

## STUDENT-ATHLETE JEN McDERMOTT

By Patrick McKechnie

and younger, and they're able to do things so easily while I struggle to accomplish the same thing. I'm at a certain level now, and to reach the next level, it takes a certain amount of time and commitment, and I don't think I have it to give.

"It's funny, in track, I never thought of myself as that good. When I was invited to work out at the Olympic Training Center last summer, I was kind of overwhelmed. I felt I really didn't belong there with some of the best athletes in the world. Lately, though, it's starting to come to me that maybe I am that good. I think that's been the hardest part for me: convincing myself of how good I am."

And practice is a big part of McDermott's success. "Practice leads to the payoff," she says. "If you don't practice you can't compete. Competing is a reward for the work you've done."

McDermott, a member of the Leadership Education Group Against Drugs and the Fellowship of Christian Athletes, certainly enjoys working with all her coaches.

"Coach Brown has taught me a lot," says the young lady who ranks No. 75 in her graduating class of 475. "I also owe a lot to my jumping coach, Nancy Lorena. Nancy has helped me as a jumper, but more importantly, she's helped me with my attitude. She's very outgoing, and like me, she's very competitive. She always wants everyone to do their best. We share a lot of the same thoughts and feelings. But it's not only me she helps. Nancy is constantly laughing and smiling. She never seems to be in a bad mood, and that makes everyone feel better."

"Coach Steidl is like Nancy in that he's young and enthusiastic. He gets excited for the team. If we do well, it shows in his face. Even if we don't do well, he doesn't get down on us."

From the results, it's obvious that the Ridgewood staff has done a fine job of coaching McDermott.



Business. All business. It's the only way to describe senior Jen McDermott of Ridgewood High School.

"Jen does not show much emotion," says Ridgewood gymnastics coach Gene Steidl. "Oh, before and after practice, she can be a real buster. But during meets, she's all business. She has a good time when she's supposed to, and she works when she's supposed to."

"What impresses me is how Jen is able to concentrate on the job at hand, and how she makes the other girls understand the importance of concentration. In gymnastics, you can't let a bad day at school or a fight with your parents affect you. Jen understands that."

"Jen McDermott is a real tough kid with a great ability to concentrate," says Jacob Brown, Ridgewood's spring track coach whose club is undefeated in the last two seasons, and last year won the State title, with McDermott being crowned State champ in the long jump. (She also is the County record-holder in the triple jump.)

An All-County performer in gymnastics as well as in winter and spring track, Jen is one of seven McDermott children involved in sports. "It's tough on my parents, trying to see us all play," she says. "As you can imagine, things can get pretty crazy around my house. Once, when a friend came to stay over, she said she felt as if she was walking into a soap opera because there was so much going on at once."

Although the Ridgewood spring track team has been County titlists the last seven years, and was crowned Group IV State champ last season, the team does not wear championship jackets. "Our athletic director (Dave Vanderbush) feels that wearing special jackets would be bragging. He doesn't want us showing off," says McDermott. "We know we won the State title. That's enough."

"I can't honestly say I was real excited when we won the State championship. We were so dominating all year that everyone expected us to win it. But that doesn't mean I wasn't happy. It's just that I have a tendency to be dissatisfied. I think that's the mark of a good athlete: to always want to do better."

The school record-holder in the long and triple jumps as well as the 100- and 200-meter dashes, McDermott says she will forego gymnastics at college next year in favor of track.

"In gymnastics, I think I'm past my time," she says. "I'm already at the point where I'm going to get. It seems the girls around me are getting younger

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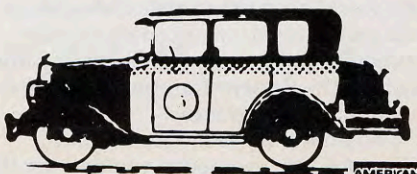
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**THE LEADER:** A North Rockland runner takes the lead in the first leg of the 4 X 1,600 in the Ridgewood Relays. **S- 19**

# NORTH JERSEY SPORTS

☆ THE RECORD S-19



Tony Wright of Bergenfield tries to clear his high jump Saturday in the Ridgewood Boys Relays.

JOE GIARDELLI/THE RECORD

# Ramsey's boys off and running

## Victory in Ridgewood Relays

By Paul Schwartz  
Correspondent

PARAMUS — On a day more suited to indoor track, Ramsey opened the 1989 spring outdoor season with a rousing victory in the small schools division of the Ridgewood Boys Relays Saturday at Bergen Community College.

The Rams easily outdistanced Madison, 54½-31, winning four events and placing in 12 of the 16 events.

North Rockland (N.Y.) won the large schools division, 39-27, over Brooklyn Tech, by sweeping the weight events.

"We knew that if we ended up in the small schools division, we had a very very good chance at competing for the championship," Ramsey coach Ray Weyhenmeier said after his team's victory. "We have 62 boys on the roster in a school with less than 400 boys and we have a fine tradition."

The Ramsey tradition starts with the distances and it was no different Saturday. The Rams won the 6,400 and distance medley relays handily, led by All-Bergen cross-country star Ken Flynn and indoor standout Gian Raciti.

Flynn anchored the 6,400 victory in 4 minutes, 38 seconds and the distance medley triumph in 4:43 after Raciti had opened leads on the opening legs of both races. Both runners were pleased to be competing for a team again after a winter of individual events.

Flynn, the sophomore sensation who finished ninth in the state cross-country championships last fall, swam during the winter.

"It's good to be back running," he said. "We have a chance to have a really good relay team, not only in the distances but in most events. The toughest part was running alone because each team gave me such a good lead before I even

started to run."

Raciti, who was first team All-Bergen County indoors in the 1,000 meters, agreed. "We knew that the Ridgewood Relays is a big meet against a lot of schools from other areas and we wanted to do well," said Raciti. "It's better in the outdoor season because it's a team, not just yourself."

Ramsey also won the triple jump and discus throws and took seconds in the 400, intermediate hurdles, long jump, and shot put.

"The most surprising results were how well we did in the sprints," said Weyhenmeier. "That and getting two places in the long and triple jumps."

Ramsey was the only local team to fare well in the meet. Morris Catholic won the javelin and was sixth in the small schools. Pascack Valley took second in the pole vault and placed in the 3,200 and distance medley. Pequannock was third in the 400, Midland Park placed in the triple jump and pole vault, and Cresskill placed in the shot put and javelin in the small schools meet.

Paramus Catholic produced the highlight of the large schools meet, with the distance medley team of Dave Pataky, Mark Bednarz, Ben Pollinger, and Mike Lilley just missing a victory in a fine early-season time of 11:02.1.

Bednarz, who missed the winter season with a series of injuries, ran 1:59.2 on the 800-meter leg of the distance medley and seems poised for a run at the state outdoor championship.

St. Joseph Regional finished eighth among the large schools with 10 points, including seconds in the shot put and discus relays, paced by Steve Rice's 52-foot, 9-inch toss. Ridgewood, Bergen Catholic, Don Bosco, and Bergenfield placed in events.



JOE GIARDELLI/THE RECORD  
Pascack Valley's Adele Borgonouni lands during the triple jump.

## SPORTS

ROGER MURRAY, EDITOR

## Dedicated workers make Arcadia Invitational a success

By MARK LANGILL

For Foothill Inter-City Newspapers

Doug Speck was technically on vacation this past week, but the area's high school track guru won't be able to relax until he returns to his First Avenue junior High School classroom Monday.

The former Arcadia High School track coach remains one of the major catalysts behind today's (Saturday) 22nd annual Arcadia Invitational, one of the most prestigious high school track and field competitions in the nation.

"The big appeal to me is trying to bring the best athletes," said Speck, one of two meet managers under executive meet director Doug Smith. "It's like a real-life game; just trying for the best show possible. Track is a sport where the fans are usually sophisticated. To see the best kids in events compete against each other is very interesting."

A total of 1,500 athletes are expected to participate in the open meet (11:30 a.m. to 4 p.m.), and the Invitational, which begins at 5:30 p.m.

Last year's meet was featured on ESPN's "Scholastic Sports America," and Speck enclosed a videotape of the segment when he sent a top athlete an invitation to this year's event.

The popularity of the meet has skyrocketed since Arcadia

purchased an all-weather track surface in 1986. The track cost \$259,000, and Arcadia is just \$3,000 away from paying the bill.

But television and other national media exposure hasn't excused Speck and others from the behind-the-scenes legwork necessary for such an event.

The expense of staging the meet ranges from \$10,000-\$15,000, and the work begins in May and June, when Arcadia officials survey which athletes will return the following year.

In November, a track staff of from 30 to 45 branches into 15 committees, which include awards, equipment, concessions and publicity.

Entry blanks from across the nation pour into the committee in March. The names of roughly 3,000 candidates are recorded



DOUG SPECK

into a computer. An eight-member committee needed 18 hours to trim the list to 1,500

(800 open meet), 700 invitation-

al). Part of the out-of-state competition will come from Washington, Virginia, Oklahoma and New Jersey, but Arcadia officials don't have the luxury of inviting just anyone in the country.

"We check with state offices to see their sanctioning regulations," Speck explained. "Some states, such as Michigan and Illinois, have strict travel restrictions. We have to pick from a state that has rules that make it possible for an athlete to come." Speck isn't surprised at the success of the Arcadia meet.

"Arcadia is a very unique community," he said. "There's just one high school, and that's where the focus is. We have been fortunate to find a number

of excellent people who come through in a number of areas. They kind of inspire each other, I think."

The high school campus was empty Thursday, with the exception of meet workers. Smith and Speck reviewed last-minute details on a computer in the main office, and Speck also worried about re-stapling 700 programs.

In the 105-degree weather outside, two workers lugged a heavy fireman's hose and washed the dirt off the surface around the track.

"The only reason we can get good athletes is because we enlist people to do a superior job," Speck said. "When you feel real secure about the mechanics of a meet running well, you can invite the athletes."

## Arcadia Invite may be best ever

The 22nd annual Arcadia Invitational Track and Field Meet will feature some of the country's top athletes from more than 300 schools from fifteen states, and officials are saying this edition might be the meet's best ever.

The competition has produced six national records in the past 11 years. Several more figure to be in jeopardy Saturday when action gets under way at 5:30 p.m.

In addition to California's finest athletes, entries are committed from New York, Pennsylvania, New Jersey, Virginia, Florida, Louisiana, Texas, Nebraska, Oklahoma, Washington, Oregon, Arizona and Nevada.

Among the men's leaders:

— Long jumper Dian Bentley (Penn Hills HS, Pittsburgh, PA), who broke the national indoor record of Muir's Jerry Proctor of 26 feet, 2 inches that stood for 22 years, with a startling leap of 26-6½.

— Pole vaulter Jayson Lavender (Wichita Falls, Texas), who cleared a sophomore national record 17-¾ last year.

— Bren Noon (Fallbrook), who already has put the shot 66-2½ this season.

— Albert Ransom (Montbello HS, Denver, Colo.), the nation's best all-around sprinter who has clocked 46.2 in the 400 meters this year.

— Hawthorne H.S.'s men's sprint relay that already has run 40.66.

Among the women's leaders:

— Angela Burnham (Rio Mesa HS, Oxnard), the last year's Track & Field News' High School Athlete of the Year with times of 11.28 in the 100 meters and 23.45 for 200 meters.

— Muir's Inger Miller, who has clocked a nation-leading 11.5 in the 100.

— Andrea Lee (Riverside HS, Milwaukee, Wis.), with an 11.9 100 meters.

— Sarah Schwald (Mead HS, Spokane, Wash.), the national indoor two-mile champion and a 4:49 miler.

— Karen Hecox (South Hills, West Covina), the nation's fastest returning two-miler who has run 10:19.74.

— Kira Jorgensen (Rancho Buena Vista HS, Vista), the two-time Kinney cross country champion.

Bentley's effort as a 17-year-old was one-half inch farther than the Olympic champion's best effort at the same age. Bentley's lowest winning effort in three indoor competitions this winter was 25-11½. The outdoor national high school record is 25-9½.

Lavender cleared 17-0 last month to win the National Scholastic Indoor Championship, with a narrow miss at 17-4.

Local athletes entered are Arcadia's Rick Provenzano, with a time of 1:55.8 in the men's 800 meters; Duarte's Phetima Woods, with a 12.0 clocking in the 100 meters, Jeanine Stewart, with a 57.2 in the 400 meters, and David Nielsen, with a 4:21.5 in the 1,600 meters; and Temple City's Ivanka Boras, who has run 3,200 meters in 11:45.

NOTES... The Arcadia/Rotary Open Track and Field Meet, an afternoon competition from 11:30 a.m. until 4:30 p.m. for those athletes who do not qualify for the evening "Invitational," will be open for viewing at no additional admission charge for fans who wish to arrive early. The stands will not be cleared between meets...

## Arcadia Invitational

# Girl Sprinters Steal Show With Speedy Times

By LONNIE WHITE, *Times Staff Writer*

The battle between two of the top girl prep sprinters in the nation ended in a draw at the 22nd Arcadia Invitational track and field meet Saturday night, as Inger Miller of Pasadena Muir and Angela Burnham of Oxnard Rio Mesa shared sprint victories.

Miller, a junior and the daughter of former Olympic medalist Dr. Lennox Miller, won their first dual, defeating Burnham in the 100 meters, 11.59 to 11.64.

It was the second consecutive victory for Miller over Burnham this season, after constantly losing to the Rio Mesa senior last season.

Burnham held a slight lead coming out of the blocks before Miller pulled even at the fifty meter mark. Miller then pulled away for a three-meter win.

Burnham, who was the national female prep track athlete of the year last season, took the defeat in stride.

"I ran the race I thought I would run," said Burnham. "I have been working on the mental state of my running. I knew that this was going to be my most difficult season ever."

It did not take long for Burnham to turn the tide when she and Miller squared off in the 200 a hour and a half later.

In a replay of their earlier race, Miller again started out quickly, moving to an early lead off the turn. Burnham answered the challenge, catching Miller with 50 meters remaining. However, unlike the 100, Burnham proved to be the strongest, winning in 23.63 to Miller's 23.91. It was the second fastest girls 200 in the nation this season.

"I definitely did not expect to run this fast this early in the season," Burnham said. "I had been training for the 400 all year and did not even expect to break 24."

Burnham said she expected Miller to be ahead early because of their previous races.

"It is a complete reversal from last season," said Burnham. "Last year, I would catch her all of the time at the finish but she has gotten stronger. I anticipated this to be tough because it is not written down that I have to win every race."

After the 200, Miller, who has a history of leg tightness, limped noticeably across the infield.

"My right leg is really tight," said a dejected Miller. "I tightened up at the end."

The Burnham-Miller dual was just one of the highlights of an evening of fine performances, that saw five meet records broken and 17 national leading marks.

The Hawthorne boys' relay teams ran away with two victories in the 400 and 1,600. Senior Curtis Conway, who is headed to USC on a football scholarship, anchored both teams. The times were 40.71 and 3:17.14, respectively.

Albert Ransom of Denver Montebello set a meet record with a time of 46.57, the fastest in the nation this season. Steve Lewis, the 1988 Olympic 400-meter gold medalist, previously held the record of 46.70 set while running for American Fremont in 1987.

Ransom, running in lane five, started quickly, making up the staggered start off of the first turn, then going out to a five-meter lead. With 100 meters left, he stretched his lead to 15 meters before tightening, finishing seven meters in front of second place finisher Beno Bryant of L.A. Dorsey, who ran 47.35.

"I started out fast like I usually do," Ransom said. "I knew I had a big lead when I came off the last turn, but I started to tighten up as I heard the crowd cheering. I thought that someone was catching me."

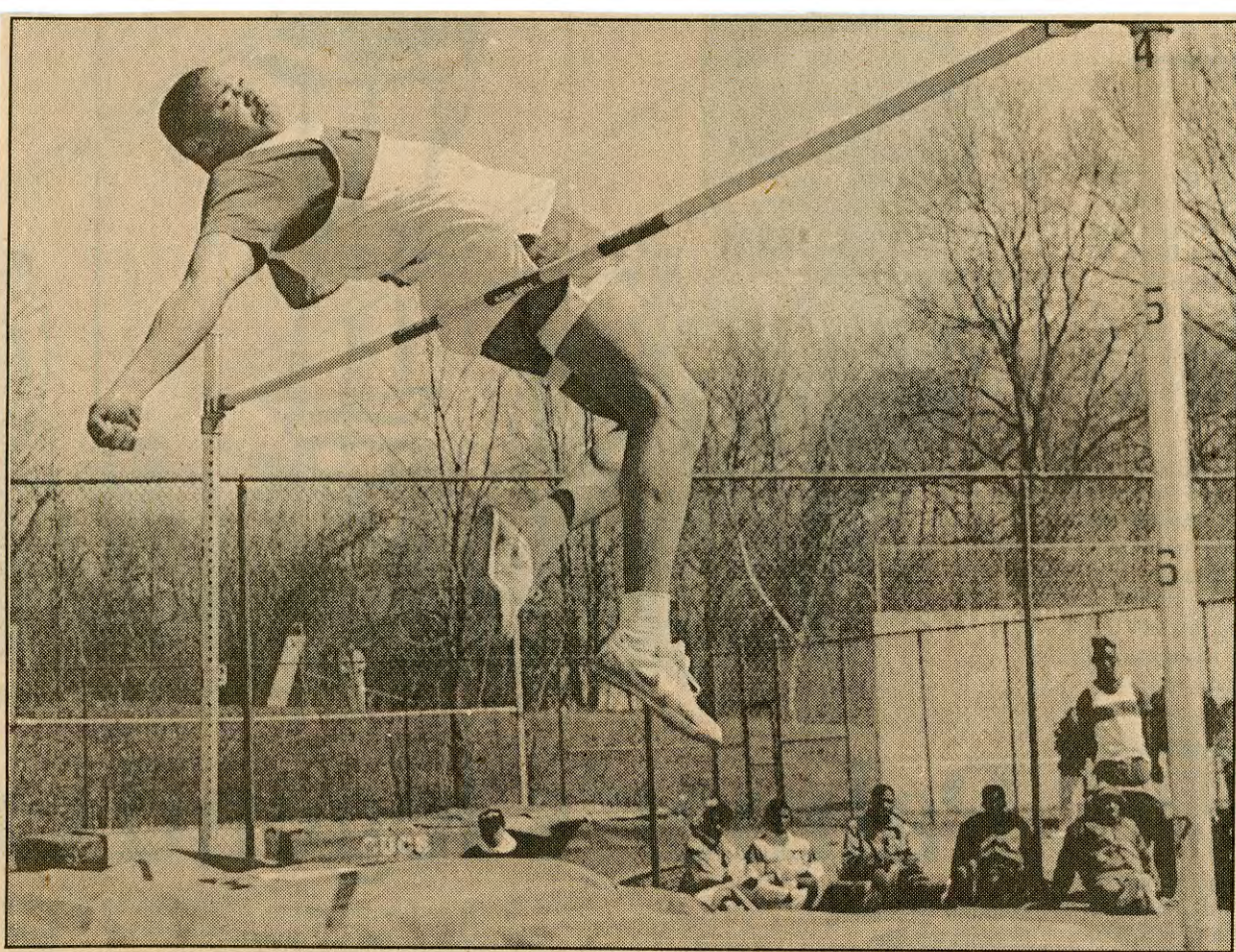
Ransom, who also finished second in the 100 with a time of 10.66, said that he expected more competition in his specialty race.

"I wanted to win the 100, but things did not work out," said Ransom, who is being recruited by USC, Texas A&M and Tennessee. "I used it as a warmup for the 400, because I thought that there would be a lot of competition in that race."

Other meet highlights: Jeff Laynes of Oakland ran the best time in the 100 meters this season, winning in a time of 10.56. Barry Smith of San Francisco Mission ran a nation leading 200 meters, defeating Erik Mitchell of Mayfair Lakewood and Laynes with a time of 21.34.

Jayson Lavender of Wichita Falls, Texas, set a meet record in the pole vault, with a jump of 17-3 1/4, best in the nation.

Dion Bently of Pittsburgh Penn Hills, the national indoor long jump record holder, set a meet record with a leap of 25-3.



ED HILL/THE RECORD

Donté Noble of Kennedy hits the bar in the high jump relay at the Bulldog Relays. Kennedy placed second.



JOE GIARDELLI/THE RECORD

Mike Dufault of Mahwah soars through the air in the long jump relay at the Lyndhurst-Rutherford Relays at Lyndhurst. Mahwah was second.

## DePaul, Pequannock rule Relays

By Christopher Lawlor  
Correspondent

LYNDHURST — The DePaul boys and Pequannock girls track teams each took different roads in capturing team titles Saturday in the Lyndhurst-Rutherford Relays.

DePaul easily outdistanced second-place Rutherford with a boys meet-record 55 points by sweeping the sprinting and hurdling relays. Pequannock, however, edged both Wallkill Valley and Saddle Brook, 30-29, for its championship. The Golden Panthers took three events, including both hurdling competitions.

Both winning schools are members of the Northern Hills Conference Suburban Division.

"Last year when we won the Cresskill Relays with a group of juniors, we knew we had some good sprinters," said DePaul acting head coach John Merritt. "We didn't expect a sweep of the events, but the way Chris Bianciella runs in the turns, it makes us better overall."

The Spartans were led by Bianciella, who anchored the 4x100 (49.6 seconds) and the 4x200 meters (1 minute, 39.1 seconds) along with Tim Zisa, Dave Wright, and John Fileppo. John Coppola, Fileppo, Mark Micchio, and Matt Niedzwiecki teamed for a time of 3:41.0 to claim the 4x400.

In the hurdles events, DePaul was victorious again. The quartet of Dave Unger, Coppola, Conrad Currin, and Steve Scura topped second-place Rutherford in the shuttle (1:08.5). Coppola, Unger, and Currin took the 3x400 intermediate in 3:06.7. Pat Harrington and Chris Horvath combined for 19 feet en route to the pole vault title.

Dave Frazier and Chris Grauwiler of Rutherford teamed for gold medals in the long and triple jumps. The Bulldogs also won the 4x800 (9:04.6) fueled by Sean Murray, Rob Clifton, Jason Russell, and Rob McCaffrey.

Saddle Brook's Rich Wisse was named the outstanding male competitor. Wisse brought the Falcons from behind in the sprint medley for the win and a second-place finish in the distance medley.

In the girls competition, Pequannock needed a victory in the final event, the 4x400, to clinch the meet. Ellen Sandberg, Amy Cahill, Cassie Mulqueen, and Maureen Morgan easily won the race over second-place New Milford in 4:35. The Golden Panthers were also victorious in the intermediate (3:46.6) and shuttle hurdles (1:15.4).

"We didn't know we had won the meet until they announced the final results," said Pequannock coach Rich Mullins. "We came a point out of third place here last year and a good feeling about today. I told the girls to place and not worry about the times."

Tara Morgan of Wallkill Valley was named the outstanding female competitor bolstered by wins in the triple and long jumps. Morgan also anchored the second-place finishing 4x100 relay.

Other Bergen County winners were: Heidi Rohenburg and Jean Brantner of Saddle Brook in the high jump (9-4), Elena Primerano and Maria Baselice of Lyndhurst in the javelin (233-9), and Saddle Brook's foursome of Rose Kenny, Allison Kalfese, Jenny Nuccitelli, and Cathy Acevedo in the distance medley (14:56.2).

### High Point Relays

WANTAGE — The Pascack Valley girls track team, fueled by two victories and four third-place finishes, held off Sparta and Clifford Scott to win the High Point Invitational Relays Saturday at High Point High School.

The Indians, who were victorious in the two-mile and long jump relays, also had three fourth-place finishes.

In the boys competition, Jim Brower of Secaucus was named the outstanding male athlete as the Patriots took third in the team standings. Brower anchored the winning mile relay clocked at 3:35.2 and the sprint medley (3:48.2).

### BCSL American Relays

ENGLEWOOD — Tenafly swept to the boys and a share of the girls titles Saturday in the Bergen County Scholastic League American Division Relays at Winston White Stadium.

The boys roared by their nearest competitor, second-place Fort Lee, 60½-45. The girls tied Queen of Peace, 56-56, for the team title. They finished three points ahead of third-place Dumont.

The Tigers took five first-place finishes in the boys competition, including the 3,200 relay (9:05.2) behind the talents of Bob Barker, JoJo Dabby, Chris Hauth, and Mark Zullo. Reggie McKoy, Kea Chan, John Honne, and Raja Maharajh of Fort Lee teamed to take the 800 (1:37.8).

Derrick Forbes, Lenny Morrissey, and Marcus Moore high jumped 16-6 for Englewood, who also won the pole vault and long jump relays.



JOE GIARDELLI/THE RECORD

Rob McCaffrey anchors Rutherford to victory in the 3,200 relay.

For the girls, Queen of Peace captured the 3,200 relay (10:55.9), distance medley (14:53.8), high jump (13-8), and long jump (42-2). Tenafly won the shuttle hurdles (3:51.4), 800 relay (1:49.6), and sprint medley (4:43.3).

Nyree Padilla, Karen LaFarga, Michelle Felix, Katie McDermott, and MaryBeth Glowacki each appeared on two victorious relays for Queen of Peace.





## Hackensack wins 3-4 title

By Paul Schwartz  
Correspondent

TENAFLY — During the pre-season, Hackensack boys track coach Ed Church suggested the Comets might not have enough varsity athletes to win a dual meet, no less a relays championship.

But the Comets had enough Saturday to clinch their fifth Group 3-4 Bergen County Jack Yockers Relays championship, posting 39 points to defeat Ramsey with 30, and two-time defending champion Ridgewood with 28. The long jump is set for 2 p.m., today, at Ridgewood.

Hackensack was joined by Rutherford, the easy Group 1-2 winner, which dominated as expected, winning seven of 15 events. Rutherford recorded 52 points, Mahwah 31, and Fort Lee 27½, with the long jump yet to be contested.

Church, who had potentially dominating relay teams come up short the past two years, was very pleased with the victory.

"I'm very surprised because I didn't think we had enough," said Church, whose teams also won the Jack Yockers Relays in 1980, 1981, 1982, and 1986. "We got some great efforts from a lot of kids no one ever heard of. My athletic director got a lot of football players out and they've done very very well."

But seniors Stan Finney, Jason Roer, and Brian Vallinino pro-

vided key leadership on and off the track.

"Roer and Finney were my captains this week and they really gave us some leadership," said Church.

Finney also provided a 21.1-second clocking in the 200 and a sizzling 100-meter anchor leg to lead the Comets to victories in the 400 and 800.

Roer teamed with Vallinino and Ching Pei to win the pole vault and added 20 feet to his personal best in the javelin where the Comets took a surprising second place. Vallinino also anchored the winning shuttle hurdles team.

Ramsey finished second with four seconds and four thirds providing the bulk of its scoring. Ridgewood won the sprint medley and 3,200 and is favored to win today's long jump.

But the individual standouts came from other teams. Jamie Havenar of Don Bosco was the only triple gold medalist with legs in the intermediate hurdles and high jump and a terrific anchor leg in the 1,600 relay, holding off Finney.

And Mark Bednarz of Paramus Catholic, returning from an injury-riddled winter, turned in three tremendous splits, including a 1:55.6 in the 800 sprint medley and a 3:11.4 for the winning 1,200 distance medley team to earn the Bernard Smith award for top running performance.

Hackensack's victory was a sur-



JOE GIARDELLI/THE RECORD

Competitors in the 3,200 relay at the Bergen Jack Yockers Relays round the first turn. Ridgewood eventually won in 8:16.8.

prise, but Rutherford's was expected. Still, that didn't make the preparation any easier for Bulldog coach Bob Hemmel.

"We lost some real good kids who didn't come out and some others who were ineligible," said Hemmel. "And we haven't been too sharp. In fact, I think we've been a little disappointing.

"But we have a senior team which played a back-seat role to Saddle Brook and Dumont last year and with quality seniors like that, they're going to rise to the occasion."

The Bulldogs swept the hurdles and won the 800, 1,600, 3,200, and 6,400 relays. All-Bergen basketball standout David Frazier reminded

everyone of his track ability with a triple jump of 46 feet, 9 inches. It was the best jump of the meet and one of the top five triple jumps in Bergen history. He also ran legs on the 800 and 1,600 teams.

Chris Grauweiler was the only boy to earn four golds, with legs on both hurdles, the 1,600, and the triple jump. John Malatak won

three golds, and Jason Russell, Chris and Rob McCafferty, and Mat Adams each earned two medals.

Craig Masker and Jim McGarvey were part of Mahwah's winning distance medley, sprint medley, and high jump teams as the Thunderbirds won four events.

# WV girls, Demarest boys win

ENGLEWOOD — Wayne Valley's girls and Demarest's boys helped the Spike Shoe Relays christen Winton White Stadium's new track with impressive victories Saturday.

Sophomore Lisa Berkowitz ran legs on three of Wayne Valley's four victories as the Indians easily topped Queen of Peace, 38-27, for the A division girls championship. Englewood edged Lyndhurst, 15-11, for the girls B title.

Demarest edged Passaic Tech, 27-23 for the boys A title, and Rutherford easily took the B title, 26½-10 over Wallkill Valley.

Dwayne Rivera combined with Eric Spieth to win the high jump, and with Steve Clarke to win the javelin, throwing 182 feet, 10 inches in the javelin. The Norsemen also took seconds in the discus and shot to earn the victory.

Hackensack won three events and was fourth overall with 20 points. The Comets captured the pole vault and Glen Evans led victories in the discus and shot put. Other

multiple winners included Passaic Tech, Wayne Valley, and Union Hill.

Rutherford's only victory came in the triple jump, with David Frazier leaping a fine 43-8. He also had the day's best long jump at 20-8½.

Berkowitz anchored the 6,400 relay team, led off the distance medley titlist and came from behind in the 3,200 to lead the Indians. Double state champion Cathy Feeney was on two winning teams, along with Cindy Rock, Diana Crenshaw, and Kara Formosa.

"Our distance teams are very strong, but we're young everywhere else," said Wayne Valley coach Bill Stearns. "Today we let Lisa do all the heavy work."

Wayne Valley also won the intermediate hurdles race, despite a fall by Louise Chiu, who got up and finished the race, enabling the Indians to edge Paramus. Queen of Peace won the high jump and 1,600, and Old Tappan, third with 21 points, won the shot and shuttle hurdles.

The top individual performance was turned in by Lyndhurst's Elena Primerano, who threw the javelin 129 feet as the Golden Bears won the event. Denise Barksdale, Nycol Morrissey, Kris Washington, and Freda Johnson combined to give Englewood the 800-meter title and the B division championship.

Teaneck's girls were the top local performers Saturday at the Kearny Relays. The Highwaywomen took second in the 400 relay in 50.9 seconds, second in the shuttle hurdles in 1:08.1, and fifth in the mile relay in 4:10.4 for fifth place overall with 18 points.

Ridgewood's boys were third in the two-mile relay in 8:21.1, paced by Tim Geckeler's 2:02.8. The Maroons also were fifth in the mile relay with Geckeler anchored in 50.5. Craig Halyard jumped 20-7 and combined with Chris Hamlin to finish third in the long jump. Teaneck's boys were fourth in the long jump and fifth in the shuttle hurdles and pole vault.

## Rutherford, Englewood capture titles

By Paul Schwartz  
Correspondent

NEW MILFORD — In three weeks, Passaic will return to the New Milford track to face Hackensack in the state sectionals. The Indians and coach Carlton Meredith hope the results are the same as at Saturday's County Seat Invitational Division A meet.

Passaic won the final event on the track — the 1,600-meter relay — and then sweated through the high jump and discus to edge the Comets, 46-45, for the large schools title. Old Tappan was third with 39 points, followed by Demarest with 36.

The Indians were joined as meet winners by Rutherford, an overwhelming winner for the third straight year in Division B boys; and Englewood and Eastside, which shared the single girls title with 22 points apiece, one ahead of Old Tappan.

Passaic's victory, which shows the Indians can compete with Hackensack, Ridgewood, and Kennedy for the Group 4 sectional title, was spurred by an impressive 400-meter victory by Rohan Hampson (49.5 seconds).

Many of the top athletes were absent as a result of the college board exams during the day. That led to a reduced load for Hackensack star Stan Finney, who won

the 200 handily and finished second in the long jump after arriving late.

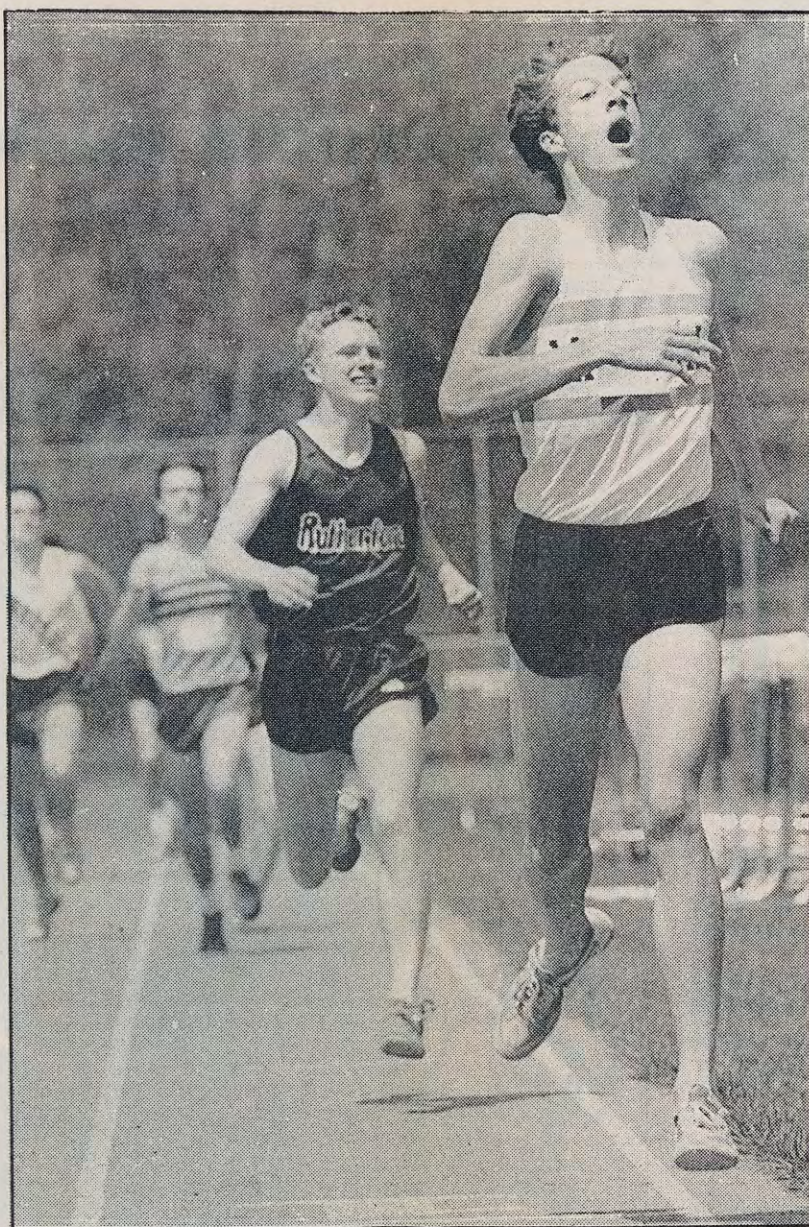
Sophomore Chris Klapsis of Cliffside Park continued his fine throwing in the javelin. After barely making the final with the sixth best qualifying throw, he upset Dwayne Rivera of Demarest with the day's best of 184-3. Bob Howard of Old Tappan doubled in the hurdles.

Rutherford won seven events and took seconds in three others for an easy 76-28 win over Englewood. The star for the Bulldogs was John Malatak, who tripled in the hurdles and high jump, with countywide major-meet bests of 14.9 and 56.3 in the hurdles.

Rob Clifton of Rutherford won the 1,600 and 3,200 races handily and David Frazier set a meet record with a triple jump of 46-11½, making him the third-longest triple jumper in Bergen County history. He lost the long jump by a half-inch to Matt Fialkoff of Ramsey, who set a meet record of 22-2½. Neil Luke won both sprints for Englewood.

Eastside's Starla Anderson was the outstanding track performer in the girls meet, sweeping the 100, 200, and 400 in 12.6, 26.7, and 59.4, respectively.

Englewood won no individual events, but won the 1,600 relay and had seconds from Nycol Mor-



STEVE AUCHARD/THE RECORD  
Craig Masker of Mahwah wins the Boys B 800 meters in 2:01.



STEVE AUCHARD/THE RECORD  
Annica Lin of Paramus does 30-7½ in the County Seat girls shot put.

rissey in the 100 and 200.

The field events were dominated by sophomore Megan Burke of Glen Rock, who won the long jump and triple jump in meet-record performances. She triumphed in the triple jump with a leap of 37-¼, eighth longest in Bergen history.

### McDermott doubles

WILLIAMSPORT, Pa. — Jennifer McDermott won the long and triple jumps at the Williamsport Invitational Saturday to lead the Ridgewood girls team.

McDermott leaped 18-4 in the long jump and 37-11 in the triple

jump for the only Maroons victories. She also took second in the 100 meters in 12.6 seconds and ran with Kerri Reilly, Liz Figlar, and Lynne Collazo on the second place 1,600 team (4:02.8).

Collazo was second in the 800 in 2:16.6, while Figlar anchored the

second-place 3,200 team in a 10:17.0 clocking. She also ran 5:30.9 for fifth in the 1,600, while Eileen Fitzgerald was fifth in the 3,200 in 12:32.

Alfreda Eldridge was third in the shot put with a toss of 32-6 and third in the discus with a throw of 101-11.

## Teaneck sprinters set pace in Bernardsville Invitational

By Christopher Lawlor  
Correspondent

BERNARDSVILLE — The Teaneck and Wayne Valley girls track teams finished the Bernardsville Spring Invitational Saturday with a sense of satisfaction.

Led by its sprinters, Teaneck took the mile and the 400-meter relays, and Wayne Valley dominated the distance events. There was no team scoring at the meet in which 59 schools participated.

"I told our girls there wasn't any pressure on them to score points today," said Teaneck coach Cheryl Miller-Porter. "All I wanted them to do is run quality times, and I'm very proud of what they did."

The 400-meter relay foursome of Jennifer Powell, Matilda Miranda, Daphne Blick, and Nicole Golden combined for a winning time of 49.7 seconds ahead of second-place Passaic (51.6). In the mile, Powell, Stacey Bentley, Mir-

anda, and Blick took the gold medal in 4:02.3.

Miranda turned in the eighth-fastest time (58.2) in Bergen County history in capturing the 400. Powell took the 400 intermediate hurdles in 1:05.8, and Golden cruised to victory in the 100 (12.2).

"We're trying to lower our time in the 400," Miranda said. "Our technique is good, but we're going to have to improve on our baton handoffs."

Wayne Valley had three individual winners, including Leslee Frederickson, who uncorked a throw of 118 feet 4 inches in the javelin. Cathy Feeny took the 3,200 (11:20.1), and Lisa Berkowitz the mile (5:13.2) for the Indians.

"When I threw it, I thought it was a terrible throw," said Frederickson, whose javelin toss topped her personal best by seven feet. "It was tough to judge how far it went because it took place in an open

### TRACK

field without much background."

In the field events, senior Kimyada Slappy of Passaic took first in the discus (123-4) and second in the shot put (35-4½). Slappy held the lead in the shot put until the final throw when Chris Bogard of Hunterdon Central recorded a toss of 36-11½.

"I've lost some of my strength in the shot put after I lost weight," said Slappy, whose discus effort was a school record. "In the discus though, I'm able to move quicker in the circle and get off a higher release."

In boys events, Michael Patterson of Kennedy sped to victory in the 100 (10.9) and Teaneck's 400 relay (44.3) took second behind University City of Philadelphia. Wagner Marseille of Princeton

edged Teaneck's Rasheed Goodlowe (14.6) to win the 100-meter high hurdles.

Senior Gerard Spears of Teaneck leaped 21-1¾ to the gold in the long jump. Spears' winning jump was recorded on his first flight. "I was a little disappointed in my jump. But I'm hoping that with the individual competitions in the next month, I'll be able to jump 22 or 23 feet."

The most competitive event of the meet the 800, where Wayne Dennis of Trenton (1:56.2) outdueled Paul Foxon of Walkkill Valley (1:57.7) and third-place finisher Matt Niedzwiecki of DePaul (1:57.9).

### Monmouth Invitational

TINTON FALLS — David Giordano set a school record in the 110 HH with a time of 14.8 seconds to place second and high jumped 6-4 for victory at the Mon-

mouth Invitational at Monmouth Regional High School.

Sean Henry of the Mustangs was third in the 3,000 (9:08.2).

In girls field events, Christine Piekarz of Clifton won the discus (115-7) and took fourth in the shot put (35-7).

### PCT romps to title

SPARTA — The Tann brothers of Passaic Tech combined to win five events Saturday in the State Vo-Tech Track and Field Championships at Sussex Tech.

Sherwin Tann won the 100- and 200-meter dashes in 11.1 and 22.4 seconds, and the long jump, with a leap of 20 feet, 6½ inches, and high jump at 5-10. Daryl won the 400 meters in 52.3 and the 800 in 2:08. Daryl also anchored the winning mile relay effort.

The Bulldogs won in a runaway, with 104½ points to 49 for runner-up Sussex.



MATILDA MIRANDA  
Does 58.2 in 400



DANIELLE P. RICHARDS/THE RECORD

Runners from as far away as the Soviet Union will compete in this year's Ridgewood Run May 21.

## Ridgewood Run attracts athletes from near and far

By Bob Kurland  
Record Staff Writer

RIDGEWOOD — The highly successful Ridgewood Run promises to be even more exciting when it takes place May 21 because of the addition of two Soviets and a former local high school standout.

Oleg Los and Boris Kletsko of the Soviet Union were invited to run the 10-kilometer race in the 60-and-over category.

"I met them last year in Russia and the two, who live in Leningrad, agreed to come over for the run," said meet director Arne Olsen, who also is president of the sponsoring North Jersey Masters Track and Field Club.

The entry of MaryEllen McGowan should spice up the women's open mile. While a student at Pascack Valley High School, she captured state Group 3 championships in cross-country and the mile. She went on to become an important member of Villanova's outstanding women's relay teams.

McGowan, who now competes unattached, finished third in the mile at last week's Penn Relays.

"I was in lane one and got boxed in really bad," said McGowan, who was timed in 4 minutes, 36 seconds, three seconds behind the winner. "There were 17 in the race, and when the gun went off everyone cut in front of me. I've run long enough to know better, so I received a lesson."

She shouldn't have that problem because the Ridgewood field isn't expected to reach 15.

McGowan has returned to River Vale after living for two years in Florida, where she was coached by former mile champion Marty Liquori. "It was lonely down there training by myself," she said.

These days she works in the athletic department at Fordham University, where she handles ticket sales. She's coached by Sue Shea, who handles the Rams' women's varsity track team.

"I work out with the team in the afternoon, so that gives me competition," says McGowan. "And every morning before work I run about 3½ miles."

After the Ridgewood mile, she plans to participate in The Athletic Congress championships in Houston, where she'll run in either the 1,500 or 3,000

next month.

"I had heard about the [Ridgewood] run in the past but wasn't able to enter because of other meets," she said. "So this should be fun because it's only 10 minutes from my home."

Although she was a standout in cross-country, McGowan will not enter the main event, the 10-kilometer race. "The mile is short and quick," she said. "There's too much pain in the 10K."

Among the women entered in the 10K is Marilyn Cofnuk of Verona, who finished second last year in 35:27. Martin Ludwikowski will defend the men's 10K crown, which he won in 29:53.

Tom Donahue, who was clocked in 4:09.9 in finishing second in the men's open mile in 1986, has entered again.

The masters mile, for men over 40, is expected to draw a larger field than in the past because it is the national championship race. Entries have rolled in from such distant cities as Anchorage and San Francisco.

Among those who will compete is Roy Reisinger, a counselor at the University of Alaska. His daughter, Julia, is cross-country captain at Cornell.

Some of the top local entrants in the mile are Ken Baker (50-55 age group) of Upper Saddle River, 1986 winner Helene Bedrock (50-55) of Cliffside Park, Toshiko d'Elia (55-59) of Ridgewood, and Adrienne Salmini (70-74) of Oakland.

NOTES — Entries will be accepted up to race time. Last year, nationally known runner Lisa Weidenbach unexpectedly showed up on race day and went on to win the 5K in 16:16, shaving almost a minute off the course record. . . Entry information may be obtained by calling 444-7393. . . In previous years, the Ridgewood Run took place on Memorial Day.

Park Ave. BMW and New Jersey Blue Cross and Blue Shield are the major corporate sponsors. BMW will award bonuses of \$500 to the men's open miler who breaks 4:00, the women's open miler who breaks 4:30, the men's masters miler who breaks 4:20, and the women's masters miler who breaks 5:15.

# Bergenfield, IH share crown; three others prevail

By Ron Fox  
Record Staff Writer

WAYNE — Jean Hoff was looking for a flaw, any flaw, as she stared at her score sheet Saturday at the Northern Bergen Interscholastic League track championships.

Yet no matter how often the Indian Hills girls coach added up the numbers, a tie always resulted.

"I guess Bergenfield would like to find an extra point, too," Hoff said as she looked up briefly from the sheet that showed Bergenfield and Indian Hills sharing the Division 1 championship with 55 points each.

The other titles were decided by

overwhelming scores. Pascack Valley's girls won Division 2 handily, with 89 points to 55 for runner-up Westwood. In the boys championships, Old Tappan ran off with Division 1, 84-50 over Ramapo; and Ramsey took Division 2 with 84 points to 64½ for Demarest.

Indian Hills won convincingly in a dual meet in April, but Bergenfield responded with personal bests by Susan Fitzsimmons (shot), Rachel Browksi (discus), Laurie Scalone (800), and Pam Nicolaysen (800), and outstanding running by freshmen Jeanine Cosma and Michele Grube.

The key for IH was the 1-2-4

## NBIL TRACK

finish in the 200 meters by Colleen Meade, Samantha Jenco, and Toni Russo. Allison Orsi, who won the high hurdles in the early going, helped pull the Braves into the tie by taking second in the high and long jumps, and winning the triple jump. Indian Hills' Marcie Williams had her best times in the 1,600 (fourth) and 3,200 (third), and Jenco took second in the 200 meters and thirds in the 400 and discus.

The day couldn't have turned out better for Pascack Valley girls coach Dave Ascitutto.

"Everybody had a great day," he said. "We scored in every event except the discus, and everybody performed to their potential."

Two PV freshmen raised a number of eyebrows: Monica Biro's winning time of 5 minutes, 20.8 seconds was one of the season's fastest 1,600-meter performances in the area; and Jennifer Metz ran a 61.3 to win the 400.

Junior Lisa Clark added a win in the long jump and placed in two other events for Pascack Valley. The Indians also scored heavily in the hurdles, as Lori Rogoff, Col-

leen Commerford, and Sue Maruska finished 1-2-3 in the highs, and Adele Borgognoni and Jackie O'Neill were 2-3 behind Tiffany Crennel of Pascack Hills in the intermediates.

Ramsey's Ray Weyhenmeyer said he got what he expected out of his boys in Division 2.

"The surprises came from Demarest," he said of coach Paul Noonan's team. "He has done a wonderful job rebuilding that program. They really surprised us in the 800."

Takayoshi Ishigami of the Norsemen won the event in 2:02.1. Major points for Ramsey were provided by Ken Flynn's two dis-

tance wins and James Hoppin's one gold medal and two silvers.

Old Tappan rode another stellar effort by Pat Leary, who won the 200, 400, and the triple jump, plus anchored the winning 1,600 relay. His 50.1 in the 400 broke Ed Daw's school record, which had stood since 1962.

"Patrick is one of the most unsung athletes in Bergen County," coach Bob Goidell said. "All his times today were personal bests."

Brian Weis won the high jump for the Golden Knights, and turned in personal-best efforts in second-place finishes in the long (19-7½) and triple jumps (42-2½).

## Ridgewood sweeps; Comets, Teaneck win titles

### NNJIL TRACK

By Paul Schwartz  
Correspondent

MONTCLAIR — Ridgewood won the Northern New Jersey Interscholastic League Atlantic Division boys track and field meet Saturday with some help from Passaic, Montclair, a dropped baton, and a senior class trip.

Ridgewood also won the girls Atlantic title, 68-62, against Passaic, and Pacific Division titles were won by the Hackensack boys and Teaneck girls.

Because dual meets count for 60 percent and Saturday's meet for 40 percent of the championship score, Ridgewood, who lost to Kennedy in a dual meet last week, needed to win the league meet and finish at least two places in front of Kennedy.

The Maroons scored 51½ points and won three events and finished second in four others. They were led by an impressive 200-400 double by Tim Geckeler and Eric Boucher, a sophomore who scored 12 points by winning the 1,600-meter run and took thirds in the 800 and 3,200.

The Maroons then captured the championship when Passaic finished 1-2 in the triple jump and won the 1,600 relay to take second place with 42½ points, just ahead of Montclair, which finished with 39 points. Kennedy, missing its top two pole vaulters who were away on a senior class trip to Florida, slipped to fourth with 35 points.

"But what really hurt us was dropping the baton in the relay,"



Gerald Spears of Teaneck, third from left, bursts into the lead in the NNJIL meet 100-meter final at Montclair's Woodman Field. Spears won the event.

KLAUS-PETER STEITZ/THE RECORD

said Kennedy coach Ken Samra. "We finished fourth and ran 3:30. If we'd won it, I'm sure our triple jumper would have done better in the final event, and we could have pulled out second."

"It's probably the biggest win in years for Ridgewood boys track," said Maroons coach Dick Van Yperen. "We haven't won a league championship since 1976 and our depth was able to overcome an injury to Craig Halyard, who is our star. Tim had a poor day at Bernards last week, running 51.7 for the 400, but he was just super to-

day." Geckeler's 48.7 in the 400 equaled the second fastest time in Bergen County history and his 22.1 in the 200 places him ninth all-time.

The Ridgewood girls held off Passaic to win the title. Passaic had led with four events left, 51-48, but Ridgewood took third in the 400, finished 2-3 in the 1,600, was second in the 1,600 relay, and won the triple jump, outscoring Passaic 20-11.

"We're very happy with winning this meet this year," said Ridge-

wood girls coach Jacob Brown. "The dual meet was won by about an inch in the relay [62-60] and this meet was almost as close."

Lynne Collazo and Jen McDermott each won two events for the Maroons, who also recorded eight second-place finishes in 14 events. Eastside's Starla Anderson swept the sprints with an impressive 12.3 in the 100, 25.5 in the 200, and 58.1 in the 400.

The Pacific individual girls star was Vickie Foy of Paramus, who

swept the 800, 1,600, and 3,200, but Teaneck won nine of the other 11 events for an overwhelming 90-44 victory against Paramus.

Teaneck junior Matilda Miranda won the 200 in 25.4, the ninth fastest time in Bergen history, and ran a personal best 57.3 in the 400, the third fastest quarter ever run by a Bergen County athlete. She also anchored the 1,600 relay team.

"We're trying to get the whole team to become more consistent," said Teaneck coach Cheryl Miller-

Porter. "Today was a very good step towards that."

Hackensack's boys continued their surprising success with a 65-56 victory against Teaneck. Gerald Spears, Earl Griffin, and Rasheed Goodlowe of Teaneck combined to win five events and scored 52 of the Highwaymen's 56 points. But the balanced-Hackensack effort, led by double-winners Stan Finney and Glen Evans and a tremendous

1-2-4 finish in the pole vault, with Jason Roer's 13-foot, 6-inch vault, overcame Teaneck.

## Ivanicki hurdles Wallington foes

### BCSL NATIONAL/OLYMPIC TRACK

By Joe Chessari  
Correspondent

NEW MILFORD — Joey Ivanicki's career as a hurdler is eight-days old. He hasn't had time to collect the scars of his new hobby. His shins and knees have yet to be bruised from an unexpected meeting with a hurdle.

"But my ankles are killing me," he said. "I guess I'm not used to it."

Though Ivanicki isn't a veteran hurdler, he already has made impressive strides. The Wallington senior, in only his third start, won the 110-meter high hurdles Saturday at the Bergen County Scholastic League National and Olympic Division championships at New Milford.

"I competed in a decathlon at Cresskill last weekend and that was the first time I ran the hurdles," he said. "I think I prepared about 10 minutes before the race. Other kids from other schools showed me how to lift over the hurdles. And a lot of the coaches thought I had a knack for it. So here I am."

Ivanicki won his gold medal with a time of 16.9 seconds, beating Emerson's Scott DePew and Bogota's Chuck Tumulty.

"I figured I would try the hurdles in the league championships, but I never thought I'd win this," Ivanicki said, clutching his first-place award.

Ivanicki is more experienced in the dashes, though he failed to win a gold medal. He won the silver medal in the 200 meters with a time of 22.9, one-tenth of a second behind Bergen Tech's London Robolla. In the 100 meters, Ivanicki took the bronze with a time of 11.6. Again, Robolla won the gold.

Emerson's Fred Campbell finished second.

As a team, Wallington's boys had 13 points following Saturday's competition. The Olympic Division field events will be contested Monday at Emerson, which will conclude the championships.

Rutherford's boys and girls wrapped up the National Division titles. The boys tallied 99 points, 60 points ahead of Secaucus, and 63 ahead of Lyndhurst.

The Bulldogs were sparked by David Frazier, who excelled in the long jump with a jump of 21 feet, 5½ inches and the triple jump with a conference record-breaking 46-7½. Frazier also earned a bronze medal in the 400 meters and a gold as a member of the mile relay team.

Rutherford's Rob Clifton won the 3,200 meters in 10:08.9 and took second in the 1,600 behind teammate Chris McCafferty. John Malatak of the Bulldogs struck gold in the 400-meter intermediate hurdles with a record-breaking time of 55.8. He took first in the high jump and garnered a bronze in the 110-meter highs.

Rutherford's girls were led by Daniela Nese, who won the 100 meters in 13.2, the 200 meters in 27.0, the 400 meters in 63.8, and the long jump with a leap of 14-11½.

Hasbrouck Heights leads the Olympic boys competition with 42 points going into Monday's field events. Emerson is second with 35.

In the girls standings, Cresskill has a 28-point edge over Hasbrouck Heights with 53 points.

Summaries S-16

## Bergenfield, IH share crown; three others prevail

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Record Staff Writer

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# Upsets highlight Bergen tourney

By Kevin G. DeMarras  
Correspondent

OLD TAPPAN — Greg Lester ruined his family's Mothers Day plans and he couldn't be happier.

En route to the Group 3-4 section of the Bergen County tennis tournament Saturday, the Northern Highlands junior told his father he expected to be eliminated when he faced third-seeded Jeff Harrison of Tenafly in the first round.

Instead Lester did the eliminating, fighting off three set-points to oust Harrison, 7-6 (9-7), 6-4, at first singles at Old Tappan.

"He killed me the last time we played," said Lester, "but the last few days I've just been on my game. I was just trying to hit the ball, to be consistent."

The victory sends Lester into today's quarterfinals, starting at 10 a.m. If he can get by Ramsey's Rich Ryu, whom he edged in three sets Friday in league play, Lester will advance to the semifinals later in the day.

In team competition, Group 1-2 defending champion Glen Rock, Mahwah, and Rutherford each advanced players in all five positions to today's quarterfinals, while Dwight-Englewood, Saddle River, and Cresskill each have four in what could be the tightest multi-team race in recent years.

In Group 3-4, tournament favorite Ramapo and Bergen Catholic advanced all of their players, while Northern Highlands had four.

Lester had the biggest of several upsets on the day. In the Group 1-2 tournament at Demarest, Dwight-Englewood's Adam Haber, playing perhaps his best match of the season, turned back top-seeded Adam Mimeles, 6-2, 6-3, at second singles.

Haber's win over Mimeles was not as surprising as Lester's upset, although the one-sidedness of the match was.

"Adam played extremely well," said Bulldogs coach Andy Pink. "He said Mimeles just had an off day."

Mimeles, who won the Group 1-2 first-doubles championship in 1987, was eliminated in last year's

## TENNIS

second-singles semifinal by Haber's brother, Paul.

Two seeded players were eliminated in 3-4 second singles. Teaneck's Phil Schlakman turned back No. 3 Jack Sieniwick of Paramus, 6-2, 6-0, and Chris Farrell of Indian Hills stopped Westwood's Tom Bollerman, the No. 4 seed, 6-3, 6-0.

Several of the top seeds struggled to advance. In Group 3-4, Ridgewood's Austin DePol, No. 4 at first singles, rallied to stop Don Bosco's Damon DeCando, 4-6, 6-4, 6-4; and Mike Januzzi of Old Tappan, No. 2 at third singles, needed three sets to defeat Ridgewood's Alan Peyrouton, 6-0, 6-7 (7-4), 6-1.

All four seeded first-doubles teams, including top-ranked Darren Saks and John Sharko of Pascack Valley, needed three sets to win.

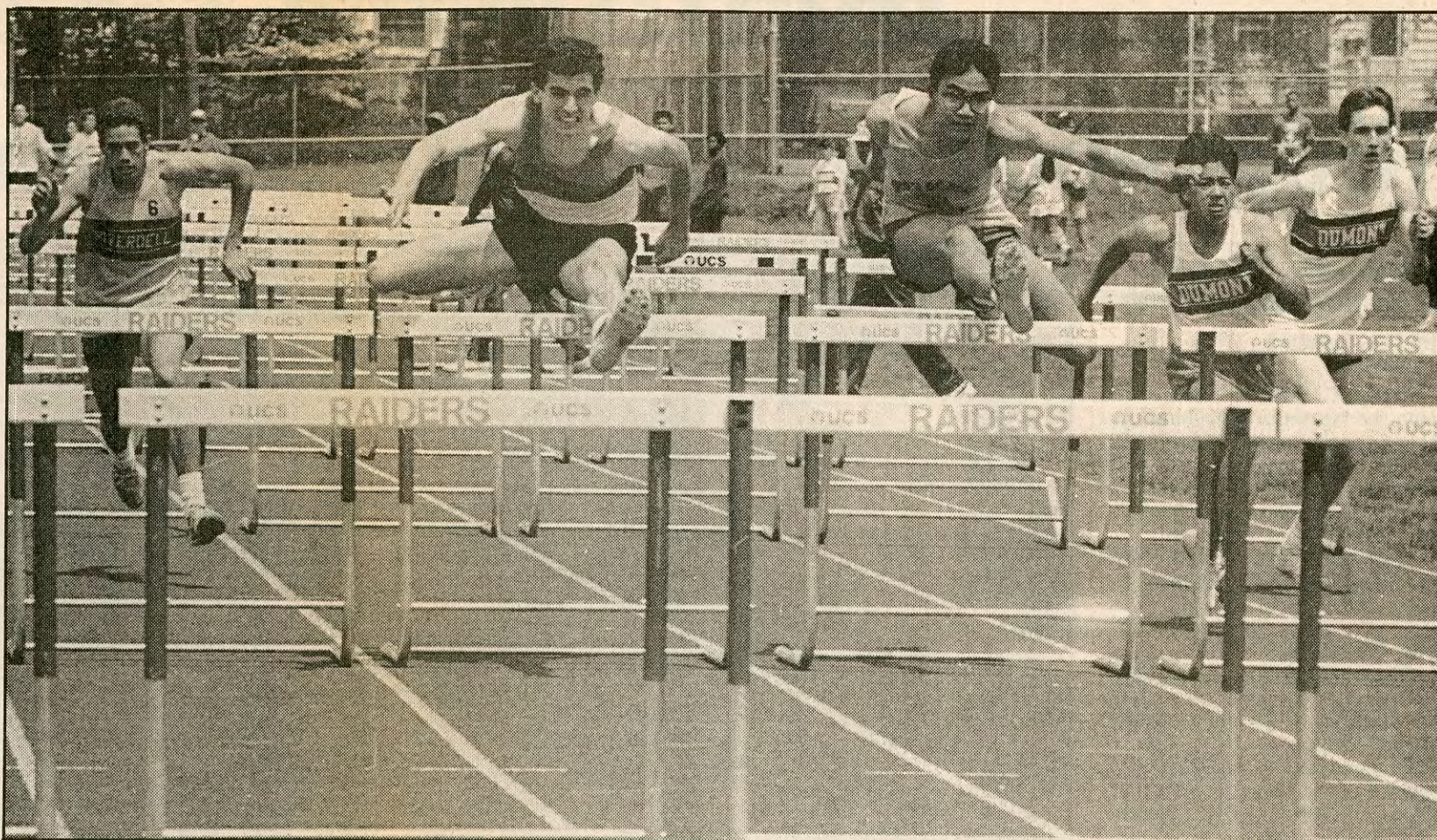
The biggest match in Group 1-2 was the last to finish, a second-doubles match between Mahwah's Mike Mulligan and Sarang Gadhari, who were seeded second, and Saddle River's Buddy Mavrassee and John Coccozielo.

Both teams had won their previous four matches and needed a win to stay tied for first with Glen Rock and Rutherford. Mavrassee and Coccozielo won the first set, but the Thunderbirds pair came back to win the next two for a 2-6, 6-4, 6-1 win.

Saddle River, which is playing in the tournament for the first time, also sees the competition as an opportunity to improve its schedule.

"It's very difficult for us to get matches with other private schools our size," said coach Bernie Revoir. "We're still playing schools three to four times our size. We have to go long distances to play matches and it's almost impossible to reschedule matches that get rained out."

"We hope playing in the tournament will open doors for us so we can pick up matches with public schools in the area. That's the way for us to go."



Paul Von Dohlen of Tenafly, second from left, clears a hurdle on his way to victory in the 110-meter high hurdles.

JOE GIARDELLI/THE RECORD

# Tenafly sweep tops coach's career

By Mark J. Czerwinski  
Record Staff Writer

ENGLEWOOD — After 23 years on the job, Bob Waterman of Tenafly finally can say his track teams have done it all.

The Tigers swept the boys and girls team titles Saturday in the Bergen County Scholastic League American Division meet, the first time they have won both in the same year.

"I'm so pleased because we've won sectional titles and state titles, but this one has been so elusive over the years," Waterman said. "I would have to say that this meet is the pinnacle of my coaching career. This one really makes me happy."

Senior Paul Von Dohlen won both hurdles as the boys team finished 10 points ahead of runner-up Fort Lee, 63-53, at Winton White Stadium. Englewood was third with 47 points.

In the girls meet, Gily Dishon

## BCSL AMERICAN TRACK

and Jackie Romero each won two events as the Tigers held off Queen of Peace, 60-58. Dumont also challenged for the title, finishing with 54 points.

Waterman was impressed with Von Dohlen's performances in the 110 (15.3 seconds) and 400 (56.1) hurdles.

"Paul has been one of our mainstays," Waterman said. "Those victories are really big because it's very hard to win both the intermediate and high hurdles in a big meet."

Balance was the key to the Tigers' success as they chipped away with strong showings in all events. Fort Lee dominated the field events, but Samir Alem took second in the shot put and fifth in the discus to lift Tenafly. Chuck DeRosa also won the long jump for Tenafly.

Neil Luke of Englewood had a big day, winning the 100- and 200-meter events and running in the Maroon Raiders' victorious mile-relay team. Sophomore Moses Mekbeeb of Cliffside Park was the distance star, winning the 1,600 and 3,200.

In the field events, Chris Wetzel of Fort Lee won the discus, took second in the javelin, and finished third in the shot put. Teammate Mike DeNunzio won the shot and took second in the discus.

In girls action, Dishon caught everyone's attention with her performance in the 100-meter race. Her time of 12.2 was second best in Bergen County history, two-tenths of a second behind the record shared by Michele Forrester of Teaneck and Neretta Freeman of Garfield.

Dishon also won the 200 in 25.4 and anchored Tenafly's third-place mile-relay team.

The only three-time winner was Lora Matteis of Cliffside Park. She took first in the 800, triple jump, and 400 hurdles.

Romero, one of the county's best javelin throwers, won the javelin and discus and took fifth in the shot put. Kristen Guth won the 100-meter hurdles and took fifth in the high jump.

Leading the way for Queen of Peace was Geraldine McDermott, who won the 400, ran with the championship mile-relay team, and took second in the high jump, fourth in the 200, and fifth in the discus.

Michel Felix fared well in the distance events for the Golden Griffins, winning the 1,600 and placing second in the 800 and 3,200. Kathy McCauliffe of Dumont won the 3,200.



# How about a real championship?

By Paul Schwartz  
Correspondent

Something's missing from the local track and field scene — a real league championship in the Northern New Jersey Interscholastic League, Northern Bergen Interscholastic League, Bergen-Passaic Scholastic League, and Northern Hills Conference.

Since the NNJIL, NBIL, and B-PSL split into divisions and the Northern Hills was formed, league championships have become divisional affairs, with both divisional meets held at a single site. For the most part, these championships have been one-sided affairs.

Potentially great individual matchups have never come about because the athletes are in different divisions. For instance, a 400-meter confrontation between Hackensack's Stan Finney and Ridgewood's Tim Geckeler at the

## TRACK NOTES

NNJIL meet didn't occur, nor did a girls 400 showdown between Starla Anderson of Eastside and Matilda Miranda of Teaneck.

Pat Leary of Old Tappan and Matt Fialkoff of Ramsey never found out who the best triple jumper in the NBIL was, and Amy DePasquale of Wayne Hills never met Keirsten Wallace of Westwood for the NBIL 100-meter championship.

In the Northern Hills, the outstanding 400 hurdles race between Rob Pasek of West Milford and Jeff Gettings of Wayne Valley would have been even more exciting if Scott Marshall of Millburn had been in the race.

Rich Wisse of Saddle Brook and Craig Masker of Mahwah dominated the distance races in their

BPSL divisions, but never met. On the girls side, Dee Keough of Mahwah and Cathy Acevedo of Saddle Brook never went head-to-head in distance races.

One alternative to the current system would be to award divisional titles based on dual meet results, with one league meet bringing together all the teams for a league title. It would be easy to score eight places instead of the usual five, with problems only in the 100 meters and high hurdles, since most tracks have only six lanes. But that shortcoming easily could be taken care of by consolation finals involving defeated semifinalists.

The competition would be great, and a league title would mean more than a divisional crown.

For now, athletes will have to focus on County and State meets. County championships begin today in Passaic at Wayne Hills and in Bergen at Englewood and New Milford. The State sectionals are May 27, the State group championships June 2-3, and the State Meet of Champions June 8.

\*\*\*

Carlton Myers of Lakeland set a school record in the Northern Hills Conference high jump by leaping 6-5 Saturday.

Top performances from last weekend's multitude of league meets:

## BOYS EVENTS

- 100 — Shahn Mitchell, Orange, 10.7.
- 200 — Tim Geckeler, Ridgewood, 22.1.
- 400 — Geckeler, 48.7.
- 800 — Matt Niedzwiecki, DePaul, 1:58.8.
- 1,600 — Rich Wisse, Saddle Brook, 4:22.3.
- 3,200 — Sean Henry, Clifton, 9:29.9.
- 110 HH — Rasheed Goodlowe, Teaneck, and Jeff Fedorchak, Lyndhurst, 14.5.
- 400 IH — Norre Smith, Montclair, 54.2.
- Shot put — Steve Rice, St. Joseph, 53-3/4.
- Discus — Warren Schoepfer, West Milford, 155-1.
- Javelin — Chris Klapsis, Cliffside Park, 187-8.
- Pole vault — Jason Roer, Hackensack, 13-6.
- High jump — Eric Taylor, Montclair, and Dave Baker, West Orange, 6-6.
- Long jump — Delane Harrison, Eastside, 21-6 1/2.
- Triple jump — Dave Frazier, Rutherford, 46-7 1/2.
- 1,600 relay — Hackensack, 3:23.0.

## GIRLS EVENTS

- 100 — Gily Dishon, Tenafly, and Staci Jordan, Orange, 12.2.
- 200 — Jordan, 25.1.
- 400 — Matilda Miranda, Teaneck, 57.3.
- 800 — Lisa Berkowitz, Wayne Valley, 2:21.4.
- 1,600 — Cathy Feeney, Wayne Valley, 5:18.7.
- 3,200 — Feeney, 11:20.2.
- 100 HH — Melissa Langois, Madison, 15.4.
- 400 IH — Langois, 65.5.
- Shot put — Chris Piekarz, Clifton, 37-2 1/2.
- Discus — Kimyada Slappy, Passaic, 118-6.
- Javelin — Elena Primerano, Lyndhurst, 132-8.
- High jump — Tanya Scott, Passaic, and Chris Gilmour, Dumont, 5-2.
- Long jump — Jen McDermott, Ridgewood, 18-8.
- Triple jump — McDermott, 38-2.
- 1,600 relay — Teaneck, 4:02.4.

## The Record's girls track polls

### BERGEN GROUP 1-2

1. **Saddle Brook.** The Falcons clinched the B-PSL Carpenter Division title Monday night, but need big performances to win the County meet this weekend. **(Points: 25)**
2. **Rutherford.** The Bulldogs continue their upward climb in the Group 1-2 poll by capturing the BCSL National Division title and could be the favorite to win County title. **(Points: 20)**
3. **Englewood.** The Maroon Raiders finished fourth at the American Division meet last weekend and slipped a notch. The 4x400 relay should cruise to the title in the County championships. **(Points: 15)**
4. **Waldwick.** Lisa Fiore, Kim Giordano, and Jane Menella each won individual events at the Carpenter Division championships, but the County meet is a different story. **(Points: 11)**
5. **Cresskill.** Winning the Olympic Division meet by 28 points over second-place Hasbrouck Heights makes the Cougars an outside shot to take the County meet. **(Points: 4)**

Others receiving votes: Lyndhurst (2), Midland Park (1), New Milford (1).

### BERGEN GROUPS 3-4

1. **Ridgewood.** The Maroons and Teaneck finally meet at the Bergen County championships Saturday to determine the top Group 3-4 team. Jennifer McDermott must come up a big winner for Ridgewood to defend its crown. **(Points: 23)**
  2. **Teaneck.** The Highwaywomen are tough in the sprints and 4x400 meter relay, and will challenge Ridgewood for the Group 3-4 crown. **(Points: 22)**
  3. **Tenafly.** Gily Dishon is the best sprinter in the county and took two events last weekend as the Tigers edged Queen of Peace and Dumont to win the BCSL American Division championship. **(Points: 14)**
  4. **Pascack Valley.** A 34-point win over second-place Westwood at the NBIL Division 2 championships vaults the Indians back into the Bergen County Group 3-4 poll. Monica Biro looked impressive in winning the 1,600 and 3,200. **(Points: 9)**
  5. **Paramus.** The Spartans finished second in the NNJIL Pacific Division championships to Teaneck as Vickie Foy continued her dominance in the distance events. **(Points: 3)**
- Others receiving votes: Westwood (1), Queen of Peace (1).  
Voting on 5-4-3-2-1 basis by The Record sports staff.

## SCHWARTZ'S BERGEN TRACK PICKS

### Boys meet

Evt	Group 1	Group 2
100	Campbell, Emer.	Roballo, B.T.
200	Ivanicki, Wall.	Luke, Eng.
400	McKenna, HH	Campbell, Eng.
800	Wisse, SB	Masker, Mah.
1600	Wisse, SB	Masker, Mah.
3200	Wisse, SB	Masker, Mah.
HH	Miller, Cres	Santos, Gar.
IH	Miller, Cres	Malatak, Ruth.
SP	Quinn, Cres	Batchelor, Rut.
Disc	Marada, PR	Wetzel, F.L.
Jave	Koenke, NM	Miller, R.D.
HJ	Carr, Wald	Moore, Eng.
TJ	Heal, NM	Frazier, Ruth.
LJ	Torres, Wald	Frazier, Ruth.
PV	Miller, Cres	Overlock, Mah.
Relay	Waldwick	Englewood
Team	Waldwick	Rutherford
Evt	Group 3	Group 4
100	Camp, OT	Spears, Tea.
200	Rosenberg, QP	Finney, Hack.
400	Rosenberg, QP	Geckeler, Rw.
800	Raciti, Rams	Bednarz, PC
1600	Flynn, Rams	Pataky, PC
3200	Flynn, Rams	Meloro, BC
HH	Puskas, Para.	Goodlowe, Tea.
IH	Howard, OT	Griffin, Tea.
SP	Schunke, IH	Rice, SJR
Disc	Sirignano, OT	Evans, Hack.
Jav	Klapsis, CP	Werner, Hack.
HJ	Weis, OT	Robinson, SJR
TJ	Fialkoff, Rams	Halyard, Rw.
LJ	Fialkoff, Rams	Halyard, Rw.
PV	Bruno, Rams	Roer, Hack.
Relay	Old Tappan	Don Bosco
Team	Ramsey	Ridgewood

### Girls meet

Evt	Group 1	Group 2
100	Slutzker, HH	Morrissey, Eng.
200	Jimenez, Wald	Morrissey, Eng.
400	Duck, Wald	Johnson, Eng.
800	Mennella, Wald	Primerano, Lyn.
1600	Acevedo, SB	Keough, Mah.
3200	Acevedo, SB	Keough, Mah.
HH	Wilson, MP	Battista, Ruth.
IH	Giunta, MP	Sullivan, GR
SP	Park, DE	Gibson, Gar.
Disc	Park, DE	Olayan, RD
Jav	Dragonovich, Wal.	Primerano, Lyn.
HJ	Wilson, MP	Martin, GR
TJ	Giordano, Wald	Morrissey, Eng.
LJ	Giordano, Wald	Brown, Eng.
Relay	Waldwick	Englewood
Team	Waldwick	Englewood
Evt	Group 3	Group 4
100	Dishon, Ten.	Golden, Tea.
200	Dishon, Ten.	Miranda, Tea.
400	Metz, PV	Miranda, Tea.
800	Reid, PV	Collazo, Rw.
1600	Biro, PV	Figlar, Rw.
3200	Foy, Para.	Codling, Hack.
HH	Orsi, IH	Powell, Tea.
IH	Matteis, CP	Powell, Tea.
SP	Mahle, West	Eldridge, Rw.
Disc	Barsa, PH	Eldridge, Rw.
Jav	Romero, Ten.	Stankiewicz, FL
HJ	Gilmour, Dum.	Clark, IHA
TJ	Kelly, Dum.	McDermott, Rw.
LJ	Wallace, West.	McDermott, Rw.
Relay	Pascack Valley	Teaneck
Team	Pascack Valley	Teaneck

## Scores

### High school

SOFTBALL	Quarterfinal	Academic	Old Tappan 3	Paramus 2
Rutherford JV tournament	Ridgefield 5	Pascack Valley 3	Pascack Hills 2	
Holy Angels 18	Emerson 0			
TENNIS	GROUP 2	GROUP 4	PAROCHIAL A	Quarterfinals
NJSIAA TOURNAMENT	Quarterfinals	Quarterfinals	Quarterfinals	Quarterfinals
NORTH JERSEY, SECTION 1	Mahwah 4	Hasbrouck Heights 1	West Milford 4	Passaic Valley 1
GROUP 1	Glen Rock 4	Lenape Valley 1		
	Fort Lee 4	Walkill Valley 1		
	Rutherford 4	Lodi 1		
	GROUP 3	Quarterfinals		
	Quarterfinals	Bergen Catholic 4	Paramus Catholic 1	
	No. Highlands 3	Ramsey 2	St. Joseph 4	St. Peter's 1



## Rutherford passes County test

By Paul Schwartz  
Correspondent

ENGLEWOOD — A minimum of breakdowns Saturday allowed Waldwick, Ramsey, and Hackensack to win in Group 1, 3, and 4, respectively, at the Bergen County Track and Field Championships at Winton White Stadium.

But Rutherford survived several miscues to win Group 2 over Mahwah, by a deceptively easy 65½-49 score.

"I think this is a measure of how good this team is," said Rutherford coach Bob Hemmel after the Bulldogs outscored Mahwah, 15-0, in the final two events of the meet, the long jump and relay. "This is the toughest meet we've had in a long time."

Rutherford had to survive a sub-par effort in the 3,200-meter run Friday, scoring just four points instead of an expected eight. Rutherford also lost distance standout Chris McCafferty to a sprained back in the race. Additionally, Rutherford lost expected points in the high hurdles when John Malatak crashed into the first hurdle and was forced to withdraw, and was unexpectedly shut out in the 400.

But the Bulldogs' strength in the weights and jumps held up, and they won all four events and scored 36 points to just eight for Mahwah.

David Frazier won the long jump and triple jump, the latter with a Group 2 record jump of 44-

### BERGEN BOYS TRACK

7½, while Ryland Batchelor won the shot and Mike Harrison the discus. Other Bulldog winners were John Malatak and the 1,600-meter relay. Mahwah's only wins came from junior distance ace Craig Masker, who pulled off a 800-1,600-3,200 distance triple by holding off Rob Clifton of Rutherford in the 1,600 to complete the triple.

Hackensack surprised Ridgewood, 75-56, to win the Group 4 title for the second straight year and sixth time in the 80s. The Comets won just five events, but took seven seconds and swept the pole vault and javelin with 1-2-3 finishes.

"I have to credit our assistant coaches, Len Wade with the weights, Jim Levitzke in the pole vault, Kevin Edwards in the jumps, and Shirleen Scott and Larry Beamon," said Hackensack coach Ed Church. "We lost so many top athletes who graduated off of last year's team, but these coaches have worked with the kids who have done a sensational job."

Glenn Evans won the shot and discus (Hackensack's only double winner), but Brian Vallinino (pole vault) and Scott Werner (javelin) also won events and Stan Finney won the 200 and finished second in two other events, including a tremendous 400 meter duel won by

Tim Geckeler of Ridgewood.

Sophomore Ken Flynn of Ramsey scored the day's other distance triple in the Group 3, to lead Ramsey to a 56.2-46 win over Old Tappan. Anthony Mirra won the discus, Matt Fialkoff the long jump and Jason Bruno the pole vault as the Rams outscored Old Tappan, 33-13, in the field events.

It was Ramsey's first County boys group title and the first for veteran Ramsey coach Ray Weyhenmeier after 20 years of coaching at three Bergen schools.

"Our seniors came through and so did Flynn," said Weyhenmeier. "We had no breakdowns all day."

Waldwick won one individual event, John Carr in the high jump. But the Warriors placed in 10 events, including five second places, three by Julio Torres and won the 1,600 relay, for their first Group 1 title since 1971. The Warriors also won the relay to cap a 47-33 margin over Cresskill.

"I think everyone got a big boost from John Zurfleuh, our senior distance runner who came back from a broken foot early in the season to get a second in the 1,600 and third in the 3,200," said Waldwick coach Jim Husk. "And Julio Torres had a great meet for us."

Wallington had the most first places in the group as Joe Ivanicki

won the 100 and 200 and Jason Pyrut won the long and triple jumps.

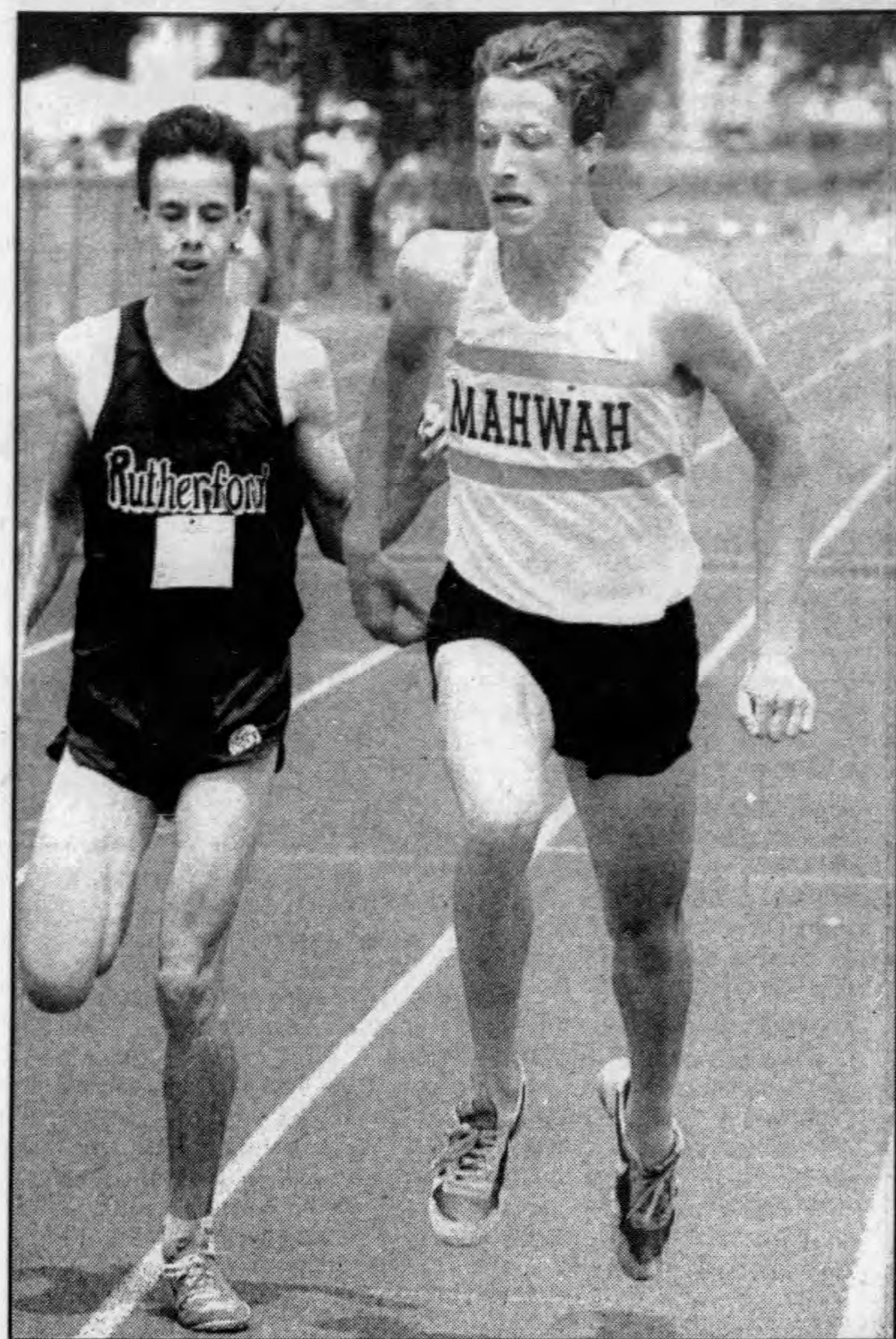
### Passaic County meet

WAYNB — The girls of Passaic and the boys of Passaic Tech emerged from the track shadows Saturday to strike down and surpass their respective nemeses. They were winners in the Passaic County Track Championships at Wayne Hills, along with the boys of DePaul, who ran off with the B Division.

Passaic, which had been running second to Wayne Valley for years, took the girls championship with 54 points to 51 for Kennedy and 46 for Wayne Valley. Passaic Tech, spurred by the brilliant 50.2-second anchor leg by Daryl Tann in the 1,600 relay, took the boys A Division title with 65 points to 53 for Kennedy, the defending champion. Tech had run in the shadows of Kennedy and Eastside for years.

Tann made up at least a five-meter deficit as he, Ernie Drake, Sylvester Harriett, and Sultan Muhammad overcame Kennedy in a school-record 3:23.0.

DePaul had 126 points to 31½ by runner-up Eastern Christian in the B Division.



ROBERT S. TOWNSEND/THE RECORD

Craig Masker of Mahwah, right, outduels Rob Clifton of Rutherford to win the Group 2 1,600-meter title. Masker won three events.

■ Summaries S-14



ROBERT S. TOWNSEND/THE RECORD

Claudia Jimenez of Waldwick takes the baton from teammate Kim Giordano. The Warriors went on to win the Group 1 relay.

## Teaneck overtakes Ridgewood

By Paul Schwartz  
Correspondent

### BERGEN GIRLS TRACK

ENGLEWOOD — Teaneck has been chasing Ridgewood for three years in girls track. Saturday at the Bergen County championships, the Highwaywomen finally caught their Group 4 rivals.

Teaneck edged Ridgewood, 75½-71, to capture its first group title since 1986, winning the 1,600-meter relay to clinch the victory.

Teaneck joined first-time winner Garfield (Group 2); Westwood, which won its fourth straight group title but first in Group 3 after moving up from 2; and Saddle Brook, which won its first Group 1 title since 1984, as winners on the sizzling track at Winton White Stadium.

"The kids weren't feeling their best because of the weather," said Teaneck coach Cheryl Miller-Porter, "and they have other things on their mind at this time of the year. But they came through when they

had to."

Surprisingly for a meet that was so close, there really were no key events in which a Ridgewood-Teaneck matchup did not go as expected. If there was an unexpected heroine for Teaneck, it might have been Fair Lawn distance star Melissa Wyka. She captured the 1,600 and 3,200 runs, holding Ridgewood to just nine points in events where the Maroons might have scored twice as many in her absence.

But Teaneck's stars — Nicole Golden in the 100, Matilda Miranda in the 200 and 400, Jen Powell and Trenace Mickens in the hurdles, and the splendid relay team — performed as expected. That enabled Teaneck to hold off Ridgewood star Jen McDermott, who set a Bergen County record of

39-8 in the triple jump, missing the State record by 1½ inches. She also set a meet record in the long jump.

Alfreda Eldridge (shot), Amy Titus (javelin) and Liz Figlar (800) also won events for the Maroons.

Garfield's win, 63½-55 over Englewood, came despite winning only the high jump (Sandra Pinho) and shot put (Barbara Dziuba). But the Boilmakers scored in 13 of the events, placing two athletes in nine, to overcome five Englewood victories and a distance triple by Mahwah's Dee Keough.

Saddle Brook loaded up in the distance events, scoring 28 points to just three for Waldwick, to fashion a 62-59 win. Cathy Acevedo won the 800 and 1,600 and was second to teammate Krissy Nucci-

telli in the 3,200.

The Warriors and Midland Park combined for 10 victories, with Waldwick winning six firsts, but Saddle Brook scored in 12 events and captured six runner-up finishes to just three for the Warriors.

Westwood pulled its upset as heavily favored Pascack Valley suffered setback after setback and fell six points short of Westwood's 36½.

Westwood's Lisa Mahle pulled out the discus on her final throw and also won the shot, and Keirsten Wallace won the long and triple jumps and took second to Tenafly's Gily Dishon in the 100 and 200. The two combined for 32 of Westwood's points.

PV's biggest setbacks came when freshman Monica Biro was bumped in the 3,200 and fell before dropping out of the 1,600, costing the Indians eight sure points.

# Thousands taking to Ridgewood streets

By Bob Kurland  
Record Staff Writer

The 14th annual Ridgewood Run was scheduled to get under way this morning on Linwood Avenue near the Graydon Pool. More than 2,500 runners were entered and hundreds more were expected to take part in the fun run-good health walk at noon.

The headline event is the masters mile for the over-40 national championship. Two of the favorites are Harry Nolan of Navesink, who has a 4-minute, 15.3-second mile to his credit, and Albert Swenson of Connecticut, who has clocked a 4:17.

There will also be age group winners. The oldest competitor is Ed Benham, 81, of Maryland. A retired jockey, he is shooting for a world age-group record.

Irene Jackson of New York is the choice to win the women's master's mile for the second straight year. She captured last year's event in 5:27.6.

The men's open mile could come down to Steve Ave, the former ace at St. Joseph's College in Philadelphia, and Jim Case of Manalapan. They finished second and third, respectively, last week in the Princeton invitational mile. Another contender is Alberto Garcia.

The women's open mile could be a battle between Diane Richburg of Troy, N.Y., who finished 11th in

## RUNNING

the Mercedes Mile, and Bergen County ace MaryEllen McGowan, who starred at Pascack Valley High School and Villanova University.

The mile races are sponsored by Park Ave. BMW, which will pay bonuses to winners who surpass certain standards. In the men's open mile, the standard is 4 minutes; women's open, 4:30; men's masters, 4:20; and women's masters, 5:15. These runners receive \$500 plus the first-place prize of \$300. Runners-up get \$150 and third place is worth \$100.

Martin Ludwikowski of New York will be on hand to defend his title in the 10-kilometer race, which he won last year in 29:53. Soviet Oleg Los of Leningrad will be running for an age-group title.

Former Bucknell runner Brian Harshman of Robbinsville could be the man-to-beat in the 5K.

Michele Bush, an Olympic marathoner from the Cayman Islands, is entered in the women's 10K with Gillian Beschloss, who recently won the New Jersey Waterfront Marathon.

All participants will receive their results on a souvenir postcard that will bear a special "Ridgewood Run Station" cancellation.



ROBERT S. TOWNSEND/THE RECORD

Claudia Jimenez of Waldwick takes the baton from teammate Kim Giordano. The Warriors went on to win the Group 1 relay.

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## BERGEN GIRLS TRACK

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# SPORTS

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HORSE RACING

D-8

SCOREBOARD

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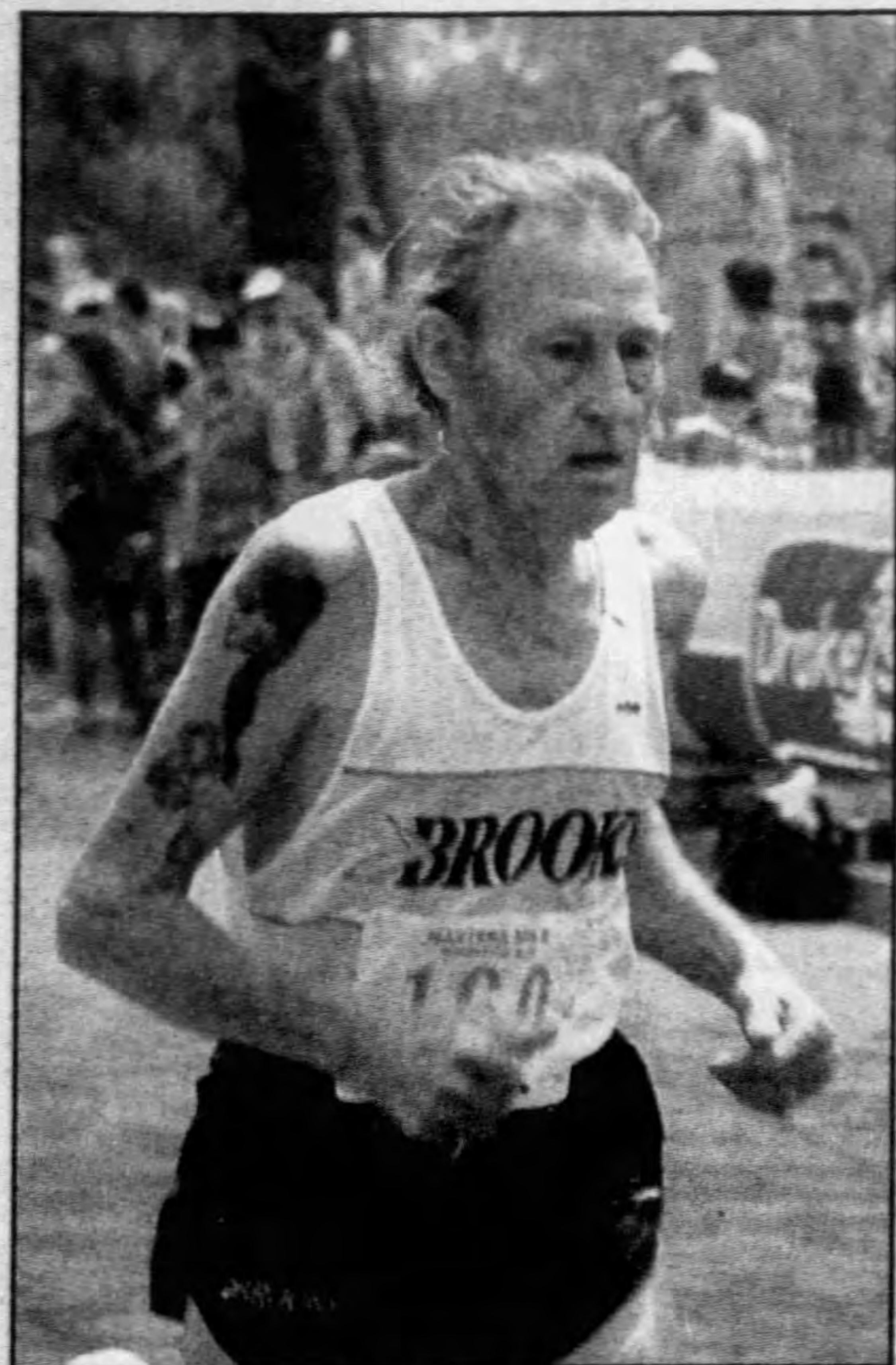
WEATHER

D-10

THE RECORD ★

MONDAY, MAY 22, 1989

SECTION D



LINDA RADIN/THE RECORD  
Ed Benham crossing the finish line in world-record time Sunday at the Ridgewood Run.

## Winner in race against time

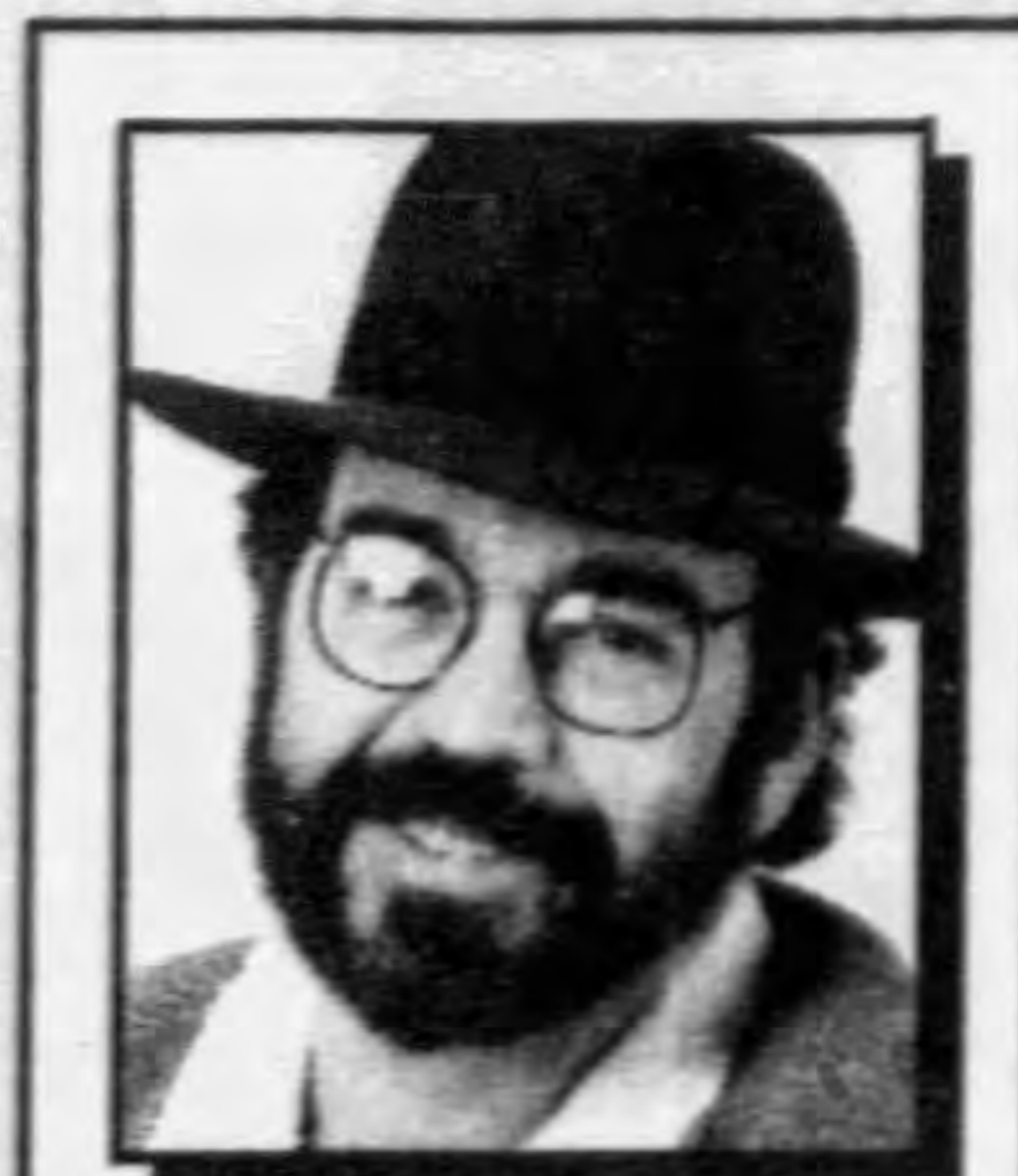
RIDGEWOOD — You could say that Ed Benham is the world's greatest athlete.

You'll get an argument, no question about that. You'll also get a lot of puzzled looks from the 99 percent of the world that's never heard of Ed Benham. But you wouldn't necessarily be wrong.

He's a little guy, just 5-foot-4 and 110 pounds, with a grip of iron. He has flowing gray hair and bushy white sideburns Elvis would have been proud of. On his left shoulder is a tattoo of a horse, on his right shoulder a tattoo of a young woman.

You can tell just by looking at him that he's a former jockey — his knees bow out so far you could sneak up behind him and slip a horse under him and he'd never notice. He walks with the rolling gait of a cowboy. He's a terrific runner now. Sunday, in the Ridgewood Run at sun-kissed Veterans Memorial Field, he established a world record in the mile.

The record is 6 minutes, 30.2 seconds. That may



Mike Celizic

not sound all that fast (although it's faster than a lot of professional football, baseball, and basketball players could manage downhill with a tail wind) until you realize that Benham is 81 years old and the fastest mile by an 81-year-old before Sunday was the 6:43.3 that Paul Spangler ran nine years ago.

So how many world records does that make, Ed? "I got 'em all," he replied shortly after his record run. "I hold all the records."

Benham, of Ocean Park, Md., doesn't waste words any more than he wastes time. Canadian-born and American-raised, he spent his life around horses and racetracks.

At 16, in 1923, he was a jockey. In 1938, he became an exercise rider. He spent the last 20 years of his working life as a jockey's attendant on the Maryland race circuit. At 72, three years after retiring, he took up running.

"I just kind of got into it," he said. He doesn't have a deep philosophical reason for staying at it and doesn't need one.

"It's more fun doing this and it keeps you healthy," he said. "I'm just trying to go along with my life the way I like it."

The race he won Sunday was for the U.S. National Masters Mile Championship. They ran the men in three heats. Benham ran with those over 69 years old. He won his age group — he was the only

“ I just want to live to the age he is and still be able to walk. And he can run! ”

Sid Howard  
50-54 age-group winner

one in it — but he also beat all but one of the 70-year-olds.

As he talked afterward, one of the youngsters he beat, 72-year-old Vincent Carnevale of Newark, took up a harassing action.

"I'll get you yet," Carnevale said, laughing. "I can't get you at 80, I'll get you at 90."

Benham just laughed, showing no remorse whatsoever for beating up on kids nine and 10 years younger than he.

See **CELIZIC** Page D-7

■ Ridgewood Run stories, results. **D-6-7**

D-6 THE RECORD



Brian Harshman about to cross finish line in 5K race. Teammate Elaine Van Blunk, below, won the women's event Sunday in Ridgewood Run. LINDA RADIN/THE RECORD

## Ridgewood marks shattered

By Paul Dottino  
Correspondent

RIDGEWOOD — Brian Harshman and Elaine Van Blunk of Tom Fleming's Running Room track club of Bloomfield broke course records for the men's and women's 5,000-meter events Sunday in the 14th annual Ridgewood Run. Four of eight course records fell.

Harshman, 26, ran the men's 5,000-meter race in 14 minutes, 20 seconds, two seconds faster than Brian Roche recorded in 1986. Van Blunk, 24, finished the women's race in 16:07 to eclipse the mark set last year by Lisa Weidenbach (16:16).

"You have to be happy any time you break a record," said Harshman. "But I really didn't have a game plan. I realized that I had a decent shot at winning about halfway through the race."

Harshman, of Robbinsville, passed Jama Aden at the two-mile point and won by nine seconds.

"I moved in front, but he pressed me for the rest of the race," Harshman said of Aden. Harshman ran the first mile in 4:45 and recorded a 9:25 at the two-mile point. He finished one second short of his personal record (14:19), established in March at Allentown, Pa.

Van Blunk, of West Deptford, also made her move at the two-mile point and cruised to a 13-second win over Michelle Bush-Cuke, who was the women's winner at the 10K race run April 30 in conjunction with the New Jersey Waterfront Marathon.

"We went out pretty fast," Van Blunk said of her 5:02 opening split. Her two-mile time was 10:34.

"I still felt pretty good and I knew there

were some downhills from there," she said. "Even though I knew Michelle was right behind me, she never challenged me from that point on."

"I'm surprised because I'm more of a track person," she said of setting the record. Van Blunk is training for the 3,000-meter run at The Athletic Congress meet next month in Houston.

Kevin Ruland of Paramus took the men's 10,000-meter run in 31:04, 27 seconds ahead of Mike Feuriado.

Ruland, Feuriado, Tom Downes of Jersey City, and Paul Ruston shared the lead through the first mile. Downes and Ruston dropped back after the second mile and Feuriado fell behind at the three-mile point.

"I was running to win," said Ruland, 29. "I originally intended to wait until the four-mile mark to take off, but I saw that I had a chance to pull away. It was really hard after the mid-point because I knew that I had to keep up the pace."

Former Kinnelon High School star Inge Schuurmans of Richmond, Va., won the women's 10K in 34:47. Her time was the event's largest margin of victory, 2:19 better than Marilyn Cofnuk of Verona.

Schuurmans, 26, who finished fourth in the Waterfront 10K (34:06), led the entire race but was disappointed that she was unable to break Lynn Jennings' record of 34:26 (1982).

"I wanted the record, but I really felt the heat at about the 5,000-meter mark," she said. "I didn't press the last mile because I knew that I was behind [the record]."

J. J. Clark, 24, son of Eastside High School principal Joe Clark, finished second in the men's open mile with a 4:08.5, six-tenths of a



LINDA RADIN/THE RECORD

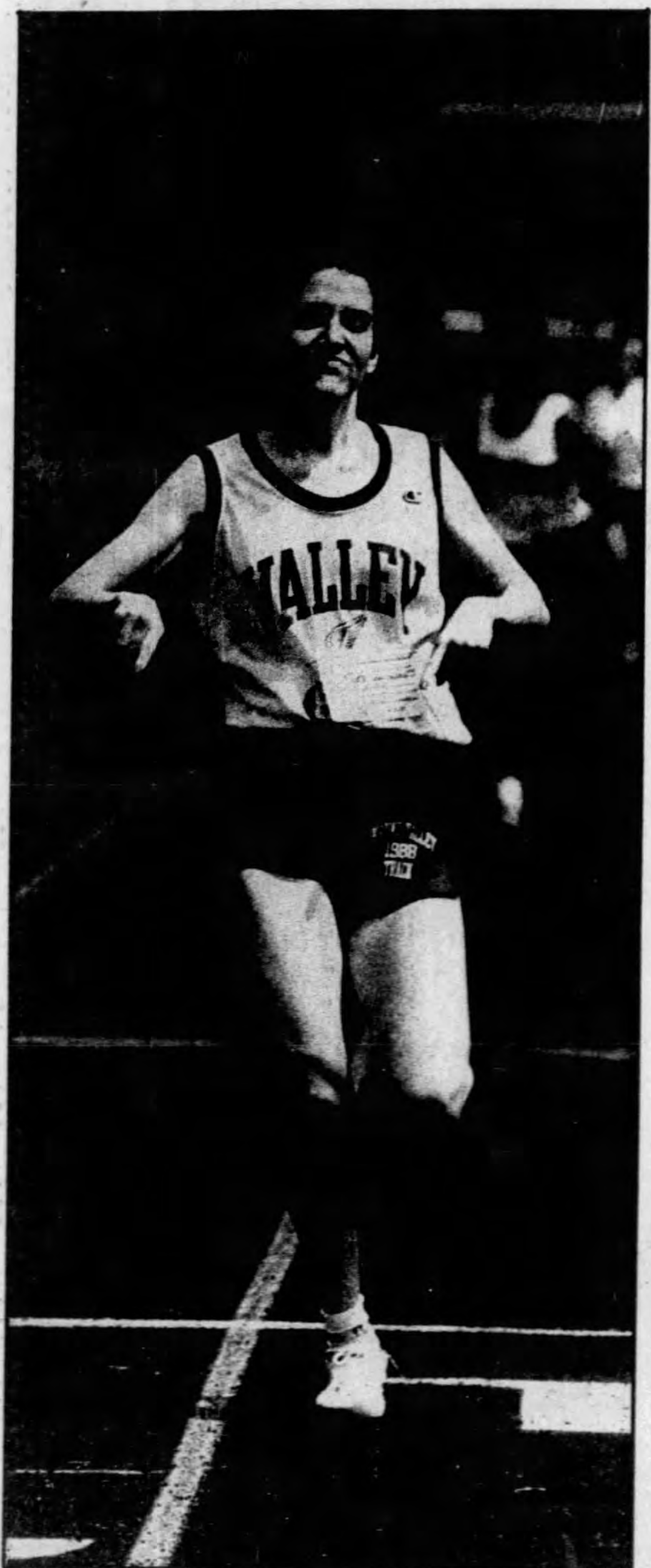
second behind Steve Avee, an All-American from St. Joseph's (Pa.) University.

Mary Ellen McGowan of River Vale, a former Pascack Valley High School star, was second in the women's open mile in 4:48.4. Diane Richberg won the race in 4:40.8.

**NOTES** — The 10K run attracted 582 men and 132 women participants; the 5K had 519 men and 244 women.

■ Race results.

D-7



**AHEAD OF THE PACK:** Cathy Feeney of Wayne Valley beats the pack to win the 800 meters at the Passaic County Track Championships Saturday. Feeney also captured the 1,600 and 3,200 events.

# CELIZIC: Runner improving with age

From Page D-1

"Ed holds around 115 age-group and single-age records," said Charles DeJardins, the national chairman of the United States Master Long Distance Runners. "As far as we're concerned, he's probably the world's greatest athlete."

"He seems to get better every year," Austin Newman said of Benham. Newman, fit and muscular at 72, won the over-70 group with a 6:05.3 mile, but he marvels at Benham. "That man — he's great," Newman said.

"He's my idol," said Sid Howard, 50, of Plainfield, who won the

50-54 group with a 4:45 mile. "I just want to live to the age he is and still be able to walk. And he can run!"

And run fast — by any standard.

If the greatest athlete is the one who is most dominant, then DeJardins is right about Benham, who is nothing if not dominant. He's the Babe Ruth, the Jim Brown, the Sammy Baugh, and the Wayne Gretzky of age-group running.

To paraphrase Casey Stengel, most people Benham's age are dead. Most of those who aren't might be if they tried to run 70 miles a week, as Benham does.

So Benham doesn't have as much competition as a man 50 years his junior. But even when there are others his age in the race, he has no competition.

Open the record book. Start at one mile and go up to 50 kilometers (31 miles). Then go from 75 years old to 81 years old and look at the records. If Benham's name doesn't match up with the time, the only reasonable explanation is that he hasn't run the distance yet.

Benham doesn't just break records, either. He makes them look silly.

Last year, he knocked five minutes off the world 10-kilometer

record, 20 minutes off the 15-kilometer record, 15 minutes off the 10-mile record, and 1 hour, 7 minutes off the marathon (he ran a 3:43 marathon at age 80 and a 3:32 in his late 70s). Most recreational runners would kill for those times.

"In most of those races, he beat the record by more than two minutes a mile," DeJardins said with genuine wonder.

"So many people don't try to help themselves when they retire," Benham said. "They don't have a hobby."

Benham doesn't have that problem. His hobby is breaking records. No one is better.

## 5,000-meter run

MEN	
1. Brian Harshman, Robbinsville	14:20*
2. Jarna Aden, Fairfax	14:29
3. Robert Anastasio, Melville, N.Y.	14:32
4. Lomnyaki Loiboku, East Orange	15:04
5. Patrick McCarthy, New Rochelle, N.Y.	15:08
6. Bob Vogel, White Plains, N.Y.	15:09
7. Kevin Wynne, Yorktown Hgts., N.Y.	15:11
8. Andy Kohlbrenner, New City, N.Y.	15:21
9. Ken Zuidema, Poughkeepsie, N.Y.	15:33
10. Patrick Forkins, Mahwah	15:37
11. Tom Trace, Irvington	15:39
12. Shawn Marcelle, New York	15:54
13. Ari Hall, Staten Island	15:56
14. Paul Patrick, Flushing, N.Y.	15:58
15. Luc Droal, Astoria, N.Y.	16:09
16. Tim Healy, Teaneck	16:10
17. Dan McManus, Irvington	16:14
18. Paul Josh, Union	16:16
19. Denis Careill, New York	16:30
20. Bob Tompkins, Harrison	16:41
21. Frank Pucher, Ridge Park	16:42
22. Michael Duffy, Dumont	16:50
23. Jeffrey Veatch, White Plains, N.Y.	16:53
24. Robert Hoffman, Glendale	16:58
25. Ted DeLaunay, Chester	17:01
26. Nick Joannidis, Saddle Brook	17:02
27. Andrew Roney, Hackensack	17:04
28. Nuno Santo, Newark	17:08
29. Dennis Barham, New York	17:08
30. Pascal Sauvayre, New York	17:11
31. Ernest Mossiah, New York	17:13
32. David Grady, Lyndhurst	17:13
33. Scott Chiusano, Oakland	17:14
34. Scott Kohorst, Denville	17:16
35. Michael Frankquinha, Brooklyn, N.Y.	17:22
36. Mark DeBartolo, Lodi	17:29
37. Patrick Meisenbacher, Middlesex	17:31
38. John McNiff, Westwood	17:34
39. Mike Slavin, Irvington	17:36
40. Kevin McManus, Highland Lake	17:37
41. Chris Lacroix, Wyckoff	17:41
42. Noel Larkin, Bogota	17:44
43. Gregory Rubino, Hasb. Hgts.	17:44
44. Michael Ushoefer, Cresskill	17:45
45. Jeffrey Rubino, Hasb. Hgts.	17:50
46. Mark Depiano, Hamburg	17:54
47. Robert Mead, Ridgefield	17:55
48. Stephen Derham, Madison	18:05
49. Julio Lugo, Bogota	18:06
50. Edward Schultz, Randolph	18:10

\* — old record, Brian Roche, 14:22, 1988

WOMEN	
1. Elaine Van Blunk, West Deptford	16:07*
2. Michelle Bush-Cuke, Brooklyn, N.Y.	16:20
3. Alice Willis, Cliffside Park	17:01
4. Inge Schuurmans, Ridgefield	17:56
5. Maritza Alvarez, Hackensack	18:08
6. Judy Anker, Hawthorne	19:04
7. Susan Loizzo, Rye, N.Y.	19:09
8. Suzanne Hoppinthal, Brooklyn, N.Y.	19:47
9. Debbie Adams, Ridgewood	20:33
10. Diane Sena, Newark	20:35
11. Jill Martin, Brooklyn	20:35
12. Jenna Rogers, Ho-Ho-Kus	20:39
13. Christine Fitzgerald, Hasb. Hgts.	20:55
14. Cheryl Kornetzke, Wyckoff	20:59
15. Christine Lawlor, Middle Village, N.Y.	21:06
16. Patti Quiroz, Hackensack	21:09
17. Beth Perry, Madison	21:10
18. Laurie Scott, Ridgewood	21:10
19. Elsa Pereira, Newark	21:22
20. Patricia Edgcomb, Whippany	21:55
21. Annette O'Neil, Ridgewood	21:26
22. Leslie Lafroz, Haworth	21:31
23. Tears Smith, Linden	21:35
24. Elizabeth Kanabe, Elmwood Park	21:38
25. Joan Pertak, White Plains, N.Y.	21:40
26. Jane Reilly, Ridgewood	21:42
27. Terrie Esser, Ho-Ho-Kus	21:43
28. Donna Colombo, Lodi	22:24
29. Helen Elkerton, Waldwick	22:37
30. Toshiko D'Elia, Ridgewood	22:54
31. Brenda Seidner, New York	22:58
32. Donna Johnson, Staten Island	23:00
33. Diane Kellymyer, Saddle Brook	23:01
34. Jan Ramierdi, Albany, N.Y.	23:15
35. Laurie Reid, Ramsey	23:33
36. Roseanne Alston, Midland Park	23:35
37. Denise Gunn, Orangeburg, N.Y.	23:36
38. Siacey Mead, Ridgewood	23:40
39. Janel Layden, Glen Rock	23:42
40. Nancy Grabow, Hamburg	23:46
41. Susan Barry, Revere	23:50
42. Norma Hernandez, Bergenfield	23:55
43. Gladys Eaton, Ridgewood	23:55
44. Linda Peixoto, Newark	23:58
45. Jennifer Jahrling, Ridgewood	23:55
46. Kristin Conradi, Ridgewood	24:05
47. Joan Krilla, Mahwah	24:10
48. Loreen Hess, N/A	24:13
49. Debbie Zallo, New City, N.Y.	24:18
50. Carol Petraglia, Ridgewood	24:21

\* — old record, Lisa Weidenbach, 16:16, 1988

## 10,000-meter run

MEN	
1. Kevin Ruland, Paramus	31:04
2. Mike Feuriado, Elmont, N.Y.	31:31
3. Paul Ruston, New Rochelle	32:04
4. Bill Valenzano, Columbus	32:41
5. Richard Pendell, West Point, N.Y.	32:44
6. Tom Downes, Jersey City	32:49
7. Michael Humiston, Dumont	33:03
8. Thomas Downes, Jersey City	33:19
9. Frank Russo, Wayne	33:23
10. Luis Guerra, Yorktown Hgts., N.Y.	33:28

## RIDGEWOOD RUN

11. Brian McCourt, Midland Park	33:39
12. Glenn Vivolo, Wayne	33:48
13. Manuel Gama, Cedar Grove	33:54
14. William Bragg, Fort Lee	34:04
15. Stephen Marsalese, Middle Village, N.Y.	34:06
16. Thomas Fleming, Butler	34:10
17. Ernest Mossiah, New York	34:14
18. David Nutt, Ridgewood	34:18
19. John Gouveia, Kearny	34:18
20. Scott Kadison, Livingston	34:30
21. Jerry Macari, New York	34:30
22. Bob Wanamaker, S. Berwick	34:37
23. Shawn Gallagher, Tenafly	34:51
24. Kevin Higgins, Randolph	34:52
25. Michael Duffy, Dumont	34:52
26. Mark DeBartolo, Lodi	35:05
27. Steve Tricarico, N. Arlington	35:07
28. Gary Murrcke, Huntington, N.Y.	35:23
29. Michael Close, Cedar Grove	35:24
30. Phil Mousin, Teaneck	35:39
31. Bill Plough, Vernon	35:50
32. James Hudick, Riverdale	35:54
33. Robert Jahnke, Oradell	35:56
34. Robert McCluskie, Wash	36:17
35. Josh Fronefield, Ridgewood	36:21
36. Julio Lugo, Bogota	36:22
37. Greg Lelo, Secaucus	36:26
38. John Volkeommer, Ridgewood	36:39
39. George Wittmann, Landing	36:43
40. Larry Beckerle, Pearl River	36:51
41. Brian Back, Sparta	37:00
42. Ricardo Andrade, Glen Rock	37:01
43. Jim Weber, Ridgewood	37:04
44. Rick Pingitore, Ramsey	37:22
45. Art Elias, Morris Plains	37:26
46. Mike Galasso, White Plains	37:26
47. Victor Cruz, N. Arlington	37:37
48. Les Solomon, Wayne	37:41
49. Alberto Castro, Harrison	37:54
50. Mitchell Reibel, Park Ridge	37:56

WOMEN	
1. Inge Schuurmans, Richmond, Va.	34:47
2. Marilyn Cofnuk, Verona	36:28
3. Julia Reisinger, Orlando	37:26
4. Diane Schmitt, New City	39:18
5. Amy Machi, Caldwell	39:37
6. Debbie Adams, Ridgewood	42:04
7. Karen Collins, Highland Mills, N.Y.	42:07
8. Diane Hawkins, New York	42:21
9. Carol Cosenza, Valley Cottage, N.Y.	42:37
10. Amy Bahrt, New York	42:46
11. Azi Ahmadi, Wyckoff	42:57
12. Cindy Clark, Princeton	43:22
13. Patti Quiroz, Hackensack	43:46
14. Mary Hurlley, Oakland	44:39
15. Denise Continenza, Elmwood Park	45:00
16. Unofficial finisher	45:10
17. Ann Piccolo, Dumont	45:11
18. Robin O'Brien, Ridgewood	45:42
19. Dona Murphy, Summit	45:57
20. Joanne Salamone, Ridgewood	46:02
21. Mary Jo Bolger, Wyckoff	46:09
22. Laura Pennz, Hasb. Hgts.	46:12
23. Judy Sbrocco, Fair Lawn	46:16
24. Judith Montalbano, Belleville	46:44
25. Julie Ranton, Danbury, Conn.	46:45
26. Marcia Harms, Ridgewood	47:05
27. Ruth Greher, New York	47:45
28. Lori Bogert, East Orange	47:48
29. Gail Zink, Fort Lee	47:53
30. Ckarussa Fay, Ridgewood	47:56
31. Elizabeth Selp, Somerville	48:00
32. Karyn Girolami, Paramus	48:10
33. Senga Gallagher, Tenafly	48:18
34. Julie Stalneck, Wyckoff	48:36
35. Shannon Lesnevich, Upper Montclair	48:50
36. Edne Foley, Clifton	48:58
37. Penny Dell, Haworth	49:00
38. Jeanne Delaney, Ridgewood	49:00
39. Alice Hughey, New York	49:03
40. Julie Cholish, Philadelphia	49:04
41. Mae Kenny, Tenafly	49:29
42. Wendy Hartwig, Ridgewood	49:30
43. Amy Giovanetti, Oakland	49:41
44. Miriam Kammer, Monsey	49:49
45. Suzanne Sanger, Paramus	49:55
46. Denise Rooney, Lake Hopalong	50:00
47. Dawn Dematteo, Lake Hiawatha	50:14
48. Regina Karole, Upper Montclair	50:26
49. Esther Marcus, New York	50:28
50. Caroline Jaffe, Hoboken	50:43

## Open mile

MEN	
1. Steve Avee	4:07.9
2. J.J. Clark	4:08.5
3. Ryan Boche	4:10.2
4. Jim Van Blunk	4:12.0
5. Kevin Sullivan	4:12.9

WOMEN	
1. Diane Richberg	4:40.8*
2. Mary Ellen McGowan	4:48.4
3. Nnenna Lynch	4:51.0
4. Rita Keahon	4:57.4
5. Janice Morra	5:03.9

\* — old record, Suzanne Girard, 4:43.9, 1983

## Masters mile

MEN 40-49	
1. Al Swenson	4:20.1*

MEN 45-49	
1. John McManus	5:39.9
2. Woody Lunsford	6:02.0

MEN 70-74	
1. Austin Newman	6:05.3
2. Vincent Carnevale	6:35.8
3. Dudley Healy	6:39.9
4. Robert Hull	7:49.1

MEN 75-79	
1. Bill Brobson	6:43.3

MEN 80 and over	
1. Ed Benham	6:30.2

WOMEN 40-44	
1. Sylvie Kinche	5:34.3
2. Irene Jackson	5:39.8
3. Kale McKenna	6:13.4
4. Mary Spera	6:19.5

WOMEN 45-49	
1. Marilyn Greeley	5:45.2
2. Madelyn Bost	5:52.5

WOMEN 50-54	
1. Helen Bedrock	6:05.2

WOMEN 70-74	
1. Marlorie Smith	10:17.2

OPEN WOMEN	
1. Jill Martin	5:59.1

# Saddle Brook, Teaneck, Englewood capture titles

By Christopher Lawlor  
Correspondent

WAYNE — The seeds for the Saddle Brook girls track team's success this spring were planted nearly a year ago at the New Jersey State Interscholastic Athletic Association Section 1 championships.

"After last year's meet, we were tired of coming in second to Waldwick in the big meets," said Falcons coach Darren Ressler, whose team topped the runner-up Warriors, 52-45, to take the Group 1 title Saturday in the rain. "We wanted to win all four of the big meets but we couldn't have done it without a bunch of dedicated ath-

letes and coaches."

Wayne Valley took its fourth consecutive Group 3 crown by scoring 34 points in the distance events to overcome Westwood, 43-28. Teaneck dethroned two-time Group 4 champion Ridgewood, 46-32, on the strength of its sprinters. Englewood breezed to the Group 2 title over second-place Garfield, 38½-28.

The Falcons clinched their first sectional title in five years as Cathy Acevedo sloshed to victories in the 1,600 (5 minutes, 51.7 seconds) and 3,200 (12:08.5) meters. Heidi Rohdenburg contributed by taking the 100 high hurdles in 17.0 and finishing second in the high

## GIRLS TRACK

jump in 4-8. Elsewhere in Group 1, Danalyn Adams of Pompton Lakes was a double winner in the 100 (12.8) and 200 (26.4).

Teaneck wrapped up the Group 4 championship as it accumulated 12 points in the 200 to stop Ridgewood's reign. Matilda Miranda, who also won the 100 (12.2) and anchored the victorious 1,600 relay (4:05.5), edged teammate Tammy Jones by one-tenth of a second in the decisive 200; Daphne Blick was fourth. Nicole Golden took the 100.

"We were most worried by Pas-

saic because of their sprinters," said Teaneck coach Cheryl Miller-Porter, whose team captured five events. "Today we held our own in the sprints and hurdles, but I was really pleased to see Matilda and Nicole lead us to victory as underclassmen."

Clifton's Sue Piekarcz doubled in the shot put and discus, while Liz Duarte of Kearny breezed in the 1,600 and 3,200.

Nycol Morrissey of Englewood won the 100 and 200 in the Group 2 meet, then anchored the winning relay along with Yahaira Barrow,

Rachel Williams, and Freda Johnson in 4:26.6. Johnson added to the Raiders' point total with a win in the 400.

Christi Cosntanin of Kittatinny doubled in the 1,600 and 3,200. Other Bergen County Group 2 winners were: Elena Primerano of Lyndhurst in the javelin (124-11), Sonia Roman of Garfield in the 400 intermediate hurdles (1:12.2), Megan Burke of Glen Rock in the long jump (16-5), and Ilona Olayan of River Dell in the discus (91-5).

In the Group 3 competition, Cathy Feeney and Lisa Berkowitz were each two-time winners, and the victorious Indian 4x400 relay

team was clocked at 4:15.8. Feeney doubled in the 1,600 (5:18.1) and 3,200 (11:38.6). Berkowitz took the gold medal in the 400 in 1:01.5 and 800 in 2:19.6.

"I figured that 33 or 34 points would win the meet," said Indians coach Bill Stearns. "Whenever you score 34 points in the distance events alone, it's hard for other teams to overcome."

Gily Dishon of Tenafly sped to victories in the 100 (12.1) and 200 (25.6). Lisa Mahle of Westwood took first in the discus with a throw of 105-7 and second in the shot put with 32-3.

## Youth takes Teaneck to Group 4 title

By Paul Schwartz  
Correspondent

**SOUTH PLAINFIELD** — Cheryl Miller-Porter stood in the middle of the infield at Frank Jost Field with tears running down her face.

"Fourteen years, and we're finally State champions," said the Teaneck girls track coach. "I don't believe it."

The young Teaneck team, with underclassmen responsible for all but three of the 21 points, won the Group 4 State championship Saturday, the second consecutive Bergen team to do so.

While no Teaneck individual won gold, the Highwaywomen clinched the school's first group title with style, racing to a 3:56.9 win in the final event, the 1,600-meter relay.

North Jersey runners won eight individual gold medals and the En-

### GIRLS TRACK

glewood and Teaneck relay teams captured group titles.

The Highwaywomen's win was fashioned by its sprint team, which led Teaneck to area-wide domination all year.

Junior Nicole Golden was second in the 100 and third in the 200, and junior Matilda Miranda ran a sizzling 56.9 for second in the 400 before the relay team of Jen Powell, Stacey Bentley, Golden, and Miranda won the title.

But key performances came from Daphne Blick, who was fifth in the 100, and Powell, running in an outside lane, who took third in the hurdles to help Teaneck to its comfortable eight-point win over Hunterdon Central.

The individual star of the meet was Gily Dishon of Tenafly, who

won both Group 3 sprints, tying her own Bergen County records of 11.9 in the 100 and 24.7 in the 200.

The sprinter, who leaves next Sunday to return to Israel for the national championships and Maccaiah Games later this summer, was pleased with her year running track in America, although she admitted to some fatigue.

"I'm not used to running so many heats and then finals on the same day as we do here. In Israel we have a day or two between races," said Dishon. "But I'm glad it's like this because I improved a lot this year."

Bergen athletes dominated the long jumps, winning three of the four groups.

Kim Giordano of Waldwick had the most dramatic victory in the

Group 1 long jump. Sitting in fifth place before her final jump, the senior unleashed the finest jump of her career, a school record 17-5½ to win the title.

"I moved up half a foot on the runway and just went for it," said Giordano. "I knew it was a good one when I landed."

Megan Burke's victory also was a dramatic one. The Glen Rock sophomore, who won Group 1 last June, led the Group 2 competition until the next to last jump when Tiffany O'Neal of Clearview nailed a 17-6¼ jump to take the lead.

Burke was back at the top of the runway but didn't know what her rival had jumped.

"I'm glad I didn't know," said Burke. "I might have been intimidated."

Instead, Burke nailed a personal best jump of 17-7¾ and captured her second straight title.

Jennifer McDermott of Ridgewood retained her Group 4 title, jumping 18-11 for the second straight year. She had to survive a controversy caused when a finalist was given permission to run in a sprint event before completing her jumps.

Passaic County provided the only other area titles on the track. Lujinda Batten of Passaic raced out of the blocks to win the Group 4 high hurdles in a career best 15.1.

Cathy Feeney of Wayne Valley ran a solid, smart 3,200-meter race in Group 3, losing Kristen Hall of West Morris on the sixth lap of the eight-lap race and breezing to an easy 11:00.3 win.

Lyndhurst's Elena Primerano finally captured her elusive Group 2 javelin title with a throw of 127-9, more than 10 feet ahead of her closest rival.



**GILY DISHON**  
Double winner

"This makes up for the last two years, even though I wanted to throw better," said Primerano. "But the air was kind of dead today."

**Parochial meet results will appear Monday**

## Shortage of gold for local runners

### BOYS TRACK

By Mark J. Czerwinski  
Record Staff Writer

**SOUTH PLAINFIELD** — Stan Finney's performance in Saturday's Group 4 100- and 200-meter events reflected the performance of most Bergen and Passaic county boys this weekend.

The Hackensack senior was good, but not good enough for the gold at the New Jersey State Interscholastic Athletic Association Group championships.

Finney won silver medals in both events at South Plainfield High School. He ran the 100 in 11 seconds and the 200 in 22 seconds.

"I felt good when I came out of the blocks, and I was really happy when I pulled ahead," Finney said. "I was going for the gold, but I just missed."

The only Bergen or Passaic boy to win a gold medal was Kevin Quinn of Cresskill. The junior rebounded from Friday's heart-breaking loss in the Group 1 shot put to win the discus with a throw of 160 feet, 7 inches.

"It would have been a shame to come all the way down here, waste all this time, and not win anything," Quinn said.

Quinn won the sectional last year with a throw of 130 feet, but didn't make it to the Group 1 finals. The victory was especially satisfying because he defeated Josh Hedgeman of A. P. Schalick, who defeated him on the final throw in Friday's shot put.

"I like the shot put, but the discus just seems to come more naturally to me," Quinn said. "The first time I picked it up and spun, I knew it was something I could do well. My technique's not that great, but I'm working on it."

In Group 4 110 high hurdles, Torin Moore of Elizabeth edged Teaneck's Rasheed Goodlowe by 0.1 seconds. Goodlowe, who finished in 14.1 seconds, ran into trouble when he came over the sixth hurdle crooked and lost a step.

Goodlowe, who'll attend Rutgers in the fall, said he didn't like running the trials without semifinals the day before the race.

"I'm not used to that, and it doesn't give me a chance to warm

up properly," Goodlowe said. "I took it easy in Friday's trials because there was no semifinals and no pressure on me. But I've had a good year, and this was a good race."

Craig Masker of Mahwah took third in the Group 2 3,200 meters. Masker finished in 9:47.3, and said it wasn't as easy as it had appeared.

"I'm having a problem with congestion from a cold," said Masker, who took fourth in Friday's 1,600. "At the beginning of the race I'm fine, but it's really hard to breathe at the end. Plus it was really hot out there, and that didn't help me."

Another double medalist was sophomore Ken Flynn of Ramsey. Flynn followed Friday's fifth-place finish in the Group 3 1,600 by taking third place in the 3,200.

Flynn, who finished in a personal-best 9:34, doesn't like the 3,200 even though he is known more for his endurance than his speed. The 1,600 is his forte, and he is setting his sights on the school record 4:08 set by Roger Jones in 1975.

"It was a lot easier for me on Friday because we ran in the evening when it was cooler," Flynn said. "The heat doesn't usually affect me because I can block it out. The problem was my mouth was dry, and my mind began to wander a little bit."

In Group 1 competition, Keith Birchby of Secaucus won two medals, taking third in both the 110 high hurdles and the 400 intermediate hurdles. Rich Miller of Cresskill was fourth in the 400 hurdles.

Group 2 medalists included Chris Wetzel of Fort Lee (third in the discus), Jim McGarvey of Mahwah (fifth in the 400 hurdles), and Marcus Moore of Englewood (tie third in the high jump).

In Group 3 action, Martin Rizolo of Nutley (third in the 400), and Eric Stanchich of Old Tappan (fourth in discus) were medalists.

Ridgewood's Tim Gaeckler (third in the 400), Passaic's Rahan Hampson (fifth in the 400), and Montclair's Eric Taylor (fifth in high jump) won Group 4 medals.



# Burton, Dishon, Reynolds star in meet

## Mykytok takes 3,200 crown; Williams, Bogard, Harris sparkle

By ED GRANT

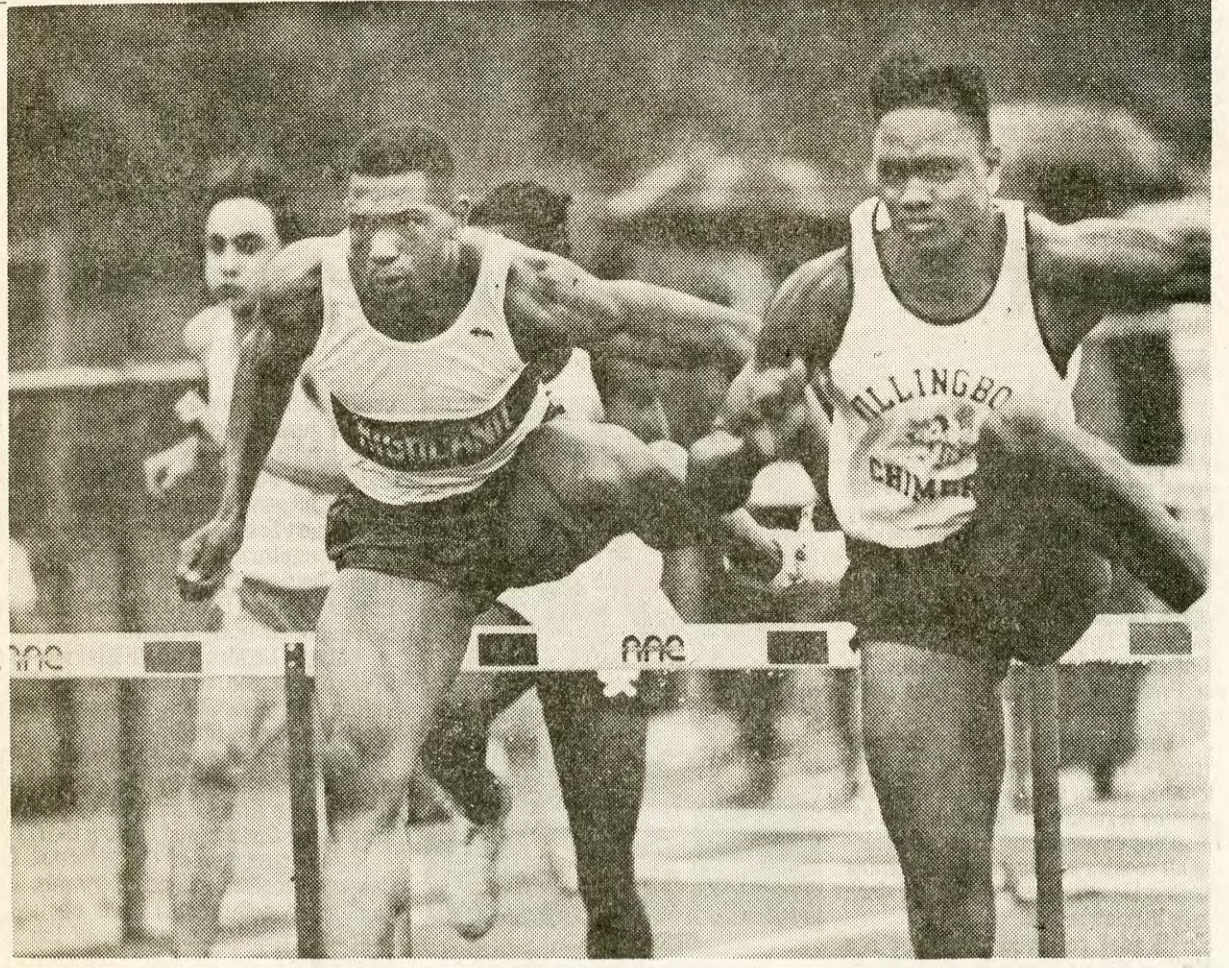
Courtney Burton of Iselin Kennedy, Gilly Dishon of Tenafly and Gerard Reynolds of Willingboro were double winners at the 21st state all-groups track and field Meet of Champions last night at South Plainfield.

Burton won both boys' sprints and Dishon matched him in the girls' division. Reynolds took the boys' high hurdles and long jump in a meet plagued by several heavy showers, the last of which caused the pole vault competition to be suspended. The competition will be completed today, starting at 3:30 p.m.

With Buena football star Shawn Smith scratching from the two sprints, Burton won the 100-meter dash by one meter from Anthony Williams of Elizabeth in 10.97 and the 200 by inches



Bound Brook's Mike Mykytok finishes first in 3,200-meter run at Meet of Champions in South Plainfield last night



Willingboro's Gerard Reynolds (right) has slight lead on Highland's Don Hickson in 100-meter high hurdles during Meet of Champions in South Plainfield last night

### MEET OF CHAMPS

from Granger Darden of Newark West Side in 22.06. Smith had run 10.78 and 21.97 to win the Group 2 dashes last Saturday at South Plainfield, but terminated his season to prepare for the North-South football all-star game July 1 at Rutgers Stadium.

Reynolds, who had won three events to lead Willingboro to the Group 3 title last Saturday, scratched from the intermediate hurdles last night to concentrate on his two specialties. He won the high hurdles by a foot from a fast-closing Torin Moore of Elizabeth in 14.00 and then took the long jump at 24-0 during the heaviest of the rain showers.

Dishon, Israel's national junior champion, dominated the two girls' sprints, winning the 100 in 12.26 by one meter from Tondra Taylor of Elizabeth and the 200 in 24.71 by two meters from Donise Moore of New Brunswick. Dishon will leave later this month for her native country to compete in the national championships there and, later, in the Maccabiah games.

Distance honors were split evenly in both the boys' and girls' meets. Mike Mykytok of Bound Brook ran away with the boys' 3,200 in 9:05.20, but Bryan Spoonire of Asbury Park had to hold off a late charge by Nick McDonough of Christian Brothers to take the 1,600 in 4:19.31.

In the girls' meet, Christi Constantin won the 3,200-meter run by 100 meters in 10:30.67 from Paula Vagueiro of Newark East Side, but was never in contention in the 1,600, finishing a distant third as Christine Engel of Mt. Olive ran away from the field in 4:58.76.

The boys' intermediate hurdles race lost another top contender when defender Jordan Gray of Freehold Township was disqualified for a false start. Norre Smith of Montclair, who had run a near dead-heat with Gray in the Group 4 meet last Saturday, held off David Tabon of Iselin Kennedy to win by one meter in 53.96.

David Fields of Monmouth Regional retained his boys' 400-meter title with a four-meter victory in 47.73 over John Grimsley of West Side. Grimsley got his gold medal later when he anchored West Side to a 3:17.70 gold in the 1,600-meter relay.

Jen Schweizer of Morris Knolls took the girls' 400-meter run, finishing in 55.15, 10 meters ahead of defender Michelle Samuels of Red Bank. Schweizer also had a 19-0¼ leap in the long jump, but lost out to a 19-4 jump by defender Jen McDermott of Ridge-wood.

Derrick Williams of Elizabeth became the first Jersey athlete to break the 60-foot barrier in the shot put this season, winning by more than two feet at 60-7½. Jason Winrow of Cumberland took the discus at 181-10, also the best in the state this year.

Karen Harris of Hillside completed an undefeated season in the girls' shot put with a narrow victory over Angela Solomon of Overbrook at 43-9¼. Chris Bogard of Hunterdon Central also finished a perfect campaign, winning the discus at 136-0.



Elizabeth's Torin Moore competes in 100-meter high hurdles



Elizabeth's Tondra Taylor sprints toward finish in 100-meter dash

# Tenafly's Dishon claims two golds

## Ridgewood's McDermott stars

By Christopher Lawlor  
Correspondent

PLAINFIELD — Gily Dishon of Tenafly won the 100- and 200-meter dashes and Teaneck's girls took the 4x400 relay to highlight the Bergen County winners Wednesday at the State Meet of Champions at Plainfield High School.

Dishon, a junior transfer student from Israel, followed up her two-victory performance Saturday at the All-Groups meet with winning times of 12.0 seconds in the 100 and 24.4 in the 200 for narrow victories.

Teaneck, paced by Jennifer Powell, Nicole Golden, Matilda Miranda, and Stacey Bentley, were clocked at a county-best 3 minutes, 56.2 seconds to edge runner-up Kennedy of Willingboro (3:56.2).

Jennifer McDermott of Ridgewood, one of the premier long jumpers in the nation, successfully defended her title with a leap of 19 feet, 4 inches over Jen Schweizer of Morris Knolls (19-3).

In the boys competition, Montclair's Norre Smith captured the 400 intermediate hurdles in 53.8 to nip Kennedy's Dave Tabon (53.9) at the wire.

Bergen County's highest boy finisher was senior Rich Robinson of St. Joseph with a fourth in the high jump. Robinson, who cleared 6-4, was four inches off the winning leap by league-rival Eric Taylor of Montclair.

In the 110 high hurdles, Rashid Goodlowe was fourth in 14.2.

Elena Primerano of Lyndhurst, who won the Group 2 javelin competition Saturday in South Plainfield, settled for second with a



**GILY DISHON**  
Junior takes 100 and 200

throw of 120-7. Liz Griesback of Cherry Hill East threw a winning 127-3.

Powell and Golden, both members of Teaneck's winning relay, also placed in the top five in other events. Powell was fourth in the 400 intermediate hurdles (1:05.1) and Golden took fifth in the 200 (25.1).

Cathy Feeney of Wayne Valley was the lone Passaic County athlete to crack the top five. The senior distance runner was fourth in the 1,600 (5:10.9) to Chris Engle of



**MATILDA MIRANDA**  
Contributes to Teaneck win

Mount Olive. Kearny's Liz Duarte finished second.

Christi Constantin of Kittatinny in Sussex County took the 3,200 in 10:30.5 and was third in the 1,600.

Elsewhere in boys events, Florida-bound senior Mike Mykytok of Green Brook won the 3,200 in 9:05.1. Courtney Burton of Iselin-Kennedy was the lone double-winner, capturing the 100 (10.8) and 200 (21.9). West Side of Newark won the 1,600 relay in 3:17.5.

The pole vault competition resumes today at 3:30 p.m.

## MEET OF CHAMPIONS

### BOYS

#### At South Plainfield

110 hurdles — 1, Gerard Reynolds, Willingboro 13.9; 2, Torin Moore, Elizabeth 13.9; 3, Rashid Goodlowe, Teaneck 14.2; 4, Troy Dublin, Salem 14.2; 5, Wagner Marsille, Princeton 14.2

400 hurdles — 1, Norre Smith, Montclair 53.8; 2, Dave Tabon, John F. Kennedy (Iselin) 53.9; 3, Dan Kinsley, Ridge 54.8; 4, Maurice Clark, Plainfield 54.9; 5, Reggie Grant, Manalapan 55.3

100 — 1, Courtney Burton, John F. Kennedy (Iselin) 10.8; 2, Anthony Williams, Elizabeth 10.9; 3, Eric Bethea, Marlboro 11.0; 4, Vincent Muse, Toms River South 11.1; 5, Greg Evans, Monmouth Regional 11.2

200 — 1, Courtney Burton, John F. Kennedy (Iselin) 21.9; 2, Granger Darden, Newark West Side 21.9; 3, Greg Evans, Monmouth Regional 22.2; 4, Eric Bethea, Marlboro 22.2; 5, Benny Liles, Kingsway 22.5

400 — 1, David Fields, Monmouth Regional 47.6; 2, Johnny Grimsley, Newark West Side 47.9; 3, Darryl Jackson, Franklin 48.5; 4, Jim Klem, Red Bank Catholic 48.9; 5, Matthew Levens, Toms River South 49.0

800 — 1, Ed Kelly, Camden Catholic 1:54.1; 2, Wayne Dennis, Trenton 1:54.4; 3, Robert Ayars, Trenton 1:55.0; 4, Jason Griffith, Jackson 1:55.1; 5, Troy Johnson, Newark West Side 1:55.6

1,600 — 1, Bryan Spoonire, Asbury Park 4:19.2; 2, Nick McDonough, CBA 4:20.4; 3, Urle Ridgeway, Bridgeton 4:24.7; 4, Matt Cieslik, Paul VI (Haddonfield) 4:24.7; 5, Monty Meeks, North Hunterdon 4:25.4

3,200 — 1, Mike Mykytok, Bound Brook 9:05.1; 2, Urle Ridgeway, Bridgeton 9:10.0; 3, Jerod Neas, Princeton 9:17.1; 4, Lance Hess, Bridgeton 9:18.0; 5, Jason Fiscus, Haddon Township 9:18.3

Shot put — 1, Derrick Williams, Elizabeth, 60-7; 2, Balfour Lewis, Ewing, 58-5; 3, Chris Bolden, Edgewood, 58-1; 4, Chris Robinson, Penns Grove 57-8; 5, Chris Citarella, Middletown South 57-5

Discus — 1, Jason Winrow, Cumberland 181-10; 2, Jason Lattimore, Morristown 160-1; 3, Scott Reilly, Green Brook 156-6; 4, Derrick Williams, Elizabeth 154-4; 5, Jason DiMario, Manalapan 152-2

Javelin — 1, Steve Kiessling, Holy Cross 202-3; 2, Steve Erath, Union 199-0; 3, Mark Rullo, East Brunswick 197-7; 4, James Albanese, Bound Brook 196-0; 5, Kevin Flynn, Cedar Ridge 184-9

High jump — 1, Eric Taylor, Montclair 6-8; 2, Derrick Aiken, Morristown 6-6; 3, Archie Lawrence, Trenton 6-6; 4, Rich Robinson, St. Joseph's (Montvale) 6-4; 5, Joe Slocum, Bordentown 6-4

Long jump — 1, Gerard Reynolds, Willingboro 24-0; 2, Maurice Bell, Ocean 23-4; 3, Shawn Mitchell, Orange 23-2; 4, Benny Green, Kingsway 22-7; 5, Jay Hobbs, Bridgewater West 22-6

1,600 relay — 1, Newark West Side (Shawn Moorman, Granger Darden, Johnny Grimsley, Corey Jones) 3:17.5; 2, Franklin 3:18.7; 3, Camden Catholic 3:19.2; 4, Monmouth Regional 3:20.0; 5, Toms River South 3:23.5

### GIRLS

100 hurdles — 1, Arnita Green, Delsea 14.5; 2, Melissa Langlois, Madison Borough 14.7; 3, Jennifer Heisinger, Woodbury 15.1; 4, Alnisa Tucker, Science 15.2; 5, Simone Scott, Clifford Scott 15.2

400 hurdles — 1, Arnita Green, Delsea 1:02.9; 2, Jocelyn Doyle, Hunterdon Central 1:03.1; 3, Charlene Sheppard, Camden 1:04.6; 4, Jennifer Powell, Teaneck 1:05.1; 5, Carla Roberts, Ocean City 1:05.3

100 — 1, Gily Dishon, Tenafly 12.0; 2, Tondra Taylor, Elizabeth 12.2; 3, Tiffany Weatherford, Science 12.4; 4, Staci Jordan, Orange 12.4; 5, Karlin Corsey, Deptford 12.4

200 — 1, Gily Dishon, Tenafly 24.4; 2, Donise Moore, New Brunswick 24.6; 3, Tiffany Weatherford, Science 24.9; 4, Jen Schweizer, Morris Knolls 24.9; 5, Nicole Golden, Teaneck 25.1

400 — 1, Jen Schweizer, Morris Knolls 55.1; 2, Michele Samuels, Red Bank 56.4; 3, Natilda Miranda, Teaneck 57.0; 4, Sharlene Daley, Camden Wilson 57.8; 5, Drexel Long, Monmouth Regional 58.0

800 — 1, Monica Otkowski, Cherokee 2:14.0; 2, Jen Schenberg, Kinnelon 2:14.6; 3, Marcia Baker, Newark West Side 2:16.8; 4, Liane Sullivan, St. Dominic Academy 2:17.8; 5, Donna Brzyski, Point Pleasant Boro 2:18.4

1,600 — 1, Chris Engle, Mount Olive 4:58.7; 2, Elizabeth Duarte, Kearny 5:03.8; 3, Christi Constantin, Kittatinny 5:07.2; 4, Catherine Feeney, Wayne Valley 5:10.9; 5, Sandy Wright, Paul VI (Haddonfield) 5:12.9

3,200 — 1, Christi Constantin, Kittatinny 10:30.5; 2, Paula Vagueiro, Newark East Side 10:50.1; 3, Kristlen Hall, West Morris 10:54.1; 4, Michelle Dev, Notre Dame 11:06.6; 5, Nicole Willett, Morris Hills 11:13.1

Shot put — 1, Karen Harris, Hillside 43-9; 2, Angela Solomon, Overbrook 43-6; 3, Tisha Kerrin, Eastern 41-9; 4, Angie Abrahams, Marlboro 40-6; 5, Michele Bryant, Asbury Park 39-9

Discus — 1, Chris Bopard, Hunterdon Central 136-0; 2, Janet Morris, Kingsway 120-6; 3, Valerie Jenkins, Franklin 119-7; 4, Tanya Sherrod, South Plainfield 115-10; 5, Karen Harris, Hillside 114-7

Javelin — 1, Liz Griesback, Cherry Hill East 127-3; 2, Elena Primerano, Lyndhurst 120-11; 3, Sue Scheer, Hamilton East 115-5; 4, Kori Wyngaard, Walkill Valley 114-9; 5, Ginny Hoefle, Union Catholic 113-1

High jump — 1, Sandy Everett, Hillsborough 5-2; 2, Carrie Gibb, Lenape 5-2; 3, Yolanda Laird, Lakewood 5-2; 4, Iie, Vicky Dutka, Spotswood and Winsome Bogle, Lakewood 5-2

Long jump — 1, Jennifer McDermott, Ridgewood 19-4; 2, Jen Schweizer, Morris Knolls 19-1; 3, Shana Williams, Bridgeton 18-10; 4, Tanisha Jarrett, Cumberland 18-2; 5, Tiffany O'Neal, Clearview 18-1

1,600 relay — 1, Teaneck (Jennifer Powell, Nicole Golden, Natilda Miranda, Stacey Bentley) 3:56.2; 2, John F. Kennedy (Willingboro) 3:57.4; 3, Trenton 4:00.2; 4, North Hunterdon 4:01.6; 5, Lakewood 4:03.7