hopatcong	184	15. Butler	327
6. Delaware Valley	196	16. Hopewell Valley	365
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	Time	Name	School
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6.	20:29	P. Solmon	St. Dominic Acad
7.	20:33	B. Reilly	St. Rose
8.	20:34	K. Flanagan	Jefferson Twp.
9.	20:35	D. Mastaj	Garfield
10.	20:36	A. Popo	Delran
11.	20:37	D. Romansky	Pennsville
12.	20:38	L. Falci	Saddle Brook
13.	20:40	F. Coughlin	St. John Vianny
14.	20:43	J. Cummins	Hackettstown
15.	20:44	J. Yakimik	Garfield
16.	20:46	B. McGoff	Pt. Pleasant
17.	20:49	N. Lauck	Del. Valley
18.	20:50	A. Martinek	St. John Vianny
19.	20:54	B. Pulchalski	Dover
20.	20:57	S. Ford	De Paul
21.	20:58	L. Scali	Saddle Brook
22.	21:03	D. Adams	Mt. Olive
23.	21:13	K. Fox	Hopateong

FINAL RESULTS

GROUP III GIRLS

FINAL TEAM RESULTS

	School	Scores		School	Scores
1.	Red Bank Catholic	79	11.	Pascack Valley	275
2.	Pequannock	122	12.	Marlboro	305
3.	No. Hunterdon	135	13.	Morris Hills	312
4.	Old Tappan	140	14.	Westside	359
5.	No. Brunswick	224	15.	Dumont	370
6.	Manalapan	230	16.	Eastern	420
7.	Ramsey	237	17.	No. Burlington	426
8.	Holy Cross	243	18.	Holy Spirit	432
9.	West Essex	248	19.	W. Morris Central	459
10.	Paul VI	264	20.	Paramus Cath.	497

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	Time	Name	School
1.	18:59.8	M. Purcell	Holy Spirit
2.	19:25.0	M. McGowan	Pascack Valley
3.	19:43	D. Meberg	No. Valley-Old Tappan
4.	19:47	L. Mason	No. Burlington
5.	19:48	D. Beers*	Deptford
6.	19:50	N. Gallagher	Morris Hills
7.	19:51	D. Startare	Paul VI-Haddon Twp.
8.	19:53	S. Cook*	Howell
9.	19:57	M. Taylor	Red Bank Catholic
10.	19:59	M. DeMarrows	No. Hungerdon
11.	19:59	N. Staudt*	Lakewood
12.	20:06	L. King*	Roxbury
13.	20:10	M. Crandall	Pequannock Twp.
14.	20:15	L. Green	W. Essex
15.	20:22	C. Dunn	No. Valley-Old Tappan
16.	20:24	T. Broady	No. Brunswick
17.	20:27	D. Daniel	Holy Cross
18.	20:30	L. Forsyth	Pequannock Twp.
19.	20:32	K. Kirgin	Red Bank Catholic
20.	20:33	B. Forsyth	Pequannock Twp.

FINAL RESULTS

GROUP IV GIRLS

FINAL TEAM RESULTS

School	Scores
1. TOMS RIVER NORTH	71
2. BRICK	79
3. RARITAN	122
4. MORRISTOWN	126
5. HUNTERDON CENTR.	169
6. TOMS RIVER SO.	173
7. SAYERVILLE	191
8. BERGENFIELD	233
9. JACKSON	245
10. COLUMBIA	255
11. PLAINFIELD	278
12. RIDGEWOOD	290
13. PATERSON EASTSIDE	290
14. EAST BRUNSWICK	305
15. MATAWAN	317
16. SOUTHERN REG.	379
17. NORTH BERGEN	390
18. EASTSIDE	549

1.	18:45	J. Clark	COLUMBIA
2.	19:11	M. Banks	RARITAN
3.	19:18	A. Hendricks	MATAWAN
4.	19:28	J. Fox	BRICK
5.	19:35	B. Remmers	RIDGEWOOD
6.	19:56	S. White	TOMS RIVER NORTH
7.	19:56	L. Noll	NORTH EDISON
8.	19:57	J. Stein	MORRISTOWN
9.	20:01	C. Becht	MORRISTOWN
10	20:05	J. Flood	TOMS RIVER NORTH
11.	20:07	L. Szymanski	TOMS RIVER NORTH
12.	20:08	D. Oraschen	HUNTERDON CENTRAL
13.	20:11	V. HUNH	BRICK
14.	20:12	M. Brody	SAYERVILLE
15.	20:13	L. Summa	RARITAN
16.	20:13	D. St. Clair	PLAINFIELD
17.	20:13	K. Mason	TOMS RIVER NORTH
18.	20:24	W. Darling	BRICK
19.	20:29	L. Mitchell	TOMS RIVER SOUTH
20.	20:35	T. Deeley	RARITAN

		Team Place
Barbara Remmers -	19:35	5th
Kathy Duffy -	21:29	40
Alison MacGregor -	22:39	70
Laura Campbell -	23:04	81
Ingrid Lander -	23:43	94
Gretchen Sigler -	23:47	95

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TIMES FROM STATE GROUP MEET : November 11, 1978

		STATE CHAMP TIME		
Ann Gladue	18:40.6	18:43.2	Barley Elland	
Joetta Clark	18:45	19:41	Columbia	IV
Monann Purcell	18:59.8	19:51	Holy Spirit	
Mary Banks	19:11	18:53.3	Raritan	IV
E Berardi	19:13	19:19	Williamstown	
Alison Hendricks	19:18	19:21	Matawan	IV
Mary Ellen McGowan	19:25	20:18	Pascack Valley	
J. Roff	19:27.6	20:36 (22)	[illegible] Highland Park	
Jean Fox	19:28	19:38	BRICK	IV
L. Pakulka	19:29.8	19:44	Hopatcong	
Barbara Remmers	19:35	21:06	R.H.S.	IV
Debbie Meberg	19:43	21:11 (40)	N V O.T.	
L. Mason	19:47	20:31	North Burlington	
D. Beers	19:48	20:55 (32)	Deptford	
N. Gallagher	19:50	20:53 (30)	Morris Hills	
D. Stantare	19:51		Paul VI	
S. Cook	19:53	21:02 (36)	Howell	
D. O'Brian	19:54	20:52 (29)	St Peters	
Maura Taylor	19:57	20:06	Red Bank Catholic	
S. White	19:56	20:00	Toms River North	IV
L. Noll	19:56		North Madison	
J. Stein	19:57	20:55 (33)	Morristown	
M DeMarrow	19:59		North Hunterdon	
N Stant	19:59		Lakewood	

All County

1st

2nd

ME

Metlitz

Falci

Scali

Mastej

Yatcenuk

Green

Flinkstein

Bart

Dellinkberg

Jacovsk

Dickstein

Hanks

Dunn

H. M.

everybody under 20:00


Eileen Healy, Bergenfield


Carol Dickstein, Immac. Heart


Mary Ellen McGowan, Pascack Valley



All-Bergen girls cross-country

1978


Debbie Meberg, Old Tappan


Barbara Remmers, Ridgewood


Violetta Josevska, Garfield


Colleen Dunn, Old Tappan

Honor without security

By Paul Schwartz
Correspondent

If you're looking for security in sports, the place to find it certainly is not on The Record's All-Bergen girls cross-country team. Four underclassmen made last year's first team. None repeated this season. Six underclassmen made second team. Only Violetta Josevska of Garfield could make the step up to first team.

Sophomores Mary Ellen McGowan of Pascack Valley and Barbara Remmers of Ridgewood head this year's squad. The two were dominant in the County all year, and were the only Bergen runners to break 18 minutes at Garret Mountain. Others on the first are sophomore Carol Dickstein of Immaculate Heart Academy and juniors Josevska, Eileen Healy of Bergenfield, and Old Tappan's Colleen Dunn and Debbie Meberg.

DICKSTEIN — The girl in royal blue had a very steady season, and was one of the most improved runners in the County this year. She was fifth in the Ridgewood Run and fourth in the Bergen Group 3-4 race before running fifth in 18.23 in the County Meet of Champs. Dickstein also ran fourth in the Group 3 sectionals, and was 27th in the State Group 3 race.

DUNN — Old Tappan started cross-country for girls this season and capped the season by winning the Meet of Champions. A key reason was Dunn, who ran well all year despite missing the County Group 3-4 race with an injury. Dunn came back to finish third in a strong Northern Bergen Interscholastic League race, third in the State sectional Group 3 race, 10th in the Bergen Meet of Champs, and 15th in the State Group 3 race.

HEALY — Bergenfield's team slowly unraveled because of injuries this season, winning the County Group 3-4 but losing by one point in the Meet of Champs and slipping to eighth in the State Group 4 meet. Still, Healy was the glue that held the Bears together. She was second in the Northern New Jersey Interscholastic League, in Group 4 sectionals, sixth in the Bergen Meet of Champs, and eighth in the Bergen Group 3-4 race. Ironically, she was injured last year and that prevented her from having a banner season.

JOSEVSKA — Last year the Garfield junior was practically a one-girl team and held her own. This year, Garfield had a full team nearly upset Group 2 champ Saddle Brook in Bergen County Scholastic League and County competition. Josevska won the BCSL American Division race; and also took the Group 1-2 race. She was fourth in the Bergen Meet of Champs and third in the State Group 3 sectional race. But Josevska's best performances were a fourth in the State Group 2 race and a surprising 19th in the Meet of Champs, the second best Bergen performance.

McGOWAN — The best performance in the State Meet of Champions was by Pascack Valley's supersoph, McGowan. Mary Ellen, who first dashed into the spotlight by handing Michele Guido her only loss to a Bergen runner in three years, was beaten only once in the County — by Remmers in the Bergen Group 3-4 race. But she beat Remmers in the Meet of Champs, won the Group 3 State sectionals by 39 seconds, won the NBIL by 32 seconds, and finished second in the State Group 3 race. In the Meet of Champs, she was 14th.

MEBERG — If there were no Remmers and McGowan this year, Meberg would have been the toast of the County. Debbie was second to McGowan in both the sectional and league meets, third in the Bergen Meet of Champs and the Bergen 3-4 behind McGowan and Remmers, second in the Ridgewood Run behind Remmers, and third in the State Group 3 behind McGowan and Monique Purcell of Holy Spirit. She was also 40th in the Meet of Champs.

REMMERS — The quiet Ridgewood runner came on strong late in the season. She and McGowan figure to have some great duels over the next two years. In races where both were at the head of the pack, McGowan leads 2-1. However, Remmers's win in the County Group 3-4 was by a decisive 33-second margin as she destroyed the PV star on the final hill at Garret. She lost to McGowan in the Meet of Champs and at Manhattan, but won the NNJIL Group 4 sectional, and Ridgewood Runs. She was also fifth in the State Group 4 race.

All-Bergen girls cross-country

First team

CAROL DICKSTEIN	Immaculate Heart	Sophomore
COLLEEN DUNN	Old Tappan	Junior
EILEEN HEALY	Bergenfield	Junior
VIOLETTA JOSEVSKA	Garfield	Junior
MARY ELLEN MCGOWAN	Pascack Valley	Sophomore
DEBBIE MEBERG	Old Tappan	Junior
BARBARA REMMERS	Ridgewood	Sophomore

Second team

LAURA FALCI	Saddle Brook	Sophomore
SANDY FLUBACHER	Ramsey	Senior
PATTI GREENE	Bergenfield	Senior
DIANE MASTEJ	Garfield	Sophomore
MARGE METLITZ	Pascack Hills	Sophomore
LYNN SCALI	Saddle Brook	Sophomore
JILL YAKIMIK	Garfield	Freshman

Honorable mention

Terri Malespina, Lisa Schadler, and Jacky Wilkin, Bergenfield; Anne Bogen and Nancy Pequese, Bergen Tech; Karen Von Bernewitz, Becton; Linda Buttgereit and Denise Murphy, Bogota; Pam Okalita, Cliffside Park; Simone Mele, Cresskill; Gerylann Abramonte, Demarest; Mary Donovan, Margaret Gibson, and Gloria Schiraldi, Dumont; Cindy Ciwik, Garfield; Mary DeLuca, Glen Rock; Michele Fudge, Hackensack; Kari Denzau and Bethana Newton, Midland Park; Mary Kate Connolly, Joann Donnelly, Megan Murtaugh, and Cara O'Brien, Old Tappan; Anne Kramer, Paramus Catholic; Stacy Green and Heather Green, Park Ridge; Cheryl and Sue Wagner, Pascack Valley; Colleen DeLia and Cathy Jones, Ramsey; Kathy Duffy, Alison MacGregor, and Debbie Wee, Ridgewood; Mary Britweiser, Cathy Daly, and Bianca O'Connell, Rutherford; Mary Boltach, Debbie Ceria, and Corinne Niland, Saddle Brook; and Frances Sivolella, Wood-Ridge.

All-Passaic girls cross-country

First team

	School	Year
JOYCE BARMORE	Passaic Valley	Senior
PAM FARINELLA	Paul VI	Sophomore
SANDY FORD	DePaul	Senior
HANNAH HERMAN	Wayne Valley	Freshman
ANGELA JACKSON	Passaic Tech	Sophomore
NATALIE JORDAN	Eastside	Freshman
JOANN SHEFFIELD	Kennedy	Junior

Coach of the Year—DON BORNSTEIN, Eastside

Second team

RHONDA CRAWLEY	Passaic Tech	Sophomore
PAT DAVIDSON	Kennedy	Junior
ROSE DELLA'QUILLA	Manchester	Senior
DONNA DUGGAN	DePaul	Senior
MICHELE MATTHEWS	Eastside	Senior
JOAN PROFITA	Paul VI	Sophomore
GAYLE SLEVIN	DePaul	Junior


Ridgewood


RIDGEWOOD
HIGH SCHOOL
MAROONS