



**RIDGEWOOD  
CROSS  
COUNTRY**

**1979**

**SEASON  
SUMMARY**



DUAL MEETS 5 WINS - 0 LOSSES

RHS - 15 FARLAWN - 48  
 RHS - 17 TEANECK - 44  
 RHS - 15 HACKENSACK - 50  
 RHS - CLIFTON (FORFIT BY CLIFTON)  
 RHS - 22 BERGENFIELD - 33

CHAMPIONSHIP MEETS:

SHORE COACHES - 4<sup>TH</sup> PLACE  
 ST. ANTHONYS - 3<sup>RD</sup> PLACE  
 MANAHATAN GIRLS - 6<sup>TH</sup> PLACE  
 EASTERNS  
 COUNTY GROUP CHAMPS - 2<sup>ND</sup> PLACE  
 N.M. J. I.L. CHAMPS - 1<sup>ST</sup> PLACE  
 EASTERNS - TOOK JV. Team to this meet  
 (7<sup>TH</sup> in Varsity Race)  
 BERGEN COUNTY MEET OF CHAMPS - 2<sup>ND</sup>  
 STATE SECTIONALS - 1<sup>ST</sup>  
 STATE GROUPS - 3<sup>RD</sup>  
STATE MEET OF CHAMPS - 8<sup>TH</sup>

TEAM MEMBERS

SENIORS:

LAURA CAMPBELL \* \* \*  
 ANN REMMERS \*

JUNIORS:

CAROL DICKSTEIN \*  
 KATHY DUFFY \* \* \*  
 MARY KEEGAN \*  
 BARBARA REMMERS \* \* \*  
 NEEZER TARLETON

SOPHOMORES:

ANNETTE ELTON  
 STEPHIE FULLER \*  
 CAROL LOMBAERDE  
 CRIS SPERANAEA \*  
 COLLEEN WRIGHT \*

FRESHMEN:

JOANNE CASEY  
 PAM JONES  
 MARY ELLEN MILESKI \*  
 PEGGY WYLIE

\* = LETTER WINNERS

HONORS:

MILESKI - 1<sup>ST</sup> TEAM ALL SUBURBAN  
 ALL COUNTY  
 COUNTY GROUP CHAMP  
 NNJIL CHAMP  
 SECTIONAL CHAMP  
 DICKSTEIN - 1<sup>ST</sup> TEAM ALL SUBURBAN  
 ALL COUNTY  
 DUFFY - 1<sup>ST</sup> TEAM ALL SUBURBAN  
 2<sup>ND</sup> TEAM ALL COUNTY  
 B. REMMERS - 2<sup>ND</sup> TEAM ALL SUBURBAN  
 H.M. ALL COUNTY  
 WRIGHT - 2<sup>ND</sup> TEAM ALL SUBURBAN  
 SPERANAEA - 2<sup>ND</sup> TEAM ALL SUBURBAN

JOLK BROWN - COACH OF THE YEAR  
 ALL SUBURBAN



Each summer I write a letter to all the girls who have expressed an interest in running cross country in the fall. I do this for two reasons. Practice starts before school begins which means we must schedule a physical in August. Also, we must do some running in July and August to be prepared for a varsity cross country season where you reach your potential as a runner. Therefore I encourage you to run this summer and complete the permission and examination forms so you are ready in every way for the first day of practice, September 1st at 9:45 am.

First the running: Start the day you get this letter. Run 15 minutes a day, everyday until August 1st. The first 2 weeks of August run 1/2 hour per day. The 3rd week of August run 45 minutes per day, take one day's rest and then run 1 hour per day until September 1st. Before and after each run 5 to 10 minutes of gentle stretching is also required.

To summarize the schedule:

Now to July 31	- 15 minutes of running per day
August 1 to Aug 14	- 30 minutes
August 15 to Aug 21	- 45 minutes
August 22	- rest (no running)
August 23 to Aug 31	- 1 hour or running per day

Don't forget the stretching.

This is called timed running. When you train this way you are not concerned with how far you run, or the speed at which you run. The important thing is to run continuously. Obviously if you are out of shape right now your first 15 minute run will be at a rather slow pace. That's fine. For timed running the speed you run is not important. This is a program everyone can follow no matter what her experience level or ability level. If you follow the program you will be in great shape for a great cross country season.

If you don't follow the above schedule it won't be the end of the earth but you will not reach your full potential in cross country this fall.

I expect you to strive for your best - your full potential in varsity sport. I can't ask for more but I won't tolerate less. You should be the same with yourself when you participate in sport. Don't sell yourself short.

(you may do more than is suggested here - you must not do less. If you want to do more call me (444-5831) to discuss your training before you change the schedule.)

The second reason for this letter is much simpler. To participate in a varsity sport you must have a physical exam and your parents permission. Therefore have your parents sign both the enclosed forms and bring them to the high school nurse's office the 29th or 30th of August (check the papers for the time of day). You will receive a physical exam at that time. The nurse will then give me your cards that tell me you can practice. I will not let you practice with out the OK from the nurse. If there are any questions or problems please call (444-5831).



Cross Country Team 1979

Laura Campbell - 652-4558 \* \*

Ann Remmers - 652-7289 \*

Carol Dickstein - 791-2521 \*

Kathy Duffy - 447-4611 \* \*

Mary Keegan - 652-1054 \*

Barbara Remmers - 652-7289 \* \*  
Neeyer Tarleton

Annette Elton - 445-8273

Stephie Fuller - 447-0491 \*

Carol Lombardi - 652-5886

Cris Speranza - 444-3771 \*

Colleen Wright - 652-0790 \*

Joanne Casey - 444-4842

Pam Jones - 444-4482

Mary Ellen Mileski - 445-1396 \*

Peggy Wylie - 444-7689

\* = LETTER WINNERS



# Cross Country Schedule

Thur	Sept 20 <sup>TH</sup>	???	Paramus	Away
Tue	Sept 25 <sup>TH</sup>		Fairlawn	Away
Sat	Sept 29 <sup>TH</sup>		Shore Coaches Inv.	at Holmdel
Tue	Oct 2 <sup>ND</sup>		Teaneck	Home
Sat	???	Bernardsville		
		or		
		???		
Tue	Oct 9 <sup>TH</sup>		Clifton	Home
Sat	Oct 13		Ridgewood Invitational	
			Manahatan	at Van Courtland
Tue	Oct 16 <sup>TH</sup>		Bergenfield	Away at Wayne Valley.
Sat	Oct 20 <sup>TH</sup>		Bergen County Group Championship	- Garrett
Tue	Oct 23 <sup>rd</sup>		LEAGUE CHAMPIONSHIP race	- Garrett
* SAT	Oct 27 <sup>TH</sup>		EASTERNS	AT VAN COURTLAND
* Tue	Oct 30 <sup>TH</sup>		County Meet of Champs	- Garrett
* SAT	Nov 3 <sup>rd</sup>		STATE	SECTIONAL
* SAT	Nov 10 <sup>TH</sup>		STATE	GROUP
* SAT	Nov 17 <sup>TH</sup>		STATE	CHAMPS

\* = Varsity Only.



Garrett Mt Times under  
21:00

all time  
R.H.S.

1977

1979

M. E 17:24  
Carol 17:39  
Kathy 18:24  
Wright 19:28  
Lana 20:09  
Speranza 19:53  
Ann Remnes 20:28

Keegan 21:00  
Feller 21:16  
John Casey 21:58  
Wylie 22:44  
Lombaerde 24:08  
Sam Jones 24:24  
Elton 24:55

1978

Burl 17:48  
Mac 19:20  
Lombaerde 20:58 20:54  
Cander 20:27  
Snyder 20:56  
Wee 19:27

Mary Ellen 17:24  
Carol 17:39  
Barbara 17:48  
18:24  
19:06  
19:20  
19:27  
19:28  
19:53

Grape 19:06 (77)  
Speidel 20:42 (27)  
Grunden 20:53 (77)

20:09  
20:27  
20:28  
20:42  
20:53  
20:54  
20:56  
21:00

Keegan



	Countant Year	County Group	County msl c.	Sections	Groups	States
Carol	15:40	19:40	18:06	18:17	19:47	20:10
<del>Carol</del>	10 <sup>th</sup> <del>making 1<sup>st</sup></del> 3 <sup>rd</sup>	2 2	9 9	2 <sup>nd</sup> 5 <sup>th</sup>	4 <sup>th</sup> 2 <sup>nd</sup>	18 4
Mary Ellen	15:34	17:37	17:24	18:02	20:06	21:35
	4 <sup>th</sup> 1 <sup>st</sup>	1 1	2 2	① (2)	10 <sup>th</sup> 5 <sup>th</sup>	61
Duffy	16:35	18:26	18:24	18:29	20:31	21:37
		6 8 <sup>th</sup>	12 <sup>th</sup> 12 <sup>th</sup>	4 <sup>th</sup> 7 <sup>th</sup>	18 <sup>th</sup> 11 <sup>th</sup>	62
Bark			18:52			
			19 19			
Colleen	18:02	19:38	19:35	20:12		
		16 - 23	34 34			

Time  
over all plac  
place in  
County  
on Time



CROSS COUNTRY SCORE SHEET

RIDGEWOOD vs FAIRLAWN

DISTANCE 5,000 ?

DATE SEPT 25, 1979

COURSE RECORD 19:07 First Time Run

TEAM RECORDS: RHS 1-0

COURSE CHARACTER Flat

FAIRLAWN 3-1

WEATHER SUNNY - VERY NICE

PLACE	NAME	SCHOOL	TIME	SCORE	
				RHS	FAIRLAWN
1.	MARY ELLEN MILESKI	RHS	19:07	1	6
2.	BARBARA REMMERS	RHS	19:32	2	9
3.	KATHY DUFFY	RHS	19:33	3	10
4.	COLEEN WRIGHT	RHS	19:48	4	11
5.	LAURA CAMPBELL	RHS	19:54	5	12
6.	O'LEARY	F.L.	19:57	FINAL SCORE	
				15	48
7.	STEPHIE FULLER	RHS	20:15		
8.	ANN REMMERS	RHS	20:34		
9.	LIEBERSKIND	F.L.	21:17		
10.	MARY KEEGAN	RHS	21:22		
11.	CRIS SPERANAZA	RHS	21:25		
12.	MONK	F.L.	22:11		
13.	CAROL LOMBAERDE	RHS	23:00		
14.	PEGGY WYLIE	RHS	23:02		
	JO ANN CASEY	RHS	25:09		
	GANDET	F.L.	27:15		
	G. LIFFORDS	F.L.	27:31		
	PAM JONES	RHS	27:48		

1-5 gap 47 sec

1-7 gap 1:27 sec



CROSS COUNTRY SCORE SHEET

RIDGEWOOD vs TEANECK + HACKENSACK

DISTANCE 5,000 m

DATE OCTOBER 2, 1979

COURSE RECORD 18:40

TEAM RECORDS: RHS 3-0

COURSE CHARACTER Flat

WEATHER WARM - HUMID

PLACE	NAME	SCHOOL	TIME	SCORE		RHS - HACKENSACK
				RHS	Teaneck	
1.	MARY ELLEN MILESKI	RHS	20:17	1	4	1 8
2.	KATHY DUFFY	RHS	20:46	2	7	2 9
3.	COLLEEN WRIGHT	RHS	21:49	3	10	3 10
4.	PALMER	T	22:07	5	11	4 11
5.	CRIS SPERANAZA <del>SPERANAZA</del>	RHS	22:29	6	12	5 12
				FINAL SCORE		
6.	STEPHIE FULLER	RHS	22:30	17	44	15 50
7.	COHEN	T	22:55	Teaneck vs Hack		
8.	MARY KEEGAN	RHS	23:05	19 38		
9.	ANN REMMERS	RHS	23:31			
10.	NEEZER TARLETON	RHS	23:57	19.	TRICE H	27:49
11.	PEGGY WYLIE	RHS	24:33	20.	Ferrader H	28:07
12.	JOANN CASEY	RHS	24:36	21.	WHITTINGTON T	28:40
13.	CAROL LOMBAERDE	RHS	24:40	22.	REKUCKI T	28:47
14.	STRIKER	T	24:58			
15.	FENNELL	H	25:09			
16.	ANAIETTE ELTON	RHS	25:18			
17.	MCLAIN	T	26:14			
18.	PAM JONES	RHS	27:04			



# Double Dual Meet 2 Oct 1979

Teamwork + Hackensack

## Cross Country Team 1979

Laura Campbell - 652-4558

Ann Remmers - 652-7289

Carol Dreksstein - 791-2521

Kathy Duffy - 447-4611

Mary Keegan - 652-1054

Barbara Remmers - 652-7289

Annette Elton - 445-8273

Stephie Fuller - 447-0491

Carol Lombaerde - 652-5886

Cris Speranaya - 444-3771

Colleen Wright - 652-0790

Joanne Casey - 444-4842

Pam Jones - 444-4482

Mary Ellen Mileski - 445-1396

Peggy Wylie - 444-7689

Neven tarleton

	1/2	1	1 1/2	2	2 1/2	3	5,000
Ann Remmers	3:20	7:01 3:41	10:45	15:15	19:10	<del>22:30</del>	
Kathy Duffy	3:10	6:29 3:19	9:49 3:20	13:46 3:57	17:08 3:22	19:55 2:47	
Mary Keegan	3:16	6:52 3:36	10:30	15:00	18:50	22:00	
Annette Elton	3:35	7:26 3:51	10:33		20:52		
Stephie Fuller	3:10	6:39 3:29	10:19 3:39	14:35 4:17	18:17 3:42	21:30 3:13	
Carol Lombaerde	3:30	7:15 3:45	10:15		20:10		
Cris Speranaya	3:10	6:37 3:27	10:18 3:41	14:40 4:22	18:23 3:43	21:30 3:07	
Colleen Wright	3:10	6:36 3:26	10:08 3:32	14:20 4:16	17:53 3:33	20:52 2:59	
Joanne Casey	3:37	7:08 3:31	11:08		20:10		
Pam Jones	3:43	7:51 4:08	12:11		21:58		
Mary Ellen Mileski	3:05	6:20 3:15	9:34 3:14	13:25 3:51	16:41 3:16	19:27 2:46	20:17
Peggy Wylie	3:40	7:15 3:35	10:19		20:10		
Neven tarleton	3:20	7:02 3:42	10:56		19:38	23:30	



CROSS COUNTRY SCORE SHEET

RIDGEWOOD vs BERGENFIELD +

DISTANCE Less than 3.1

DATE 10/16/79 WAYNE VALLEY

COURSE RECORD \_\_\_\_\_

TEAM RECORDS: RHS 5-0

COURSE CHARACTER FLAT WITH ONE BIG HILL (UP + DOWN)

WEATHER CLEAR - M U 44%

PLACE	NAME	SCHOOL	TIME	SCORE	RHS	BERGENFIELD
1.	MARY ELLEN MILES	RHS	17:29	1		3
2.	CAROL DICKSTEIN	RHS	17:30	2		5
3.	LISA SHADLER	B	18:01	4		6
4.	KATHY DUFFY	RHS	18:04	7		9
5.	EILEEN HEALY	B	18:18	8		10
				FINAL SCORE		
6.	HANNA HERMAN	WV	19:03	22		33
7.	TERRY MALESPINA	B	19:13			
8.	LAURA CAMPBELL	RHS	19:20			
9.	COLLEEN WRIGHT	RHS	19:29			
10.	KATHY MARTIN	B	19:39			
11.	JACKIE WILKENS	B	20:05			
12.	STEPHIE FULLER	RHS	20:10			
13.	CRIS SPERANAZA	RHS	20:12			
14.	ANN REMMERS	RHS	20:13			
15.	MARY KEEGAN	RHS	20:28			
16.	WENDY KORN	B	21:26			
17.	NEEZER TARLETON	RHS	21:29			
18.	JEAN SANCHIRICO	W.V.	22:05			
19.	PEGGY WYLIE	RHS	22:09			
20.	JO ANNE CASEY	R.H.S.	22:3			
21.	OLSON					
22.	CAROL LOMBAERDE	RHS	22:			
23.	ANNETTE ELTON	RHS	23:3			
24.	MURRAY (B)		22:			
25.	FERENTZY (B)		23:3			
26.	PAM JONES	RHS	24:0			
27.	+ 9 more Bergenfield and 1 more Wayne Valley					
				1-5 gap 2:00 minutes		
				1-7 gap 2:43 minutes		



Varsity

J.V.

Mary Ellen - 2<sup>ND</sup> 20:25  
 Kathy Duffy - 11 20:57  
 Laura Campbell - 59 23:07  
 Colleen Wright - 62 23:09  
 Ann Remmers - 76 23:30  
 Stephanie Fuller 29:41  
 Mary Keegan 30:24

Cris Speranza - 23:46  
 Jo Ann Casey - 25:44  
 Carol Lombaerde - 25:56  
 Peggy Wiley - ? 25 or 26 min.  
 Annette Elton - 28:00  
 Pam Jones - 28:29

SHORE COACHES

9/29/1979

DATE	NAME	SCHOOL	TIME
13	Walter F...	...	20:10
14	Tracey D...	...	21:00
15	Kathy D...	...	21:28
16	Wickie C...	...	21:23
17	Pico W...	...	21:23
18	Walter B...	...	21:46
19	James A...	...	21:46
20	James J...	...	21:41
21	Walter B...	...	21:41
22	James J...	...	21:41
23	James J...	...	21:41
24	James J...	...	21:41
25	James J...	...	21:41
26	James J...	...	21:41
27	James J...	...	21:41
28	James J...	...	21:41
29	James J...	...	21:41
30	James J...	...	21:41



# Splits at Holmdale State Course

at Shore  
Coaches Meet -

	<u>Entrance to Woods</u>	<u>Top of Steep FIRST Hill</u>
J.V. girls leader	1:30	2:05
Var B girls leader	1:26	1:53
Masses	1:31	2:02
Var A girls leader	1:27	1:57
Mary Ellen		2:07



GIRLS VARSITY A-2 RACE

<u>NAME</u>	<u>SCHOOL</u>	<u>TIME</u>	<u>TEAM SCORE</u>	<u>POINT</u>
1. Browne, K.	Washingtonville	19:13.9		
2. Cross, J.	Port Jeff	19:28.1		
3. Mileski, M.	Ridgewood	19:40.7		
4. Sullivan, K.	Kings Park	19:41.2	Valley Stream	51
5. Kiely, A.	Valley Stream	19:54.6		
6. Pietropalo, J.	Nanuet	19:55.3	Washingtonville	90
7. Kiely, Eileen	Valley Stream	19:58.0		
8. Wall, Sheila	Valley Stream	20:10.9	Ridgewood	90
9. Dickstein, C.	Ridgewood	20:15.2		
10. Leale, E.	Valley Stream	20:15.9		
11. Geiselman, D.	Plainedge	20:29.1		
12. Garcia, M.	Brentwood	20:44.8		
13. Duffy, K.	Ridgewood	20:50.8		
14. Bertram, L.	Syosset	20:51.2		
15. Browne, Beth	Washingtonville	20:53.9		
16. Palladine, F.	Huntington	21:02.0		
17. Roeder, V.	Washingtonville	21:03.0		
18. Cohen, J.	Syosset	21:05.4		
19. Dunne, M.	Huntington	21:09.3		
20. Harrington, P.	Tottenville	21:11.1		
21. Gardner, P.	Valley Stream	21:15.3		
22. Maher, T.	Ramapo	21:24.7		
23. Stewart, L.	Bound Brook	21:28.0		
24. Arndt, C.	Valley Stream	21:44.3		
25. Miano, A.	Valley Stream	21:45.0		
26. Gilsenan, J.	Tottenville	21:50.3		
27. Cahillane, K.	Washingtonville	21:57.6		
28. Wright, C.	Ridgewood	22:01.0		
29. Doring, P.	Kings Park	22:08.9		
30. Kelleher, L.	Washingtonville	22:10.6		
31. Moody, N.	Holy Family	22:15.7		
32. Brady, L.	Tottenville	22:18.6		
33. Roeder, D.	Washingtonville	22:19.4		
34. Sigloch, L.	Smith. West	22:22.2		
35. Gehring, M.	Tottenville	22:22.2		
36. Gumbus, D.	Port Jeff	22:24.2		
37. Campbell, L.	Ridgewood	22:32.9		
38. Mofson, C.	Plainedge	22:40.9		
39. Schmidt, E.	Rocky Point	22:42.9		
40. Erdman, V.	Plainedge	22:48.0		
41. Kehleher, K.	Washingtonville	22:50.2		
42. Murphy, M.	Plainedge	22:50.8		
43. Speranza	Ridgewood	22:50.8		
44. Mintz, J.	Ramapo	22:51.9		
45. Sanicki	Lindenhurst	22:56.8		
46. Hanel, Jo	Brentwood	22:59.6		
47. Smith, C.	Tottenville	23:00.4		
48. Henschnieder, A.	Smith. West	23:03.8		
49. Gill, S.	Port Jeff	23:05.7		
50. Jannuzzi, J.	Bound Brook	23:09.3		

SAINT ANTHONYS  
OCT 6<sup>TH</sup> 1979



## GIRLS J. V. RACE

## TEAM STANDINGS

1. Gulla, Sue	Pearl River	21:48.6	1st - Pearl River- 43
2. Mahoney, M.	Pearl River	21:55.9	2nd - St. Francis- 57
3. Dupas, D.	Pearl River	22:26.6	3rd - Washingtonville - 101
4. Babis, M.	St. Francis	22:28.7	
5. Muhreke, H.	Harborfields	22:30.0	RHS - 165
6. Browne, E.	St. Francis	22:33.1	
7. Carroll, J.	St. Francis	22:42.8	
8. Zoubek, K.	Pearl River	22:47.2	
9. Hilfrich, L.	Washingtonville	22:49.7	
10. Remmers, A	Ridgewood	22:54.0	
11. Fischetti, J.	Valley Stream C.	22:54.4	SAINT ANTHONY'S
12. Kornbeiger, L.	Valley Stream C.	22:58.0	OUT 6 <sup>TH</sup> 1979
13. Sampson, D.	Harborfields	23:04.4	
14. Patterson, A.	Brooklyn Tech.	23:07.0	
15. Dennis, M.	Brooklyn Tech.	23:11.5	
16. Murphy, K.	Washingtonville	23:22.4	
17. Kelly, K.	St. Francis	23:26.3	
18. Oliver, V.	Brooklyn Tech	23:37.2	
19. Kamlot, R	Ward Melville	23:37.6	
20. Giron, A	Ward Melville	23:38.4	
21. Werner, D.	Washingtonville	23:43.3	
22. Deau, Toni	Brooklyn Tech	24:00.8	
23. McGrath, M.	St. Francis	24:01.1	
24. Keegan, M.	Ridgewood	24:01.5	
25. Kirwan, S.	Ward Melville	24:06.0	
26. Wolf, G.	Valley Stream C.	24:11.9	
27. Helberg, K	Washingtonville	24:18.2	
28. Jones, S.	Washingtonville	24:20.9	
29. Moroney, Teresa	Pearl River	24:21.7	
30. Basile, A.	Tottenville	24:27.5	

38. Peggy Wylie 25:18

46. Carol Lombaerde 25:44

47. Annette Elton 25:51

63. Pam Jones 27:06



# RIDGEWOOD VETERANS FIELD CROSS COUNTRY COURSE 5,000m

As of 10/10/79

COURSE RECORD 18:40 MAURA TAYLOR RED BANK CATHOLIC 1977

## TOP TEN PERFORMANCES

## RIDGEWOOD

①	BARBARA REMMERS	19:00.3	1978
②	DEBBIE WEE	19:35.9	1978
③	ALISON MAC GREGOR	20:05.5	1978
④	Mary Ellen KLARA GRAPE	20:17	1979
		20:29.	1977
⑤	Kathy Duffy ALISON GRUNDER	20:46	1979
		21:37	1977
⑥	<del>KATHY DUFFY</del>	21:49	1979
		<del>21:42.9</del>	<del>1978</del>
⑦	LAURA CAMPBELL	22:03	1977
⑧	JANET LOMBAERDE	22:19.6	1978
⑨	GRETCHEN SIGLER CRIS SPERANAZA	22:22	1977
		22:29	1979
⑩	ENGRID LANDER STEPHIE FULLER	22:39	1978
		22:30	1979

## TOP TEN PERFORMANCES

## ALL TIME

①	MAURA TAYLOR	Red Bank Catholic	18:40	1977
②	Tracey Vandeyke	Red Bank Catholic	18:46	1977
③	Mary JANE BRIDY	Sayerville	18:53	1977
④	Barbara REMMERS	RIDGEWOOD	19:00	1978
⑤	NINA ZOLLO	WAYNE HILLS	19:07	1977
⑥	DEBBIE MEBERG	OLD TAPPAN	19:19	1978
⑦	KATHY STONE	VERNON	19:22	1977
⑧	BEVERLY REILLY	St Rose	19:23	1977
⑨	NANCY SCHMIDT	KINNELON	19:25	1978
⑩	MICHELLE GUIDO	PARAMUS CATHOLIC	19:29	1977



Ridgewood

10/13/1979

Stephie Fuller	- 42	21:43.3
Mary Keegan	- 44	21:44.4
Neezer Tardeton	- 69	23:19.8
Carol Lombaerde	- 79	23:41.3
Peggy Wylie	- 81	23:47.2
Annette Elton	- 85	24:08.4
Lam Jones	- 91	24:57.0

A

VT129AV

27912



SEVENTH ANNUAL MANHATTAN COLLEGE INTERSCHOLASTIC CROSS COUNTRY MEET  
SATURDAY, OCTOBER 13, 1979

GIRLS EASTERN CHAMPIONSHIP

<u>NAME</u>		<u>SCHOOL</u>	<u>TIME</u>	
1. Whitney, Laura	**	Stony Brook	14:38.6	*
2. Gladue, A.		Bayley - Ellard	45	
3. Browne, S.		Bethesda-Chevy Chase	15:26	
4. Mileski, M.		Ridgewood	34	
5. Shiel, E.		Clarkstown South	35	
6. Grant, N.		Cumberland	38	
7. Giblin, K.		Seekonk	42	
8. Josevska, V.		Garfield	46	
9. Sullivan, K.		Kings Park	47	
10. Dickstein, C.		Ridgewood	47	
11. O'Brien, K.	***	Baldwinsville	50	
12. Sincero, J.		Seekonk	52	
13. Meberg, D.		Old Tappan	59	
14. Miller, A.		Cumberland	59	
15. Ebanietti, T.		Pearl River	16:00	
16. Kiely, A.		Valley Stream Central	03	
17. Hogan, A.		Pearl River	04	
18. Murtaugh, M.		Northern Valley	06	
19. Acaro, K.	***	Baldwinsville	14	
20. Begley, A.		Sacred Heart	16	
21. Fregole, K.		Cumberland	16	
22. Leale, E.		Valley Stream Central	18	
23. Brown, M.		Newburgh	21	
24. Frederiksen, E.		Bethesda-Chevy Chase	23	
25. Gilhooly, L		Albertus Magnus	25	
26. Harrison, A.		Seekonk	26	
27. White, G.		Hoboken	28	
28. Smith, K.		Pearl River	29	
29. Neville, K.	***	Baldwinsville	29	
30. McNamara, K.	***	Baldwinsville	31	

TEAM SCORES:

INCOMPLETE:

1. Baldwinsville (S)	125
2. Cumberland	138
3. Pearl River	142
4. Northern Valley Regional	144
5. Seekonk (Mass.)	149
6. Ridgewood (N.J.)	193
7. Valley Stream Central	210
8. Bethesda- Chevy Chase	222
9. Albertus Magnus	258
10. Tottenville	293
11. Hoboken (N.J.)	346
12. Huntington	349
13. Stony Brook	385
14. Sacred Heart (L.I.)	424

Bayley-Ellard - 2, 35, 88, 89
Clarkstown South - 5, 100
Commack South - 43, 85, 87, 111
East Orange - 51, 63
Garfield - 8, 49
Kings Park - 9, 110
Moore Catholic - 91, 93, 109
Newburgh Free Academy - 23, 40
83, 95

\* Meet Record - Old Record: 14:59.9  
made by Nancy Seegar, 1977

\*\* Watch Winner

\*\*\* Team Watch Winners

EIGHTH ANNUAL: SATURDAY, OCTOBER 11, 1980



EASTERNS 10/13/1979

Mary Ellen Mileski	15:34
Carol Dickenstein	15:40
Kathy Duffy	16:35
Colleen Wright	18:02
Cris Speranza	18:13
Ann Remmers	18:23
Campbell	18:31



Van Courtland Park 2 1/2 mile course - All time R.H.S. time list

1.	Mary Ellen Mileski	15:34	10/13/79
2.	Carol Duckstein	15:40	10/13/79
3.	Barbara Kemmers	15:49	10/28/78
4.	Kathy Duffy	16:35	10/13/79
5.	Alison Mae Gregor	17:10	10/8/77
6.	Klara Grape	17:32	10/8/77
7.	Colleen Wright	18:02	10/13/79
8.	Mary Keegan	18:12	10/27/79
9.	Cris Speranaga	18:13	10/13/79
10.	Gretchen Sigler	18:18	10/28/78
11.	Ann Kemmers	18:23	10/13/79
12.	Stephie Fuller	18:28	10/27/79
13.	Alyson Grunden	18:30	10/8/77
14.	Laura Campbell	18:31	10/13/79
15.	Janet Lombaerde	18:50	10/8/77
16.	Kathy Docksey	18:55	10/28/78
17.	Ingrid Landen	18:51	10/14/78
18.	Colleen Speidel	19:07	10/8/77
19.	Sue Volleert	19:07	10/8/77
20.	Alex Chisholm	19:08	10/8/77
21.	Mary Mc Bride	19:21	10/8/77
22.	Jo Ann Casey	19:37	10/27/79
23.	Peggy Wylie	19:37	10/27/79



24.	Pam Jones	19:54	10/27/79
25.	Ann Dorsett	20:08	10/8/77
26.	Mary O'Neill	20:20	10/8/77
27.	Annette Elton	20:28	10/27/79
28.	Sandy Vandermeys	20:36	10/14/78
29.	Carol Lombaerde	21:21	10/27/79
30.	Donna Longinetti	26:13	10/14/78



1979 NNJIL Girls Cross Country Championship

5400 meters

League Results

1.	Ridgewood	23
2.	Bergenfield	51
3.	Clifton	117
4.	Fair Lawn	143
5.	Hackensack	157
6.	Passaic Valley	
7.	Wayne Valley	
8.	Teaneck	
9.	Bloomfield	
10.	Paramus	

1-3 gap 41 sec  
1-5 gap 1:43

Peggy Wylie, Ann Remmen  
Nancy Tarleton, Laura Campbell  
Did Not Run

<u>Place</u>	<u>Time</u>		<u>Name</u>	<u>School</u>
<u>1</u>	21:25	21:39	Mary Ellen Mileski	Ridgewood
<u>2</u>	21:28	21:41	Carol Dickshen	Ridgewood
<u>3</u>	22:16		Hanna Herman	Wayne Valley
<u>4</u>	22:27		Eileen Healy	Bergenfield
<u>5</u>	22:36	22:20	Kathy Duffy	Ridgewood
<u>6</u>	22:47		Nancy Deneka	Bloomfield
<u>7</u>	23:11	22:55	Barbara Remmen	Ridgewood
<u>8</u>	23:37	23:22	Colleen Wright	Ridgewood
<u>9</u>	23:43		Terry Malespina	Bergenfield
<u>10</u>	23:50		Kathy Martin	Bergenfield
<u>11</u>	24:03		Sue Liebeskina	Fair Lawn
<u>12</u>	24:23		Jackie Wilken	Bergenfield
<u>13</u>	24:39	24:23	Cris Speranza	Ridgewood
<u>14</u>	25:00		Caroline Roos	Passaic Valley
<u>15</u>	25:04	24:47	Stephanie Fuller	Ridgewood
<u>16</u>	25:16		Wendy Kom	Bergenfield
<u>17</u>	26:09	24:53	Mary Keegan	Ridgewood
<u>18</u>	26:36		Dagman Schmidt	Clifton
<u>19</u>	26:49		Becky Monk	Fair Lawn
<u>20</u>	27:20		Lori Bakelaar	Clifton
<u>21</u>			Jenny Osborne	Hackensack
<u>22</u>			Kay Magome	Clifton
<u>23</u>			Jean Sanchirico	Wayne Valley
<u>24</u>			Szorentini	Paramus
<u>25</u>			Martha Fernandez	Hackensack
<u>26</u>		27:23	Jo Anne Casey	Ridgewood
<u>27</u>			Susan DenBleyker	Clifton
<u>28</u>			Allison Fennel	Hackensack
<u>29</u>			Judy Olsen	Wayne Valley
<u>30</u>			Sue Mohalasky	Clifton
<u>31</u>			Kim Newbury	Passaic Valley
<u>32</u>		28:12	Carol Lombaerde	Ridgewood
<u>33</u>			Pam Benjamin	Fair Lawn
<u>34</u>		28:26	Annette Elton	Ridgewood
<u>35</u>		28:32	PAM JONES	R.A.S.
<u>36</u>			Anne Foley	Clifton
<u>37</u>			Amy Marquez	Clifton
<u>38</u>			Kathy Gandet	Fair Lawn
<u>39</u>			Mary Wood	Clifton
<u>40</u>			Ann Klein	Wayne Valley
<u>41</u>			K. Sohelia	Hackensack
<u>42</u>			Lisa Marseglia	Hackensack
<u>43</u>			Kathy Clifford	Fair Lawn



N.N.S.I.C. meet 23 Oct 1979

- 1 Mary Ellen Mileski 21:39
- 2 Carol Dreikstein 21:41
- 5 Kathy Duffey 22:20
- 7 Barb Remmers 22:55
- 8 Colleen Wright 23:22
- 13 Cris Speranza 24:23
- 15 Stephanie 24:47
- 17 Mary 24:53
- 26 JoAnne 27:23
- 32 Carol 28:12
- 34 Annette 28:26
- 35 Pam Jones 28:32

Team Total 23 points

1-3 gap :41 sec

1-5 gap 1:43

Did Not Run

Ann Remmers - Hip

Peggy Wylie - Ankle

Nancy Terleton - Ankle

Laurie Campbell -



# Ridgewood takes boys, girls titles

WEST PATERSON — Ridgewood placed five runners in the top 10 finishers yesterday at Garret Mountain to claim

## Cross-country

the Northern New Jersey Interscholastic League cross-country championship.

Tom Hughes paced the Maroons in the



Mary Ellen Mileski

league meet with a 17:58 clocking to take individual honors. Kevin Murphy ran fifth for Ridgewood, Sean Duffy sixth, Ray Sharro eighth, and Mike Jones ninth. Of the top 15 runners, seven were from Ridgewood.

Passaic Valley finished in second place in the team standings, led by Ed Kuri's second-place time of 18:20. Hackensack, which finished third, placed Joe Hernciaz third and Ron Weiss fourth.

Ridgewood also took first in the NNJIL girls meet, matching the boys with five runners finishing among the top 10 in the field. Bergenfield was a distant second.

The Maroons ran 1-2 in individual times with Mary Ellen Mileski's 21:25 beating out teammate Carol Dickstein's 21:28. Cathy Duffy ran fifth, Barbara Remmers seventh, and Coleen Wright eighth for Ridgewood.

## Glassboro triumphs

HOLMDEL — Jack Kruse of Glassboro State College captured his third New Jersey State College Conference individual cross-country championship yesterday with a time of 24:47 over the five-mile course.

Derrick Adamson, also of Glassboro State, ran second in 25:28, and Steve Wynne of Trenton State was third at 25:54. Glassboro State, which has won 28 straight dual meets dating back to 1974, placed eight runners among the top 13 finishers.



Tom Hughes



## Cross-country dual meets

### NNJIL girls

Ridgewood 23, Bergenfield 51, Cliff-ton 117, Fair Lawn 133, Hackensack 157

1-Mary Ellen Mileski (R)	21:25
2-Carol Dickstein (R)	21:28
3-Hanna Hermann (WV)	22:16
4-Eileen Healy (BL)	22:27
5-Cathy Duffy (R)	22:36
6-Nancy Deneka (B)	22:47
7-Barbra Remmers (R)	23:11
8-Coleen Wright (R)	23:37
9-Terry Malespina (B)	23:43
10-Cathy Martin (B)	23:50

5-Eduardo Vasquez (K)	15:04
6-Ken Perry (K)	15:12
7-Tony Williams (K)	15:14
8-Andre Hardy (PC)	15:17
9-Andre Mann (K)	15:49
10-Carl Bacole (E)	15:58
11-Emil Stojakovic (DBT)	16:04
12-Alexis Barrier (D)	16:11
13-Garfield Owens (E)	16:17
14-Steve Pagano (DB)	16:18
15-Franklin Lewis (E)	16:29

### Paterson City girls

Kennedy 18, Paterson Catholic 45

1-Karen Kirkland (K)	18:41
2-Stephanie Jackson (K)	19:41
3-Cookie Dunn (PC)	19:53
4-Mille Perez (K)	19:56
5-Frenchie Collington (K)	20:46
6-Coleen Cook (K)	20:52
7-Lisa Del Pizzo (K)	21:27
8-Bernadette Adams (PC)	23:44
9-Jackie Sanford (PC)	24:13

### NNJIL boys

Ridgewood 29, Passaic Valley 62, Hackensack 79, Clifton 92, Bergenfield 168, Wayne Valley 177, Teaneck 199, Paramus 202, Bloomfield 207, Fair Lawn 242

1-Tom Hughes (R)	17:58
2-Ed Kuri (PV)	18:20
3-Joe Herncair (H)	18:27
4-Ron Weiss (Y)	18:29
5-Kevin Murphy (R)	18:32
6-Sean Duffy (R)	18:44
7-Ken Philhower (C)	18:51
8-Ray Sharro (R)	19:09
9-Mike Jones (R)	19:11
10-Ray Serricola (PV)	19:18
11-Warren Martin (C)	19:18
12-Mike Smurla (C)	19:25
13-Mark Lombardi (PV)	19:26
14-Keith Babbitt (R)	19:50
15-Al Tarleton (R)	19:53

### State college meet

1. Jack Kruse (Glassboro)	24:47
2. Derrick Adamson (Gisboro)	25:28
3. Steve Wynne (Trenton)	25:54
4. Rich Wallace (Montclair)	26:01
5. Lenny Hernandez (Gisboro)	26:05
6. Tom Downs (Jersey City)	26:19
7. Bob Kielowicz (Glassboro)	26:20
8. John Kirschof (Montclair)	26:20
9. Steve Phillips (Glassboro)	26:24
10. John Bayliss (Trenton)	26:26
11. Dan Gaines (Glassboro)	26:44
12. Joe Haney (Glassboro)	26:49
13. Greg Rapp (Glassboro)	26:49
14. Pete Gutherie (Montclair)	26:52
15. Dave O'Donnell (Stockton)	26:59

Al Holmdel. Course distance: 5 mi.

### Paterson City boys

Kennedy 21, Eastside 42, Don Bos-co Tech 89, Paterson Catholic 91

1-Paul Wright (K)	14:34
2-Darren Ward (K)	14:34
3-Leon Finney (E)	14:48
4-Dennis Cleaves (E)	14:48

# Cross-country league meets

Record  
10/26/79

### NBIL boys

Team scores: Old Tappan 51, Demarest 93, Northern Highlands 95, Westwood 101, Pascack Valley 110, River Dell 129, Ramapo 176, Pascack Hills 184, Wayne Hills 202, Indian Hills 239.

1. John Nelson (OT)	16:05
2. Keith D'Amico (D)	16:27
3. John Clements (NH)	16:28
4. Pat Glynn (RD)	16:31
5. Dave Marshall (NH)	16:33
6. Marc Tabasco (OT)	16:36
7. Dave Bales (PH)	16:39
8. Joel Zupfer (PV)	16:46
9. Joe Tammen (W)	16:50
10. John Arbolino (OT)	16:55
11. Jeff Walker (OT)	16:59
12. Joel Braver (PV)	17:03
13. Jim Wagner (PV)	17:04
14. Ray DeGheri (NH)	17:09
15. Bob Schwartz (D)	17:10

### NBIL freshman

Team winner—Northern Highlands  
72  
Individual winner—Bascav, Westwood, 11:57.

### BCSL National boys

Team scores: Leonia 30, Cresskill 50, Becton 76, Rutherford 104, Secaucus 113, Palisades Park 120.

1. Al Frank (B)	15:42
2. Mark Rex (L)	15:49
3. John Naehrlich (L)	15:53
4. Jack Liccardo (L)	15:55
5. Lou Ascione (C)	16:01
6. Robert Ryan (C)	16:08
7. Bill Hammersstrom (C)	16:21
8. Steve Koleff (B)	16:29
9. Sal Ferrante (FP)	16:33
10. Charles Forte (L)	16:35
11. Jeff Silvestri (L)	16:38
12. Mike Carvill (B)	16:46
13. Mike Madden (C)	16:52
14. John Boyle (R)	16:57
15. Tony Conde (S)	17:03

### BCSL Olympic boys

Team scores: North Arlington 45, Bogota 52, Harrison 77, Ridgely 94, Bergen Tech 135, Wood-Ridge 153

1. Ed Burns (Bo)	15:25
2. Don Neubert (R)	15:57

### NBIL girls

Team scores: Old Tappan 21, Pascack Valley 58, Northern Highlands 88, Westwood 102, Demarest 104, River Dell 153, Wayne Hills 186.

1. MaryEllen McGowan (PV)	18:34
2. Debbie Meberg (OT)	18:47
3. Colleen Dunn (OT)	19:18
4. Megan Murlaugh (OT)	19:28
5. Sue Ellen McSweeney (OT)	19:29
6. Cheryl Wagner (PV)	19:31
7. Linda Rahal (OT)	19:31
8. Stephanie Bernbridge (NH)	19:31
9. Eugenia Kovkas (OT)	20:03
10. Barbara Gradley (W)	20:14

### BCSL National-Olympic girls

Team scores: Cresskill 32, Rutherford 49, North Arlington 116, Secaucus 140, Harrison 160, Becton 205, Palisades Park 266.

1. Simone Mele (C)	18:32
2. Bianca O'Connell (R)	19:09
3. Tricia Madden (C)	19:32
4. Chris Fitzgerald (Bo)	19:45
5. Denise Murphy (Bo)	19:52
6. Rose Delvesovo (R)	19:55
7. Kathy Daly (R)	19:59
8. Helene Gallivan (C)	20:12
9. Diane Conolly (C)	20:16
10. Karen Von Benowitz (B)	20:20

### BCSL National-Olympic junior varsity

INDIVIDUAL LEADER—Jeff Cosgrove (WR) 17:19.

### BCSL National-Olympic freshmen

Individual Leader — Lowell Mitchell (C) 11:52\*  
\*freshmen run 2 miles.  
At Garret Mountain, 2.85 miles.



1st	2nd	3rd	4th	5th	6th	7th
01:05	17:11	18:17	18:06	14:10	04:21	Card
1st team	all	NWTIL				
28:15	30:05	18:05	15:54	17:37	12:34	Handwritten
M.E. 2						
18:15	18:31	18:51	18:24	18:56	18:32	Card
Haana Herman						
Lisa Schadle		Bergenfeld				
Waney Danuka		Bloom				
Green		Bloom		Healy		
Kathy Duff						

~~Sileen Healy~~

Time  
 one  
 two  
 three  
 four



RIDGEWOOD PUBLIC SCHOOLS  
EDUCATION CENTER  
49 COTTAGE PLACE  
RIDGEWOOD, NEW JERSEY 07451

OFFICE OF THE SUPERINTENDENT  
201-444-9600

October 29, 1979

Mr. Jacob Brown  
Ridgewood High School

Dear Jock:

It was exciting to read that your girls took first in the NNJIL meet and that five runners finished in the top ten. Coupled with the boys' victory, elation must have run high at the high school.

Please share my note with your team. Congratulations to the five winners, to the whole team for its enthusiasm, and to you.

Cordially,



Samuel B. Stewart  
Superintendent of Schools

SBS:vab

cc:R. Honsinger  
R. Flechtner



EASTERN STATES CHAMPIONSHIP

OCTOBER 27, 1979

GIRLS B RACE

1. M. McGowan, Pascack Valley 15:22.5
2. W. Hautau, Tappan Zee 15:44
3. C. Siler, B. Gibbons 15:50
4. E. Lopez, B. Loughlin 15:51
5. J. Maloney, Tappan Zee 16:02
6. L. Fales, Saddle Brook 16:09
7. P. Ward, Haddonfield 16:11
8. C. Wagner, Pascack Valley 16:18
9. K. Black, St. Joe Sea 16:23
10. L. Moran, Haddonfield 16:37
11. L. Ridikas, Christ/King 16:42
12. L. Borders, Suffern 16:44
13. K. Giovannello, Crist King 16:53
- ~~14. C. Egan, Haddonfield 16:57~~
15. N. O'Connor, Dumont, 16:59
16. G. Schiraldi, Dumont 17:00
17. S. Booker, B. Loughlin 17:01
18. K. O'Connor, Rumson/F. Haven 17:03
19. M. Balseiro, St. Joe WNY 17:03
20. K. Focette, B. Loughlin 17:07
21. C. Fitzgerald, Bogota 17:14
22. M. Hayes, Susan Wagner 17:15
23. A. Gaertner, Pascack Valley 17:16
24. D. Jezeover, Christ/King 17:23
25. D. Foxbeck, Secaucus 17:26
26. M. Czarnecki, B. Gibbons 17:27
27. C. Mohannessen, Moore Cath 17:31
28. D. Murphy, Bogota 17:34
29. J. Longo, Wm. Floyd 17:38
30. P. McCluskey, Dumont 17:38
31. A. Morales, B. Loughlin 17:43
32. B. Matthews, Spellman 17:43
33. C. Hatton, Rumson/Fair H. 17:45
34. J. Peitz, Haddonfield 17:49
35. A. Iezanna, B. Loughlin 17:50
36. K. Timcoe, Midland Park 17:50
37. E. George, Loughlin 17:51
38. T. Sentman, Haddonfield 17:54
39. J. Facheovec, St. Joe Sea 17:56
40. S. Ross, Suffern 17:59

- 51 Mary Keegan 18:12
- 65 Stephanie Fuller 18:28
- 108 Joe Ann Casey 19:37
- 109 Peggy Wylie 19:37
- 126 Pam Jones 19:54
- 139 Annette Elton 20:28
- 155 - Carol Lombardi 21:21

Team Score

- 1. Haddonfield 103
- 2. B. Loughlin 107
- 3. Pascack Valley 179
- 4. Christ King 195
- 5. Dumont 200
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13
- 14
- 15
- 16
- 17. RHS 459
- 18
- 19

(34 Teams entered)  
in Race



17:37  
17:39  
18:26  
19:28  
20:09  
20:19  
20:28

Bergen Meet of Champions

OCTOBER 30<sup>TH</sup> 1979

### Boys Varsity

1	Tom Hughes	14:52	1
2	Sean Dully	15:43	111
3	Kevin	15:55	
4	Ray	15:57	
5	Mike	16:20	
6	Keith	16:22	
7	Al	16:53	

### Girls Varsity

1	Mary Ellen	17:24	(2)
2	Carol	18:06	(9)
3	Cathy	18:24	(12)
4	Barb	18:52	(19)
5	Colleen	19:35	34
6	Cris	19:53	(76) 39
7	Ann	20:43	54



# New Jersey State Sectional Championships North I Group III

Passaic County Tech  
Memorial  
North Bergen  
Paramus  
Ridgewood  
Hackensack

Wayne Hills  
Eastside  
Kearny  
Bergenfield  
Hoboken  
Passaic Valley  
J.F. Kennedy, Paterson

## Last Year

Bergenfield - 69  
RHS - 81  
Hoboken - 90  
North Bergen - 114  
Eastside - 123  
Kearny - 124  
Kennedy - 126  
Passaic Tech - 159

Carol Sectionals  
5<sup>TH</sup> Fastest Time Tie with  
(18:17) Faler

Duffy -  
(18:29) 7<sup>TH</sup> fastest Time of County people

## THIS YEAR

WAYNE HILLS - LAST in NBIC

Kennedy - Won Paterson city CHAMPS - 2<sup>ND</sup> 19:41

Gwen White - 16:28 at MANHATTAN

Memorial, Kennedy, North Bergen, Eastside - Behind Bergenfield in  
Passaic Coaches meet

STATE SECTIONAL - 9:30 am at Garrett Mt.  
NOV 3

STATE GROUP - 10:00 am at Holmdel  
NOV 10

PRACTICE AT HOLMDEL - SUNDAY 4 NOV



Rain + mud

NORTH 1 SECTION GROUP 4

11-3-1979

NAME	Time	School
1. Mary Ellen Mileski	18:02	Ridgewood
2. Carol Dickstein	18:17	Ridgewood
3. Lisa ...	18:23	Bloomfield
4. Kathy DUFFY	18:29	Ridgewood
5. Nancy ...	18:40	Bloomfield
6. KAZCO ...	...	Kennedy
7. MARIA ALONSO	...	Memorial
8. Julia Debederki	19:00	Memorial
9. Michele Iannello	...	KEARNY
10. St. Jackson	...	Kennedy
16. Colleen Wright	20:11	
23. Cris Speranza	20:24	
27. Barbara Remmers	20:35	
36. Mary Keegan	21:02	

Group IV Girls

TEAM SCORE	
1. Ridgewood	44
2. KEARNY	69
3. Kennedy	71
4. Bergenfield	94
5. Memorial	101

1, 2, 4, 15, 22 = 44 (26, 33)



STATE GROUP IV CHAMPIONSHIP  
 HOLM DALE NOV 10<sup>TH</sup> - 10:00 AM  
 BUS LEAVES AT 7:00 am

TEAMS:

North 1

Ridgewood  
 Kearny  
 Kennedy  
 Bergenfield  
 Memorial

North 2

Morristown  
 Plainfield  
 Columbia  
 Cranford  
 Morris Knolls

Central

Hunderdon Central  
 Raritan  
 East Brunswick  
 Piscataway  
 Hamilton West

South

Toms River North  
 Beick  
 Tomokiver South  
 Jackson  
 Vineland

Notable Individuals:

Joetta Clark  
 Columbia

Judy Stein  
 Morristown

Dorian St Clair  
 Plainfield

Linda King  
 Roplung

Crockett Batz  
 H.C.

Beverly Rockhill  
 Hamilton W.

Tracey Deely  
 Raritan

Liese Schaff  
 H.C.

Stephanie Guidotti  
 H.C.

Lori Butterfield  
 H.C.

Riva Gensil  
 Cherry Hill W.

Janet Flood  
 TRN

Lisa Mitchell  
 TRS

Donna Beers  
 Deptford

Sharon White  
 TRN

Last Year

TRN - 71  
 BRICK - 79  
 RARITAN - 122  
 MORRISTOWN - 126  
 HUNTER DON CENTRAL - 169  
 TRS - 173  
 (RHS WAS 12<sup>TH</sup>)

\* Team Scores are deceptively low because individuals are dropped out before team score is totaled.



# GR-4 GIRLS

10 A.M.

GROUP 4 - GIRLS

STARTING LINE

10:00 a.m.

## (SHELTER AREA)

1- HUNTERDON CENTRAL	#43-49
2- TOMS RIVER NORTH	#120-126
3- RIDGEWOOD	#113-119
4- MORRISTOWN	#85-91
5- BRICK TWP.	#8-14
6- RARITAN	#106-112
7- KEARNY	#57-63
8- PLAINFIELD	#99-105
9- TOMS RIVER SOUTH	#127-133
10- EAST BRUNSWICK	#29-35
11- PATERSON KENNEDY	#64-70
12- COLUMBIA	#15-21
13- JACKSON	#50-56
14- PISCATAWAY	#92-98
15- BERGENFIELD	#1-7
16- CRANFORD	#22-28
17- VINELAND	#134-141
18- HAMILTON WEST	#36-42
19- MEMORIAL (W.W.Y.)	#71-77
20- MORRIS KNOLLS	#78-84

## Individual Entries

- #141 Gabi Czaia (Scotch Plains)
- #142 Alyson Hendricks (Matawan)
- #143 Patti Gillen (Middletown South)
- #144 Amy Hansen (Woodbridge)
- #145 Debbie Russell Brown (Franklin Twp)
- #146 Riva Gensie (Cherry Hill West)
- #147 Donna Beers (Deptford)
- #148 Wendy Westphal (Highland)
- #149 Lisa Green (Bloomfield)
- #150 Nancy Deneka (Bloomfield)
- #151 Linda King (Roxbury)

## 21- INDIVIDUAL ENTRIES

## (LAKE AREA)

### GENERAL INFO:

- 1- Notify scoring table officials and/or meet director if you have entered a team but are now running less than five runners. Obtain a colored card for individuals to wear on front of the shirt.
- 2- Pin numbers on BACK of shirt.
- 3- Individuals NOT ~~scoring~~ (scoring for) a team will wear a colored card on front of the shirt as well as a number on back of shirt.
- 4- Runners will receive place cards at finish chute. Individuals not scoring for a team receive orange cards ONLY and will be directed out of the chute before the end. Team members receive both orange and white (team place) cards. White team place cards are given at the end of the chute.

(INDIVIDUALS NOT SCORING FOR A TEAM SHOULD NOT OBTAIN A WHITE CARD).



# State group meet set for Saturday

By Jill Barnes  
Correspondent

**HOLMDEL** — It rained last Saturday and the Garret Mountain course was muddy. It was the final race of the day, and Mary Ellen McGowan of Pascack Valley may have run off course but she finished the race at 16:45, 32 seconds faster than Violetta Josevska's course record of 17:17. In the State final Saturday at Holmdel County Park, McGowan

## Girls cross-country

may not have to run as fast, but she will have some tough competition in Group 3.

The toughest may be Debbie Meberg of Old Tappan, who has been close to McGowan all season, but has yet to out-distance the junior. Other strong runners are Doreen Startare of Paul VI in Had-donfield, Nancy Staudt of Lakewood, and Terry Gschwind of Summit.

The Old Tappan team, with Meberg, Colleen Dunn, and Megan Murtaugh, could win the team honors in a close race with Pequannock. The Golden Knights have seven strong runners. Other area teams in the final are Ramsey, Pascack Valley, and Dumont.

Ridgewood looks tough in Group 4. The Maroons had three runners make the top five in the sectional, with Mary Ellen Mileski finishing first. Mileski, however, probably will have trouble keeping up with Columbia's super runner Joetta Clark. Besides Ridgewood's Carol Dickstein and Kathy Duffy, Lori Butter-

field of Hunterdon Central is a strong favorite.

Ridgewood, Bergenfield, and Kennedy, with freshman Karen Kirkland, will be the area representatives in Group 4.

Mighty mites have an excellent chance of finishing in the top three in Group 2. Lisa Pakutka of Hopatcong and Josevska of Garfield have been running well all season and finished 1-2 respectively, in the sectional. Vernon's Kathy Stone also could be right up there. Saddle Brook, Rutherford, and DePaul are area teams in Group 2.

The Group 1 race should be very close. Teammates Ann Gladue and Michelle Rago of Bayley-Ellard finished first and second in the Section 2 race at Warinanco Park, Elizabeth. Simone Mele of Cresskill and Cookie Dunne from Paterson Catholic could make the top 10, and if Paul VI's runners Joan Profita and Pam Farinella have good days they could be there too.

Cresskill, Paul VI, Midland Park, and Eastern Christian are the team representatives in Group 1.

## The Record's girls cross-country poll

	Pts
1. Old Tappan (8) -----	80
2. Ridgewood -----	72
3. Pascack Valley -----	56
4. Cresskill -----	47
5. Ramsey -----	46
6. Kennedy -----	39
7. Dumont -----	34
8. Saddle Brook -----	29
9. Bergenfield -----	20
10. Rutherford -----	10

Also-rans: Paramus Catholic 5; Secaucus 3; Ridgefield Park 1.

Votes are tabulated on a 10-9-8-7-6-5-4-3-2-1 basis. First-place votes are in parentheses.

**Selection committee:** Lou Molino, Ramsey; Bruce Hyde, Old Tappan; Norm Fink, Dumont; Tom Franceses, Cresskill; Randy Krakower, Paramus Catholic; Jock Brown, Ridgewood; Ken Samra, Kennedy; Paul Schwartz, The Record.



FINAL RESULTS

GROUP 4 - GIRLS

Name	School	Time
1. <u>DEB ROCKHILL</u>	<u>HAMILTON W</u>	<u>19.27.3</u>
2. <u>LORI BUTTERFIELD</u>	<u>HUNT. CENT</u>	<u>.34</u>
3. <u>CRICKET BATZ</u>	<u>HUNT. CENT</u>	<u>.44</u>
4. <u>CAROLE DICKSTEIN</u>	<u>RIDGEWOOD</u>	<u>.47</u>
5. <u>JOETIA CLARK</u>	<u>COLUMBIA</u>	<u>.49</u>
6. <u>STEPHANIE GUIDOTTI</u>	<u>HUNT CENT</u>	<u>.57</u>
7. <u>JOAN LUCKHOWER</u>	<u>E BRUNSWICK</u>	<u>.53</u>
8. <u>ALLYSON HENDRICKS</u>	<u>HATAWAN</u>	<u>.57</u>
9. <u>LINDA KING</u>	<u>ROXBURY</u>	<u>20.01</u>
10. <u>MARY MILESKI</u>	<u>RIDGEWOOD</u>	<u>.06</u>
11. <u>TRACIE SEELY</u>	<u>RARITAN</u>	<u>.07</u>
12. <u>MARYBEH HOGAN</u>	<u>CRANFORD</u>	<u>.09</u>
13. <u>JANET FLOOD</u>	<u>T.R.N.</u>	<u>.13</u>
14. <u>LISA SCHADLER</u>	<u>BIRFIELD</u>	<u>.15</u>
15. <u>LISA MITCHELL</u>	<u>T.R.S.</u>	<u>.23</u>
16. <u>LISA GREEN</u>	<u>BIRFIELD</u>	<u>.29</u>
17. <u>AMY HANSEN</u>	<u>WOODBRIDGE</u>	<u>.30</u>
18. <u>KATHY DUFFY</u>	<u>RIDGEWOOD</u>	<u>.31</u>
19. <u>RIVA GENSIB</u>	<u>CHERRY HILL W.</u>	<u>.34</u>
20. <u>KAREN MOLFORD</u>	<u>T.R.N.</u>	<u>.36</u>

50 (39) Barb Remmers 21:43

71 (60) Colleen Wright 22:17

94 Cris Speranza 23:11

102 Laura Campbell 23:34

Final Team Standings

School	Score	School	Score
1. <u>HUNTERDON CENT.</u>	<u>83</u>	11. <u>BERGENFIELD</u>	<u>295</u>
2. <u>T.R.N.</u>	<u>109</u>	12. <u>HAMILTON W.</u>	<u>345</u>
3. <u>RIDGEWOOD</u>	<u>125</u>	13. <u>PLAINFIELD</u>	<u>355</u>
4. <u>WARRINGTON</u>	<u>136</u>	14. <u>PISCATAWAY</u>	<u>369</u>
5. <u>COLUMBIA</u>	<u>188</u>	15. <u>T.R.S.</u>	<u>369</u>
6. <u>BRICK</u>	<u>207</u>	16. <u>MEMORIAL WY.</u>	<u>373</u>
7. <u>MORRISTOWN</u>	<u>210</u>	17. <u>JACKSON</u>	<u>433</u>
8. <u>E. BRUNSWICK</u>	<u>218</u>	18. <u>VINELAND</u>	<u>471</u>
9. <u>PLAINFIELD</u>	<u>218</u>	19. <u>MORRIS KNOLLS</u>	<u>478</u>
10. <u>KEARNY</u>	<u>271</u>	20. <u></u>	<u></u>
10. <u>PATERSON KENNEDY</u>	<u>262</u>		



## Girls Group 1

### Team scores

Bernards 33, Mater Dei 43, Kinnelon 170, Woodbury 191, Bound Brook 197, Cresskill 201, Highland Park 206, Morris Catholic 219, Glen Ridge 239, Immaculata 251, Manchester Twp. 296, Paul VI 317, Pinelands 319, Midland Park 325, Eastern Christian Christian 365, Secaucus 387.

1. Ann Gladue, Bayley-Ellard 18:19\*
2. Meg Waldron, Bernards — 19:14
3. Judy Ruff, Highland Park — 19:30\*
4. Renee DeFeo, Clayton — 19:36\*
5. Suzanne Minogue, Mater Dei 20:15
6. Erin McKenna, Mater Dei 20:25
7. Jane Armstrong, Bernards 20:27
8. Julie Blanchet, Bernards — 20:30
9. Nancy Schmidt, Kinnelon — 20:34
10. Simone Mele, Cresskill — 20:44\*
17. Pam Farinella, Paul VI — 21:01
21. Tricia Madden, Cresskill — 21:30
23. Daria Wisse, EC — 21:34
47. Mary Delvechio, Paul VI — n.t.

## Girls Group 3

### Team scores

Old Tappan 54, North Hunterdon 88, Pequannock 100, Red Bank Catholic 139, Pascack Valley 211, Toms River East 217, Paul VI (Haddonfield) 219, Manalapan 241, Dumont 277, Holy Cross 285, Freehold 296, Randolph 305, Point Pleasant Boro 330, Morris Hills 340, Lakewood 349, Somerville 371, Hoboken 376, Vailsburg 394.

1. Mary Ellen McGowan, PV 19:37.1\*
2. Doreen Startare, P VI (Had) — 19:48\*
3. Debbie Meberg, O Tap 19:51
4. Sharon Greeve, N. Hunt. — 19:52
5. Colleen Dunn, Old Tappan — 19:54
6. Mickey Griffith, N. Hunt — 19:56
7. Nancy Staudt, Lakewood — 20:01\*
8. Lisa Szymanski, Toms R.E. 20:03\*
9. Sandra Cook, Howell — 20:05\*
10. Megan Nurtaugh, Old Tap 20:06
13. Laura Forsyth, Pequannock 20:20
14. Sue McSweeney, Old Tappan 20:25
15. Cheryl Wagner, PV — 20:26
17. Barbara Forsythe, Peq — 20:31
19. Pam Okolita, Cliffside Park 20:33
23. Debbie Herkstroetter, Peq 20:46
24. Lynne Blomberg, Peq — 20:50
25. Kathy Jones, Ramsey — 20:52
29. Linda Rahal, Old Tappan 20:57
38. Eugenia Koykas, Old Tappan 21:16
40. Gloria Schiraldi, Dumont — 21:22
43. Suzy Libonati, Old Tappan 21:30
44. Missy Florence, Pequannock 21:34

## Girls Group 2

### Team scores

St. John Vianney 100, Holmdel 139, Haddonfield 142, Hopatcong 150, Mount Olive 171, St. Joseph (TR) 180, Vernon 188, Delaware Valley 201, Jefferson 217, Metuchen 240, Dover 279, North Brunswick 290, Saddle Brook 299, Haddon Twp. 314, Butler 336, DePaul 360, Delran 376, Rutherford 377.

1. Lisa Pakulka, Hopatcong — n.t.\*
2. Eva Marie Berardi, Willtn — n.t.\*
3. Violetta Josevska, Garfield — n.t.\*
4. Ann Marie Martinek, SJ (V) n.t.5.
- Cathy Stone, Vernon — n.t.\*
6. Cathy McEwen, Holmdel — n.t.
7. Patti Fredericks, Holmdel — n.t.
8. Karen Flanagan, Jefferson — n.t.\*
9. Sue Hollister, Jefferson — n.t.\*
10. Laura Falci, Saddle Bk. — n.t.\*
14. Cindy Cilwik, Garfield — n.t.
20. Colleen Murphy, DePaul — n.t.
45. Bianca O'Connell, Ruth — n.t.

## Girls Group 4

### Team scores

Hunterdon Central 83, Toms River North 109, Ridgewood 125, Raritan 136, Columbia 188, Brick 207, Morristown 210, East Brunswick 218, Plainfield 218, Kennedy 262, Kearny 271, Bergenfield 285, Hamilton West 349, Cranford 359, Toms River South 364, Piscataway 369, Memorial 373, Jackson 433, Vineland 471, Morris Knolls 478.

1. Bev Rockhill, Ham W — 19:27.3\*
  2. Lori Butterfield, Hunt C — 19:34
  3. Cricket Batz, Hunt C — 19:44
  4. Carol Dickstein, Ridgewood 19:47
  5. Joella Clark, Columbia — 19:49\*
  6. Stephanie Guidotti, Hunt C 19:51
  7. Joan Lockhower, E Brun — 19:53\*
  8. Alyson Hendricks, Matawan 19:57\*
  9. Linda King, Roxbury — 20:01\*
  10. Mary Ellen Mileski, Ridg — 20:06
  14. Lisa Schadler, Bergenfield 20:15
  18. Kathy Duffy, Ridgewood — 20:31
  27. Karen Kirkland, Kennedy 20:55
  31. Eileen Healy, Bergenfield 21:09
  49. Barbara Remmers, Ridg — 21:43
- \* qualified for State meet of champions



G I R L S

ALL-GROUP STATE MEET STARTING POSITIONS.  
November 17, 1979

12:30 p.m.  
Holmdel Park

- 1- Hunterdon Central
- 2- Bernards
- 3- Old Tappan
- 4- St. John Vianney
- 5- Toms River North
- 6- North Hunterdon
- 7- Mater Dei
- 8- Holmdel
- 9- Ridgewood
- 10- Pequannock
- 11- Haddonfield
- 12- Kinnelon
- 13- INDIVIDUAL QUALIFIERS

INDIVIDUALS

SIMONE MELE - Crosskill  
SUE HOLLISTER - Jefferson  
KAREN FLANNEGAN - Jefferson  
CATHY STONE - Vernon  
SANDY COOK - Howell  
LISA SZYMINSKI - Toms River East  
LINDA KING - Roxbury  
NANCY STAUDT - Lakewood  
VIOLETTA JOSEVSKA - Garfield  
ALYSON HENDRICKS - Matawan  
JOAN LUCKHOWEC - East Brunswick  
JOETTA CLARK - Columbia  
DCREEN STARTARE - Paul VI (Had.)  
EVA MARIE BERARDI - Williamstown  
TERESA GSHWIND - Summit  
MARY ELLEN MCGOWAN - Passack Valley  
RENEE DEFEO - Clayton  
JUDY RUFF - Highland Park  
BEVERLEY ROCKHILL - Hamilton West  
LISA PAKUTKA - Hopatsong  
ANNE GLADUE - ~~IRL~~ Bayley-Ellard

st

COACHES,

The placement of teams at the starting line is based on an arrangement according to first place teams, second place teams, etc., starting from the Shelter Area. While this is not an exact "seeding," this approximated "seeding" allows the #1 place teams from last week to get a relatively straight start to the trail opening. On the other hand, individual qualifiers are seeded from the Lake Area so that they do not have to worry about runners scavenging into them.



~~Handwritten scribbles~~

Name	School	Time
1. CADDE, ANN	BAILEY E.	18.17.6
2. GSHWIND, THERESA	SUMMIT	19.19.8
3. STONE, CATHY	VERNON	.29
4. ROCKHILL, BEVERLEY	HAMILTON W.	.35
5. ROFF, JUDY	HIGHLAND PK.	.37
6. JOSEUSKA, VIOLETTA	GARFIELD	.38
7. DEFEO, RENEE	CLAYTON	.40
8. LUCKHOWEC, JOAN	E. BRUNSWICK	.43
9. Mc GOWAN, MARY	PASCACK VALLEY	.44
10. BUTTERFIELD, LORRIE	HUNTERDON CENT.	.48
11. MEYBERG, DEBBIE	OLD TAPPAN	.51
12. SZIMINSKI, LISA	T. R. E.	.51
13. FLOOD, JANET	T. R. N.	.56
14. MINOGIE, SUE	MATER DEI	20.00
15. HENDRICKS, ALYSON	HATAWAN	.01
16. BATZ, CRICKET	HUNTERDON CENT	.08
17. SCHAFF, LISA	HUNTERDON CENT	.09
18. DICKSTEIN, CAROL	RIDGEWOOD	.10
19. DEMARRIB, MARGE	No. HUNTERDON	.11
20. GREENE, SHARON	No. HUNTERDON	.12

Final Team Standings

School	Score	School	Score
1. HUNTERDON CENT	52	11.	
2. OLD TAPPAN	63	12.	
3. NO. HUNTERDON	111	13.	
4. BERNARDS	114	14.	
5. MATER DEI	132	15.	
6. T. R. N.	134	16.	
7. ESQUIMONCK	144	17.	
8. RIDGEWOOD	194	18.	
9. St. JOHN VIANNY	210	19.	
10. HOLMDEL	274	20.	



		OVER PLACE	TEAM CARD
Carol Dickstein	20:10	18	7
Mary Ellen Mileski	21:35	61	38
Kathy Duffy	21:37	62	39
Colleen Wright	21:49	70	47
Laura Campbell	22:58	87	63
			<hr/>
			194
Cris Speranaga	23:29	91	67
Barbara Remmers	DNF		



# Old Tappan girls, Mahwah's Leavesley take second places

**HOLMDEL** — Old Tappan coach Bruce Hyde wishes the cross-country season was one week longer. If it was, the Golden Knights might be the New Jersey State Interscholastic Athletic Association girls champions.

Old Tappan, getting better every week, finished second to Hunterdon Central, the State leader all season, by 11 points yesterday in the state Meet of Champions. The Knights, paced by Debbie Meberg, running 11th in her final race, put six runners ahead of Hunterdon Central's fifth, but Hunterdon Central's first four runners beat their Old Tappan

## Cross-country

counterparts by margins of five to nine seconds, providing the margin of victory.

Meberg finished six seconds behind HC's first finisher, Lori Butterfield, and Megan Murtaugh and Sue Ellen McSweeney were five seconds behind Hunterdon Central's Cricket Batz and Liese Schaff. Colleen Dunn was the fourth OT finisher, in 28th, nine seconds behind Sandy Guidotti of Hunterdon Central. Eugenia Koykas (43) and Linda Rahal (47) also finished in the top 50 for Old Tappan.

Violetta Josevska of Garfield was sixth for the highest individual finish. "I was in a race for second almost all the way, but some of the other girls out-kicked me," she said. Ann Gladu won the race in 18:17.6, more than a minute ahead of Terry Gschwind of Summit.

Mary Ellen McGowan of Pascack Valley was ninth, and Carol Dickstein of Ridgewood 18th, leading the Maroons to eighth place. Ridgewood was hampered by the subpar showing of freshman Mary Ellen Mileski, who could manage only 62nd.

Ian Leavesley of Mahwah was the bright spot in a dismal boys showing, finishing a strong third behind winner Jim Smith of Haddonfield and runner-up Kevin Lundy of Long Branch. Christian Brothers Academy, as expected, won the race easily.

Leavesley, who ran 16:21 on the three-mile, Holmdel County Park course was pleased with his performance. "I had a



Ian Leavesley

## Boys

### TEAM SCORES

CBA 57, Bernards 116, Manalapan 118, Long Branch 142, Toms River South 171, Delsea 176, Westfield 197, Seton Hall 207, Memorial 213, Queen of Peace 214, Mountain Lakes 272, Sparta 272, Haddonfield 282, Bayley-Ellard 298, Madison 302, Leonia 341.
1. Jim Smith, Haddonfield 16:09.5
2. Kevin Lundy, Long Branch 16:09.5
3. Ian Leavesley, Mahwah 16:21
4. Bob Robertson, Piscataway 16:25
5. Mark Librizzi, CBA 16:26
6. Joe Buda, Toms River North 16:28
7. Tom Fischer, Manalapan 16:29
8. Cliff Sheehan, Westfield 16:35
9. Gregg Noll, Morris Catholic 16:37
10. Tom Milligan, Delsea 16:40
14. Sean Gormley, Bergen Catholic 16:51
22. Pat Fogarty, Queen of Peace 16:55
25. John Nelson, Old Tappan 17:01
30. Ed Kuri, Passaic Valley 17:05
38. Larry Moloney, Bergen Catholic 17:15
42. Paul Kane, Queen of Peace 17:21

## Girls

### TEAM SCORES

Hunterdon Central 52, Old Tappan 63, North Hunterdon 111, Bernards 114, Mater Dei 132, Toms River North 134, Pequannock 144, Ridgewood 194, St. John Vianney 210, Holmdel 274.
1. Ann Gladu, Bayley-Ellard 18:17.6
2. Terry Gschwind, Summit 19:19.8
3. Cathy Stone, Vernon 19:29
4. Bev Rockhill, Hamilton West 19:35
5. Judy Ruff, Highland Park 19:37
6. Violetta Josevska, Garfield 19:38
7. Renee DeFeo, Clayton 19:40
8. Joan Luckhowec, East Brunswick 19:43
9. Mary Ellen McGowan, Pascack Valley 19:44
10. Lori Butterfield, Hunterdon Central 19:48
11. Debbie Meberg, Old Tappan 19:54
18. Carol Dickstein, Ridgewood 20:10
21. Megan Murtaugh, Old Tappan 20:13
22. Sue Ellen McSweeney, Old Tappan 20:14
28. Colleen Dunn, Old Tappan 20:33
31. Laura Forsyth, Pequannock 20:39
32. Barbara Forsyth, Pequannock 20:39
40. Laura Falci, Saddle Brook 20:53
43. Eugenia Koykas, Old Tappan 20:57
47. Linda Rahal, Old Tappan 21:00
48. Simone Mele, Cresskill 21:10

terrific start and I was with the leaders for the first 1½ miles," he said, "but when they broke away, I was running by myself and the wind made things difficult."

Queen of Peace was the top team finisher in 10th, but the Queensmen were dealt a stunning blow Friday, when No. 2 runner Mark Mallea was seriously injured in a head-on collision in Kearny. Mallea, who is in fair condition in West Hudson Hospital in Kearny, suffered a concussion, and a serious hand injury that required surgery.

Bergen Catholic's Sean Gormley was 14th and Passaic's only entry, Ed Kuri of Passaic Valley was 30th.

Old Tappan's John Nelson, still suffering the effects of a week-long illness, finished 25th after being second in last week's Group 3 race.



# Cross Country Fall 1979 -

Sept 16

## GIRLS CROSS-COUNTRY

Demarest 21 ————— Teaneck 36  
 Dumont 21 ————— Westwood 39  
 Jefferson 155 ————— Morris Cath. 40

Sept 16

## Rutherford girls second

Bianca O'Connell ran 22:14 yesterday to finish second and lead the Rutherford girls cross-country team to a second-place finish in the Group 2 race at the Highland Park Invitational. Cathy Daily and Helen Quinn finished eighth and ninth, respectively, for the Bulldogs, who finished with 43 points, eight behind winner Delaware Valley.

Bergenfield finished second in the Group 4 race with 60 points, 27 more than first-place finisher Raritan. Eileen Healey was fourth and Terry Malespina took fifth for the Bears. Midland Park took second to Highland Park in a two-team Group 1 race. Bethana Newton was the top Panther finisher as she took third.

Lori Falci took 15th place with a time of 19:09 as Saddle Brook took 12th place in the Group C race at the Edison Invitational. River Dell finished 27th.

Ray Simone of Saddle Brook clocked 16:31 to take 18th place as the Falcons finished 10th in the Boys Group C race. Hackensack finished 19th, with Delbarton winning team honors. River Dell finished last in the Group B race.

Chifton 23 Wayne Valley 36  
 Chifton 22 Hackensack 46

## GIRLS CROSS-COUNTRY

Paramus Cath. 15 ————— Immac. Heart 50  
 Passaic T. 23 ————— Midland Pk. 32  
 Paul VI 22 ————— E. Christian 33

Sept 19 or 20

## GIRLS CROSS-COUNTRY

Cliffside Park 16 ————— For Lee 41  
 Dumont 22 ————— Saddle Brook 36  
 Jefferson 15 ————— Warren Hills 59  
 Kennedy 17 ————— Clifton 41  
 Old Tappan 15 ————— Westwood 50

## GIRLS CROSS-COUNTRY

Cresskill 24 ————— Rutherford 31  
 N. Arlington 25 ————— Park Ridge 31

## GIRLS CROSS-COUNTRY

Buller 21 ————— Morris Cath. 33  
 DePaul 23 ————— W. Milford 36  
 Paramus Cath. 21 ————— Teaneck 38

## GIRLS CROSS-COUNTRY

Palisades Park 20 ————— Becton 45

## GIRLS CROSS-COUNTRY

Eastside 26 ————— Passaic Tech 29  
 Midland Pk 19 ————— Hawthorne 42  
 Old Tappan 15 ————— Ramapo 50  
 Paramus Cath. 16 ————— Queen of Peace 46  
 Ridgewood 17 ————— Teaneck 44  
 Teaneck 19 ————— Hackensack 38

## GIRLS CROSS-COUNTRY

Cliffside Pk. 25 ————— Garfield 36  
 Cresskill 24 ————— Secaucus 32  
 Kennedy 18 ————— Belleville 44  
 N. Highlands 15 ————— Pascack Hills 50  
 Old Tappan 15 ————— Indian Hills 50  
 Pascack Valley 18 ————— River Dell 41

## GIRLS CROSS-COUNTRY

Jefferson 21 ————— West Milford 35  
 Pequannock 17 ————— Morris Cath. 42  
 Queen of Peace 25 ————— Paul VI 34  
 Ramsey 16 ————— Manchester 42

Top 10 10/10

Brown

1. R.H.S

2. O.T.

3. Bergenfield

4. Passaic Valley

5. Cresskill

6. Dumont

7. Saddle Brook

8. Kennedy

9. Ramsey

10. P.C.



Rankings at Ridgewood Inv.

"A" Bergenfield  
JFK Patterson  
P.C.  
Cliffside Park

"B" Ramsey  
Rutherford  
M.P.  
Q of Peace  
Bozola  
Way Down

**GIRLS CROSS COUNTRY**  
Bozola 24 — Harrison 33  
Cliffside Pk. 18 — Ridgefield Pk. 41  
Old Tappan 15 — River Dell 50  
Passaic Tech 18 — Hawthorne 43  
Pequannock 23 — Caldwell 34  
Westwood 21 — N.Highlands 38

**GIRLS CROSS-COUNTRY**  
Cliffside Pk. 17 — Tenafly 42  
Cresskill 15 — Harrison 40  
Cresskill 16 — Becton 39  
No. Highlands 15 — Ramapo 50  
Queen of Peace 19 Imm. Heart 38  
Ramsey 23 — Passaic Tech 32  
Rutherford 15 — Palsades Pk. 50

**GIRLS CROSS-COUNTRY**  
Immac. Hl. 27 — E. Christian 32  
Ridgewood 22 — Bergenfield 33

County champs

- 1-2  
Cresskill  
Rutherford  
S.B.  
North Arlington  
Queen of Peace  
3-4  
O.T.  
R.H.S.  
P.V.  
Dumont  
Ramsey

Top 10 (Browns) 10/24

- ① O.T.
- ② R.H.S.
- ③ Cresskill
- ④ Pascack Valley
- ⑤ Dumont
- ⑥ Ramsey
- ⑦ Rutherford
- ⑧ Saddle Brook
- ⑨ Bergenfield
- ⑩ Kennedy

(Record)

- ① O.T.
- ② R.H.S.
- ③ Pascack Valley
- ④ Cresskill
- ⑤ Dumont
- ⑥ Ramsey
- ⑦ Bergenfield
- ⑧ Saddle Brook
- ⑨ Kennedy
- ⑩ Rutherford

Records poll 11/8/79

1. O.T.
2. R.H.S.
3. P.V.
4. Cresskill
5. Ramsey
6. Kennedy
7. Dumont
8. S.B.
9. Bergenfield
10. Rutherford

county champs

- 1 O.T.
- 2 R.H.S.
- 3 P.V.
- 4 Dumont
- 5 Cresskill
- 6 S.B.
- 7 Ramsey
- 8 Rutherford
- 9 Q of P.
- 10 N. Arlington

Sectional

		<u>Group</u>
<u>IV</u>	RHS Kennedy Bergenfield	RHS
<u>III</u>	O.T. Ramsey P.V. Dumont P.C. Cliffside Park Demarest	O.T. P.V. Dumont
<u>II</u>	S.B. Rutherford	S.B. Rutherford
<u>I</u>	Cresskill Secaucus Paul III M.P.	Cresskill M.P. Secaucus





Bergen County  
Women Coaches  
Association  
Awards  
Dinner



December 11, 1979  
at  
Imperial Manor



## BERGEN COUNTY WOMEN COACHES ASSOCIATION

It is a sincere privilege and pleasure to welcome the ALL-COUNTY ATHLETES and COACHES OF THE YEAR to our Bergen County Women Coaches Association All-County Dinner.

This occasion is a tribute to the fine efforts of these student athletes and their Coaches who have worked long and hard.

Our gratitude is extended to everyone associated with the fine interscholastic programs in which our honored guests have participated.

B. C. W. C. A.  
Executive Committee

### OFFICERS - 1979 - 1980

PRESIDENT            Sister Lawrence, Paramus Catholic HS

PRESIDENT-ELECT - Art Erickson, Glen Rock HS

TREASURER            Barbara Barlow, Emerson HS

CORRESPONDING  
SECRETARY            Eileen Sake, Northern Valley HS, Demarest

RECORDING  
SECRETARY            Barbara Gaydick, Northern Valley HS,  
Old Tappan



## CROSS COUNTRY

Violetta Josevski	12	Garfield	Bob Franzmann
Mary Ellen McGowan	11	Pascack Valley	Bill Henshaw
Carol Dickstein	11	Ridgewood	Jock Brown
Mary Ellen Mileski	9	Ridgewood	Jock Brown
Colleen Dunn	12	Old Tappan	Bruce Hyde
Debbie Meberg	12	Old Tappan	Bruce Hyde
Megan Murtaugh	12	Old Tappan	Bruce Hyde

COACH OF THE YEAR: BRUCE HYDE, OLD TAPPAN

## FIELD HOCKEY

Therese DeFalco	11	Bergenfield	Didi Burek
Robin Forhecz	12	Ramsey	Sheila Sands
Lisa Flynn	11	Ridgewood	Joyce Hartenstine
Nancy Dass	12	Hackensack	Carol Geisler
Debbie Leichtnam	12	Hackensack	Carol Geisler
Kathy Harkins	12	Old Tappan	Leslie Keating
Alison Welles	12	Old Tappan	Leslie Keating
Lisa Locantore	12	River Dell	Mary Ann Pieshala
Liz Augusta	12	River Dell	Mary Ann Pieshala
Denise Medea	11	River Dell	Mary Ann Pieshala
Sue Lora	11	Demarest	Eileen Sake
Janet Rotondo	12	Demarest	Eileen Sake

COACH OF THE YEAR: EILEEN SAKE, DEMAREST

## GYMNASTICS

Barbara Cerrito	12	Hasbrouck Hgts	Sue Grutta
Patty Medhus	12	Ramapo	Val Olsen
Karen Cartotto	12	Ramapo	Val Olsen
Lucia Cancelmo	12	Ridgewood	Tony Napier
Jenny Jahrling	9	Ridgewood	Tony Napier
Marianne Taylor	11	Paramus	John Hluchan

COACH OF THE YEAR: JOAN HLUCHAN, PARAMUS



## VOLLEYBALL

Nina Akai	12	Leonia	Louise Springer
Fran Bonczkowski	12	Lyndhurst	Mary Christie
Karen Beardsley	12	Old Tappan	John English
Gail Silberthau	12	Tenafly	Andrea Murphy
Kerry Keith	11	Paramus	Connie Bengueyfield
Cathy Miani	12	Paramus	Connie Bengueyfield

COACH OF THE YEAR: CONNIE BENGUEYFIELD, PARAMUS

## TENNIS

Dunja Hinrichs	12	Old Tappan	Mary Colantoni
Nancy Horowitz	12	Teaneck	Helen Connolly
Carol Bliss	12	Demarest	John D'Ambra
Stephanie Brown	11	Demarest	John D'Ambra
Ellen Fusco	10	Ridgewood	Debbie Paul
Cathy Chong	12	Ridgewood	Debbie Paul
Marie Errico	12	Ridgewood	Debbie Paul

COACH OF THE YEAR: DEBBIE PAUL, RIDGEWOOD



RIDGEWOOD PUBLIC SCHOOLS  
EDUCATION CENTER  
49 COTTAGE PLACE  
RIDGEWOOD, NEW JERSEY 07451

OFFICE OF THE SUPERINTENDENT  
201-444-9600

November 21, 1979

Mr. Jacob Brown  
Ridgewood High School

Dear Jock:

Your girls accumulated quite a few honors in the course of the cross-country season this year. They showed fine spirit at all times--when they were at the top and when they fell in line below the top. Every girl was a champion in enthusiasm and in good sportsmanship.

I congratulate each one of them and you, their coach.

Cordially,



Samuel B. Stewart  
Superintendent of Schools

SBS:vab











