



**THE
ABBINGTON
TRACK CLUB**

**CROSS
COUNTRY
1999**





December 1999

Dear Parents and Team Members,

Thank you for your participation in the program. I am so excited about the success of the club, its growth, and its future.

I am proud that Abbington members are a group of dedicated athletes, who know first hand that the sport of cross-country is extremely challenging, both mentally and physically. During a race, all of your physical and mental powers come together. The ability to focus and tune out the voice inside you that is telling you to give up is so important. Runners know how to set goals and have the determination to work hard in preparation to achieve these goals.

Having said this, I must congratulate all of you on your abilities and accomplishments. I will miss those of you moving on to high school next year. I wish you luck and I hope you join the cross-country team! Those of you who are coming back next year, I'm looking forward to another successful season.

Special thank yous go out to Kate and Marcy for their excellent coaching and to Donna Bain for all of her work in ordering and distributing our warm-up suits. I also want to thank all of the parents who helped at practices, ran at practices, made phone calls, took photographs, and supported the team at meets. We wouldn't be a club without you.

Happy running,
☺ Annette



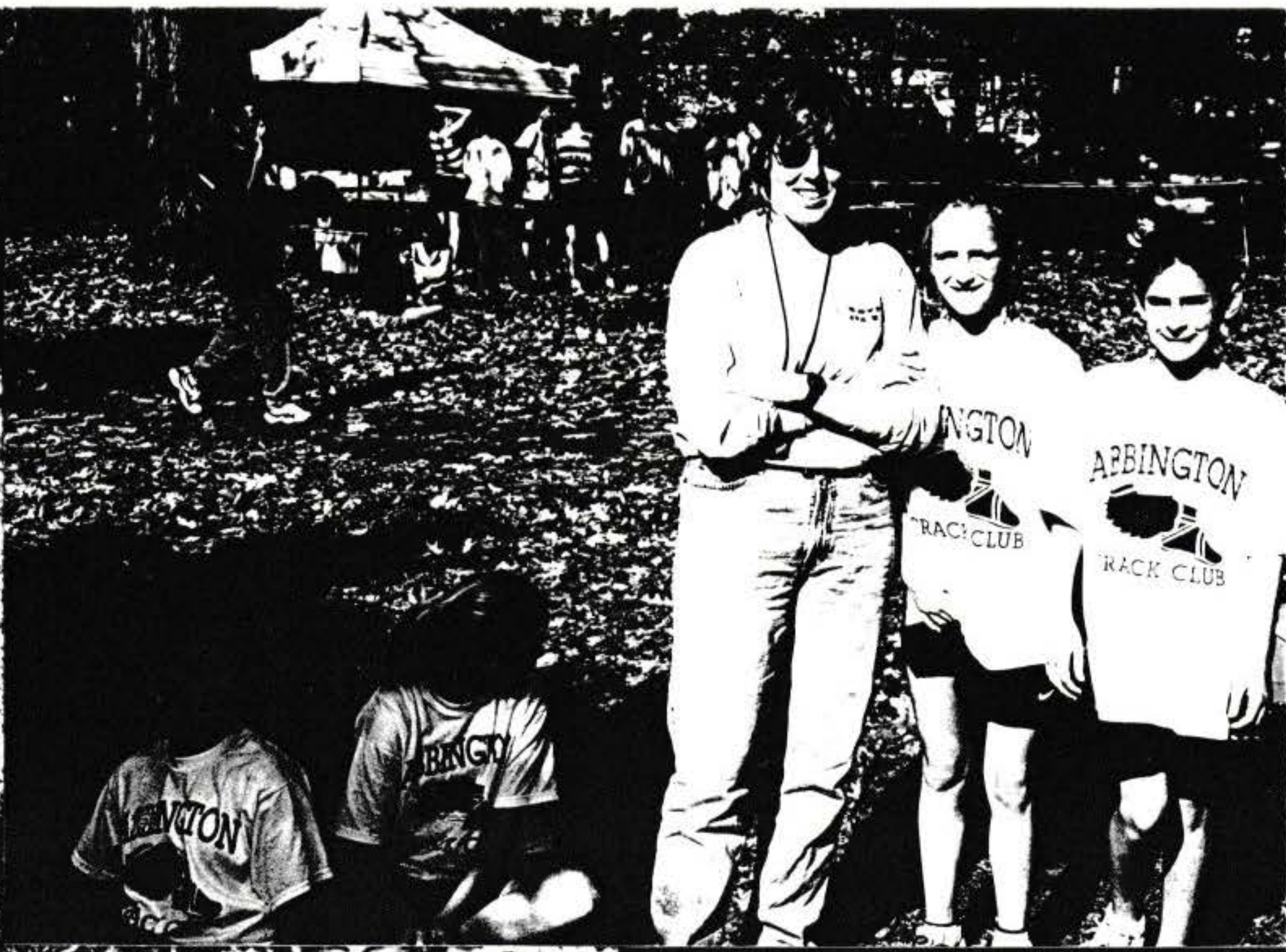


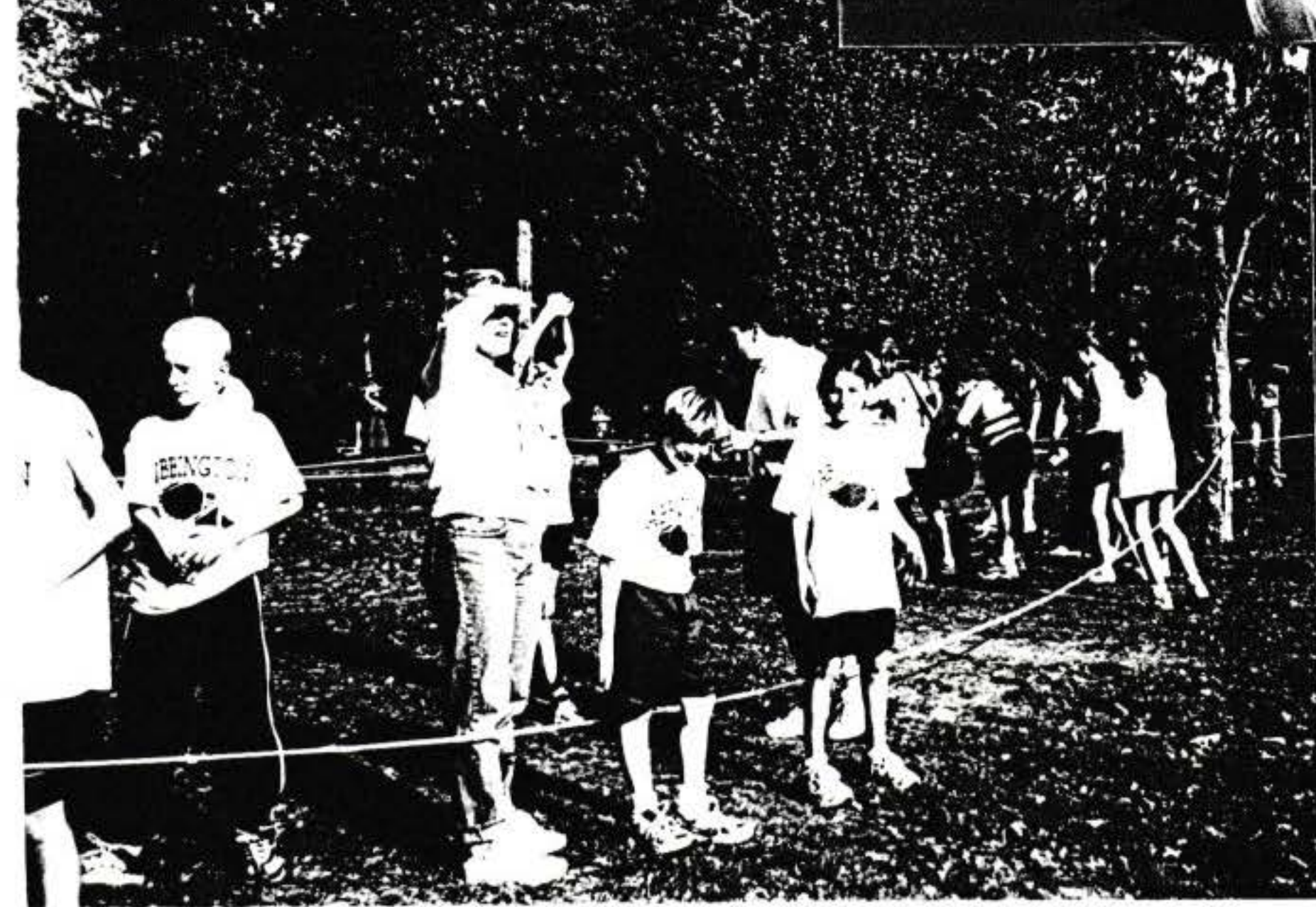
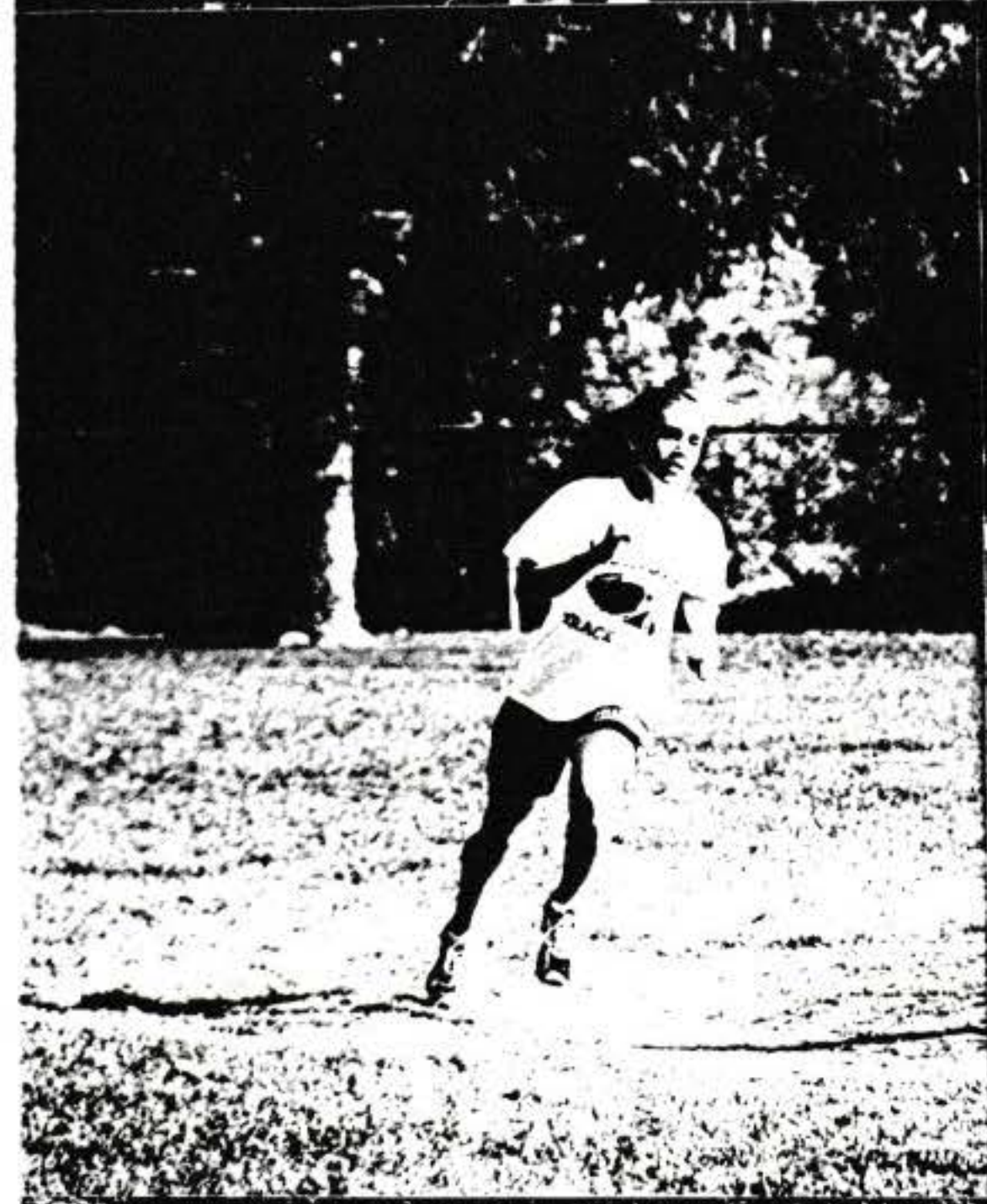
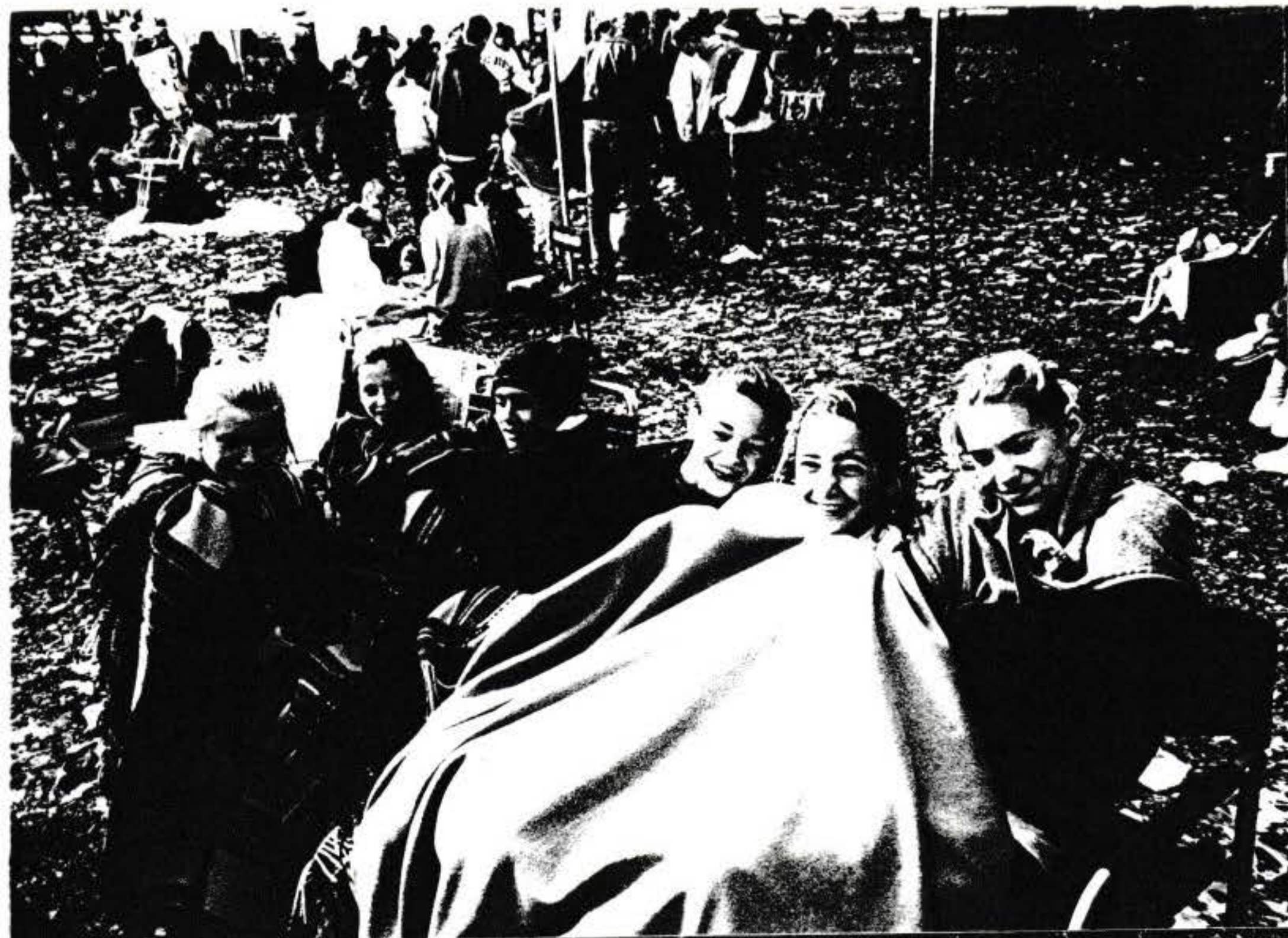
Dear Abbington 1999 Runners,

Congratulations on another great season. Both the new and old Abbington team members really came together as a team this year and worked hard to improve your times each week. I always knew I would come to practice and be met by athletes who were ready to listen, run hard, try new courses, and above all have a good time. We had excellent attendance at practice this year as our club continues to grow. Everyone at practice was there for the same goal-to have fun running together and get a good workout in. Whether you were training to be ready for Nationals in South Carolina or trying to stay in shape for other sports, you always came ready to work hard. Mrs. Harms and I said this at the end of each practice-how nice it was to work with such a fun and dedicated group of athletes. The level of improvement that many of you showed is testament to this. Enjoy looking through this book of results and seeing your improvements for yourself.

Continue to run whenever you can during the off season. If a group of you ever wants to get together, give me a call and I will be happy to meet you at Vets anytime. Once spring comes be sure to stop by the high school to say hello and watch one of the best track teams around compete. I look forward to seeing you back next year or running for the High School team. Tell friends about Abbington!! Keep running for fun and you will be a lifelong runner. Have a great winter season in whatever you are doing! I am sure I will see you all soon. Thanks for making this season such an enjoyable one.

Kate





First Meet Results

Randolph - 9/26

13+14
(3K)

Name	Time	Avg. Mile Pace	Place
Chris	11:56.8	6:24	6 th
Patrick B.	12:22.4	6:38	8 th
Zach	13:14.5	7:05	15 th
James	13:27.3	7:13	16 th
Justine	13:12.4	7:05	8 th
Tammy	15:16.8	8:11	17 th
Caroline	15:37.8	8:23	21 st
Shelly	16:47.0	8:59	22 nd

11+12
(3K)

Name	Time	Avg. Mile Pace	Place
Patrick H.	11:48.8	6:20	3 rd
Michael	12:25.1	6:39	5 th
Jack	12:28.0	6:41	6 th
Wes	14:19.8	7:43	16 th
Peter	15:18.5	8:12	24 th
Isaac	16:25.7	8:48	26 th
Samantha	15:07.6	8:06	15 th

9+10
(2K)

Name	Time	Avg. Mile Pace	Place
Jacob	8:45.6	7:02	6 th
Colin	10:31.1	8:27	24 th
Kevin	10:31.8	8:28	25 th
Maggie	10:29.8	8:26	20 th
Trish	10:36.4	8:32	21 st

Comments: A very impressive first meet for us. It is obvious that we have come into the season in very good shape. Keep up the good work + set some goals based on these times!





2nd Meet - 10/3
Randolph, NJ

13+14

Name	Time	Avg. Mile Pace	Place
Patrick Bain	18:05.2	7:16	9th
Zach Pucci	18:14.4	7:20	10th
James Bogush	19:13.6	7:44	12 th
Justine Lupo	19:28.7	7:50	7th
Caroline Gable	22:29.9	9:02	13th
Sarah Delaney	22:30.8	9:03	14th

11+12

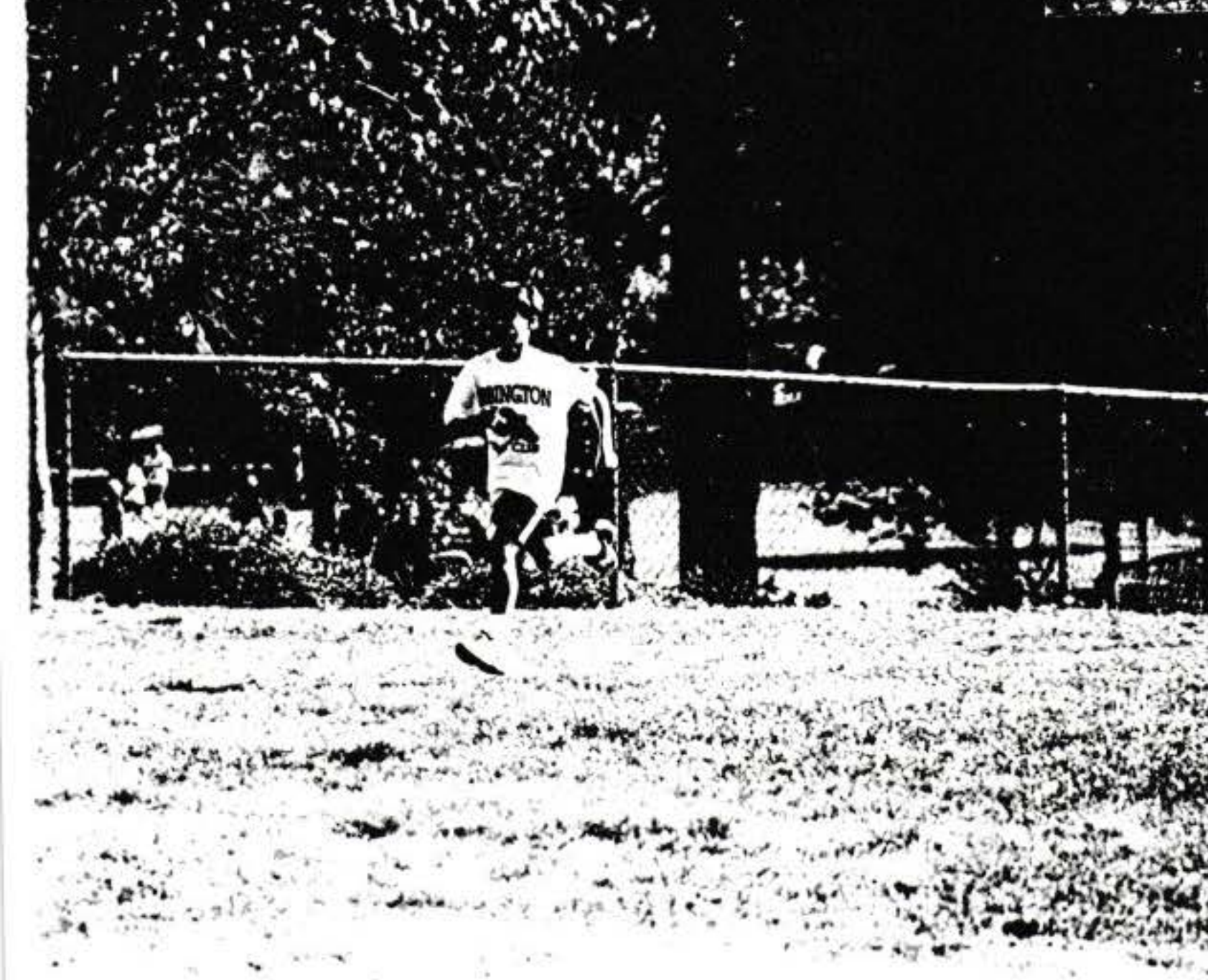
Name	Time	Avg. Mile Pace	Place
Patrick Hamilton	11:39.6	6:15	3rd
Chris Harms	11:41.5	6:16	4th
Jack McKillip	12:22.6	6:38	7th
Wes Gable	13:49.5	7:24	16th
Chris Mudry	14:23.7	7:43	21st
Isaac Gilman	16:07.9	8:39	31st
Peter Iannone	16:17.3	8:44	33 rd
Jackie Tyler	14:05.4	7:33	13th
Jessica Krejsa	14:18.4	7:40	14th
Becca Wells	15:16.6	8:11	19th
Leigh McGrath	16:49.1	9:01	23rd

9+10

Name	Time	Avg. Mile Pace	Place
Jacob Aronson	8:51.6	7:07	9th
Colin Gable	10:47.6	8:41	29th
Kevin Gotkin	12:12.6	9:49	34 th
Maggie Harms	10:29.9	8:26	17th
Kathleen Iannone	11:11.1	9:00	21st

Comments: Wow - Abbingdon runners continue to shine! Almost everyone improved this week. Great job by the 13+14 year olds moving up to a 4K!





Meet Results-Sunday, October, 17th, 1999
Brundage Park, Randolph, NJ

13-14-Girls(4K)

Sarah Delaney-21:34.30-17th
Shannon McCarthy-21:36.90-18th
Caroline Gable-24:39.00-23rd

13-14-Boys(4K)

Patrick Bain-17:24.10-10th
James Bogush-20:19.90-21st

11-12-Girls(3K)

Jackie Tyler-14:18.50-13th
Samantha McKillip-14:44.70-14th
Libby Haroldson-16:04.80-22nd
Leigh McGrath-16:42.60-23rd

11-12-Boys(3K)

Chris Harms-11:49.40-3rd
Michael Cator-11:55.40-5th
Jack McKillip-12:02.20-7th
Patrick Hamilton-12:29.60-10th
Wes Gable-13:38.50-15th
Chris Mudry-14:30.90-24th

9-10-Girls(2K)

Maggie Harms-9:33.20-11th
Trish McKillip-9:33.40-12

9-10-Boys(2K)

Jacob Aronson-8:37.30-4th
Matthew Tobin-10:19.30-20th
Colin Gable-10:19.60-21st
Kevin Gotkin-10:33.90-22nd

Comments : A great turn-out for
Abbingtion. We are
ready to run on the
tough course at
Holmdel. Keep up the
hard work at practice.





Meet Results-Sunday, October, 24th 1999
Holmdel Park-Holmdel, NJ

13-14-Girls(4K)

Justin Lupo-19:55-1st
Allie Tyler-20:49-2nd
Shannon McCarthy-22:28-3rd

13-14-Boys(4K)

Zack Pucci-18:20-2nd

11-12-Girls(4K)

Rebecca Wells-22:27-2nd
Jackie Tyler-22:29-3rd
Jessica Krejsa-22:31-4th

11-12-Boys(4K)

Patrick Hamilton-17:43-3rd
Chris Harms-17:55-4th
Michael Cator-18:19-5th
Wes Gable-21:43-7th
Chris Mudry-22:03-8th

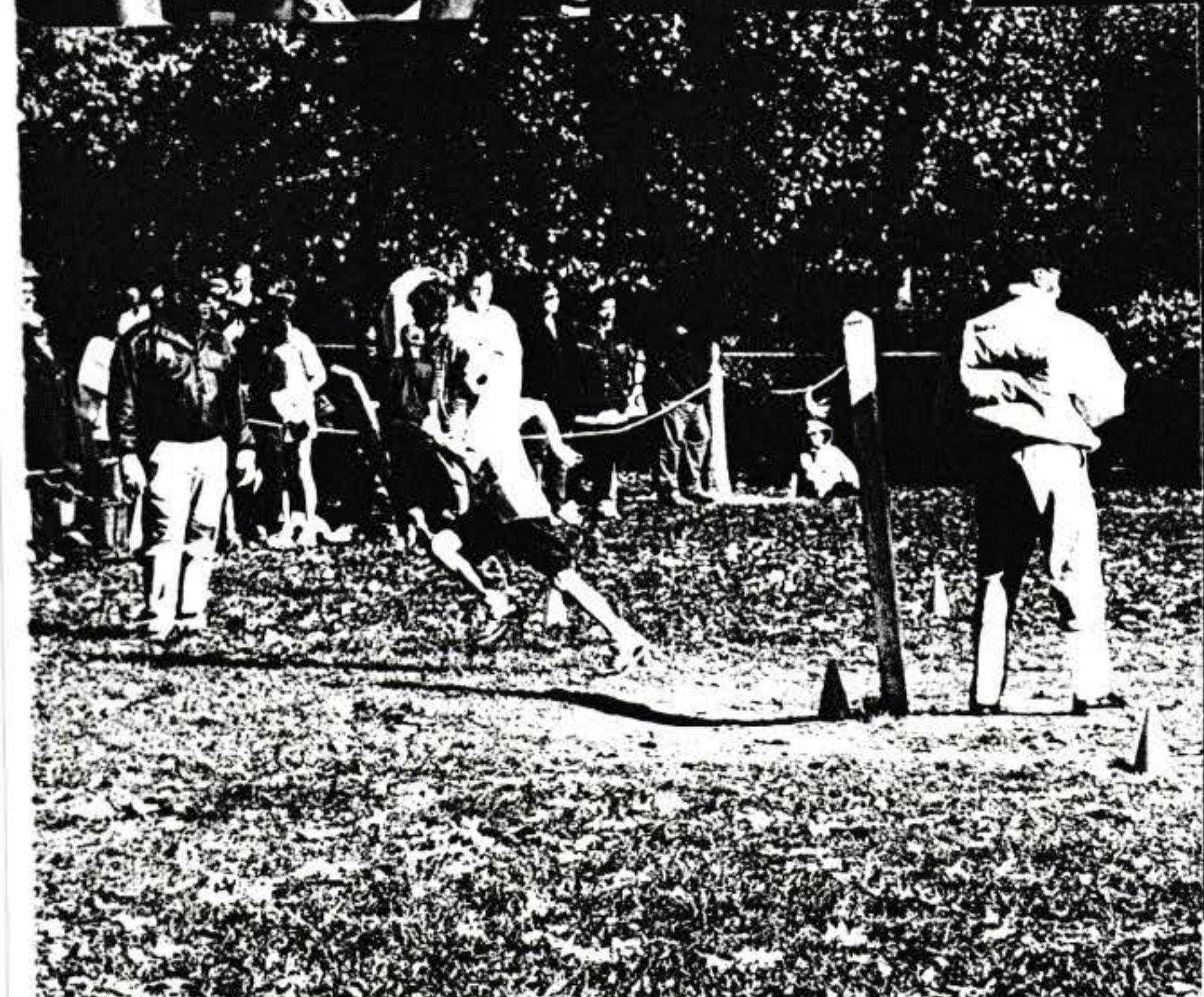
9-10-Girls(3K)

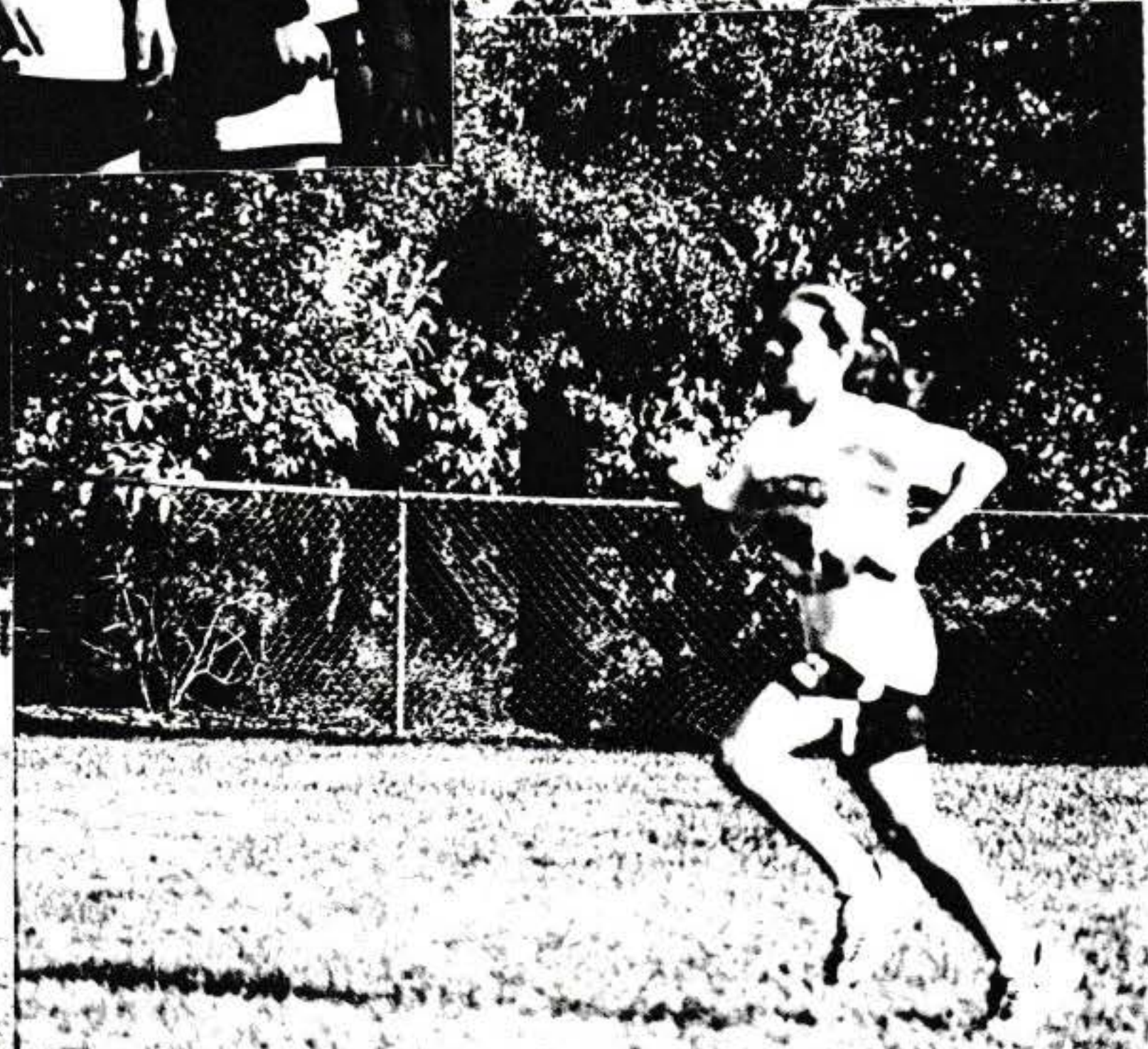
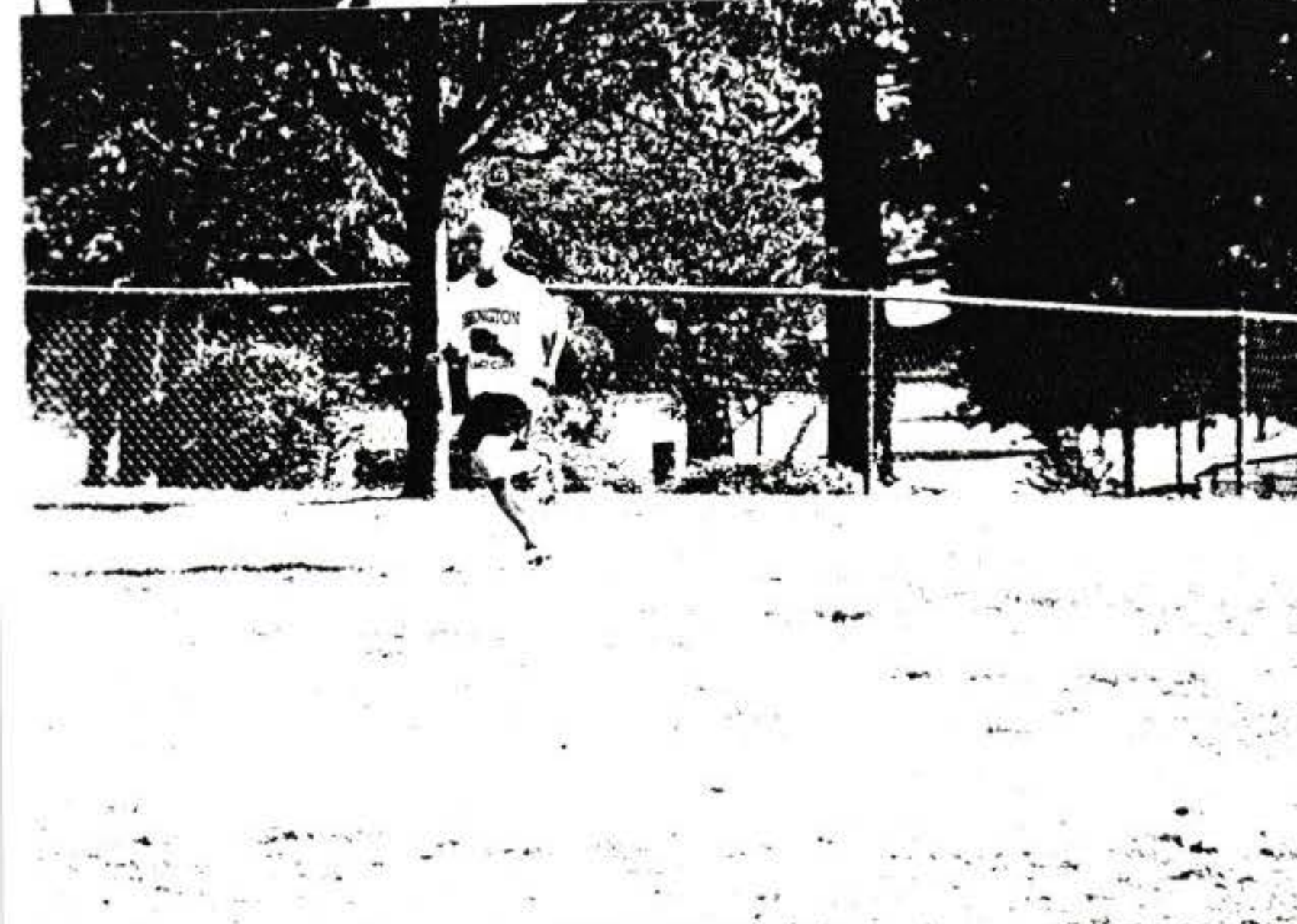
Maggie Harms-15:42-3rd
Breanne Lupo-15:44-4th

9-10-Boys(3K)

Jacob Aronson-14:35-1st
Colin Gable-16:53-6th

Comments: Some excellent times on
a really tough course!
How about those hills!
Outstanding Performance
Trophies were given to:
Jacob, Shannon,
Patrick H., + Rebecca
Great Job!





Meet Results-Sunday, October, 31st, 1999
Warinanco Park, Elizabeth, NJ

13-14-Girls(4K)

Justin Lupo-18:01.35-4th
Shannon McCarthy-19:58.03-5th
Caroline Gable-20:01.58-6th
Sarah Delaney-20:06.66-7th

11-12-Girls(4K)

Samantha McKillip-20:11.15-14th
Jessica Krejsa-20:15.42-15th
Alyssa Landers-20:50.95-18th
Rebecca Wells-20:56.46-19th
Andrea Freidman-21:21.13-20th
Leigh McGrath-21:24.69-21st

11-12-Boys(4K)

Patrick Hamilton-15:11.98-1st
Chris Harms-15:16.98-2nd
Jack McKillip-15:53.09-3rd
Michael Cator-16:15.78-4th
Wes Gable-19:05.77-15th
Chris Mudry-19:47.0-16th

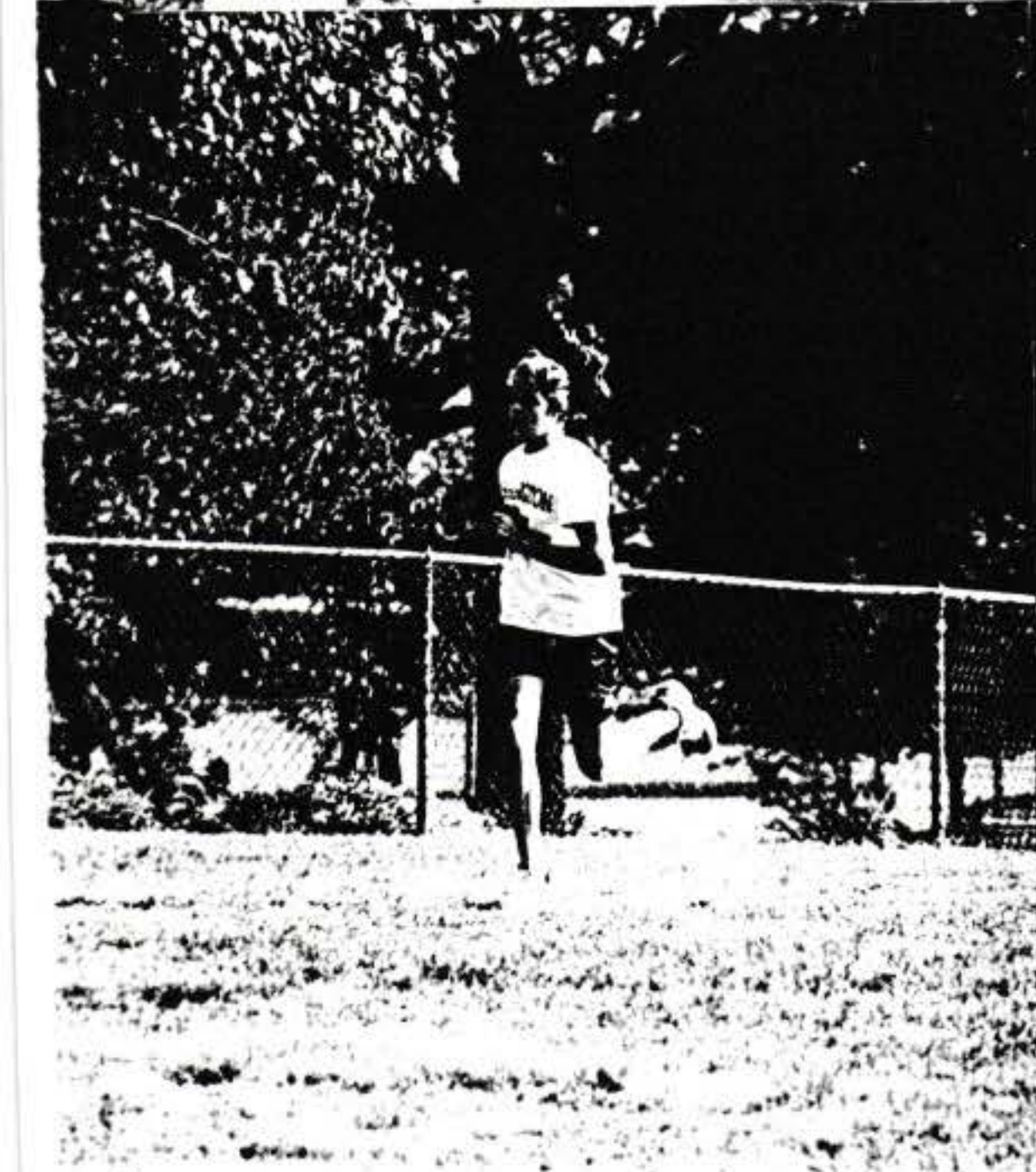
9-10-Girls(3K)

Maggie Harms-14:28.88-6th
Trish McKillip-15:03.11-8th

9-10-Boys(3K)

Jacob Aronson-12:44.15-5th
Colin Gable-14:56.43-13th
Kevin Gotkin-15:00.89-14th

Comments : Happy Halloween!
A super preparation
for next weeks sectiona
meet. Our 11+12 boys
continue to shine!



Meet Results-Sunday, November 7th, 1999
Warinanco Park, Elizabeth, NJ
USATF-NJ-Championships (Sectionals)

13-14-Girls(4K)

- ★ Justin Lupo-16:45.65-17th
- ★ Shannon McCarthy-19:45.94-35th
- ★ Sarah Delaney-19:56.39-37th
- ★ Tammie Armstrong-19:58.80-38th
- ★ Caroline Gable-20:14.79-42nd
- ★ Caitlin Delaney-21:04.40-47th

13-14-Boys(4K)

- Patrick Bain-16:21.73-34th
- Zach Pucci-16:43.02-39th
- James Bogush-18:20.10-48th

11-12-Girls(4K)

- ★ Maggie Criqui-17:05.01-14th
- ★ Meredith Jones-18:21.85-33rd
- ★ Samantha McKillip-18:22.40-34th
- ★ Leigh McGrath-21:38.03-53rd
- ★ Libby Haroldson-21:48.32-57th
- ★ Rebecca Wells-22:04.15-60th

11-12-Boys(4K)

- ★ Patrick Hamilton-15:27.86-3rd
- ★ Chris Harms-15:33.05-4th
- ★ Jack McKillip-15:56.90-7th
- ★ Michael Cator-16:01.24-8th
- ★ Wes Gable-17:26.46-26th
- ★ Peter Iannone-20:22.46-43rd

9-10-Girls(3K)

- Breanne Lupo-14:26.11-31st
- Maggie Harms-14:28.38-32nd
- Alison Crevi-14:28.98-34th
- Trish McKillip-14:48.50-37th
- Kathleen Iannone-15:34.79-40th

9-10-Boys(3K)

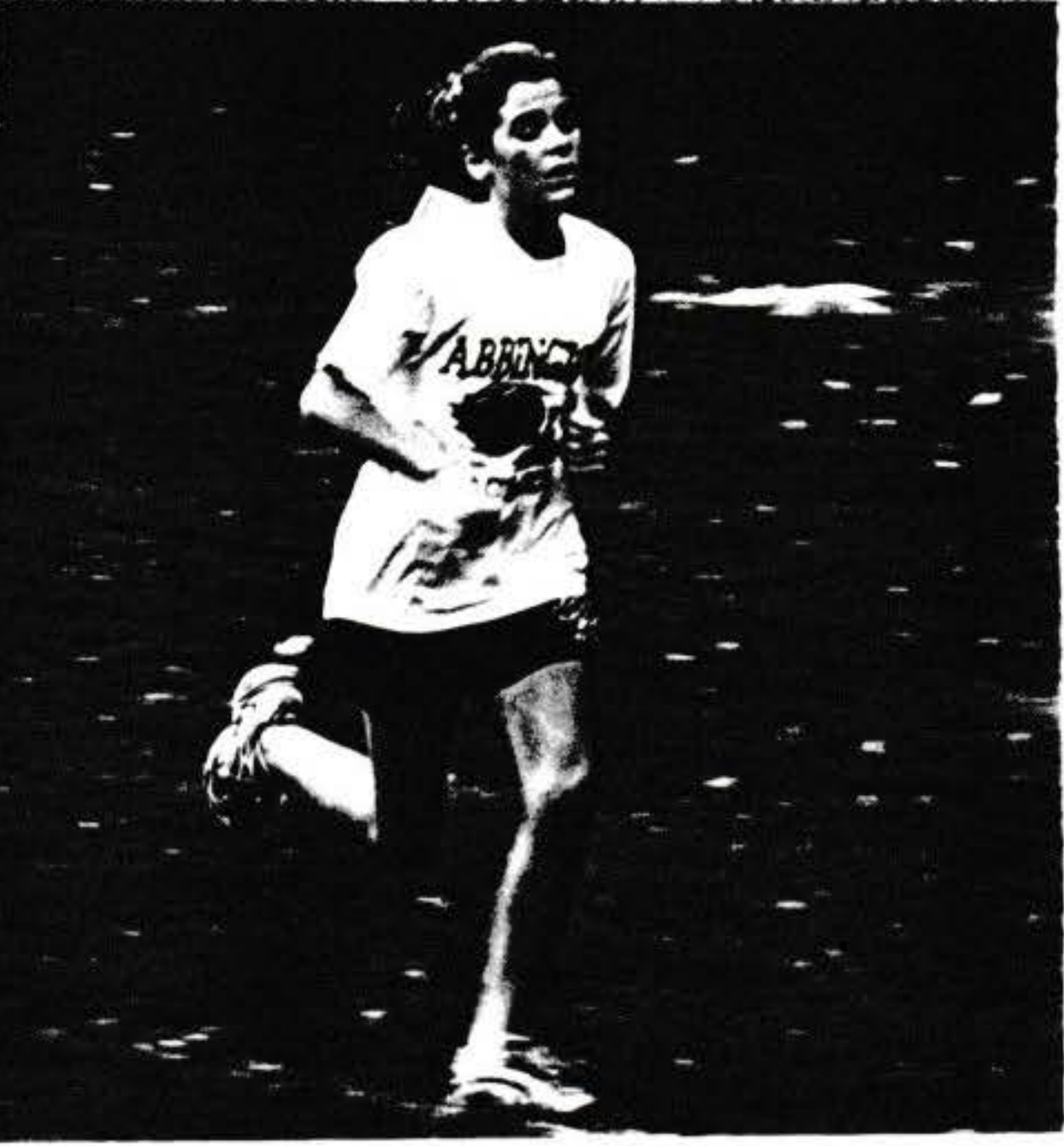
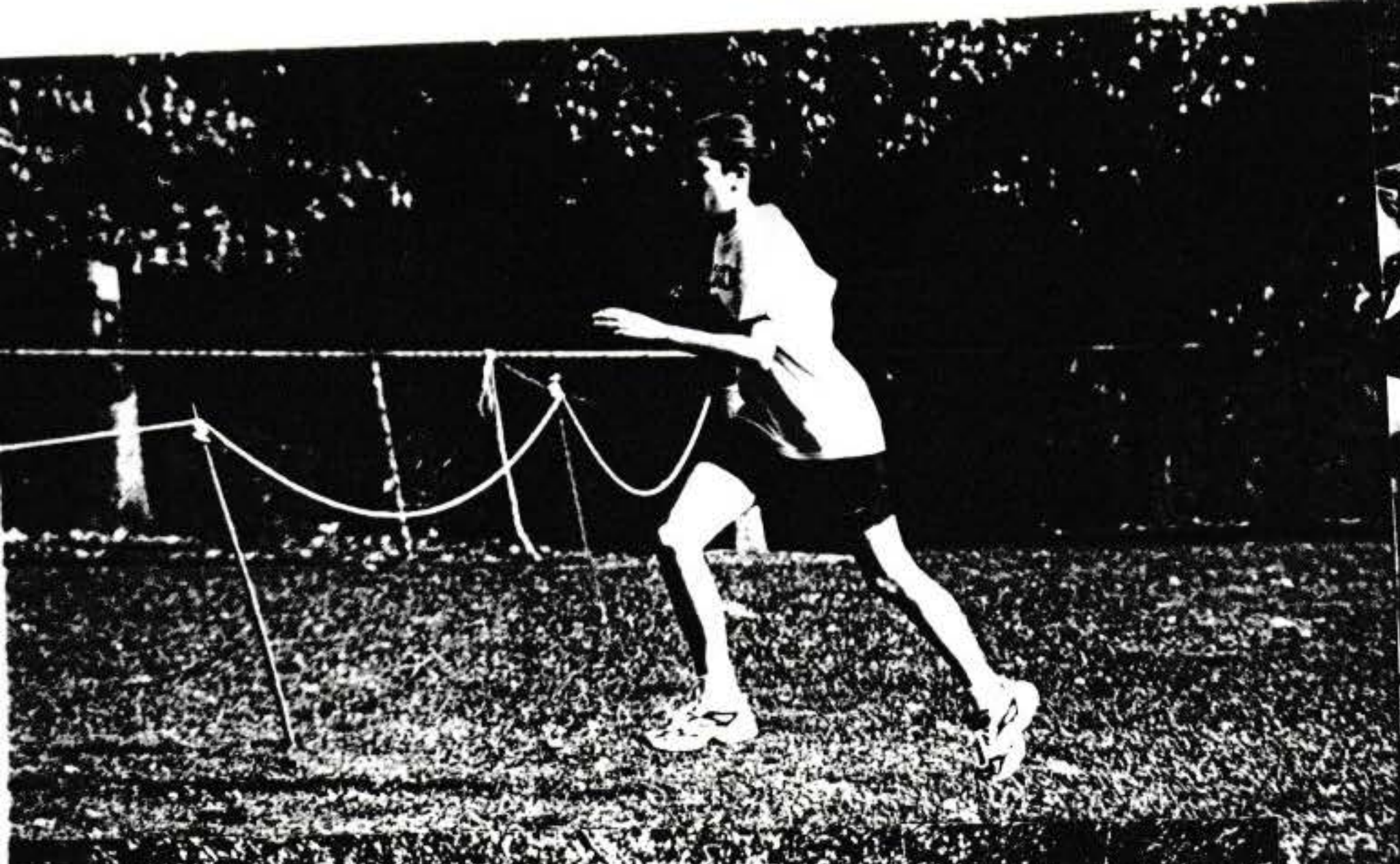
- Jacob Aronson-12:43.98-11th
- Colin Gable-14:31.07-39th
- Kevin Gotkin-14:51.69-41st
- Cameron Jones-16:07.29-44th

8&Under Girls(1500m)

- ★ Hannah Jones-8:00.61-17th

★ = qualified for regionals

Comments: Wow- 3 Abbingdon teams qualified to go on!
Jacob + Hannah too!
Great effort by everyone in tough competition!



Meet Results-Saturday, November 20th, 1999
Germantown Academy, Ft. Washington, PA
USATF-Region II-Championships (Regionals)

13-14-Girls(4K)

- * Justin Lupo-16:53-10th
- Shannon McCarthy-20:07-42nd
- Caroline Gable-20:14-43rd
- Sarah Delaney-20:17-44th
- Tammie Armstrong-21:15-45th

11-12-Girls(4K)

- Samantha McKillip-19:45-48th
- Meredith Jones-19:57-51st
- Libby Haroldson-22:32-60th

11-12-Boys(4K)

- * Patrick Hamilton-15:42-10th
- * Chris Harms-15:45-11th
- * Jack McKillip-15:55-12th
- * Michael Cator-16:05-14th
- * Wes Gable-18:01-36th

* = qualified for Nationals

9-10-Boys(3K)

- Jacob Aronson-12:13-21st

8&Under Girls(1500m)

- Hannah Jones-10:44-17th

Comments: Justine + our 11/12 Boys are off to Nationals. We wish them all luck! Great way to end the season!

LOCAL NEWS

Ridgewood students star in election day run

The Ridgewood Public Schools, Department of Health and Physical Education sponsored its 29th Annual Election Day Run at Veterans Field. The competition was open to grade 5 and middle school students.

The results of the grade 5 girls' competition were: Maggie Criqui and Maggie Harms, both of Willard School, placing first and second, respectively; Christine Law of Travell School placed third; fourth and fifth place went to Catherine Toner and Ellie Price, both of Ridge School, respectively; Melisa Cagar of Travell School took sixth place; Kathleen Lamone of Ridge School placed seventh; Alison Crevi of Willard School placed eighth; ninth and tenth place finishers were Breanne Lupu and Lizzy Bertoni, respectively, both of Ridge School; Orchard School's Ashlyn Llerandi finished eleventh; Elana Chambers of Travell School placed twelfth; thirteenth place went to Colette Garrigues of Willard School; Beth Hiskey of Travell School placed fourteenth; Meghan Simmons of Ridge School finished fifteenth; Erica Cigolini of Somerville School finished sixteenth; Katrina Minoza of Travell School finished seventeenth; and Natasha Giliberti of Ridge School finished eighteenth.

The results of the grade 5 boys' competition were: Dmitri Ivanov of Orchard School placing first; Daniel Ement of Ridge School placing second; third and fourth place finishers were

Matthew Leva and Ammol Malhotra, respectively, of Hawes School; Andrew Gerova of Ridge School placed fifth; sixth place went to Alex Miller of Willard School; Billy Dunn, Mark Mangano, and Kelly O'Brien, all of Ridge School, placed seventh, eighth and ninth, respectively; Jamie Houghton of Hawes School placed tenth; eleventh place went to Joey McKeon of Travell School; Alberth Gelbaum of Orchard School placed twelfth; Ridge School students Randy DeFeo and Will Mathis finished thirteenth and fourteenth, respectively; Tony Clark and Robert Morgan of Travell School placed fifteenth and sixteenth, respectively; and Ridge School's Christopher McBride and Jordan Viniar placed seventeenth and eighteenth, respectively.

In the middle school girls' competition, George Washington Middle School students Justine Lupu, Diana Mangam, and Casey Dunn finished first, second and third, respectively. Ben Franklin Middle School students Jessica Kiejisa, Jacqui Lerescu, Emily Terrin, Meghan O'Connell, and Ali Tyler finished fourth, fifth, sixth, seventh and eighth, respectively. Ninth, tenth, eleventh and twelfth places went to Shannon McCarthy, Sam McKillip, Meredith Jones and Beth Unanue, respectively, all of George Washington. Nadine Chalmers of Ben Franklin finished in thirteenth place. George Washington students

Anna Meyer, Julia Jacobs and Lendon Ebbles took the fourth, fifteenth and sixteenth places, respectively, while Elaine Sickles and Alyssa Landers, both of Ben Franklin, took seventeenth and eighteenth, respectively.

In the middle school boys' competition, Douglas Corbett and Steve Trubac of Ben Franklin took first and third places, respectively, while

Patrick Hamilton of George Washington took second place. George Washington students Harry Smith, Eric Williams, Jack McKillip, Zach Pucci, Chris Harms and Byron Williams finished in the fourth through ninth places, in that order. Micheal Cator of Ben Franklin took tenth place, while fellow Ben Franklin students Micheal Lam and Sean Hoyt finished twelfth and thir-

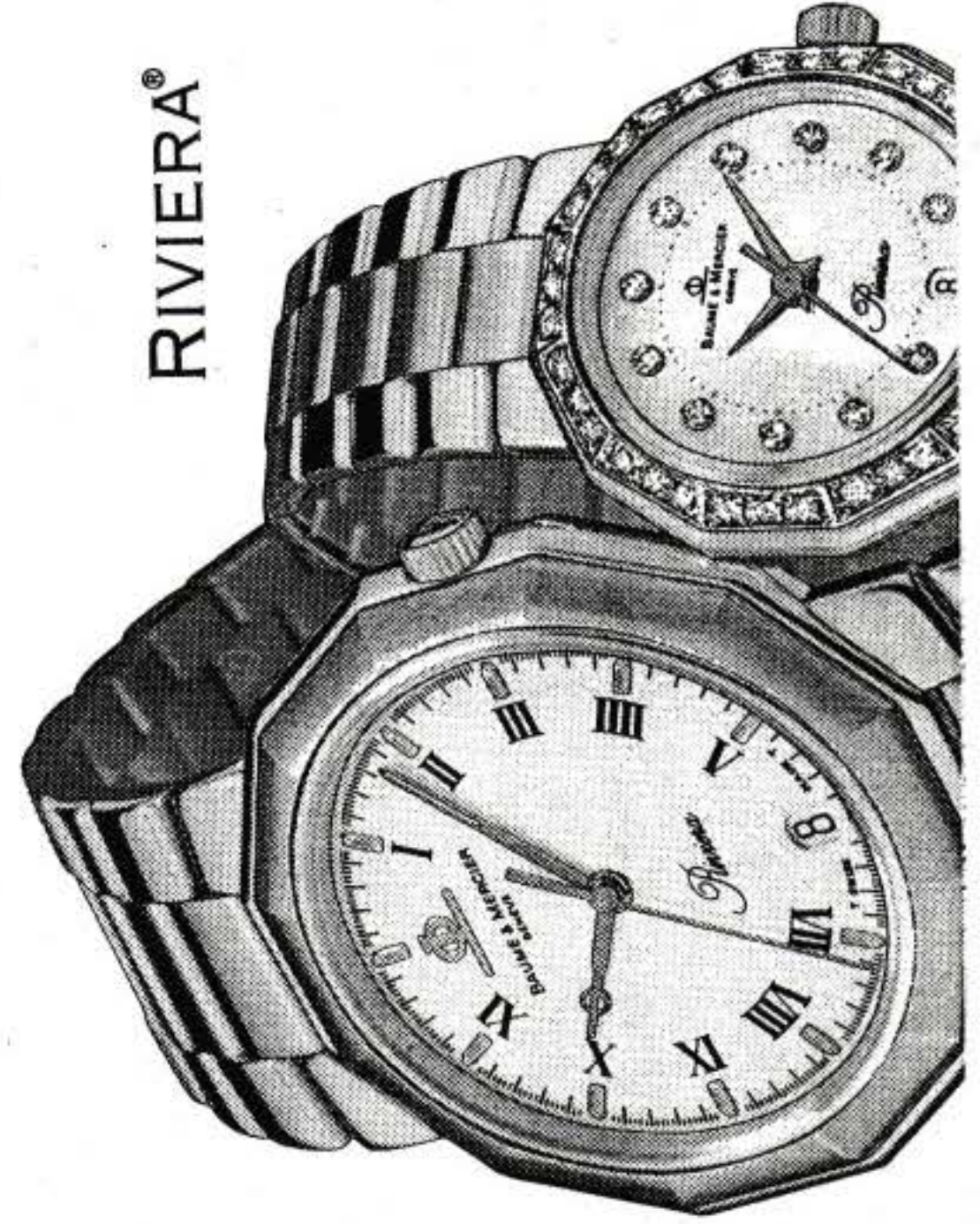
teenth, respectively. Peter Brownell of George Washington placed eleventh, while fellow George Washington students Peter Iannone and Brad Bankos placed fourteenth and seventeenth, respectively. Fifteenth and sixteenth places went to Joe Nagano-Gerace and Carter Anderson, respectively, while eighteenth place went to Erland Ellingboe, all of whom attend Ben Franklin.



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SPORTS

Six Abbington Track Club runners head for



This is the Abbington Track Club contingent that competed in the Junior Olympic regionals in Philadelphia. In front: Jacob Aronson (left) and Hannah Jones. Seated: Justine Lupo, Meredith Jones, Libby Haroldson, Samantha McKillip, Shannon McCarthy, Sarah Delaney. Standing: Coach Marcy Harms, Jack McKillip, Michael Cator, Christopher Harms, Wes Gable, Patrick Hamilton, Tommy Armstrong, Caroline Gable.

Ridgewood News December 5, 1999 15

national CC championships

By JIM JONES

The Abbington Track Club, coached by Kate McDermott and Marcy Harms of Ridgewood, will send six runners to the USA Track and Field National Junior Cross Country Olympics Dec. 11 in Spartanburg, S.C.

The Abbington contestants in the national event are Justine Lupo, girls 13-14, and 11-12 boys team members Michael Cator, Wes Gable, Patrick Hamilton, Christopher Harms and Jack McKillip. It will be Chris Harms' third trip to the nationals, and a second straight time for both Justine Lupo and Jack McKillip.

They qualified for the nationals at the Junior Olympic regional championships on a perfect running day at Germantown Academy in Philadelphia. The event was a continuation of the fall cross country season in which 50 youngsters practiced and competed in weekly meets.

Lupo had a strong finish in her division in the regional, sprinting to the front of the pack right from the start and then holding off a strong field of nearly 75 runners with a 10th-place finish. The 11-12 boys team continued to impress in a true team effort and captured the regional championship. Hamilton finished 10th, Harms 11th, McKillip 12th, Cator 14th and Gable 34th. During the season, Peter Iannone contributed to the team's success but he did not run in Philadelphia.

Twenty club members qualified for the regional at the New Jersey State Championship earlier this month at Warinaco Park in Elizabeth: Hannah Jones, Jacob Aronson, Maggie Criqui, Meredith Jones, Libby Haroldson, Leigh McGrath, Samantha McKillip, Rebecca Wells, Caroline Gable, Caitlin Delaney, Tammy Armstrong, Shannon McCarthy, Sarah Delaney, Iannone and the six national qualifiers.

The club, organized by Annette

O'Neill, provides each member the opportunity to train and compete at various levels of participation. Races were conducted weekly at area cross country courses, including Brundage Park, Holmdel Park, Warinaco Park and Van Cortland Park.

Nets lend support To library's event

The New Jersey Nets basketball team has donated some items as giveaways for a drawing in the Junior Room of the Midland Park Library. The gesture by the Nets reflects their support of reading and the library for boys and girls.

The drawing will take place after school on Monday, Dec. 20, at 3:30 p.m. in the Junior Room. The library has a number of holiday events. For information, call (201) 444-2390.

