



**RIDGEWOOD
CROSS
COUNTRY**

1999

**STATE
CHAMPIONS**

1999

Ridgewood Girl's Cross Country

1999

Dual Meets
6 wins

| | |
|------------|-------|
| Passaic | 15-49 |
| Eastside | 15-50 |
| Hackensack | 23-38 |
| Bloomfield | 15-50 |
| Clifton | 15-50 |
| Kennedy | 15-50 |

Championship Meets
7 wins

| | |
|-------------------------|------------------------|
| Shore Coaches | 1st |
| NNJIL champs | 1st |
| Ridgewood Invitational | 2nd |
| Bergen Group 4 | 1st |
| NJ Sectional Champs | 1st |
| Bergen Meet of Champs | 1st |
| NJ State Group 4 | 1st |
| NJ State Meet of Champs | STATE CHAMPIONS |

Junior Varsity Meets
3 wins

| | |
|---------------------|-----------------|
| Shore Coaches | 3 rd |
| NNJIL | 1 st |
| Ridgewood | 2 nd |
| Bergen Champs | 1 st |
| JV "section champs" | 1 st |

Frosh meets
3 wins

| | |
|------------------------|-----------------|
| Seasoner Opener | 2 nd |
| Maroon Invitational | NT |
| Brett Taylor | 1 st |
| NNJIL | 1 st |
| Ridgewood | 3 rd |
| Bergen Group champs | 2 nd |
| Frosh "section champs" | 2 nd |
| Frosh M.O.C. | 1 st |

1999 Ridgewood Girl's Cross Country

seniors: Kelly Behan*(capt), Julia Brownell*(capt), Lesley Bruno*(capt), Alyson Cangemi*, Taylor Dunn*, Katie Latanich*, Diane Nelson*, Tara O'Neill*, Clare Weeks*, Sara Wells*.

juniors: Brittany Hemmel, Dara Hourdajian, Rebecca Johnson*, Lauren Lennon, Chrissy Martin, Kate Mcwhiney.

sophomores: Sarah Bigos, Cassidy Canzani, Julia Foresman, Colleen Herlihy, Peggy Lynch, Clair Nowakowski*, Alexandra Oros*, Pippa Scott, Shauna Swan, Ruth VanYperen.

frosh: Liz Bedford, Kerry Doherty, Kristen Espenak, Jackie Macchi, Kate McDonagh, Jenna Rubinoff.

coach: Jacob Brown

* = letter winner

| | | |
|--------------------|---|----------------------------|
| September 14 | Passaic & Barringer 4:30 pm - Double Dual Meet | Ridgewood, Veteran's Field |
| September 17 | Season Opener - FROSH ONLY 4:05 pm | Darlington Park |
| September 22 | Eastside 4:30 (boys also Race Bergen Catholic) | Eastside Park, Paterson |
| September 24,25&26 | Cross Country Weekend Haystack House, Wilmington, VT. Leave RHS 4pm Friday, Return 4:30pm Sunday | |
| September 28 | Hackensack & Bloomfield 4:30 pm - Double Dual Meet | Darlington Park |
| October 2 | Shore Coaches Invitational 1:06 pm - Junior Varsity, 2:53 - Varsity (Bus at 9:45am) | Holmdel Park |
| October 2 | Maroon Invitational 3pm - Frosh (Bus at 12:30) | Garrett Mt. |
| October 5 | Clifton & Kennedy 4:30 pm - Double Dual Meet | Ridgewood, Veteran's Field |
| October 9 | Brett Taylor Invitational - FROSH ONLY 9:15 am - frosh | Darlington Park |
| October 12 | NNJIL Championships Frosh, JV, Varsity | Garrett Mountain |
| October 16 | Ridgewood Invitational 1:15 - Frosh, 1:50 - JV, Varsity - 3:35 | Veteran's Field |
| October 23 | Bergen County Group 4 Champs 11:15 - JV, 12:30 - Frosh, 12:40 - Varsity (Bus at 9:15) | Darlington Park |
| October 29 | Junior Varsity - Frosh Sectional Champs 3:55 - Frosh, 4:25 - JV | Darlington Park |
| October 30 | NJ State Sectional Championship N1Gr4 11:40 Group 4 girls (Bus at 9am) | Garrett Mountain |
| November 6 | Bergen County Meet of Champions Frosh - 1:30 Varsity - 2:30 pm | Darlington Park |
| November 13 | NJ State Group 4 Championship 1:30pm - Group 4 girls (Bus at 9:30am) | Holmdel Park |
| November 20 | NJ State Meet of Champions 11am - Girls Championship | Holmdel Park |
| November 27 | Footlocker East Regional Champs | VanCourtland Park |



CROSS COUNTRY

RIDGEWOOD

MONDAY, SEPTEMBER 13, 1999

GIRLS CROSS-

NNJIL

CLIFTON

Coach — John Pontes (16th season)
Top runners back — Seniors: Edyth Werpachowska, Nicole Alexander, Stacy Baron, Karen Rabcow. Juniors: Heather Sleece, Renate Dul. Sophomores: Megan Kaglit, Nicole Zayotz.

Outlook — With more than 20 girls turning out for the team, the Mustangs will look to rebuild around the upperclassmen. Werpachowska is a potential All-Passaic selection.

PASSAIC

Coach — Tony Barbato
Last year's record — 7-2
Top runners back — Seniors: Otisha Mathis, Shondelle Brathwaite. Junior: Shanae Pritchett. Sophomore: Melissa Jimenez.

Outlook — The defending County champs hope to build on last year's success, but will need to find a solid fifth runner to do so.

RIDGEWOOD

Coach — Jacob Brown (25th season)
Top runners back — Seniors: Kelly Behan, Julia Brownell, Lesly Bruno, Alyson Cangemi, Taylor Dunn, Tara O'Neill. Junior: Rebecca Johnson. Sophomores: Clair Nowakowski, Peggy Lynch, Alexandra Oros.

Outlook — The Maroons have built one of the best programs in the state, winning 98 straight meets, and will look to maintain their stranglehold with a solid returning nucleus. Behan, Brownell, and Bruno will provide leadership as captains. The defending State Group 4 champs are ranked 23rd in the nation, according to the Harrier Magazine.

HACKENSACK

Coach — Ed Church (19th season)
Last year's record — 7-1
Top runners back — Seniors: Beth Androski, Patty Martin, Shauna Koenig, Jamie Sahnnon. Juniors: Arabelys Santos, Heather Bates. Sophomores: Bonnie Pantasecca, Kathleen Misch.

Outlook — Androski, the defending Group 4 State champion, and Martin may be among the top 10 runners in the state, according to Church. "The Comets lack depth, but hope to challenge Passaic for second place, behind Ridgewood," said Church.

HOLY ANGELS

Coach — Jim McCarthy (fifth season)
Last year's record — 6-1
Top runners back — Seniors: Gabrielle Saiz, Rosanna Bartolomeo, Lisa Belluzzi, Susan Criscuolo, Katie Burghart, Pam Mazzola, Tara Nugent, Simone Petrella. Juniors: Carl DeVira, Caitlin McDonald, Katie Mocco, Lauren Montalvo. Sophomores: Cheryl Trovato, Jeanine Dargis, Natalie Orrico.

Outlook — With five of last year's top seven runners returning, the Angels are looking to have a strong season. "The keys to the season are the seniors," said McCarthy.

PARAMUS

Coach — Jose Ortiz (eighth season)
Last year's record — 5-3
Top runners back — Seniors: Jeri Chlco, Melissa Mills, Meghan O'Brien, Kim Ax, Jackie Bariletto. Juniors: Meghan Judge, Melanie

teams have established during this decade," said Jayson. Senior Nadia Traylor, sophomore Rachel Clrone, and freshman Eroula Papavasiliou are other candidates.

RIVER DELL

Coach — Bill Keith
Last year's record — 2-7
Top runners back — Rachael Kaplan, Sarah Lubin, Chrissy Sirangelo, Briana Bayersdorfer, Pam Taormino, Jen Salemo, Miho Yoshioka, Cas Schweiger.

Outlook — The Hawks will look to improve on last year's mark. Bayersdorfer returns as a first-team all-leaguer. Kaplan, Lubin, and Sirangelo will provide leadership as captains.

RIDGEFIELD PARK

Coach — Eric Koenig (ninth season)
Last year's record — 7-2
Top runners back — Seniors: Lisa Nepil, Shenee Clarke. Junior: Laura Stiefel. Sophomore: Lori Ann Troise.

Outlook — The Scarlets return three first-team all-league selections in Nepil, Clarke (the All-Bergen basketball star), and Stiefel. "If Troise can return to form after injury and a fifth runner can be found, the Scarlets will be tough," Koenig said.

QUEEN OF PEACE

Coach — Bill Sharlow (seventh season)
Last year's record — 0-10
Top runners back — Seniors: Katelyn Gonzales, Brenda Fortunato, Amy Esposito, Crissy King, Mariah Rellly. Sophomore: Valerie Tandoi.

Outlook — With four seniors leading the way, the Griffins hope to field a competitive team.

TENAFLY

Coach — Gordon Wallace (10th season)
Last year's record — 6-3
Top runners back — Seniors: Talla Mosconi, Jen Izen, Lauren Bell, Elizabeth Welsholtz. Juniors: Merl Silberstein, Blina Felsen, Melanie Horn. Sophomores: Alice Matsumoto, Sarah Adelson.

Outlook — "The team is optimistic with an experienced group of harriers, led by Mosconi and Izen," said Wallace, "and potentially outstanding newcomers led by Silberstein and Adelson." Welsholtz, Bell, Horn, and Matsumoto are expected to contribute.

WESTWOOD

Coach — George Glover
Last year's record 9-0
Top runners back — Seniors: Jill Rabadan, Nicole Stinson, Kristin DeFilippis, Tara Valcarcel. Sophomores: Amy Gohlch, Katie D'Acco, Krista Asadorian.

Outlook — The defending league champions return all but one runner and will look to post another successful season. If they can stay healthy, they could be a surprise.

RUTHERFORD

Coach — Don Daborn (11th season)
Last year's record — 5-4
Top runners back — Seniors: Kyle Haskin, Melissa Brockway, Colleen Roth. Junior: Melissa Koberle. Sophomores: Melissa Svitil, Colleen Reynolds, Laura Van Dyk, Catherine Finneran.

Outlook — Predominantly underclassmen, the Bulldogs will look to Haskin and Svitil to

GIRLS

The situation here is just the opposite of the boys. There is a very clear individual favorite in 1998 AG runner-up and Footlocker finalist Erin Donohue, who seems to outclass the field. A real threat may not appear until next fall when junior sensation Julie Ullmeyer (who has already run 5:15 for the mile) gets to high school.

On the other hand, the team picture is totally confusing. The 1998 champ, Middletown South, lost the Guiney twins, of course, has a lot back from its back troops, including a healthy Kate Bongiolatti, Ridgewood, No. 3 a year ago, may see its season depend on the return of 1997 AG champ Kelly Behan, who was back on the track last spring. Toms River East reportedly has quite a freshman crew coming in. Red Bank Catholic could be mightily strengthened if Katie Kingsbery joins her brother in the switch from soccer to CC.

TEAMS

HACKENSACK: The Comets have one big question as the season begins: the status of Patti Martin, who joined Beth Androski as one of the best 1-2 punches in the state last fall. She left the outdoor team early last spring, has now returned for CC, but will she be able to match her brilliant junior campaign? Shauna Koenig also returns, and, with Martin in top form, it will be just a case of finding adequate 4th and 5th girls.

HUNTERDON CENTRAL: A wild card qualifier for the AG meet last year, the Red Devils lost only Melissa Hollman from their top five and could be a stronger contender for the top spot. Senior Emily Smith, junior Shannon Hawrylo and soph Jenna Fasulo could be the best top three in the state.

MIDDLETOWN SOUTH: The defending AG champs lost heavily to graduation, but had plenty of depth last fall to call upon. No one will quite replace the Guiney twins up front, so it will be a matter of balance provided by a restored Kate Bongiolatti, sophs Lauren Dike and Casie Kerr (the heroine of the '98 victory) and juniors Julia Baratta and Sarah Brenkessel.

MOORESTOWN: The Group II champs last fall, like Hunterdon Central, get back four of the top five, led by Julia Kuder and Betsy Bulat. Sophs Colleen Hughes and Liz Heppard provide a solid middle; it's just a matter of finding a closer.

RED BANK CATHOLIC: Kingsbery's presence would make all the difference for the Caseys, but even if she stays with soccer. Mary Banks still has a solid lineup. Soph Kelly Byrnes should lead the pack with Danese Joiner, Suraya Komegay and the Sabatos sisters following. There will also probably be a hot freshman or two.

RIDGEWOOD: The Maroon had their top outing a week early last fall in winning Gr. IV. Most of that team has graduated, but Jacob Brown still has soph Clair Nowakowski to lead the way and Tara O'Neill, Alyson Cangemi and Julia Brownell to back her up. Behan was No. 2 behind Nowakowski in the opening dual meet shutout of Passaic.

ST. ROSE: There were some heavy losses from last year's 6th place AG team, but the Purple Roses still have soph Maya Ferrara and twin juniors Taryn and Devon Landers.

TOMS RIVER EAST: Junior Dana Palmer is only member of the '98 top four returning, but the freshman class, led by Jen Blank, should be the best in the state.

VOORHEES: Still another team that suffered only one loss from its top five who finished 2nd in Gr. II last fall after winning the sectionals. Sophs Alexis Vergalla and Joanna Perez will be the top pair.

WILSON: Everyone returns from the team that won its school an initial sectional title last fall over Toms River South and Ocean City and then missed the AG meet by one place. Tanesha Shelton and Mia Kassa lead the way, followed by Kenyatta Conway and Aria Loneland.

OTHERS: Shawnee also was diploma stricken, but its depth, plus leader Jenna Darcy, could go a long way...Roxbury retains junior Stephanie Last and versatile soph Kelly Freund, while Morris rivals Randolph and Mount Olive are also fairly solid, led respectively by Danielle Stockdale and Marianne Herbst. Morristown has gotten a big boost with the addition of the Haggerty twins, transfers from Morris Catholic. South Brunswick has a good front pair in Jillian Stein and Anne O'Rane.

(Continued on P. 4)

CLAIR NOWAKOWSKI, Ridgewood: Another of the top frosh from last fall, Clair was the second finisher for Ridgewood in the Gr. IV triumph and also finished 6th in the sectionals. Had a fine spring season with an 11:30.86 for 3200.

Ridgewood, RBC, Middletown S rated among the best

Ridgewood: Coach Jacob Brown's team, first in Group 4 and third at the Meet of Champions last year, returns five of its top seven plus 1997 Meet of Champions winner Kelly Behan, who missed last season with an assortment of ailments. Joining Behan are sophomore Clair Nowakowski and junior Julia Brownell and seniors Alyson Cangemi, Tara O'Neil and Taylor Dunn. Expected to round out the top seven is junior Rebecca Johnson. This team is capable of winning the M of C.

TEAMS TO WATCH

Red Bank Catholic: The Caseys, always a threat to win it all, bring back five of seven members of a team that won Shore Conference and Parochial A titles and placed ninth at the Meet of Champions. Returning for coach Mary Banks are sophomore star Kelly Byrnes, seniors Danese Joiner, Ali Belicose and Amanda Sabatos and junior Suraya Kornegay. Red Bank Catholic has won a state record eight M of C titles, including three straight from 1994 through '96.

Middletown South: It lost its top three runners from the team that won Group 3 and the Meet of Champions last year, but Middletown South will still be one of the state's best. The Eagles will be bolstered by the return of senior Kate Bongiolatti, who missed most of last season with illness and injury. As a sophomore, she broke 20 minutes at Holmdel. Middletown South's top seven will include juniors Sarah Brennessel, Michelle Cullum and Julie Barratta, sophomores Lauren Dike and Casie Kerr and freshmen Lisa Zino and Sheila Ernst.

Shawnee: The Renegades will try to continue an odd run, having won the Group 4 title in every odd-numbered year this decade. In addition to winning in 1991, '93, '95 and '97, Shawnee also won Group 4 in 1990 and captured M of C titles in 1991 and '97. It was third in Group 4 and fourth at the M of C last year and has three of its seven back, including its top two in All-State senior Jenna Darcy and junior Dana Palumbo. Seniors Hillary Fay and Christy Bigelow and

junior Heather McGarvey are also in coach Mike Yureho's top seven.

Moorestown: After winning Group 2 and placing seventh at the Meet of Champions last year, coach Jim Brudnicki's team, up to Group 3 this season, should be even better. Moorestown has its entire top five and six of its seven back. Returning for the Quakers are junior Julia Kuder, 16th at the M of C, seniors Betsy Bulat and Maggie McDonald and sophomores Kelsey Rinehart, Liz Heppard and Colleen Hughes.

Camden Wilson: Look out for the Tigers. Coach Ringo Adamson has been building the foundation for a solid program the last few years and a first Group 3 title is a strong possibility this season. Camden Wilson returns its entire seven from a team that won its first South Jersey sectional and was fourth in Group 3 last year. Back are senior Mia Kassa, juniors Tonesia Shelton, Aria Loveland, Kenyetta Conway and Chantell Williams and sophomore Qiania Mason.

Hunterdon Central: As a very young team a year ago, Hunterdon

Central won Central Jersey, Group 4, was fourth in Group 4 and eighth at the Meet of Champions. With six of its seven back, coach Ludwik Lubaszka's team should contend for the top spot in the state. The Red Devils' pack will consist of seniors Emily Smith and Angie Goetz, juniors Shannon Hawrylo and Rebecca Gamez and sophomores Jenna Fasulo, Melissa Burke and Lindsey Force.

Westfield: The strength of the Blue Devils has always been pack running and depth, and this season should be no exception. Coach Tom Hornish has his top five runners back in seniors Maura McMahon, Aubrey McGovern and Heather Dennis and juniors Alexis Anzelone and Kyle Legones. Senior Adrienne Blauvelt and junior Rachel Ackerman, both of whom missed the majority of last season with injuries, are back. Keep an eye on junior Carolyn Matthews, who could break into the top seven. Westfield, sixth in Group 3 last year, moves to Group 4 this season and seeks its ninth straight Union County crown.

Voorhees: The Vikings were first in Central Jersey, Group 2, second in Group 2 and 12th at the Meet of Champions last year and again should be a major factor in Group 2 this fall. Returning are sophomore Alexis Vergalla and juniors Jennifer Nanni, Karen Shumski and Virginia Anthony. Voorhees received a big boost when junior Sarah Rhodes, the Central Jersey, Group 2 champion at 800 meters last spring and a sub 5:20 miler, gave up soccer to run cross-country.

Toms River East: The Raiders are short on experience but long on talent. Leading the way will be freshman Jen Blank, who will be joined by sophomores Jen Green, Kara Horner and Stephanie Soviero, freshman Shannon Dawe, junior Carolyn Sheehan and senior Jamie Schaeffer. Coach Bob Petruski also has two talented freshmen, Leah O'Flynn and Anna Brodetsky, who could crack the starting seven. Toms River East, fifth in Group 4 last year, has won three straight Ocean County titles.

SIX OTHER RUNNERS WHO SHOULD BREAK AWAY FROM THE PACK



Beth Androski, Hackensack

After winning North Jersey, Section 1, Group 4 in 19:53 and taking first in the state Group 4 race in 19:22.3, Androski got sick just before the Meet of Champions and couldn't run. Look for her to get back to the Meet of Champions and be right near the top. Last spring, she was sixth at the outdoor M of C in the 3,200.



Melissa Conway, Ramsey

As a sophomore last year, Conway won the North Jersey, Section 1, Group 2 title in 18:53 (the fastest time at Garret Mountain since 1987), won the state Group 1 crown in 19:41.2 and was fifth at the Meet of Champions in 19:07.4 to earn All-State status. Conway beat Beth Androski for the Bergen County Meet of Champions title.



Jenna Darcy, Shawnee

After winning the Burlington County title and placing third in South Jersey, Group 4, Darcy had a sub-par clocking when she finished 41st in the state Group 4 race in 21:20. But she rebounded with a great performance at the Meet of Champions, placing 11th in 19:49. Darcy is coming off a great track season. She ran 11:11.83 to place third in the 3,200 and 5:10.59 in the 1,600.



Lindsey Gallo, Howell

Sidelined all summer with a stress fracture in her foot, Gallo, a senior, has recently resumed running and is expected to regain the form that helped her place second in Group 4 in 19:47 and ninth at the Meet of Champions in 19:43 last fall. Gallo is a sub-five-minute miler. She also won the state outdoor Meet of Champions at 1,600 meters in 1998.



Laura Petrillo, Hopewell Valley

Petrillo's times dropped in each of her last three races last year, and more of the same is expected this season. At the Central Jersey, Group 2 race, she was second to Lily Thomas of Somerville in 20:12. Petrillo, the defending Mercer County champion, lowered her Holmdel personal best to 20:08 when she took fourth in Group 2 and then ran 19:53 to finish 14th at the Meet of Champs.



Lily Thomas, Somerville

Before a leg injury ended her junior season a week before the Meet of Champions last fall, Thomas proved she was one of the state's brightest stars. Running in obvious pain, she still won the Central Jersey, Group 2 title in 19:55. When healthy, Thomas cranked out a 19:17 victory at Holmdel in the Shore Coaches E Division race and won the Somerset County crown.

GIRLS XC

CROSS COUNTRY MEET SUMMARY

RIDGEWOOD VS Passaic
 DATE 9/14/99
 TEAM RECORDS: RHS

RIDGEWOOD'S
 VETERAN'S FIELD

DISTANCE 3.1
 COURSE RECORD _____
 COURSE CHARACTER sandy & rough
 WEATHER sunny & hot

| PLACE | NAME | SCHOOL | TIME | PLACE | NAME | SCHOOL | TIME |
|-------|---------------|---------|-------|-------|--------------|---------|---------|
| 1. | C. Nowakowski | RHS | 19:48 | 21. | R. VanYpren | RHS | 24:25 |
| 2. | K. Beehan | RHS | 19:52 | 22. | C. Canzani | RHS | 24:40 |
| 3. | J. Brownell | RHS | 20:09 | 23. | S. Biggos | RHS | 25:00 |
| 4. | A. Cangemi | RHS | 20:20 | 24. | K. McDonough | RHS | 25:03 |
| 5. | T. O'Neill | RHS | 21:04 | 25. | Valera | Passaic | 25:11 |
| 6. | T. Dunne | RHS | 21:21 | 26. | J. Rubinhoff | RHS | 25:33 |
| 7. | S. Pritchett | Passaic | 21:32 | 27. | Garcia | Passaic | 25:41 |
| 8. | R. Johnson | RHS | 21:57 | 28. | Gichuardo | Passaic | 25:43 |
| 9. | A. Oros | RHS | 22:01 | 29. | L. Weiner | RHS | 25:50.4 |
| 10. | Mathis | Passaic | 22:32 | 30. | K. Espenak | RHS | 25:50.9 |
| 11. | Jimenez | Passaic | 22:43 | 31. | B. Hennul | RHS | 25:52 |
| 12. | P. Lynch | RHS | 22:52 | 32. | L. Lennon | RHS | 25:53 |
| 13. | J. Foreman | RHS | 22:50 | 33. | Laura | RHS | 26:26 |
| 14. | Mondragon | Passaic | 23:21 | 34. | Santana | Passaic | 26:50 |
| 15. | J. Mackie | RHS | 23:24 | 35. | P. Scott | RHS | 26:52 |
| 16. | L. Bruno | RHS | 23:41 | 36. | Saloman | Passaic | 27:31 |
| 17. | Plata | Passaic | 23:47 | 37. | L. Bedford | RHS | 27:48 |
| 18. | S. Swan | RHS | 24:00 | 38. | Vasquez | Passaic | — |
| 19. | C. Herlihey | RHS | 24:02 | 39. | | | |
| 20. | C. Dillon | RHS | 24:19 | 40. | | | |

SCORING

| RHS | PASSAIC |
|--------------------|---------------------|
| 1 | 7 |
| 2 | 9 (10) |
| 3 | 10 (11) |
| 4 | 11 (14) |
| 5 | 12 (17) |
| FINAL 15 | SCORE: 49 |

COMMENTS:

1-5 = 1 min 12 sec 1-7 = 2:09
 We looked very good for this time of year.
 Beat 1-5 split needs to get under 1 minute and
 1-7 under 2 minutes.
 THIS VICTORY IS AN 99TH IN A ROW!

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET SEASON OPENER

COURSE DARLINGTON

DIVISION FROSH

COURSE RECORD _____

DATE 9-18-99

RIDGEWOOD RECORD 10:16 TARA O'NEILL

WEATHER _____

TYPE OF COURSE _____

| FINISH PLACE | TEAM SCORE | NAME | TIME |
|--------------|------------|-----------------|-------|
| 4 | (2) | JACKIE MACCHI | 11:22 |
| 7 | (5) | KRISTEN ESPENAK | 11:51 |
| 12 | (8) | KERRY DOHERTY | 12:02 |
| 15 | (11) | KATE McDONAGH | 12:10 |
| 21 | (14) | JENNA RUBIOFF | 12:43 |
| | | | |
| | | | |
| | | | |

TEAM TOTAL: 40

TEAM PLACE: 2ND

1-5 SPLIT:

1-7 SPLIT:

COMMENTS: WE TIED WITH HOLY ANGLES WITH 40 POINTS BUT WE LOST FIRST PLACE ON THE 6TH GIRL TIE BREAKER RULE. WE HAVE A SMALL TEAM AND WILL NEED EVERYONE AT THE MEETS IN THE FUTURE. WE COULD HAVE A REALLY GOOD FROSH TEAM THIS SEASON!

CROSS COUNTRY MEET SUMMARY

RIDGEWOOD VS EASTSIDE
 DATE 9-22-99
 TEAM RECORDS: RHS 2 WINS
1 WIN - 2 LOSSES

DISTANCE EASTSIDE PARK
 COURSE RECORD _____
 COURSE CHARACTER STREETS + SIDEWALK
 WEATHER COOL + CLEAR

| PLACE | NAME | SCHOOL | TIME | PLACE | NAME | SCHOOL | TIME |
|-------|------------------|----------|-------|-------|-----------------|----------|-------|
| 1. | CLAIR NOWAKOWSKI | RHS | 19:53 | 21. | LISA | EASTSIDE | 26:49 |
| 2. | KELLY BEHAN | RHS | 19:54 | 22. | AKIA | EASTSIDE | 26:59 |
| 3. | JULIA BROWNELL | RHS | 20:36 | 23. | MARIKA | EASTSIDE | 27:06 |
| 4. | ALYSON CANGEMI | RHS | 20:42 | 24. | KATE McWHINEY | RHS | 27:20 |
| 5. | REBECCA JOHNSON | RHS | 21:32 | 25. | TOMEKA | EASTSIDE | 27:22 |
| 6. | TAYLOR DUNN | RHS | 21:43 | 26. | JENNA RUBINOFF | RHS | 27:26 |
| 7. | ALEXANDRA OROS | RHS | 23:15 | 27. | SHELLY ANN | EASTSIDE | 27:28 |
| 8. | PEGGY LYNCH | RHS | 23:24 | 28. | KERRY DOHERTY | RHS | 27:39 |
| 9. | JACKIE MACCHI | RHS | 23:43 | 29. | KATE McWHINEY | RHS | 27:44 |
| 10. | SARA WELLS | RHS | 24:13 | 30. | KRISTEN ESPENAK | RHS | 28:33 |
| 11. | LESLEY BRUNO | RHS | 24:58 | 31. | KERRY ANN | | 28:34 |
| 12. | CHRISSEY MARTIN | RHS | 24:59 | 32. | MARION | | 29:56 |
| 13. | DANE NIELSON | RHS | 25:00 | 33. | ALICIA | | 30:38 |
| 14. | SHAUNA SWAN | RHS | 25:01 | 34. | EBONI | | 30:39 |
| 15. | KATIE LATANICH | RHS | 25:03 | 35. | ? | | 34:03 |
| 16. | CASSIDY CANZANI | RHS | 25:05 | 36. | | | |
| 17. | RUTH VANPEREN | RHS | 25:06 | 37. | | | |
| 18. | LAUREN WIMER | RHS | 25:55 | 38. | | | |
| 19. | KAMISHA | EASTSIDE | 26:27 | 39. | | | |
| 20. | SANDRA | EASTSIDE | 26:32 | 40. | | | |

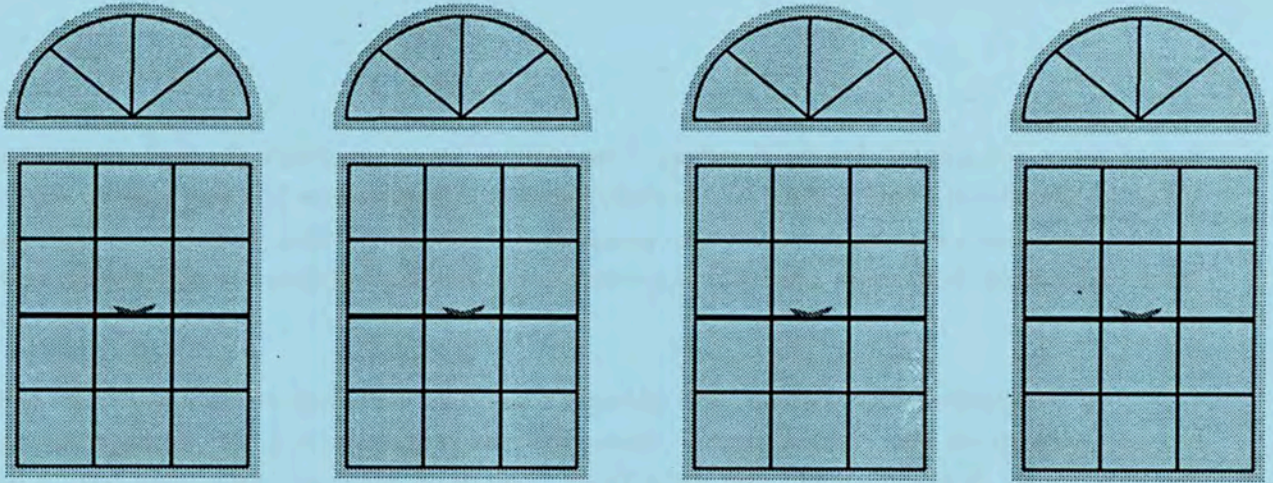
SCORING

| RHS | EASTSIDE |
|--------------|---------------|
| 1 | 19 (8) |
| 2 | 20 (9) |
| 3 | 21 (10) |
| 4 | 23 (11) |
| 5 | 23 (12) |
| FINAL | SCORE: |
| 15 | 50 |

COMMENTS:

Our Team did a good job today. We learned the course quickly. Ran in a positive way and looked good against a team that offered no opposition. What made this win significant was the bag of 100,000 dollar bars supplied by Julia's Mom.

100 dual meet wins in a row! The seniors have been part of the streak for 4 years! Keep up the great work.



*Weekly Update from the Principal
John Mucciolo*

September 24, 1999

*** Principal's Thoughts ***

One of the most exciting moments in high school sports is waiting at the finish line of a Cross Country dual meet. Coaches have their stop watches in hand and receive reports from their scouts about the position of their runners half way through the race. Then the moment comes. From around a bend, or over a hill, or down a slope, comes the first runner dashing toward the finish line. But this is Cross Country. And the final stretch of a Cross Country race could be as long as a half mile. Coaches and spectators, then, have the pleasure (or anxiety) of a long view of the finish: they can savor every moment of the finish of a well-run race. This most exciting moment, to see one runner coming into view, well ahead of the pack, is fraught with emotion: not only witnessing someone doing something well but also appreciating someone, for that moment, being the best.

Such a milestone occurred last Wednesday for one of our coaches and esteemed colleagues. Metaphorically speaking, he came around the bend, into sight, well ahead of the pack; in fact, no other coach was even close. That his Women's Cross Country teams have won 100 straight dual meets is a special accomplishment, not only for the athletes he coaches but also for him. Congratulations, Jacob Brown, Dean of Women's Cross Country.



CROSS COUNTRY MEET SUMMARY

RIDGEWOOD VS Bloomfield & Hackensack
 DATE 9-28-99
 TEAM RECORDS: RHS _____

DISTANCE DARLINGTON 5K
 COURSE RECORD _____
 COURSE CHARACTER _____
 WEATHER PARTY CLOUDY

| PLACE | NAME | SCHOOL | TIME | PLACE | NAME | SCHOOL | TIME |
|-------|------------------|--------|-------|-------|---------------------|--------|-------|
| 1. | BETH ANDROWSKI | H | 19:03 | 21. | COLLEEN HERLIHY | RHS | 24:04 |
| 2. | CLAIR NOWAKOWSKI | RHS | 19:25 | 22. | BONNIE PONTESECKA | H | 25:18 |
| 3. | KELLY BEHAN | RHS | 19:44 | 23. | SHAVNA SWAN | RHS | 25:24 |
| 4. | SHAWNA KOENIG | H | 19:57 | 24. | KATIE LATANICH | RHS | :34 |
| 5. | JULIA BROWNELL | RHS | 20:03 | 25. | JENNA RIBINHOFF | RHS | :48 |
| 6. | ALYSON CANGEMI | RHS | 20:33 | 26. | KERRY DOUGHERTY | RHS | :56 |
| 7. | TARA O'NEILL | RHS | 21:33 | 27. | KRISTINA PETERSON | H | :58 |
| 8. | REBECCA JOHNSON | RHS | 21:42 | 28. | MEG IANNAcone | B | 26:08 |
| 9. | ALEXANDRA ORos | RHS | 21:52 | 29. | BRITTANY HEMMEL | RHS | :25 |
| 10. | JEN MITCHELL | B | 21:59 | 30. | LAUREN LENNON | RHS | :26 |
| 11. | EMMA WILSON | B | 22:01 | 31. | KATE McDONAGA | RHS | :30 |
| 12. | SHANIKA | H | 22:25 | 32. | ARABELUS SANTOS | H | :40 |
| 13. | JOANNA VALENTE | B | 22:52 | 33. | HEATHER RATES | H | :42 |
| 14. | JACKIE MACCIE | RHS | 22:53 | 34. | KATHLEEN MISCH | H | 27:02 |
| 15. | LESLEY BRUNO | RHS | 23:15 | 35. | STACEY MEIKINDAY | H | :21 |
| 16. | PEGGY LYNCH | RHS | 23:33 | 36. | ALEXIS TOON | H | 28:22 |
| 17. | SARA WELLS | RHS | 23:45 | 37. | KRISTIN ESPENIK | RHS | :50 |
| 18. | NICOLE REILLY | B | 23:53 | 38. | AMY MIDEJAR | B | 29:16 |
| 19. | CASSIE CARZANI | RHS | 23:57 | 39. | KATHLEEN NOWAKOWSKI | RHS | 30:08 |
| 20. | RUTH VAN DYKEN | RHS | 23:59 | 40. | JILL CAPINUS | H | :43 |
| | | | | 41. | JESAJNE | H | :51 |
| | | | | 42. | KATIE | H | 31:54 |
| | | | | 43. | SHEILA | H | :55 |
| | | | | 44. | CHRISTEN | H | 33:07 |
| | | | | 45. | | | |
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| | | | | 60. | | | |

SCORING

| RHS | vs Bloom | HACKENSACK | Bloom | H | B |
|-------|-------------|------------|-------|----|----|
| 2 | 1 | 1 | (8) | 1 | 3 |
| 3 | 2 | 4 | (9) | 2 | 4 |
| 5 | 3 | 10 | 10 | 5 | 6 |
| 6 | 4 | 11 | 11 | 8 | 7 |
| 7 | 5 | 12 | 12 | 9 | 10 |
| FINAL | | SCORE: | 50 | 25 | 30 |
| 23 | 15 | 38 | | | |

COMMENTS:

WE HAD A VERY GOOD DAY.
 WE ALL HAVE A DARLINGTON
 TIME TO BEAT IN THE
 COUNTY MEET.

Holmdel Park cracking down on rules violators

By Jim Lambert

Anyone who thinks the mile markers at Holmdel Park would make great souvenirs better think twice before trying to swipe one.

Holmdel Park supervisors are sick and tired of replacing them and are fed up with seeing the park treated like a dumping ground. The park has been used for state cross-country championship meets since 1977 and it is used extensively for practices and dual meets. But its misuse has caused supervisors to crack down.

A letter addressed to all scholastic cross-country coaches, athletic directors and runners, and signed by Holmdel Park manager Steve Dickinson and park supervisor Kathy Ragaukas, makes it clear that unruly behavior will no longer be tolerated.

Here are some points made in the letter, which was obtained by The Star-Ledger.

■ The sledhill area and Arboretum are now off limits to runners. In the past, barricades to the area were ignored and vandalized.

■ Scattering clothes in the trees or on the fireplace hood is not allowed.

■ Park officials have spent \$200 every year to replace stolen or vandalized mile markers.

The letter went on to read:

"We are tired of reciting the same rules to the same coaches year after year. Some coaches have actually encouraged their teams to disregard the Park Ranger's instructions. We have the full support of Boyd Sands, the Executive Director of the NJSIAA, to step up our enforcement of rules that have been in place since 1977. So we at Holmdel Park will be enforcing the regulations more strictly than in the past."

A first offense will bring a written warning and expulsion from the park that day. The team and coach will be reported to the New Jersey State Interscholastic Athletic Association.

Runner of the Week

Name: Melissa Conway

School: Ramsey

Class: Junior

Size: 5-4



Key statistics: Conway finished first in 19:00 at the Roxbury Class Meet on Saturday at Horseshoe Lake Park in Succasunna.

Did you know? Last fall, Conway won the North Jersey, Section 1, Group 2 title in 18:53, the fastest time at Garret Mountain since 1967. She also won the state Group 2 race in 19:41.2 and was fifth at the Meet of Champs in 19:07.4.

A second offense will mean a two-week suspension from the park. The culprit will not be allowed to take part in meets or practices.

A third offense means a suspension for the remainder of the season and the following season.

Park Rangers are vested with police powers and are able to issue summons and make arrests for infractions of rules and regulations in the park.

The letter also stated that bicycles will no longer be permitted behind the upper parking lot that leads to the service road into the bowl.

It has also been reported that runners have bothered the birds and the chickens and other animals on a farm that calls Holmdel Park home. That will no longer be tolerated.

Mendham: Found(s) another

Following in the footsteps of her sister, Jen, Sarah Founds looks like she's going to make a name for herself in cross-country at Mendham. Sarah Founds made a smashing debut by winning the 2.5-mile freshman title in 14:32.6 at the Roxbury Invitational last Saturday.

"I was really nervous," Founds said. "And I never expected first." Jen Founds was a star at Mendham and recently graduated from Rutgers University.

"She always used to make me run

with her," Sarah said. "I've been running since I was in sixth grade."

California girl

Sarah Spilman, West Morris' talented junior, moved with her family to New Jersey last year from Newbury Park, Calif., approximately 50 miles outside of Los Angeles. As a freshman in California, she was the No. 2 runner on her team. Spilman is one of the favorites to win the Morris County and state Group 3 titles this fall. She looked impressive last Saturday, taking second in the Junior/Senior Division race at the Roxbury Class Meet.

Fantastic finish

Emily Sarokhan of Ridge and Jacque Sobotka of Hopatcong were shoulder-to-shoulder with 100 yards remaining in the Sophomore Division race at the Roxbury Class Meet last Saturday. In the most dramatic of the six races, Sarokhan had just a little more left, winning in 20:42.8. Sobotka was second in 20:43.4.

"That was pretty tortuous," Sarokhan said. "But at the same time it was exciting. I figured I would run with her and at the end pass her. I thought I was dead. I didn't think I had anything left."

Did you know?

The grandfather of Camden Wil-

son senior Mia Kassa is former Ethiopian Olympian Mamo Wolde. In 1968, Wolde won the Olympic gold medal in the marathon and took the silver in the 10-K. In 1972, at the age of 40, he won the bronze in the marathon. Wolde has been a prisoner of war in Ethiopia since 1992.

Down the stretch

Kelsey Barfuss, a former star at Bernards, is the new coach at Villa Walsh in Morristown. Barfuss replaces Diana McLaughlin, who took a leave of absence.

Vanessa Bazydlo, Morris Catholic's star sophomore, said she received clearance from her doctor on Monday to resume running. Bazydlo has been sidelined with a leg injury.

"I have to take it easy at first, but I'm just happy I can run again," said Bazydlo, sixth in Parochial A and 28th at the M of C last year. "It's been tough watching. I expect to run my first race at the county meet (Nov. 6)."

In a dual meet Tuesday, No. 13 Randolph edged archrival and No. 14 Roxbury, 27-28, at Brundage Park in Randolph.

Senior Jennifer Barcellona of Msgr. Donovan, one of the state's top high jumpers and a talented basketball player, is running cross-country for the first time this season, and is running well. She was her team's No. 3 runner at the St. Dominic Invitational on Sept. 11 and finished a respectable 24th in 24:58.97 in the Senior Division at the New Jersey Catholic Track Conference Championships last Saturday.

After an injury-plagued junior year, 1997 M of C winner Kelly Behan of Ridgewood is back and running well. She is currently the No. 2 runner on the state's No. 1 team.

Erin Donohue of Haddonfield, also a starting guard on the basketball team, said she's been receiving more attention from colleges for basketball than running.

The correct website address for the Morris County Track Coaches Association is www.mctrack.org

Rich Bevenssee contributed to this story

GIRLS CROSS-COUNTRY TOP 20

- | | |
|---------------------|---------------------|
| 1-Ridgewood | 11-Voorhees |
| 2-Hunterdon Central | 12-South Brunswick |
| 3-Middletown South | 13-Randolph |
| 4-Shawnee | 14-Roxbury |
| 5-Red Bank Catholic | 15-Old Bridge |
| 6-Moorestown | 16-North Hunterdon |
| 7-Camden Wilson | 17-Mount Olive |
| 8-Hopewell Valley | 18-Toms River North |
| 9-Westfield | 19-Haddonfield |
| 10-Toms River East | 20-St. Rose |

GIRLS CROSS-COUNTRY GROUP LEADERS

| GROUP 1 | GROUP 2 | PAROCHIAL |
|-----------------|-------------------|------------------------|
| 1-Rumson | 1-Hopewell Valley | 1-Red Bank Catholic |
| 2-Glen Rock | 2-Voorhees | 2-St. Rose |
| 3-Keansburg | 3-Haddonfield | 3-Pingry |
| 4-Middlesex | 4-Ramsey | 4-St. Dominic Acader y |
| 5-Bogota | 5-Somerville | 5-Immaculate Heart |
| 6-Paisades Park | 6-Buena | 6-Holy Angels |
| 7-Bernards | 7-Caldwell | 7-Bishop Eustace |
| 8-Spotswood | 8-Newton | 8-St. John Vianney |
| 9-Pitman | 9-Maple Shade | 9-Paul VI |
| 10-Ridgfield | 10-Chatham | 10-Oak Knoll |

GIRLS CROSS-COUNTRY RUNNERS

| PAROCHIAL | GROUP 4 | GROUP 1 |
|--------------------------------|--------------------------------|-----------------------------|
| 1-Kelly Byrnes, RBC | 1-Beth Androski, Hackensack | 1-C. Mendoza, Hudson Cty. T |
| 2-Jody Benedict, Vianney | 2-Lindsay Gallo, Howell | 2-Carlin Moscatello, Rumson |
| 3-Deanna Koss, Holy Cross | 3-Jenna Darcy, Shawnee | 3-K. Libretto, Glen Rock |
| 4-Megan Murphy, Pope John | 4-S. Hawrylo, Hunterdon C | 4-Alexis Skoda, Bernards |
| 5-Suraya Komegay, RBC | 5-Patty Martin, Hackensack | 5-Megan Kayser, Middlesex |
| 6-Caroline Bugg, Newark A | 6-Stephanie Last, Roxbury | 6-Lalisha Brown, Keansburg |
| 7-Jane Stenemann, W. Walsh | 7-Jillian Stein, S. Brunswick | 7-Liz Moritz, Pitman |
| 8-Nicole Kurtain, Notre Dame | 8-Claudine Evangelista, Triton | 8-Katie Botsford, Cresskill |
| 9-Elizabeth Bewalder, Morris C | 9-Amina Zohny, Columbia | 9-Angela Panuccio, Bogota |
| 10-Taryn Landers, St. Rose | 10-C. Nowakowski, Ridgwood | 10-Amber Neal, P.ogota |

| GROUP 3 | GROUP 2 | GROUP 1 |
|-------------------------------|------------------------------|-----------------------------|
| 1-Sarah Spilman, West Morris | 1-Erin Donohue, Haddonfield | 1-C. Mendoza, Hudson Cty. T |
| 2-Julia Kuder, Moorestown | 2-Melissa Conway, Ramsey | 2-Carlin Moscatello, Rumson |
| 3-B. Beyensdorter, River Dell | 3-Lily Thomas, Somerville | 3-K. Libretto, Glen Rock |
| 4-Kim Pereira, Parsippany | 4-Laura Petriolo, Hopewell V | 4-Alexis Skoda, Bernards |
| 5-Marianne Herbst, Mt. Olive | 5-Tiffany Rust, Hopewell V | 5-Megan Kayser, Middlesex |
| 6-Kathryn Hughes, Central | 6-Christina Vuolo, Holmdel | 6-Lalisha Brown, Keansburg |
| 7-Mia Kassa, Camden Wilson | 7-Beth Vesey, Ramsey | 7-Liz Moritz, Pitman |
| 8-Casie Kerr, Middletown S | 8-Julie Delmon, Hopatcong | 8-Katie Botsford, Cresskill |
| 9-Tonesia Shelton, Camden W | 9-Cindy deVries, Newton | 9-Angela Panuccio, Bogota |
| 10-Stacey Gallagher, Sparta | 10-Alexis Vergalla, Voorhees | 10-Amber Neal, P.ogota |

Donohue aims for sub-18:00 effort at Holmdel

By Jim Lambert

Just seven girls in state history have run faster at Holmdel Park than Erin Donohue. But if things go according to the Haddonfield junior's plans, that number will drop in two days.

Donohue, the heavy favorite to win her first cross-country Meet of Champions title in November, is determined to move up Holmdel's all-time list Saturday in the Shore Coaches Invitational at Holmdel Park's hilly, 3.1-mile course.

CROSS-COUNTRY NOTEBOOK

Donohue's personal best at Holmdel is 18:27, which came last year at the M of C when she placed second to Middletown South's Cate Guiney.

"I want to run under 18 minutes," Donohue said. "I don't know if it will happen, but that's what I want to do. I'm definitely looking to run my fastest time."

There are six varsity girls races, based on school size, and 23 races overall (boys and girls combined) scheduled at the Shore Coaches meet. The first race is set for 9 a.m. Meet director Bob Maier said approximately 230 schools have entered.

Donohue will be running in the E Division race, listed to go off at 11:09 a.m. If she can stick to her strategy, she has a strong chance of becoming the fifth girl to dip under 18 minutes at Holmdel.

"I want to run the first two miles in 12 minutes and the last mile in five minutes," Donohue said. "That's the plan, and if I can do that I will run a very fast time."

Donohue's style at Holmdel has always been to go out and attack the first half-mile and blow the race wide open. Don't expect the same thing Saturday.

"Instead of running the first half-mile real hard, I'm going to try to

relax going up the hill and then work the second half-mile real hard," Donohue said.

The Holmdel record of 17:36.0 was set in 1983 by Janet Smith of J.P. Stevens. It has been on Donohue's mind since her freshman year and she still believes she can top it before she graduates.

"If I didn't break it, I'd be a little disappointed," Donohue said. "It's a big goal for me, but it's not my biggest one."

Donohue's chief goal is to get back to and try to win the Foot Locker nationals in December and to break the state outdoor mile mark of 4:43.3. She was 17th at the Foot Locker nationals a year ago and last spring won the National Scholastic mile in 4:48.68, the third-fastest time in state history.

Shore Coaches schedule

- 9 a.m.—Boys Freshman C.
- 9:10—Girls Freshman B.
- 9:25—Boys JV C.
- 9:45—Boys Varsity F.
- 10:08—Boys Varsity E.
- 10:31—Boys Varsity D.
- 10:46—Girls Varsity F.
- 11:09—Girls Varsity E.
- 11:32—Girls Varsity D.
- 11:55—Boys Freshman B.

GIRLS CROSS-COUNTRY TOP 20

- 1. Ridgewood
- 2. North Hunterdon
- 3. Hunterdon Central
- 4. Shawnee
- 5. Middletown South
- 6. Hopewell Valley
- 7. Red Bank Catholic
- 8. Moorestown
- 9. Camden Wilson
- 10. Toms River East
- 11. Voorhees
- 12. Columbia
- 13. Westfield
- 14. South Brunswick
- 15. Old Bridge
- 16. Toms River North
- 17. Lenape
- 18. Haddonfield
- 19. West Morris
- 20. Randolph

18:27.0—Karen Ahearn, Bernards, 1984.
A look at Saturday's six girls races.

A Division

In what should be a great showdown involving most of the state's top Group 4 teams, No. 3 Hunterdon Central will clash with No. 4 Shawnee. No. 10 Toms River East, No. 12 Columbia, No. 14 South Brunswick and No. 17 Lenape.

Individually, Howell's Lindsey Gallo, Shawnee's Jenna Darcy and Columbia's Amina Zohny should all be in the lead pack.

B Division

Just how good is No. 1 Ridgewood? We'll find out in this race when it takes on No. 5 Middletown South, the defending Meet of Champions winner, and No. 13 Westfield. Ridgewood has been bolstered by the return of Kelly Behan, the 1997 M of C winner who missed last fall with an assortment of injuries. This will be the first time this season that Middletown South uses its top seven.

Individually, defending Group 4 champion Beth Androski of Hackensack is favored to win.

C Division

Second-ranked North Hunterdon, No. 9 Camden Wilson, Morristown and Paul VI will lock horns in this one. Sarah Spilman of No. 19 West Morris is the individual to beat.

D Division

The Group 2 favorite, No. 6 Hopewell Valley, should have a great battle with defending Group 2 champion and No. 8 Moorestown. Lily Thomas of Somerville and Laura Petrillo of Hopewell Valley will meet for the second straight week. Thomas won last week, 19:17.47 to 19:34.10, in the B race in the Stewart Memorial at Wannanco Park, Elizabeth. Also keep an

Runner of the Week

Name: Amina Zohny

School: Columbia

Class: Senior

Size: 5-6

Key statistics: Zohny finished first in 20:26.94 in the A Division at the Stewart Memorial Invitational on Saturday at Wannanco Park, Elizabeth. Last year, Zohny won the Essex County title, was second in North Jersey, Section 2, Group 4, 10th in Group 4 and 33rd at the Meet of Champions.

Did you know? Zohny placed fourth in the 3,200 at the Meet of Champions last spring.



eye on Parsippany's Kim Perera.

E Division

The story here is Donohue's quest to break 18 minutes. She should be pushed by Ramsey junior Melissa Conway, fifth at the Meet of Champions last year in 19:07. Team-wise, No. 11 Voorhees and No. 18 Haddonfield will go at it.

F Division

Many of the state's best Group 1 schools will meet here, including Palisades Park, Glen Rock, Metuchen, Keansburg, Middlesex, Bernards and Secaucus. Also in the race will be Morris Catholic, Villa Walsh and Pingry. Christina Mendoza of Hudson County Tech is favored.

Better than Guiney?

That's what Middletown South coach Karl Torchia said about freshman star Lisa Zino — when it comes to running hills, Cate Guiney, The Star-Ledger Runner of the Year and Meet of Champions winner last fall, was an especially strong hill runner, often breaking open races on an uphill at Holmdel Park and using the downhill to widen the gap.

"Lisa is always better at running up hills than Cate was last year," Tor-

chia said. "Lisa is amazing. Hills don't bother her at all. It's her biggest strength. She runs them like they are not even there."

Zino is faster now than Guiney was as a freshman. Zino's second-place finish in the A race in 20:38 at the Stewart Memorial meet Saturday was 1:14 faster than what Guiney ran at the same meet as a freshman.

In her first race of any kind, Zino won the 3,600-meter freshman title in 14:17.81 at the Bernie Magee New Jersey Catholic Conference Championship on Sept. 18 at Wannanco.

"I'm very surprised," Zino said. "I never expected to be this good."

Down the stretch

Entries for the NJSIAA boys and girls public school championships will close Oct. 15. The deadline for the boys and girls parochial school championships is Nov. 1. The starting time for Saturday's Maroon Invitational at Garret Mountain in West Paterson has been moved from 9 a.m. to 1 p.m....Word has it that junior Molly Purvis of Hopewell Valley, one of the state's premier divers, may run this season. Purvis finished first in the 400 and second in the 800 at the Central Jersey Group 2 meet last spring.

Rich Venensee contributed to this story

GIRLS CROSS-COUNTRY GROUP LEADERS

GROUP 4

- 1-Beth Androski, Hackensack
- 2-Lindsey Gallo, Howell
- 3-Jenna Darcy, Shawnee
- 4-Shannon Hawley, Hunt. Cent.
- 5-Stefanie East, Roxbury
- 6-Julian Stee, S. Brunswick
- 7-Claudine Evangelista, Trenton
- 8-Amina Zohny, Columbia
- 9-Kate Botsford, Cresskill
- 10-Karen Ahearn, Bernards

GROUP 3

- 1-Sarah Spilman, West Morris
- 2-Kim Perera, Parsippany
- 3-Betsy Bulat, Moorestown
- 4-Briana Beyersdorfer, River Dell
- 5-Tonessa Shelton, Camden-W.
- 6-Julia Kuder, Moorestown
- 7-M. Herbst, Mount Olive
- 8-Kathryn Hughes, Central
- 9-Mia K. Jank, Camden Wilson
- 10-Kate Zohny, Haddonfield

GROUP 2

- 1-Erin Donohue, Haddonfield
- 2-Melissa Conway, Ramsey
- 3-Lily Thomas, Somerville
- 4-Laura Petrillo, Hopewell Valley
- 5-Tiffany Rust, Hopewell Valley
- 6-Christa Vullo, Holmdel
- 7-Beth Versey, Ramsey
- 8-Jane DeLeon, Hopatcong
- 9-Candy Stevens, Weston
- 10-Kathryn Jones, Hopewell C.

GROUP 1

- 1-Christina Mendoza, Hudson T.
- 2-Caitlin Moscatello, Rumson
- 3-Jeanette Franko, Metuchen
- 4-Caroly Dekker, Bernards
- 5-Kate Botsford, Cresskill
- 6-K. Libretto, Glen Rock
- 7-Alexis Skoda, Bernards
- 8-Debra Kuyler, Middlesex
- 9-Laura Brown, Keansburg
- 10-Liz Moritz, Pinman

PAROCHIAL

- 1-Meagan Murphy, Pope John
- 2-Kelly Byrnes, Red Bank C.
- 3-Deanna Koss, Holy Cross
- 4-Nicole Kurian, Notre Dame
- 5-Danese Jones, Red Bank C.
- 6-Suraya Komejay, Red Bank C.
- 7-Caroline Bugg, Newark A.
- 8-Lane Steinmetz, Villa Walsh
- 9-Elizabeth Revelder, Morris C.
- 10-Kate Hazlett, Maple Doanov

GROUP 4

- 1-Ridgewood
- 2-Hunterdon Central
- 3-Shawnee
- 4-Toms River East
- 5-Columbia
- 6-Westfield
- 7-South Brunswick
- 8-Old Bridge
- 9-Toms River North
- 10-Lenape

GROUP 3

- 1-North Hunterdon
- 2-Middletown South
- 3-Moorestown
- 4-Camden Wilson
- 5-Ridge
- 6-Mount Olive
- 7-Manchester Twp
- 8-Morristown
- 9-Middle Township
- 10-No. Highlands

GROUP 2

- 1-Hopewell Valley
- 2-Voorhees
- 3-Haddonfield
- 4-Ramsey
- 5-Ridge
- 6-Somerville
- 7-Buena
- 8-Newton
- 9-Chatham
- 10-Maple Shade

GROUP 1

- 1-Rumson
- 2-Ridgefield
- 3-Palisades Park
- 4-Glen Rock
- 5-Keansburg
- 6-Middlesex
- 7-Bogota
- 8-Metuchen
- 9-Bernards
- 10-Secaucus

PAROCHIAL

- 1-Red Bank Catholic
- 2-St. Rose
- 3-Pingry
- 4-St. Dominic
- 5-Immaculate Heart
- 6-Holy Angels
- 7-Bishop Eustace
- 8-Mary, Donohue
- 9-Pope John
- 10-Peter VI

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET MAROON INVITATIONAL

COURSE GARRETT FROSH 3200m

DIVISION FROSH 3-4

COURSE RECORD _____

DATE 10-2-99

RIDGEWOOD RECORD _____

WEATHER _____

TYPE OF COURSE _____

| FINISH PLACE | TEAM SCORE | NAME | TIME |
|--------------|------------|-----------------|---------|
| 19 | | JENNA RUBINOFF | 15:59.2 |
| 20 | | KERRY DOHERTY | 16:18.8 |
| 21 | | KATE McDONAGH | 16:26.2 |
| 24 | | KRISTEN ESPENAK | 16:36.5 |
| | | | |
| | | | |
| | | | |
| | | | |

TEAM TOTAL: NO TEAM SCORE TEAM PLACE:

4 RUNNERS

1-5 SPLIT: _____ 1-7 SPLIT: _____

COMMENTS:

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET SHORE COACHES

COURSE HOLMDEL

DIVISION VARSITY B

COURSE RECORD _____

DATE 10-2-99

RIDGEWOOD RECORD _____

WEATHER WARM + SUNNY

TYPE OF COURSE _____

| FINISH PLACE | TEAM SCORE | NAME | TIME |
|--------------|------------|--|-----------------|
| 2 | 2 | CLAIR NOWAKOWSKI ^(SPLIT AT TOP OF HILL 9) | 20:32.6 1:58 |
| 4 | 4 | KELLY BEHAN | 20:56.7 2:00 |
| 7 | 7 | JULIA BROWNELL | 21:10.2 2:03 |
| 9 | 9 | ALYSON CANSEMI | 21:15.7 2:08 |
| 31 | 29 | TAYLOR DUNN | 22:14.1 2:10 |
| 33 | . | REBECCA JOHNSON | 22:16.4 2:15 |
| 51 | | TARA O'NEILL | 23:17.1 2:15 |
| | | | |

TEAM TOTAL: 51 TEAM PLACE: FIRST

1-5 SPLIT: 1:42 1-7 SPLIT: _____

COMMENTS: OUR FIRST FOUR WERE Aggressive up THE FIRST HILL AND NEVER LOOKED BACK. REBECCA RAN A BIG MIDDLE PHASE AND TAYLOR PACED WISELY. I THINK THE HEAT TOOK A TOLL ON OUR TIMES AS JULIA WAS THE ONLY ONE WHO RAN FASTER THAN LAST YEAR'S SHORE MEET. WE PROBABLY WENT OUT TOO FAST FOR THE HEAT OF THE DAY.

2:53 Girls Varsity B

- Lane
- 1 Roxbury
- 2 Middletown South
- 3 Freehold Twp
- 4 Woodbridge
- 5 Memorial
- 6 Ridgewood
- 7 Egg Harbor Twp
- 8 Williamstown
- 9 Lincoln
- 10 Rancocas Valley
- 11 Cherry Hill West
- 12 Westfield
- 13 Lawrence
- 14 Phillipsburg(2)
- 15 Brick Twp
- 16 Toms River South
- 17 Imm Heart Acad
- 18 Pennsauken
- 19 Absegami
- 20 Sayreville
- 21 Hackensack
- 22 Ocean City
- 23 Lacey

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET SHORE COACHES INVITATIONAL

COURSE HOLMDEL

DIVISION JV-A

COURSE RECORD _____

DATE 10-2-99

RIDGEWOOD RECORD _____

WEATHER SUNNY and WARM

TYPE OF COURSE _____

| FINISH PLACE | TEAM SCORE | NAME | TIME |
|--------------|------------|-----------------|---------|
| 2 | (2) | ALEXANDRA OROS | 22:27.2 |
| 7 | (7) | LESLEY BRUNO | 23:27.4 |
| 26 | (25) | SARA WELLS | 24:08.7 |
| 29 | (28) | KATIE LATANICH | 24:26.2 |
| 31 | (30) | COLLEEN HERLIHY | 24:27.5 |
| 48 | (44) | CHRISSY MARTIN | 25:01.9 |
| 59 | (54) | RUTH VAN YPEREN | 25:20.6 |
| 78 | (72) | DIANE NELSON | 25:54.9 |
| 83 | (77) | SHANNA SWAN | 26:02.3 |
| 101 | (92) | BRITTANY HEMMEL | 26:43.9 |
| 134 | | SARAH BIGOS | 28:02.6 |
| 138 | | CASSIE CANZANI | 28:14.3 |
| 172 | | PIPPA SCOTT | 30:38.8 |

TEAM TOTAL: "A" 92

TEAM PLACE: "A" - 3rd

"B" 339

"B" - 14th of 29 Teams

1-5 SPLIT:

1-7 SPLIT:

2 MINUTES

COMMENTS: ALEXANDRA'S SPRINT AT THE END JUST MISSED A WIN. CLASSIC EXAMPLE OF SPRINTING TOO SOON. TOO SLOW A START PROBABLY HURT. THE TEAM LOOKED GREAT. 3rd of 29 TEAMS AND FASTER THAN ALL THE JV-B TEAMS. 3rd IN THE STATE OF NEW JERSEY!

SARA WELLS, KATIE LATANICH AND DIANE NELSON IMPROVED THEIR TIMES FROM LAST YEAR. GREAT SIS ON A HOT DAY.

PEFFY LYNCH'S BRAVE RACE INTO HEAT EXHAUSTION WAS HANDLED VERY WELL BY EVERYONE ON THE TEAM.

- Lane
- 1 Warren Hills(3)
 - 2 Absegami
 - 3 Ocean City
 - 4 Hunterdon Central
 - 5 Shawnee A
 - 6 Shawnee B
 - 7 Shawnee C
 - 8 Morristown A
 - 9 Morristown B
 - 10 Lincoln
 - 11 Bridgewater-Raritan
 - 12 Overbrook(1)
 - 13 Paul VI A
 - 14 Paul VI B
 - 15 Toms River East A
 - 16 Toms River East B
 - 17 Toms River East C
 - 18 Middle Twp
 - 19 Pennsauken
 - 20 Cumberland
 - 21 Ramapo
 - 22 Middletown South A
 - 23 Middletown South B
 - 24 Sayreville
 - 25 Old Bridge
 - 26 St Dominic Academy
 - 27 Ridgewood A
 - 28 Ridgewood B
 - 29 Ridgewood C
 - 30 Westfield A
 - 31 Westfield B
 - 32 Westfield C
 - 33 Westfield D

- 34 Hillsborough
- 35 Wall
- 36 Mainland A
- 37 Mainland B(4)
- 38 North Hunterdon
- 39 Hackensack
- 40 Notre Dame(1)
- 41 East Brunswick
- 42 Jackson
- 43 Cherokee(2)

Ridgewood earns first Shore crown

HOLMDEL — The Ridgewood girls cross-country team won't be sneaking up on anyone this season.

The Maroons made sure of that Saturday by placing four runners in the top nine of the Shore Invitational B race at Holmdel Park and easily defeating Randolph, 51-117, to stamp themselves as the favorite for the Group 4 race at the same site in six weeks.

Sophomore Clair Nowakowski was second in the race, 200 yards behind race winner Beth Androski of Hackensack, who began her quest for a second straight Group 4 title by running 19:44.3 for the 5,000-meter course. Kelly Behan of Ridgewood was fourth in her best major race since suffering the first in a series of injuries 18 months ago. Seniors Julia Brownell and Alyson Cangemi were seventh and ninth, respectively, for the Maroons, who won their first Shore title. Senior Taylor Dunn was Ridgewood's fifth finisher, in 31st place.

A young Palisades Park team also did well, winning the Boys F race, 117-163, over Wildwood Catholic.

The Tigers, whose top four runners are underclassmen, put their top five within 28 seconds between

CROSS-COUNTRY

18th and 35th places and figure to battle E race winner Rumson in a bid for their third State Group 1 title.

Sergio Zea was 18th in 18:23.5, followed by Andersson Espinosa in 20th, Adrian Castano 22nd, Edler Castano 28th, and Will Hutchinson 35th. Secaucus junior Danny Chaves easily won the individual race, breaking 17 minutes on the difficult course.

Don Bosco finished 31 points behind Memorial in the boys B race, placing its top five in a 37-second pack between 16th and 38th places, led by Shane Dougherty, 16th in 17:45.4. Bergen Catholic's Ryan Miller was the top area finisher in the race, in fifth place at 17:24.1.

Rutherford lost its second straight heartbreaker in the Boys E race, losing to Group 1 Rumson, 92-93, after losing a tiebreaker to Delbarton last week at the Passaic County Coaches race.

Erik Larsen led the Bulldogs with a sixth-place finish, 54 seconds ahead of Rutherford's No. 5 runner.

■ Summaries on S-18

GIRLS A DIVISION

TEAMS: 1-Shawnee 92. 2-Hunterdon Central 98. 3-Toms River East 113. 4-Lenape 130. 5-Hillsborough 137. 6-Cherokee 177. 7-Columbia 178. 8-Overbrook 242. 9-Old Bridge 245. 10-Eastern 255. 11-Jackson 283. 12-Washington Township 284. 13-Union 313. 14-Howell 348. 15-East Brunswick 380. 16-Triton 395. 17-Bridgewater-Raritan 418. 18-Piscataway 444.
INDIVIDUALS: 1-Jenna Darcy, Shawnee 19:28.2. 2-Jen Blank, Toms River East 19:49.4. 3-Kristen Meyer, Hillsborough 19:53.3. 4-Claudine Evangelista, Triton 20:03.6. 5-Dana Palumbo, Shawnee 20:21. 6-Lindsay Scarborough, Lenape 20:30.5. 7-Shannon Hawrylo, Hunterdon Central 20:31.1. 8-Lindsey Gallo, Howell 20:40.2. 9-Michelle Bilicki, Cherokee 20:41.2. 10-Jenna Fasulo, Hunterdon Central 20:48.6.

B DIVISION

TEAMS: 1-Ridgewood 51. 2-Randolph 117. 3-Westfield 124. 4-Middletown South 125. 5-Freehold 169. 6-Ocean City 183. 7-Roxbury 191. 8-Hackensack 250. 9-Lawrence 263. 10-Absegami 279. 11-Immaculate Heart 282. 12-Williamstown 285. 13-Brick 314. 14-Rancocas Valley 395. 15-Sayreville 407. 16-Egg Harbor 409. 17-Memorial 410.

INDIVIDUALS: 1-Beth Androski, Hackensack 19:44.3. 2-Clair Nowakowski, Ridgewood 20:32.6. 3-Stephanie Last, Roxbury 20:39.0. 4-Kelly Behan, Ridgewood 20:56.7. 5-Lisa Zino, Middletown 20:57.3. 6-Maura McMahon, Westfield 21:03.7. 7-Julia Brownell, Ridgewood 21:10.2. 8-Kayla Maloney, Randolph 21:11.7. 9-Alyson Cangemi, Ridgewood 21:15.7. 10-Lisa Cannizaro, Freehold Township 21:16.1.

C DIVISION

TEAMS: 1-North Hunterdon 66. 2-Camden Wilson 112. 3-Middle Township 173. 4-St. Dominic 202. 5-Ramapo 206. 6-Manchester Township 215. 7-West Morris Central 250. 8-Oakcrest 266. 9-Notre Dame 268. 10-Cumberland 269. 11-Paul VI 273. 12-Holy Cross 286. 13-Warren Hills 297. 14-Nutley 315. 15-Mainland 335. 16-Morristown 354. 17-Delsea 425. 18-Red Bank 467. 19-Watchung Hills 468. 20-Colonia 541. 21-Matawan 554. 22-Wall 591.
INDIVIDUALS: 1-Nicole Kurtain, Notre Dame 20:55.5. 2-Jen Myers, Ramapo 21:02.2. 3-Brittany McCann, Delsea 21:11.2. 4-Brainon Shade, Warren Hills 21:15.1. 5-Megan Ruane, North Hunterdon 21:17.5. 6-Christine Boehm, Watchung Hills 21:17.9. 7-Deanna Kloss, Holy Cross 21:21. 8-Tanesha Shelton, Camden Wilson 21:24.1. 9-Shari Gorga, North Hunterdon 21:27.6. 10-Sarah Spilman, West Morris Central 21:31.5.

D DIVISION

TEAMS: 1-Hopewell Valley 53. 2-Moorestown 59. 3-Red Bank Catholic 107. 4-Bridgeton 209. 5-Somerville 226. 6-Mount Olive 248. 7-Kingsway 253. 8-Holmdel 256. 9-Indian Hills 269. 10-Morris Hills 271. 11-St. John Vianney 272. 12-Immaculata 288. 13-Holy Spirit 395. 14-Pt. Pleasant Boro 406. 15-Pinelands 409. 16-Parshippany 412. 17-Deptford 452. 18-Delaware Valley 471. 19-Hackettstown 473. 20-Northern Burlington 500. 21-South Plainfield 505. 22-Jefferson 522. 23-Raritan 547. 24-Iselin Kennedy 645.

INDIVIDUALS: 1-Lily Thomas, Somerville 19:03.9. 2-Laura Petrillo, Hopewell Valley 19:40.7. 3-Kim Pereira, Parsippany 19:50.9. 4-Tiffany Rust, Hopewell Valley 19:59.7. 5-Marianne Herbst, Mount Olive 20:10.5. 6-Christina Vullo, Holmdel 20:27. 7-Natalie Jones, Hopewell Valley 20:36.5. 8-Betsy Bulat, Moorestown 20:49.5. 9-Julia Kuder, Moorestown 20:58.5. 10-Colleen Hughes, Moorestown 21:03.4.

E DIVISION

TEAMS: 1-Rumson 67. 2-Voorhees 85. 3-Ramsey 93. 4-Haddonfield 126. 5-Ridge 159. 6-Pope John 161. 7-Bishop Eustace Prep 187. 8-Maple Shade 211. 9-Caldwell 225. 10-Montgomery 258. 11-A.P. Schalick 262. 12-Passaic Valley 266. 13-Shore Regional 269.

INDIVIDUALS: 1-Erin Donohue, Haddonfield 18:48.2. 2-Melissa Conway, Ramsey 19:42.8. 3-Briana Bayerdorfer, River Dell 20:13.4. 4-Meagan Murphy, Pope John 20:34.6. 5-Sarah Rhodes, Voorhees 20:40.3. 6-Caitlin Moscatello, Rumson 20:41.5. 7-Beth Vesey, Ramsey 20:53.4. 8-Julie Delmon, Hopatcong 20:56.5. 9-Nouelle Dorrow, Chatham 20:59.7. 10-Christy Planer, Rumson 21:03.9.

F DIVISION

TEAMS: 1-St. Rose 58. 2-Pingry 66. 3-Haddon Township 184. 4-Morris Catholic 195. 5-Metuchen 201. 6-Bernards 205. 7-Pitman 236. 8-Palisades Park 273. 9-Pt. Pleasant Beach 288. 10-Belvidere 291. 11-Mater Dei 295. 12-Villa Walsh 302. 13-New Providence 343. 14-Wildwood Catholic 344. 15-Middlesex 354. 16-Highland Park 358. 17-Keansburg 359. 18-Wildwood 438. 19-Montclair Kimberley 449. 20-Gloucester City 461. 21-Glen Rock 495. 22-Holy Family 503.

INDIVIDUALS: 1-Christina Mendoza, Hudson County Prep 20:03.9. 2-Julie Santo, Villa Walsh 20:51.9. 3-Allyson Krayl, Pt. Pleasant Beach 21:03.3. 4-Maya Ferraro, St. Rose 21:10.6. 5-Taryn Landers, St. Rose 21:12.1. 6-Cailin Hadley, Gloucester City 21:21.1. 7-Megan Sprenger, Pingry 21:29.1. 8-Biddy Bewalder, Morris Catholic 21:41.8. 9-Devon Landers, St. Rose 21:47.8. 10-Lia Bella, Morris Catholic 21:53.3.

Girls X-Country: Running Towards Success

The girls cross country team is ranked number three in the state. The team won the Shore Coaches Invitational Meet at Holmdel on October 2. On October 12, they won the League Meet. The team has a 102 dual meet winning streak.

"Our entire varsity team is strong. Senior Kelly Behan and junior Clair Nowankowski have improved a lot and are doing a great job this season leading us," said teammate Alyson Cangemi.

The team is off to a successful start but they have a lot of tough meets ahead of them: Counties Group IV Sectionals and

States. "Our goal is to win the State meet. Our toughest competitor there will be Ramsey," said Coach Jacob Brown.

Brown attributes the team's success to leadership. "We have great senior leadership on both the varsity and junior varsity teams." The five seniors on varsity are Behan, Cangemi, Tara O'Neil, Taylor Dunn and Julia Brownell. Seniors Sara Wells and Leslie Bruno lead the junior varsity team.



By Katie Cosgrove

Girls Cross-Country

Name: Kelly Behan

Age: 17

Height: 5'4"



Senior Kelly Behan is a varsity runner entering her fourth season. Behan's legacy began freshman year when she placed 10 in the county meet. However, most of her achievements came in the fall of her sophomore year. She placed 1 in the Shore Coaches Invitational meet and 2 in the county meet. Behan placed an impressive 14 in the Footlocker Northeast Regional meet, which hosts runners from eleven states. Nevertheless, Behan says her greatest accomplishment as a cross-country runner was winning the title of State Champion as a sophomore. After recovering from a hip injury her junior year, Behan hopes to regain

her strength in her final season running for RHS. "Since I missed last year, I'm using this season to get back on track. I'm going to take each day at a time, and see where each meet leads me." Other key runners to look out for this season are Clair Nowakowski (sophomore), Julia Brownell (senior), Alyson Cangemi (senior), Tara O'Neill (senior), Taylor Dunn (senior) and Rebecca Johnson (junior).

"I hope to make a strong comeback this season, and help the team reach its highest potential."

By Jen Dlugasch

THE FIRST MONTH

Girls: Shawnee, Ridgewood and Hunterdon Central are going to be hard to beat for the top three Gr. IV slots for the AG meet, but which will win is another matter. Toms River East should also advance as a "wild card" in the most loaded of all the groups.

Defending all-group champ Middletown South is going to have to get its act together in Gr. III if it is going to qualify for the AG meet against the likes of Moorestown, North Hunterdon and Woodrow Wilson. The Quakers have the edge now for the No. 1 slot in this group.

Hopewell Valley is all by itself in Gr. II with Ramsey and Voorhees likely to take the next two slots. Haddonfield would be a contender too, had not Holly Cosnett decided to stick with soccer. Rumson is all by itself in I—its winning margin may be one of the largest in state history.

Red Bank Catholic has no rival for the Parochial A title, nor does St. Rose in Parochial B with half the 1998 Morris Catholic team now running for Morristown.

CROSS COUNTRY MEET SUMMARY

RIDGEWOOD VS CLIFTON & KENNEDY
 DATE 10-5-99
 TEAM RECORDS: RHS 6 WINS

DISTANCE 2.8 MILES MODIFIED Course
 COURSE RECORD _____
 COURSE CHARACTER MUDDY + WET
 WEATHER PARTLY CLOUDY + COLD

| PLACE | NAME | SCHOOL | TIME | PLACE | NAME | SCHOOL | TIME |
|-------|------------------|---------|-------|-------|--|---------|-------|
| 1. | CLAIR NOWAKOWSKI | RHS | 18:22 | 21. | NICOLE Z | CLIFTON | 22:12 |
| 2. | KELLY BEHAN | RHS | 18:58 | 22. | KATIE LATANICH | RHS | 22:27 |
| 3. | ALYSON LANGEMI | RHS | 19:54 | 23. | LAUREN | CLIFTON | 22:29 |
| 4. | REBECCA JOHNSON | RHS | 19:54 | 24. | KAREN | CLIFTON | 22:30 |
| 5. | ALEXANDRA OROS | RHS | 20:10 | 25. | RENATA | CLIFTON | 22:53 |
| 6. | TARA O'NEILL | RHS | 20:10 | 26. | KERRY DOHERTY | RHS | 22:58 |
| 7. | TAYLOR DUNN | RHS | 20:15 | 27. | KATE McDONAGH | RHS | 22:59 |
| 8. | EDITH | CLIFTON | 20:45 | 28. | SHAUNA SWAN | RHS | 23:06 |
| 9. | PEGGY LYNCH | RHS | 21:25 | 29. | JENNA RUBINOFF | RHS | 23:47 |
| 10. | LESLEY BRUNO | RHS | 21:26 | 30. | KRISTIN ESPENIK | RHS | 23:48 |
| 11. | SARA WELLS | RHS | 21:33 | 31. | LIZ BEDFORD | RHS | 23:50 |
| 12. | MELISSA | CLIFTON | 21:38 | 32. | KALISIA ASHMAN | KENNEDY | 23:57 |
| 13. | JACKIE MACKIE | RHS | 21:45 | 33. | TANYA | CLIFTON | 24:18 |
| 14. | RUTH VAN YPERN | RHS | 21:48 | 34. | JESSICA THOMAS | KENNEDY | 25:14 |
| 15. | STACY | CLIFTON | 21:52 | 35. | KRISTINE | CLIFTON | 25:20 |
| 16. | COLLEEN HERLIHY | RHS | 21:54 | 36. | MORRISON | KENNEDY | 26:06 |
| 17. | JULIA FORESMAN | RHS | 22:01 | 37. | STEPHANIE | CLIFTON | 26:08 |
| 18. | NICOLE | CLIFTON | 22:02 | 38. | WALKER | KENNEDY | 26:09 |
| 19. | CASSIE CANZANI | RHS | 22:08 | 39. | SIMPSON | KENNEDY | 26:24 |
| 20. | MEAGEN | CLIFTON | 22:11 | 40. | 2 KENNEDY RUNNERS WERE DQ'ED FOR CUTTING THE COURSE. | | |

SCORING

| RHS | CLIFTON | KENNEDY | CLIFTON VS KENNEDY | |
|----------|-----------|---------|--------------------|------|
| 1 | 8 | (8) | 1 | (8) |
| 2 | (9) | (9) | 2 | (9) |
| 3 | (10) | (10) | 3 | 10 |
| 4 | (11) | (11) | 4 | (11) |
| 5 | 12 | (12) | 5 | 12 |
| FINAL 15 | SCORE: 50 | 50 | 15 | 50 |

COMMENTS:

WE HAD TO CUT OFF THE SAND LOOP A GRAYDON BECAUSE OF THE AFTER MATH OF HURRICANE FLOYD. SHORT COURSE = FAST TIMES. WE RAN WELL! CLAIR IS BECOMING A GREAT FRANT RUNNER. ALYSON and REBECCA RAN TOGETHER WITH POW AND DID TAYLOR, TARA, and ALEXANDRA. OUR JV BEAT CLIFTON'S VARSITY 22:37!
 1-5 SPLIT = 1:48 1:7 SPLIT = 1:53

WE MUST ORGANIZE OUR AFTER RACE RUN BETTER!

GREAT JOB ON A COLD MUDDY DAY
 GO RIDGEWOOD!

HIGH SCHOOL SPORTS

Hopewell Valley follows course to top ranking

By Jim Lambert

No Mercer County girls team ever has won a state group championship in cross-country and no Group 2 girls team has ever won the Meet of Champions.

Hopewell Valley is determined to end those droughts this season and, Saturday, showed it might have the right makeup while winning the D Division race at the Shore Coaches Invitational at Holmdel Park.

"If we stay healthy, we feel we have a good chance to win the Meet of Champions," said senior

Laura Petrillo, Hopewell's top runner and the team leader. "I didn't know that no team from our county ever has won a group title, so I guess we are carrying the flag for Mercer County. We don't want to look ahead but, at the same time, we are very excited about the team we have and know that we're capable of winning it all."

Petrillo's team won Saturday by posting a five-runner average of 20:46.2, the best of the day in the six girls' races. It was 24.5 seconds faster than the second-best average of 21:10.7 turned in by by Moorestown.

Hopewell Valley's performance elevated it five spots to No. 1 in The Star-Ledger Top 20. It replaces Ridgewood, which had held the top spot since the preseason but slipped to No. 3 after winning the B race at the Shore meet with an average of 21:13.8. Moorestown, second to Hope-

GIRLS X-COUNTRY

Runner of the Week

Name: Lily Thomas
School: Somerville
Class: Senior
Size: 5-5



Key statistics: Thomas won the D Division race in a personal best 19:03.9, the second fastest time of the day, at last Saturday's Shore Coaches Invitational cross-country meet at Holmdel Park.

Did you know? Thomas, who is considering attending either Syracuse or the Naval Academy, keeps defensive statistics for the Somerville football team.

well in the D race, 53-59, moves up six spots to No. 2.

Hopewell Valley coach Aaron Oldfield said it's too early to get excited about the top ranking.

"We're honored to be No. 1, but we know that it's just October and being No. 1 on Nov. 20 is what really matters," Oldfield said. "We're new kids on the block and we know we have a tough road ahead of us."

Cross-country bonanza

Several New Jersey teams will compete in the 27th Manhattan College Invitational on Saturday at Van Cortlandt Park in the Bronx. The meet, which starts at 9:30 a.m., is the biggest high school cross-country meet in the nation with 33 races scheduled and approximately 9,000 runners expected. Last year, 312 schools participated from a record 16 states.

There will be seven varsity girls races, including the featured Eastern States Championships. Middletown South was New Jersey's top entry but decided to skip the meet. The headliners in that race are New York powers Saratoga Springs, No. 1 in the nation, and No. 3 Colonie.

In the A Division, Hunterdon Central, No. 6 in the state, will meet No. 14 South Brunswick, Morris Catholic, St. Dominic, Monroe and Paterson East Side. The B race features No. 10 Red Bank Catholic and No. 16 Ramsey. Also in that race will be Pope John, Notre Dame, Parsippany Hills, Memorial of West New York and Immaculate Heart.

The C race includes New Providence, Mount Olive, Holy Family and Ridge. Passaic Valley, Parsippany, Morristown, Roxbury, Summit and Old Bridge are in the D race and Red

Bank, Hillsborough, St. Rose and Lincoln are running in the E race.

Down the stretch

Middlesex sophomore Megan Kayser ran 21:01 to finish first in a dual meet against Metuchen on Tuesday and broke her own record for the on-campus home course. ... Rumson, No. 7 in the state, and No. 10 Red Bank Catholic will hook up in a pivotal dual meet today at Holmdel Park at 3:45 p.m. ...

At the Salesianum Invitational on Saturday in Delaware, sophomore Kristan Lucas of Edison was 16th in 22:24 to help her team place 15th in the 23-team field. ... South Brunswick, No. 14 in the state, finished first at the William & Mary Invitational on Saturday. Anne O'Rane was third in 20:08 and Jillian Stein 21st in 22:45 for the Vikings. ...

Katie Hazlett placed first in 21:13.37, Rachel Watson was second in 21:40.65 and Cary Mayo third in 22:03.80 to lead Msgr. Donovan in the Division 1-2 title at the Maroon Invitational last Saturday at Garret Mountain in West Paterson. Msgr. Donovan won with 22 points. Dumont was second with 75 and Ridgefield Park third with 95. ...

Shahnaz Iqbal of Bergenfield won the Division 3-4 race in 20:56.11 at the Maroon Invitational. ... Aaron Oldfield, the boys and girls coach at Hopewell Valley, was a member of Steiner's state Group 3 championship team in 1987.

Junior Megan Ruane, North Hunterdon's No. 1 runner at the Shore Coaches meet, played soccer

GIRLS CROSS-COUNTRY TOP 20

- 1-Hopewell Valley
- 2-Moorestown
- 3-Ridgewood
- 4-Shawnee
- 5-North Hunterdon
- 6-Hunterdon Central
- 7-Rumson
- 8-Toms River East
- 9-Voorhees
- 10-Red Bank Catholic
- 11-Randolph
- 12-Columbia
- 13-Westfield
- 14-South Brunswick
- 15-Middletown South
- 16-Ramsey
- 17-Lenape
- 18-Hillsborough
- 19-Camden Wilson
- 20-St. Rose

the last two years. What made her change sports? "I was watching the girls team last year when I watched my brother Steve run, and I remember thinking that I'd love to run with them and I wondered if I would be good enough to be in the top seven."

Flashback

Last year, the five fastest finishers at the Shore Coaches meet all placed in the top eight at the Meet of Champions. The five fastest runners from Saturday's Shore Coaches meet: 1-Erin Donohue, Haddonfield, 18:48.2. 2-Lily Thomas, Somerville, 19:03.9. 3-Jenna Darcy, Shawnee 19:28.2. 4-Laura Petrillo, Hopewell Valley 19:40.7. 5-Melissa Conway, Ramsey 19:42.8.

Places to be

The Colonial Hills Conference Championships are set for today at 4 p.m. at Pingry in Martinsville. Pingry, the defending champion, is favored to repeat in a tight finish with Chatham. Junior Nouvelle Dorow of Chatham is

the choice to annex the individual title.

The 11th Randolph Invitational is set for Saturday at 1 p.m. at Brundage Park in Randolph. Teams can enter by calling meet director Len Pietrewicz at 973-895-6005.

The Brett Taylor Invitational will be held Saturday at Darlington Park in Mahwah. Taylor, a former captain at Hackensack who graduated from Syracuse University, died of a heart attack nine years ago at age 26. Proceeds from the event go to a scholarship fund in his name. The meet starts at 9 a.m.

The Saturday schedule includes the South Jersey Open at Egg Harbor, which starts at 1 p.m. and consists of 13 races. The first varsity race begins at 2:50 p.m. The varsity races are divided into three divisions based on school size. In the Division 3 race, No. 4 Shawnee will take on No. 8 Toms River East and No. 17 Lenape. In the Division 2 race, No. 2 Moorestown and No. 18 Camden Wilson will clash.

GIRLS CROSS-COUNTRY TOP RUNNERS

| GROUP 4 | GROUP 3 | GROUP 2 | GROUP 1 | PAROCHIAL | GROUP 4 | GROUP 3 | GROUP 2 | GROUP 1 | PAROCHIAL |
|--------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-------------------------------|---------------------|--------------------|-------------------|--------------------|---------------------|
| 1-Jenna Darcy, Shawnee | 1-Kim Perera, Parsippany | 1-Erin Donohue, Haddonfield | 1-Christina Mendoza, Hudson T | 1-Megan Murphy, Pope John | 1-Ridgewood | 1-Moorestown | 1-Hopewell Valley | 1-Rumson | 1-Red Bank Catholic |
| 2-Beth Androski, Hackensack | 2-Marianne Herbst, Mount Olive | 2-Lily Thomas, Somerville | 2-Caitlin Moscatello, Rumson | 2-Jane Stenemann, Villa Walsh | 2-Shawnee | 2-North Hunterdon | 2-Voorhees | 2-Metuchen | 2-St. Rose |
| 3-Jen Blank, Toms River East | 3-Briana Bayersdorfer, River Dell | 3-Laura Petrillo, Hopewell Valley | 3-Allyson Kray, Point Beach | 3-Nicole Kurtain, Notre Dame | 3-Hunterdon Central | 3-Middletown South | 3-Ramsey | 3-Bernards | 3-Pingry |
| 4-Kristen Meyer, Hillsborough | 4-Betsy Bulat, Moorestown | 4-Melissa Conway, Ramsey | 4-Christy Planer, Rumson | 4-Kelly Byrnes, Red Bank C | 4-Toms River East | 4-Camden Wilson | 4-Haddonfield | 4-Pitman | 4-Pope John |
| 5-Claudine Evangelista, Triton | 5-Lisa Zino, Middletown South | 5-Tiffany Rust, Hopewell Valley | 5-Caitlin Hadley, Gloucester City | 5-Maya Ferraro, St. Rose | 5-Randolph | 5-Ocean City | 5-Somerville | 5-Palisades Park | 5-St. Dominic A |
| 6-Dana Palumbo, Shawnee | 6-Julia Kuder, Moorestown | 6-Christina Vullo, Holmdel | 6-Kristen Randall, Rumson | 6-Danese Joiner, Red Bank C | 6-Columbia | 6-Middle Township | 6-Ridge | 6-Point Beach | 6-Bishop Eustace |
| 7-Lindsay Scarborough, Lenape | 7-Jen Myers, Ramapo | 7-Natalie Jones, Hopewell Valley | 7-Jenn Krysstopowicz, Rumson | 7-Deanna Koss, Holy Cross | 7-Westfield | 7-Mount Olive | 7-Kingsway | 7-St. John Vianney | 7-St. John Vianney |
| 8-Shaneen Hawynio, Hunt Cent | 8-Kathryn Hughes, Central | 8-Sarah Rhodes, Voorhees | 8-Liz Mertz, Pitman | 8-Caroline Bugg, Newark A | 8-South Brunswick | 8-Ramapo | 8-Holmdel | 8-New Providence | 8-Immaculate Heart |
| 9-Claire Nowakowski, Ridgewood | 9-Colleen Hughes, Moorestown | 9-Beth Vesey, Ramsey | 9-Rebecca Levy, Highland Park | 9-Megan Sprenger, Pingry | 9-Lenape | 9-Manchester Twp | 9-Maple Shade | 9-Middlesex | 9-Msgr. Donovan |
| 10-Stephanie Last, Roxbury | 10-Brittany McCann, Delsea | 10-Juie Delimon, Hopatcong | 10-Jeanette Franko, Metuchen | 10-Biddy Bewalder, Morris C | 10-Hillsborough | 10-Indian Hills | 10-Chatham | 10-Highland Park | 10-Notre Dame |

GIRLS CROSS-COUNTRY TOP TEAMS

THE CROSS-COUNTRY REPORT

Taylor Invitational is first class

It's been seven years since Brett Taylor passed away. If the name isn't familiar, it should be because the 1981 Hackensack cross-country captain, who died at age 28, is remembered every year by his teammates, family, friends, and the area cross-country community at the annual Brett Taylor Invitational.

And each year, six Bergen County track and cross-country runners receive \$500 college scholarships from the proceeds of the meet, bringing the total awarded in eight years to more than \$16,000.

Taylor's family, including his mother, who is a Hackensack teacher, his coaches, and teammates come together to donate their time to run the meet and produce a nice program honoring Brett and providing a history of the meet.

The meet will be held Saturday, with four varsity races starting at 10:25 a.m.

Last year's scholarship winners, all attending college, were:

Meghan Allen of Northern Valley at Old Tappan, the captain of the 1999 State sectional cross-country Group 3 champions, ranked eighth in a class of 261 students and was a four-year letter winner in track and cross-country.

Megan Campbell of Ramsey, an All-Bergen cross-country runner who was part of two Rams State championship teams and ranks in the top sixth of her graduating class.

Charles Capozzi of Hackensack, who's at Rutgers College of Engineering, was in the top 10 per cent of his class, was a four-year member of the cross-country team, and a three-year track team member.

Brian Finale of Waldwick, the president of the National Honor Society who was fourth in his class, was a four-year cross-country runner.

Adam Nichols of North Arlington, the captain and four-year letter winner on the Wildcat track team, qualified for the State Meet of Champions as an intermediate hurdler.

Meghan O'Toole of Garfield, a former two-time All-Bergen cross-country star who ranked in the top 5 per cent of her high school graduating class, is running at Rutgers.

SHORE LOOKED GOOD — In addition to the fine finishes by the Ridgewood girls, and Don Bosco Prep, Palisades Park, and Rutherford boys at the Shore Invitational last week, other area schools and runners had fine performances.

Ramsey, led by defending Group 2 champion Melissa Conway, was third in the E race behind Rumson and Voorhees, 67-85-93. The Rams ran well despite losing their fourth runner to a fall. Conway was second behind pro-



**PAUL
SCHWARTZ**
CROSS-COUNTRY

THE RECORD'S



GIRLS RANKINGS

BERGEN GROUP 1-2

- 1. Ramsey** — The perennial small-school champions won the Roxbury class race, and despite losing their fourth runner Saturday, the Rams were a strong third in the Shore E race.
 - 2. Westwood** — The Cardinals haven't really been seen in the majors, but are undefeated in the BCSL American and appear to have a solid team.
 - 3. Dumont** — The Huskies were second in the Maroon Invitational 1-2 meet Saturday and could contend for the BCSL American crown.
 - 4. Ridgfield Park** — Lisa Nepil and Shenee Clarke continue to sparkle and the Scarlets were third in the Maroon 1-2 meet.
 - 5. Ridgfield** — Undefeated in dual meets, the Royals won the Passaic County 1 race and were fifth in the Maroon 1-2 meet.
- Also** — Bogota, Glen Rock, Palisades Park, Rutherford.

BERGEN GROUP 3-4

- 1. Ridgewood** — Ho-hum. Another year, another top spot. And this year, the Maroons, off their impressive win in the Shore B meet, may be the best team in the state.
- 2. Hackensack** — Injuries have kept three-time All-Bergen performer Patty Martin from helping the Comets. But Beth Androski won the Shore B race and the team was a solid eighth in the race.

- 3. Immaculate Heart** — The Blue Eagles were 11th in the Shore B and fourth in the Passaic Coaches 4 the previous week. They should contend for the NNJIL Pacific title.
 - 4. Northern Valley at Old Tappan** — The Golden Knights, last year's surprise sectional winner, are undefeated in duals this year.
 - 5. Ramapo** — The Green Knights will battle Old Tappan for the NBIL Division 1 title after finishing a strong fifth in the Shore C race.
- Also** — Holy Angels, Indian Hills.

PASSAIC/E. MORRIS

- 1. Passaic** — The Indians, an easy winner at the Season Opener A meet, finished second in the Passaic Coaches 4 meet and look unstoppable for their second County title.
 - 2. DePaul** — The Spartans are 10-4 in duals and were fifth in the Passaic Coaches 2 and sixth in the Maroon Invitational 1-2 meets.
 - 3. Passaic Valley** — The Hornets were 12th in the Shore E meet and are 9-5 in Northern Hills dual meets.
 - 4. Wayne Valley** — The Indians, despite the loss of All-Passaic runner Nicole Wines, are 10-4 in dual meets and will be a top-five team in Passaic County.
 - 5. Clifton** — The Mustangs are always a threat in league and County action and were eighth in the Passaic Coaches 4.
- Also** — Eastern Christian, Pompton Lakes.
Rankings by The Record sports staff.

hibitive State favorite Erin Donahue of Hadonfield. Sophomore Briana Bayersdorfer of River Dell was third in the race behind the two State champions, with the fastest time among all sophomores at the meet and the 14th fastest overall.

LEAGUE TITLES UP FOR GRABS — The league championship season gets underway Tuesday with the Northern New Jersey Interscholastic League meet at Garret Mountain, the Bergen-Passaic Scholastic League meet at Darlington, and the Mario Pellino Northern Bergen Interscholastic League meet at Northern Valley at Demarest on Friday.

Defending champion Don Bosco Prep is favored to easily retain its Pacific Division boys title, with Michael Dougherty of Nutley and Shane Dougherty of Don Bosco the individual favorites.

The Atlantic Division should be a four-way battle, with Ridgewood favored over Bergen Catholic, Passaic, and Hackensack. Look for Ryan Miller of Bergen Catholic and Owen Tonkins of Eastside to battle for the individual title.

In the girls meet, Ridgewood will easily win

its annual Atlantic title, with Hackensack's Beth Androski sure to repeat her 1998 title.

In the Pacific Division, IHA is favored to retain its title over Montclair. The individual race is wide open.

Eastern Christian and Saddle Brook will battle for the girls title in the B-PSL Carpenter, with a wide-open individual race. Glen Rock should have little trouble capturing its fourth straight divisional title, with another wide open individual race.

Eastern Christian should repeat in the Carpenter boys race, with Sean Burke of Waldwick the individual favorite.

Manchester should hold off Glen Rock for its first King title, with defending champ Clark Villar of Passaic Tech battling Mike Rogers of Garfield for the individual title.

Ramsey's Conway should have little trouble repeating her 1998 NBIL victory in the meet named for the retired Northern Valley at Old Tappan AD. The Rams should win their fourth league title in five years.

Look for Matt Collins of Ramsey to win the boys title, with the league title up for grabs between NV/Demarest, NV/Old Tappan, Ramapo, and perhaps dark horse Ramsey.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET BRETT TAYLOR

COURSE DARLINGTON

DIVISION FROSH A

COURSE RECORD 9:57 JACKIE MARTIN HACKENSACK 1994

DATE 10-9-99

RIDGEWOOD RECORD 10:16 TARA O'NEILL

WEATHER SUNNY + WARM

TYPE OF COURSE _____

| FINISH PLACE | TEAM SCORE | NAME | TIME |
|--------------|------------|-----------------|-------|
| 4 | (2) | KERRY DOHERTY | 11:41 |
| 5 | (3) | KATE McDONAGH | 11:48 |
| 6 | (4) | KRISTEN ESPENAK | 11:53 |
| 14 | (10) | JENNA RUBINOFF | 12:19 |
| 16 | (12) | LIZ BEDFORD | 12:31 |
| | | | |
| | | | |
| | | | |

TEAM TOTAL: 31

TEAM PLACE: FIRST

1-5 SPLIT: 50 seconds

1-7 SPLIT:

COMMENTS:

WE HAD A TIGHT PACK AND THAT IS WHAT WINS RACES. 50 seconds 1 to 5. I WAS VERY CLOSE WITH HOLY ANGELS (ONE POINT!) BUT LIZ got THE WIN BY BEATING THE HA 5TH girl down the LAST STRAIGHTAWAY. JENNA WENT OUT TOOFAST BUT STAYED TOUGH. KERRY, KATE + KRISTEN HAD ONLY 12 SECONDS BETWEEN THEM. GREAT JOB!

**FROSH "A" GIRLS
9:20 AM**

- RIDGEWOOD
- HOLY ANGELS "A"
- HOLY ANGELS "B"
- PASSAIC COUNTY TECH (4)
- GARFIELD
- TEANECK
- KEARNY (9)
- HACKENSACK "A"
- HACKENSACK "B"
- BLOOMFIELD (1)
- BELLEVILLE (2)
- NORTH BERGEN
- FERRIS
- DICKENSON
- BERGEN TECH (4)
- BAYONNE (3)

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET NNJIL CHAMPS
 DIVISION ATLANTIC
 DATE 10-12-99
 WEATHER CLEAR-SUNNY-COOL

COURSE GARRET MT.
 COURSE RECORD _____
 RIDGEWOOD RECORD _____
 TYPE OF COURSE ROCKY + HILLY

| FINISH PLACE | TEAM SCORE | NAME | TIME |
|--------------|------------|------------------|-------|
| 2 | | CLAIR NOWAKOWSKI | 20:00 |
| 4 | | KELLY BEHAN | 20:42 |
| 5 | | JULIA BROWNELL | 20:47 |
| 8 | | ALYSON CANGEMI | 21:20 |
| 10 | | REBECCA JOHNSON | 21:49 |
| 11 | | TARA O'NEILL | 21:55 |
| 12 | | TAYLOR DUNN | 21:59 |
| | | | |

TEAM TOTAL: 29 TEAM PLACE:

1-5 SPLIT: 1:43 1-7 SPLIT:

COMMENTS: We Ran in TRAINING SHOES AND GOT THE JOB DONE. JULIA LOOKED VERY STRONG.

ANDROSKI, RIDGEWOOD PREVAIL IN NNJIL ATLANTIC
 NNJIL, Oct. 12, Garret Mtn: There were no surprises here as Beth Androski of Hackensack ran away with the Atlantic race in 19:16 (her third big win in a 10-day span) and Ridgewood took the team title, 29-55, from Passaic, led by soph Clair Nowakowski in 2nd at 20:00.
 The Pacific race went to Courtney Kopf of Nutley in 21:53 over Ingrid Layne of Montclair. Christina Boyle was 3rd for Nutley, but it was Jenna Belisonzi in 4th place for IHA and her teammates were spread from 6th through 16th slots for a 43-78 defeat of Paramus.
 Atl: T-Rdgwd 29, Pssc 55, Hack 83. 1-Androski 19:16. 2-Nowakowski 20:00. 3-Koenig, Hack :23. 4-Behan, Rdgwd :42. 5-Brownell, Rid :47. 6-Pritchett, Pssc 21:00. 7-Braithwaite, Pssc :14. 8-Cangemi, Rid :20. 9-Jimenez, Pssc :33. 10-Johnson, Rid :49.
 Pac: T-IHA 43, Prms 78, HlyAngls 79. 1-Kopf 21:53. 2-Layne :57. 3-Boyle :57. 4-Belisonzi 22:09. 5-Bullen, Prms :12. 6-Trynosky, IHA :21. 7-Mills, Prms :31. 8-Bortz, IHA :45. 9-Bruce, PrmsC :50. 10-Samuels, Mnter :53.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET NNJIL CHAMPS

COURSE GARRET MOUNTAIN

DIVISION JUNIOR VARSITY

COURSE RECORD _____

DATE 10-12-99

RIDGEWOOD RECORD _____

WEATHER CLEAR, SUNNY, COOL

TYPE OF COURSE _____

| FINISH PLACE | TEAM SCORE | NAME | TIME |
|--------------|------------|-----------------|-------|
| 1 | | ALEXANDRA OROS | 22:45 |
| 2 | | JULIA FORESMAN | 23:42 |
| 3 | | LESLEY BRUNO | 23:47 |
| 4 | | SARA WELLS | 23:57 |
| 5 | | PEGGY LYNCH | 24:10 |
| 7 | | COLLEEN HERLIHY | 24:19 |
| 9 | | RUTH VAN YPEREN | 24:29 |
| 10 | | CASSIE CANZANI | 24:41 |
| 13 | | KATIE LATANICH | 24:56 |
| 21 | | SARAH BIGOS | 26:37 |
| 29 | | PIPPA SCOTT | 28:02 |
| 34 | | KATE McWHINEY | 28:38 |

TEAM TOTAL: 15

TEAM PLACE: LEAGUE CHAMPS

1-5 SPLIT: 1:25

1-7 SPLIT: 1:44

COMMENTS:

WE SHUT OUT THE LEAGUE!
WE ARE THE BEST!

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET NNJIL Championships COURSE 1.5 miles
 DIVISION 4 COURSE RECORD _____
 DATE 10/12/99 RIDGEWOOD RECORD _____
 WEATHER Clear, sunny, cool TYPE OF COURSE rocky, hilly

FRESHMEN

| FINISH PLACE | TEAM SCORE | NAME | TIME |
|--------------|------------|-----------------|---------|
| 7 | 2 | Kate McDonagh | 15:27.5 |
| 8 | 3 | Kerri Doherty | 15:27.7 |
| 14 | 5 | Jenna Rubinkoff | 16:17.4 |
| 19 | 7 | Kristin Espenak | 16:28.3 |
| 21 | 8 | Liz Bedford | 16:31.3 |
| | | | |
| | | | |
| | | | |

TEAM TOTAL: 25 TEAM PLACE: 1ST

1-5 SPLIT: 1:04 1-7 SPLIT: _____

COMMENTS:
 The Fresh ran a wise pace and continued on their winning ways



Run of success gives Passaic crown

By PAUL SCHWARTZ

Staff Writer

WEST PATERSON — Nearly a month ago, on opening day of the boys cross-country season, Eastside edged Hackensack by three points in a dual meet at Garret Mountain.

Tuesday, Matthew Durney, Bergen Catholic's sixth man, finished nine seconds ahead of Ridgewood's sixth man at the NNJIL Championship race.

And those seemingly unconnected and routine factors led to Passaic winning the Atlantic Division overall title, beating out favored Ridgewood and Bergen Catholic.

Passaic, which managed only a 5-3 dual-meet record in the NNJIL regular season, scored an impressive league meet championship win, 53-59, over Hackensack on Tuesday, with Bergen Catholic

edging Ridgewood on the strength of a better sixth man for third place.

The Indians had lost to undefeated Ridgewood, once-beaten Bergen Catholic, and Hackensack in tight duals, the latter two in one-point losses last week. But Hackensack's early season loss to Eastside while running without No. 1 Frank Browne pushed the Comets into a tie for third place and gave Hackensack and Passaic 6½ points each for the dual season, which counts toward half of the overall title.

Passaic's nine points for winning the league meet gave it 15½ overall, a half-point more than Ridgewood (nine dual and six league points) and Bergen Catholic (eight and seven). Hackensack finished with 14½ points, earning eight points in the league meet.

Had Hackensack beaten East-

NNJIL CROSS-COUNTRY

side, the four teams would have tied for the crown and if Durney had been beaten by Ridgewood's sixth man, the Maroons would have won by a half-point.

"We ran super today and we really ran well all year and we deserve the league title," said Passaic's Bart Fazio. "We were a little disappointed we lost those dual meets, but we knew we had a great pack and we all showed it today."

Passaic's top finisher was junior Chanel Feliciano, in sixth place behind race winner Browne, who ran 16:57.74 to lead a 1-2-3 finish by Hackensack. Danny Perez was 10th, Gerson Ruiz 12th, Dayjuan Thompson 13th, and Fernand Fernandez 16th with 43 seconds separating the Indian top five.

Race favorite Owen Tonkins of Eastside did not finish, dropping out at the 2½-mile mark with back spasms brought on in part by the heavy pressure applied by Browne and teammates Maurice and Marquise Singletary, who took turns leading the race with Tonkins.

Ridgewood's girls breezed to their 12th straight Atlantic title and 16th straight NNJIL Divisional title (the other four in the old Bergen Division) with all seven runners in the top 12 and all breaking 22 minutes on the 5,000-meter course. Passaic was second.

Beth Androski of Hackensack won the individual race in 19:16.51, the seventh-fastest race of the 1990s on the course, which continues to be slow after the recent heavy rains.

In the Pacific Division, the Don Bosco Prep boys won their fourth straight title and the Immaculate

Heart Academy girls won their second straight, despite running difficult races at the Manhattan Invitational on Saturday.

"It was a rough race Saturday, mentally and physically," said IHA coach George Homsany, whose team beat Paramus, 46-78 for the league title. "It was an experience the girls weren't prepared for, and I was afraid we'd show it today. But I'm satisfied with the effort we gave today."

Juniors Jenna Belisoni, Elizabeth Trynosky, Erin Bortz, and Renata DiBiase finished fourth, sixth, eighth, and 11th respectively for IHA. Nutley's Courtney Kopf held off Ingrid Layne of Montclair by 15 yards in 21:53.41 for the individual title.

The Bosco boys outscored St. Joseph Regional, 24-66, placing all seven of their runners in the top 14.

HIGH SCHOOL SPORTS

Monmouth County race should be memorable

By Jim Lambert

The defending champion, the new kid on the block and the state's most successful team of all time will run shoulder-to-shoulder in what has all the makings of the most exciting Monmouth County girls championship race ever.

The race, scheduled for 4:20 p.m. Tuesday at Holmdel Park, features four teams ranked in The Star-Ledger Top 20. They are No. 7

GIRLS X-C NOTEBOOK

Rumson, one of the state's most pleasant surprises this season; No. 10 Middletown South, the defending champion; No. 13 Red Bank Catholic, which had its streak of five straight county titles snapped last year, and No. 20 St. Rose. RBC holds the state record with eight girls Meet of Champions titles.

Last year, Middletown South won the Group 3 and Meet of Champions titles. Red Bank Catholic captured the Parochial A crown and St. Rose earned honors in Parochial B. All three are among the leading contenders to repeat as state champions. And Rumson is the favorite in Group 1.

"I'd have to say that this is the deepest the county has ever been," Middletown South coach Karl Torchia said. "For years, we've talked about how the Shore Conference has been the toughest conference in the state, but now you have to look at Monmouth (part of the Shore Conference) as one of the strongest counties as well."

Torchia envisions an epic race Tuesday.

"I see a really good three-way battle," he said. "I think it will come down to which team's fifth runner

Runner of the Week

Name: Shannon Hawrylo

School: Hunterdon Central

Class: Junior

Size: 5-7

Key statistics: Hawrylo finished third in 15:53 to lead Hunterdon Central to the A Division title at the 27th Manhattan Invitational last Saturday at Van Cortlandt Park in The Bronx.

Did you know? Hawrylo was second in NJSIAA Central Jersey, Group 4, third in Group 4 and 32nd at the Meet of Champions races last fall.



runs better. And St. Rose will also be in the mix."

Individually, Howell's Lindsey Gallo, Holmdel's Christian Vullo, RBC's Kelly Bynes, Rumson's Caitlin Moscatello and Middletown South's Lisa Zino should battle for the top spot.

The Monmouth County Championship schedule:

- 3:30—Boys freshman
- 3:45—Girls freshman
- 4:00—Boys varsity
- 4:20—Girls varsity
- 5:00—Girls JV

Clash of titans

Three of the state's best teams, No. 3 Ridgewood, No. 6 Hunterdon Central and No. 9 Voorhees, will square off in the B Division (large schools) Saturday at the Ridgewood Invitational at Veterans Park.

Ridgewood and Hunterdon Central are among the favorites to win the state Group 4 and Meet of Cham-

pions titles while Voorhees is among the state's elite in Group 2.

In the girls A race, a close battle is expected as Holmdel's Christina Vullo of Holmdel and Parsippany's rising star, Kim Perera, will hook up.

The meet Saturday will begin at 1 p.m. The girls varsity B race will start at 3:15 p.m. and will be followed by the A race (small schools) at 3:35. The boys varsity races will be at 2:35 (large schools) and 2:55 (small schools).

Back to the Bronx

Erin Donohue of Haddonfield can't wait to hit the trails of Van Cortlandt Park in the Bronx for the 33rd Eastern States Championships on Saturday. Donohue has had a lot of success on the legendary course.

Last year, she won the Eastern States A race over the 2.5-mile course in 14:42, the sixth fastest time for a sophomore on the course. On the 3.1-mile layout, she was second in 18:07.8 at the Foot Locker Northeast

Regional meet.

Donohue likes to go out hard and pull away from everyone early.

"I want to at least run faster than I did last year," said Donohue, scheduled to compete in the B race at 2:20 p.m. "I'd really like to run faster than the fastest time at last week's Manhattan Invitational."

The fastest time at the Manhattan meet was 14:34.60 by Laurel Burdick of Fayetteville, N.Y. The meet record is 14:23.2 set in 1982 by Meg Waldron of Bernards. The course record is 14:01.9 set in 1986 by Erin Keogh of Langley in Virginia.

Meanwhile, No. 5 North Hunterdon will try to win its second straight B Division team title.

The Eastern States schedule:

- 1 p.m.—JV boys
- 1:20—Boys Varsity D
- 1:40—Girls Varsity A
- 2:00—Boys Varsity A (Eastern States Championship race)
- 2:20—Girls Varsity B
- 2:40—Boys Varsity B
- 3:00—Girls Varsity C
- 3:20—Boys Varsity C

A Rhodes well traveled

When Sarah Rhodes decided to give up soccer to run cross-country this season, she knew she had to devote the summer to training. So she made sure she packed her running shoes when her family went to Austria, where her mother, Ida, was born and raised.

"I worked off a training calendar that coach (Justina Cassavell) made up," Rhodes, the Voorhees junior, said. "I was feeling a lot stronger when I got back."

Ida Rhodes moved to the United States in the mid-1970s. Rhodes said her parents met at UCLA when her mother was an undergraduate and

GIRLS CROSS-COUNTRY TOP 20

- | | |
|---------------------|----------------------|
| 1-Hopewell Valley | 11-Randolph |
| 2-Moorestown | 12-Westfield |
| 3-Ridgewood | 13-Red Bank Catholic |
| 4-Shawnee | 14-Lenape |
| 5-North Hunterdon | 15-South Brunswick |
| 6-Hunterdon Central | 16-Columbia |
| 7-Rumson | 17-Ramsey |
| 8-Toms River East | 18-Hillsborough |
| 9-Voorhees | 19-Camden Wilson |
| 10-Middletown South | 20-St. Rose |

her father was a teaching assistant. The family came to New Jersey when she was in the eighth grade.

Last spring, Rhodes showed that she had talent on the track, finishing fourth in Group 2 in the 1,600 in 5:18.44.

So why did Rhodes make the switch to cross-country?

"Getting injured last winter in track really set me back for spring, so I wanted to build a foundation so I could bounce back easier," said Rhodes, who has a 1,600 personal best of 5:14. "I'm trying to work through it right now, using my speed as much as I can because I don't have the endurance experience."

Rhodes has been Voorhees' No. 1 runner this fall. Last Saturday, she placed eighth in 16:17 in the girls E race at the Manhattan College Invitational at Van Cortlandt Park in the Bronx. Voorhees was fourth in the E race, behind New York teams Shaker, Shenendehowa and Liverpool.

Down the stretch

Top-ranked Hopewell Valley will compete in the Brown Invitational Saturday in Providence, R.I. ... North Hunterdon finished sixth last Saturday at the Paul Shore Invitational in

Allentown. All the teams that finished in front were from outside New Jersey. ...

Hackensack's Beth Androski continued her undefeated season, winning the A Division race in 18:34.8 to lead her team to victory at the Brett Taylor Invitational last Saturday at Darlington Park in Mahwah. In the B Division, Palisades Park finished first and Meri Silberstein of Tenafly was the individual champion in 21:00.8.

Places to be

Today: New Jersey Varsity Tech Championships at Holmdel Park, Jersey City Championships at Lincoln Park.

Tomorrow: The Northern Hills Conference championships at Delbarton School, Morristown.

Saturday: The Raider Invitational at Toms River East. The Ridgewood Invitational at Veterans Park in Ridgewood. The Eastern States Championships at Van Cortlandt Park in the Bronx.

Tuesday: The Bergen County Scholastic League National and Olympic Division championships at West Hudson Park.

Rich Benvense contributed to this report.

GIRLS CROSS-COUNTRY INDIVIDUAL LEADERS

GROUP 4

- 1-Jenna Darcy, Shawnee
- 2-Beth Androski, Hackensack
- 3-Jen Blank, Toms River East
- 4-Kristen Meyer, Hillsborough
- 5-Claudine Evangelista, Trifon
- 6-Robin Van Aken, Highland
- 7-Dana Palumbo, Shawnee
- 8-Lindsay Scarborough, Lenape
- 9-Shannon Hawrylo, Hunt. Cent.
- 10-C. Nowakowski, Ridgewood

GROUP 3

- 1-Kim Perera, Parsippany
- 2-Marianne Herold, Mount Olive
- 3-Briana Bayersdorfer, River Dell
- 4-Lisa Zino, Middletown South
- 5-Tanesha Pittman, Camden-W
- 6-Brittany McCann, Delsea
- 7-Betsy Bulat, Moorestown
- 8-Jen Myers, Ramapo
- 9-Megan DiGerolamo, Wilmslow
- 10-Julia Kuder, Moorestown

GROUP 2

- 1-Erin Donohue, Haddonfield
- 2-Lily Thomas, Somerville
- 3-Lauren Pettito, Hopewell Valley
- 4-Melissa Conway, Ramsey
- 5-Tiffany Rust, Hopewell Valley
- 6-Christina Vullo, Holmdel
- 7-Natalie Jones, Hopewell Valley
- 8-Sarah Rhodes, Voorhees
- 9-Beth Vesey, Ramsey
- 10-Julie Delmon, Hopatcong

GROUP 1

- 1-Christina Menozza, Hudson T
- 2-Caitlin Moscatello, Rumson
- 3-Allyson Kravt, Pt. Beach
- 4-Christy Planer, Rumson
- 5-Caitlin Hadley, Gloucester City
- 6-Kristen Handall, Rumson
- 7-Jenni Krystopowicz, Rumson
- 8-Rebecca Levy, Highland Park
- 9-Jeanette Franko, Metuchen
- 10-Liz Moritz, Pitman

PAROCHIAL

- 1-Meagan Murphy, Pope John
- 2-Jane Steinemann, Villa Walsh
- 3-Nicole Kurtan, Notre Dame
- 4-Maya Ferraro, St. Rose
- 5-Kelly Bynes, Red Bank C
- 6-Danessa Joner, Red Bank C
- 7-Deanna Koss, Holy Cross
- 8-Caroline Bugg, Newark A
- 9-Megan Sprenger, Pingry
- 10-Taryn Laidens, St. Rose

GROUP 4

- 1-Ridgewood
- 2-Shawnee
- 3-Hunterdon Central
- 4-Toms River East
- 5-Randolph
- 6-Westfield
- 7-Lenape
- 8-South Brunswick
- 9-Columbia
- 10-Hillsborough

GIRLS CROSS-COUNTRY TEAM LEADERS

GROUP 3

- 1-Moorestown
- 2-North Hunterdon
- 3-Middletown South
- 4-Camden Wilson
- 5-Toms River South
- 6-Ocean City
- 7-Middle Township
- 8-Mount Olive
- 9-Ramapo
- 10-Minchster Twp

GROUP 2

- 1-Hopewell Valley
- 2-Voorhees
- 3-Ramsey
- 4-Haddonfield
- 5-Somerville
- 6-Ridge
- 7-Kingsway
- 8-Holmdel
- 9-Chatham
- 10-Haddon Twp

GROUP 1

- 1-Rumson
- 2-Metuchen
- 3-Bernards
- 4-Passades Park
- 5-Point Beach
- 6-Brynere
- 7-New Providence
- 8-Middlesex
- 9-Highland Park
- 10-Gloucester City

PAROCHIAL

- 1-Red Bank Catholic
- 2-St. Rose
- 3-Pingry
- 4-Pope John
- 5-St. Dominic A
- 6-Bishop Eustace
- 7-St. John Vianney
- 8-Immaculate Heart
- 9-Mrgr. Donohue
- 10-Notre Dame

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET RIDGEWOOD INVITATIONAL

COURSE VETS FIELD, GRAYDON, MAPLE PARK

DIVISION VARSITY B (LARGE SCHOOL)

COURSE RECORD _____

DATE 10-16-99

RIDGEWOOD RECORD _____

WEATHER Sunny, Warm, Humid

TYPE OF COURSE _____

| FINISH PLACE | TEAM SCORE | NAME | TIME |
|--------------|------------|-------------------|---------|
| 3 | (2) | CLAIR NOWAKOWSKI | 20:06.3 |
| 5 | (3) | JULIA BROWNELL | 20:30.1 |
| 10 | (8) | ALYSON CANGEMI | 21:22.1 |
| 17 | (15) | TAYLOR DUNN | 21:46.0 |
| 22 | (20) | TARA O'NEILL | 21:57.2 |
| 29 | | REBECCA JOHNSON | 22:27.7 |
| - | | KELLY BEHAN (DNE) | - |
| | | | |

TEAM TOTAL: 48

TEAM PLACE: 2ND

1-5 SPLIT: 1:51

1-7 SPLIT: _____

COMMENTS: WE MATCHED UP AGAINST H.C. BETTER TODAY THAN WE DID AT THE SHORE MEET. WITH ALL OF US WE WIN EASILY.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET RIDGEWOOD INVITATIONAL

COURSE _____

DIVISION JUNIOR VARSITY

COURSE RECORD _____

DATE 10-16-99

RIDGEWOOD RECORD _____

WEATHER _____

TYPE OF COURSE _____

| FINISH PLACE | TEAM SCORE | NAME | TIME |
|--------------|------------|-----------------------|---------|
| 1 | 1 "A" | ALEXANDRA OROS | 22:16.7 |
| 4 | 4 | LESLEY BRUNO | 23:21.6 |
| 11 | 9 | SARA WELLS | 24:11.3 |
| 15 | 12 | JULIA FORESMAN | 24:31.7 |
| 17 | 14 (40) | CHRISSEY MARTIN | 24:49.5 |
| 20 | 16 "B" | KATIE LATANICH | 25:04.5 |
| 22 | 18 | RUTH VAN YPEREN | 25:08.8 |
| 23 | 19 | CASSIE CANZANI | 25:11.8 |
| 26 | 21 | CLARE WEEKS | 25:28.1 |
| 36 | 29 (103) | PEGGY LYNCH | 26:09.7 |
| 37 | 37 "C" | BRITTANY HEMMEL | 26:11.9 |
| 49 | 49 | SARAH BIGOS | 27:52.6 |
| 53 | 53 | DARA HOURDAJIAN | 28:24.4 |
| 54 | 54 | KATE McWHINEY | 28:25.6 |
| 55 | 55 (201) | LAUREN LENDON | 28:40.6 |
| - | - | PIPPA SCOTT (DNE) HIP | - |

TEAM TOTAL:

TEAM PLACE: 2ND, 4TH and 9TH/11

1-5 SPLIT: 2:33

1-7 SPLIT:

COMMENTS: THIS IS A GREAT TEAM. INDIVIDUAL WINNER, BEST "B" TEAM IN THE RACE, "A" TEAM 2ND TO A GREAT PROGRAM, AND "C" TEAM BEATS 2 "A" TEAMS.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET RIDGEWOOD

COURSE _____

DIVISION FROSH

COURSE RECORD _____

DATE 10-16-99

RIDGEWOOD RECORD _____

WEATHER _____

TYPE OF COURSE _____

| FINISH PLACE | TEAM SCORE | NAME | TIME |
|--------------|------------|-----------------|---------|
| 11 | 8 | JACKIE MACCHI | 10:44.6 |
| 15 | 11 | KERRY DOHERTY | 10:50.8 |
| 26 | 15 | KRISTEN ESPENAK | 11:24.7 |
| 30 | 17 | KATE McDONAGH | 11:29.8 |
| 42 | 24 | JENNA RUBINOFF | 12:10.1 |
| 64 | | LIZ BEDFORD | 13:15.1 |
| | | | |
| | | | |

TEAM TOTAL: 75

TEAM PLACE: 3rd of 10

1-5 SPLIT:

1-7 SPLIT:

COMMENTS: GOOD JOB TODAY. WASHINGTONVILLE IS A GREAT PROGRAM AND HACKENSACK HAD SOME VARSITY FROSH RUNNING. IT WAS GREAT TO HAVE OUR WHOLE TEAM TOGETHER!

Minus Behan, Ridgewood girls fall

RIDGEWOOD — Ridgewood cross-country coach Jacob Brown wasn't happy after his Maroons lost a 40-48 decision to Group 4 State rival Hunterdon Central on Saturday in the Varsity B girls race of the Ridgewood Invitational.

But Brown's displeasure at losing was tempered by the reason for the loss.

Kelly Behan was forced to drop out of the race with an asthma attack, probably brought on by the dusty Veterans Field course, ravaged by Tropical Storm Floyd. But the Maroons still placed three runners in the top 10 and senior Taylor Dunn had her best race of the year as Ridgewood's fifth runner.

CROSS-COUNTRY

"I'm not that upset because I think Kelly will be OK and Taylor really stepped it up," said Brown. "Hunterdon Central is a tough team and we'll see them again."

Melissa Jenkins of Valley Central (N.Y.) won the race in 20:03.57, just ahead of Natay Hayes of Washingtonville (N.Y.), with sophomore Clair Nowakowski of Ridgewood third, just 10 yards behind.

Julia Brownell was fifth for the Maroons and Alyson Cangemi 10th. Hunterdon Central placed their runners in a 66-second pack between sixth and 15th places.

St. Joseph Regional won the Boys varsity A race, 43-61, over Parochial B power Mater Dei, placing its five runners in a 55-second pack between fourth and 19th places. Eastern Christian was a solid fourth with 135 points.

Jonathan Pereira of Parispany outran Zareef Ahmed of Lawrenceville by 90 yards in 17:20.14.

Chris LoRusso, Larry Chiarelli, and Seve Cousins went 4-5-7 for the Green Knights and Jesse and Ben O'Donnell were 16th and 19th, respectively, to finish off the scoring.

Peter Namuj of Manchester was

ninth in his tuneup for Friday's Passaic County championship race.

Lindsay Van Alstine of Hawthorne Christian was eighth in the Girls A race won by Kim Pereira of Parsippany in 20:10.02, 40 yards ahead of Toni-Lynn Salucci of Shoreham-Wading River, the team winner.

Hunterdon Central also won the Boys B race, 46-61, in a showdown with Memorial, two of the top Group 4 teams in the state. Rick Seitz of Voorhees won the individual race in 17:19.31.

■ Summaries on S-21

Ridgewood Invitational

At Veterans Field, Ridgewood

GIRLS VARSITY A

Team scoring

Shoreham-Wading River 36, St. John Vianney 44, Holmdel 45, Horace Mann 109, Eastern Christian 124, Emerson 153.

1. Kim Pereira, Parsippany 20:10.02
2. Toni-Lynn Salucci, Shoreham-WR 20:20.40
3. Jill Hancock, Shoreham-Wading River 20:27.56
4. Christina Vullo, Holmdel 20:35.16
5. Jody Benedict, St. John Vianney 21:24.29
6. Laura Carpenter, St. John Vianney 21:56.36
7. Lisa Melchione, Shoreham-Wading River 22:01.58
8. Lindsay Van Alstine, Hawthorne Christian 22:06.64
9. Emily Bauer, Holmdel 22:17.37
10. Erin Hinchey, St. John Vianney 22:24.52
12. Tamara Figlia, North Arlington 22:52.44
16. Robyn Bruce, Paramus Catholic 23:22.62
19. Yvonne Wisse, Eastern Christian 23:26.75

GIRLS VARSITY B

Team scoring

Hunterdon Central 40, Ridgewood 48, Voorhees 55, Washingtonville 83, Vernon 176, North Bergen 208, Union Hill 226, Newburgh Free Academy 232, Holy Angels 233, South Shore 238, Kearny 245, Bayonne 286, Eastside 370.

1. Melissa Jenkins, Valley Central 20:03.57
2. Natay Hayes, Washingtonville 20:04.80
3. Clair Nowakowski, Ridgewood 20:06.21
4. Christina Mendoza, Hudson Prep 20:12.07
5. Julia Brownell, Ridgewood 20:30.05
6. Shannon Hawrylo, Hunterdon Central 20:34.98
7. Jenna Fasulo, Hunterdon Central 20:39.75
8. Sarah Rhodes, Voorhees 20:53.46
9. Lindsey Force, Hunterdon Central 21:12.94
10. Alyson Cangemi, Ridgewood 21:22.02
17. Taylor Dunn, Ridgewood 21:45.99
22. Tara O'Neill, Ridgewood 21:57.17

BOYS VARSITY A

Team scoring

St. Joseph Regional 43, Mater Dei 61, Holmdel 81, Eastern Christian 135, St. Benedict's 137, Lawrenceville School 163, North Arlington 174, Verona 207, Horace Mann 226, Technology 239, Essex Catholic 298.

1. Jonathan Pereira, Parsippany 17:20.14
2. Zareef Ahmed, Lawrenceville 17:39.70
3. Tom Santiflor, Mater Dei 17:49.59
4. Chris LoRusso, St. Joseph Regional 18:04.76
5. Larry Chiarelli, St. Joseph Regional 18:07.03
6. Keith D'Ambrosio, Mater Dei 18:14.35
7. Seve Cousins, St. Joseph Regional 18:18.28
8. Terrill Harris, St. Benedict's 18:19.24
9. Peter Namuj, Manchester 18:24.28
10. Ben Evans, Lawrenceville 18:27.56
13. Matt Apol, Eastern Christian 18:41.78
16. Jesse O'Donnell, St. Joseph Regional 18:52.93
19. Ben O'Donnell, St. Joseph Regional 18:59.92
24. Dave Steenstra, Eastern Christian 19:07.14
25. Brad Shugrus, North Arlington 19:08.49

BOYS VARSITY B

Team scoring

Hunterdon Central 46, Memorial 61, South Shore 104, Seton Hall 118, Farmingdale 145, Ridgewood 174, Washingtonville 181, Vernon 213, Elizabeth 213, Kearny 247, Voorhees 268, Eastside 290, Valley Central 313, North Bergen 387, Teaneck 434.

1. Rich Seitz, Voorhees 17:19.31
2. Tainell Jones, South Shore 17:31.23
3. William Canon, Memorial 17:34.62
4. Chris Pruitt, Hunterdon Central 17:37.34
5. Doug Seamster, Hunterdon Central 17:41.64
6. Anderson Tajada, Memorial 17:46.35
7. Juan Nunez, Farmingdale 17:48.29
8. Jordan Baker, Hunterdon Central 17:49.92
9. Luis Ortiz, Memorial 17:51.29
10. John Kotulak, Seton Hall 17:53.55
18. Mike Coomber, Ridgewood 18:13.32
23. Terrance Gilbert, Eastside 18:21.18

Sophomore boys team winner — Ridgewood A 56.
Sophomore boys individual winner — Ambar Patel, Parsippany, 18:36.06.

Girls team winner — Washingtonville 28.
JV girls individual winner — Alexandra Oros, Ridgewood, 22:16.70.

JV boys team winner — Farmingdale 35.

JV boys individual winner — Patrick Drakes, South Shore, 19:06.19.

Freshman boys team winner — Washingtonville 29.

Freshman boys individual winner — Lulu Capellan, Memorial, 8:22.05.

Freshman girls team winner — Washingtonville 29.

Freshman girls individual winner — Shenika Bernard, Hackensack, 9:50.54.

Donohue unhappy after victory

By Jim Lambert

Erin Donohue hardly looked like someone who had just won a race. She was noticeably dejected and was ripping herself for the way she ran.

But that can happen when one of the best runners in the nation doesn't meet her own high standards.

Donohue won the girls' B race by 49 seconds in 15:05.8 yesterday in the 33rd Eastern States Championships at Van Cortlandt Park in the Bronx. But the Haddonfield junior gave it a

bad review.

"I just ran horrible," said Donohue, who led her team to third place with 95 points. "My legs just didn't feel right and for some reason I just didn't have it today. It's frustrating, because I have been training better than I've ever trained before and have been feeling great. I never imagined I'd run over 15 minutes today. Everyone has off races, but this one was really off."

Donohue wanted to at least run faster over the 2.5-mile course than the 14:42 she ran to win the same race last year.

X-C ROUNDUP

RIDGEWOOD X-C INVITATIONAL

BOYS

Varsity A: 1-St. Joseph (Mont.) 43, 2-Mater Dei 61, 3-Holmdel 81, 4-Eastern Christian 135, 5-St. Benedict's 137, 6-Lawrenceville 163, 7-North Arlington 174, 8-Verona 207, 9-Horace Mann (N.Y.) 226, 10-Technology 239, 11-Bishop Francis 298.
Individuals: 1-Jon Pereira, Parsippany 17:20.14, 2-Zareef Ahmed, Lawrenceville 17:39.7, 3-Tom Santiflor, Mater Dei 17:49.59, 4-Chris LoRusso, St. Joseph (Mont.) 18:04.76, 5-Larry Chiarelli, St. Joseph (Mont.) 18:07.03, 6-Keith D'Ambrosio, Mater Dei 18:14.35, 7-Seve Cousins, St. Joseph (Mont.) 18:18.28, 8-Terrill Harris, St. Benedict's 18:19.24, 9-Peter Namuj, Manchester (N.Y.) 18:24.28, 10-Ben Evans, Lawrenceville 18:27.56.
Varsity B: 1-Hunterdon Central 46, 2-Memorial (W.N.Y.) 61, 3-South Shore (N.Y.) 104, 4-Seton Hall 118, 5-Farmingdale (N.Y.) 145, 6-Ridgewood 174, 7-Washingtonville (N.Y.) 181, 8-Vernon 213, 9-Elizabeth 213, 10-Kearny 247, 11-Voorhees 268, 12-Eastside (Pa.)

290, 13-Valley Central (N.Y.) 313, 14-No. Bergen 387, 15-Teaneck 434.

Individuals: 1-Rich Seitz, Voorhees 17:19.31, 2-Tainell Jones, South Shore (N.Y.) 17:31.23, 3-William Canon, Memorial 17:34.62, 4-Chris Pruitt, Hunterdon Central 17:37.34, 5-Doug Seamster, Hunterdon Central 17:41.64, 6-Anderson Tajada, Memorial 17:46.35, 7-Juan Nunez, Farmingdale (N.Y.) 17:48.29, 8-Jordan Baker, Hunterdon Central 17:49.92, 9-Luis Ortiz, Memorial 17:51.29, 10-John Kotulak, Seton Hall Prep 17:53.55.

GIRLS

Varsity A: 1-Shoreham Wading River (N.Y.) 36, 2-St. John Vianney 44, 3-Holmdel 45, 4-Horace Mann (N.Y.) 109, 5-Eastern Christian 124, 6-Emerson 153.

Individuals: 1-Kim Pereira, Parsippany 20:10.02, 2-Toni-Lynn Salucci, Shoreham Wading River (N.Y.) 20:20.40, 3-Jill Hancock, Shoreham Wading River (N.Y.) 20:27.56, 4-Christina Vullo, Holmdel 20:35.16, 5-Jody

Hunterdon C girls overtake Ridgewood

One mishap was all it took for one of the state's finest girls cross-country programs to fall back to the pack at the Ridgewood Invitational.

When Kelly Behan, the 1997 Meet of Champions winner, dropped out of the girls B (large school) race with breathing problems, it left Ridgewood, No. 3 in The Star-Ledger Top 20, in a vulnerable position.

Hunterdon Central, the state's No. 6, seized the opportunity led by the six-seven finish of Shannon Hawrylo and Jenna Fasulo to win the race, 40-48.

HUNTERDON CENTRAL UPSETS HOSTS AT RIDGEWOOD RIDGEWOOD INVITATIONAL, Oct. 16, Veterans Park: Ridgewood was sailing along to a comfortable win in the A race here when Kelly Behan, its No. 2 runner (and former AG champ) had to drop out midway with a breathing problem. This was enough to give Hunterdon Central a 40-46 win and further confuse the tight girls' Gr. IV picture.

Soph Clair Nowakowski and Julia Brownell ran 3-5 for Ridgewood, but Hunterdon Central then placed three in the top 10 with Shannon Hawrylo 6th in 20:34 and Jenna Fasulo 7th in 20:39.

As already noted, Kim Pereira joined brother Jon as a winner in the B races, finishing 50 yards ahead of Toni-Lynn Salucci of Shoreham-Wading River in 20:10. The Long Island team topped St. John Vianney, 36-44 for team honors.

A: T-HC 40, Rdgwd 46, Vrhs 55, Jenkins, VlyCent(NY) 20:03, 2-Hayes, Wshvle :04, 3-Nowakowski :06, 4-Mendoza, HdsnPrep :12, 5-Brownell :30, 6-Hawrylo :34, 7-Fasulo :38, 8-Rhodes, Vrhs :53, 9-Force, HC 21:12, 10-Cangemi, Rdgwd :22.

B: T-SWR 36, SJV 44, Hlmdl 45, 1-Pereira 20:10, 2-Salucci :20, 3-Hancock, SWR :27, 4-Vullo, Hlmdl :35, 5-Benedict, SJV 21:24, 6-Carpenter, SJV :56, 7-Melchione, SWR 22:01, 8-Van Als:yne, HwtneCHR :04, 9-Bauer, Hlmdl :17, 10-Hinchey, SJV :24.

HIGH SCHOOL SPORTS

Running rivalry: Hunterdon C faces N. Hunterdon

By Jim Lambert

As rivalries go, few can match the intensity and emotion generated by Hunterdon Central-North Hunterdon cross-country matchups.

The schools are separated by just 8 miles on Route 31 in Hunterdon County and both teams are usually among the best in the state.

GIRLS X-C NOTEBOOK

"If we could pick any one team to beat all season it would be Hunterdon Central," North Hunterdon senior Lauren Senske said. "It's a big rivalry. Nobody wants to lose to Hunterdon Central. It's nothing personal. The girls are nice over there but, when it's time to run against them, it's all business."

North Hunterdon and Hunterdon Central will square off for the second time this season in what figures to be one of the more exciting races of the year at the Hunterdon-Warren Championships tomorrow at 3:45 p.m. at Delaware Valley in Frenchtown. North Hunterdon won the dual meet earlier this month.

North Hunterdon, the defending champion, comes into the race ranked No. 4 in The Star-Ledger Top 20 and Hunterdon Central is No. 5. Add No. 10 Voorhees to the mix and you have the makings of an epic battle.

So who's going to win? "We will win," North Hunterdon junior Megan Ruane said.

"I think it will come down to whichever team get more from their fourth, fifth and sixth runners," North Hunterdon coach Don Roberts said. "But it should be a great meet."

North Hunterdon, which edged out its rival on a sixth-runner tie-breaker last year, is the choice to win in another tight battle.

The individual favorite is Shan-

Runner of the Week

Name: Kim Pereira

School: Parsippany

Year: Junior

Size: 5-4

Key statistics: Won the A Division title in 20:10.02 at the Ridgewood Invitational on Saturday. Last month, she took Group 3 honors at the Passaic Coaches Invitational.

Did you know? Pereira played field hockey as a freshman but got hooked on running during the indoor track season that winter. Her brother, Jon, is also having a great cross-country season. He also won titles at the Ridgewood and Passaic Coaches meets.



non Hawrylo of Hunterdon Central.

Here's a look at some of the other big meets on tap over the next three days.

Mountain Valley

Today, 1:30 p.m., Pleasant Valley Park, Bernardsville

This meet was scheduled for yesterday but was postponed because of rain.

The Ridge girls are shooting for their sixth straight Mountain Division title. Ridge nipped Immaculata, 26-32, last year and has the edge, though it should be another tight finish. Defending champion New Providence is the heavy favorite in the Valley Division.

Mercer County

Tomorrow, 3 p.m., Veterans Park, Hamilton

This shouldn't be close with No. 1 Hopewell Valley likely to pack its top five in the top 15. Laura Petrillo and Tiffany Rust should finish 1-2 for Hopewell Valley.

Ocean County

Tomorrow, 3 p.m., Ocean County Park, Lakewood
Toms River East, ranked ninth, should have little trouble capturing its third straight title. Toms River East freshman sensation Jen Blank is also favored.

Passaic County

Tomorrow, 2:30 p.m., Garret Mountain, West Paterson
Defending champion Passaic is the clear choice, while Jesse Mizzone of Passaic Valley, one of the state's more talented freshmen, is expected to take home individual honors.

Greater Middlesex Conference

Saturday, 10 a.m., Thompson Park, Jamesburg
South Brunswick, No. 15, was upset by Old Bridge a year ago but should return to the winner's circle. Jillian Stein of Old Bridge, who has won the last two titles, hasn't been in top form this season. Look for Old Bridge's Nicole Marzella to cross the

line first but keep an eye on Kristan Lucas of Edison and South Brunswick's Anne O'Rane.

Watching Conference

Saturday, 10 a.m., Warinanco Park, Elizabeth
Westfield, at No. 12, is a shoe-in to win its fourth straight National Division title, but the American Division could be another thriller with Union and Kearny expected to battle down to the fifth runner. Union edged defending champion Kearny, 51-52, last year, registering the biggest victory in the program's history.

Westfield's Maura McMahon should win her second straight title, while Union's Christina Morgado is expected to make it two straight.

Iron Hills Conference

Saturday, 1:30 p.m., Warinanco Park, Elizabeth

This could be one of the top races of the season as No. 11 Randolph, No. 16 Columbia and defending champion Roxbury square off in the Iron Division race. Columbia defeated Randolph and Roxbury in dual meets. Columbia's dual meet triumph was attained on a sixth-runner tie-breaker and, in its victory over Roxbury, Columbia won despite the absence of No. 1 runner Amina Zohny.

Columbia is the pick to win a close one. Individually, Zohny, fourth last year, and Roxbury's Stephanie Last should battle for individual laurels. In the Hills Division, defending champion Morris Hills will be threatened by Mount Olive. The individual favorite is Kim Pereira of Parsippany.

Bergen County

Saturday, 10 a.m., Darlington Park, Mahwah
In the Group 4 race, Ridgewood, No. 6 in the state, is a lock to win and Hackensack's Beth Androski, the defending state Group 4 champion, should run away with the individual title.

Old Tappan and Holy Angels

GIRLS CROSS-COUNTRY TOP 20

- | | |
|---------------------|----------------------|
| 1-Hopewell Valley | 11-Randolph |
| 2-Moorestown | 12-Westfield |
| 3-Shawnee | 13-Red Bank Catholic |
| 4-North Hunterdon | 14-Lenape |
| 5-Hunterdon Central | 15-South Brunswick |
| 6-Ridgewood | 16-Columbia |
| 7-Middletown South | 17-Ramsey |
| 8-Rumson | 18-Hillsborough |
| 9-Toms River East | 19-Camden Wilson |
| 10-Voorhees | 20-St. Rose |

should have a good battle in Group 3. Ramsey, led by All-Stater Melissa Conway, is the strong choice to win in Group 2. Ridgewood and Palisades Park are the top teams in Group 1.

Sussex County

Saturday, 11 a.m., Sussex County Fairgrounds
Look for Vernon to repeat as champion. Individually, Pope John's Megan Murphy is the class of the field and should earn her second straight title. She also may break the course record of 20:34, which she tied last year. Murphy will be pushed by Julie Delmon of Hopatcong, second last year, and Cindy Devries of Newton, third a year ago. Devries is coming of a dual-meet victory over Delmon this week.

Down the stretch

The course for the South Jersey sectional championships at Egg Harbor has been altered.

Don Danser, the NJSIAA cross-country tournament director, said the start has been extended on the recommendation of coaches. The starting line will be in the same place, but there is an additional 300 meters before the first turn. Danser said this was done to thin out the pack and create more space for runners.

There's a chance that Lindsey

Gallo of Howell may join former Middletown South runners Cate and Maggie Guiney at Boston College next year. The Guineys are freshmen.

"I took a visit there last week and really liked it," said Gallo, a sub-five-minute miler who won the Monmouth County cross-country title Tuesday.

But Gallo hasn't committed yet. She also has visited Princeton and is headed to Michigan this week...

What if...?

After Middletown South won its second straight Monmouth County title Tuesday with a 50-76 decision over runner-up Rumson, some people wondered what the outcome would have been if Rumson's No. 1 runner, Caitlin Moscatello, had competed. She missed the race with a virus.

"We're disappointed that she didn't run because we were looking forward to running against them at full strength," Middletown South Coach Karl Torchia said. "I think we still would have won."

Middletown South, the 1998 Meet of Champions winner, was bolstered in the race by the return of Casie Kerr and Michelle Cullien. It was the first time both had run in Middletown South's top seven all season. Kerr has been bothered by shin splints.

Rich Benvenise contributed to this report.

GIRLS CROSS-COUNTRY INDIVIDUAL LEADERS

GROUP 4

1-Jenna Darcy, Shawnee
2-Beth Androski, Hackensack
3-Lindsey Gallo, Howell
4-Jen Blank, Toms River East
5-Kristen Meyer, Hillsborough
6-Claudine Evangelista, Triton
7-Robin Van Aken, Highland
8-Dana Palumbo, Shawnee
9-Lindsay Scarborough, Lenape
10-G. Nowakowski, Ridgewood

GROUP 3

1-Kim Pereira, Parsippany
2-Marianne Herbst, Mount Olive
3-Briana Bayersdorfer, River Dell
4-Nicole Lombardi, Middletown S
5-Tanisha Pitman, Camden-W
6-Brittany McCann, Delsea
7-Tetsy Bulat, Moorestown
8-Jen Myers, Ramapo
9-Lauren Dike, Middletown South
10-Shari Gorga, North Hunterdon

GROUP 2

1-Erin Donohue, Haddonfield
2-Lily Thomas, Somerville
3-Laura Petrillo, Hopewell Valley
4-Melissa Conway, Ramsey
5-Tiffany Rust, Hopewell Valley
6-Christina Vullo, Holmdel
7-Natalie Jones, Hopewell Valley
8-Sarah Rhodes, Voorhees
9-Beth Vesey, Ramsey
10-Cindy DeVries, Newton

GROUP 1

1-Christina Mendoza, Hudson T
2-Caitlin Moscatello, Rumson
3-Allyson Krayl, Ft. Beach
4-Jenni Krystopowicz, Rumson
5-Christy Flamer, Rumson
6-Caitlin Hadley, Gloucester City
7-Kristen Randall, Rumson
8-Rebecca Levy, Highland Park
9-Jeanette Franko, Metuchen
10-Liz Montz, Pitman

PAROCHIAL

1-Meagan Murphy, Pope John
2-Nicole Kurtain, Notre Dame
3-Kelly Byrnes, Red Bank Cath.
4-Taryn Landers, St. Rose
5-Danese Joiner, Red Bank Cath.
6-Deanna Koss, Holy Cross
7-Caroline Bugg, Newark A
8-Megan Sprenger, Pingry
9-Biddy Bewalder, Morris Cath.
10-Jane Stenemann, Villa Walsh

GROUP 4

1-Shawnee
2-Hunterdon Central
3-Ridgewood
4-Toms River East
5-Randolph
6-Westfield
7-Lenape
8-South Brunswick
9-Columbia
10-Hillsborough

GIRLS CROSS-COUNTRY TEAM LEADERS

GROUP 4

1-Shawnee
2-Hunterdon Central
3-Ridgewood
4-Camden Wilson
5-Toms River South
6-Ocean City
7-Middle Township
8-Mount Olive
9-Ramapo
10-Manchester Twp

GROUP 3

1-Hopewell Valley
2-Voorhees
3-Ramsey
4-Haddonfield
5-Somerville
6-Ridge
7-Kingsway
8-Holmdel
9-Chatham
10-Haddon Twp.

GROUP 2

1-Rumson
2-Metuchen
3-Bernards
4-Palisades Park
5-Point Beach
6-Belvidere
7-New Providence
8-Middlesex
9-Highland Park
10-Gloucester City

PAROCHIAL

1-Red Bank Catholic
2-St. Rose
3-Pingry
4-Pope John
5-St. Dominic A.
6-Bishop Eustace
7-St. John Varney
8-Immaculate Heart
9-Mr. Donovan
10-Notre Dame

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET BERGEN GROUP CHAMPS

COURSE DARLINGTON

DIVISION GROUP 4

COURSE RECORD 17:49.1 JENNA ROGERS
RIDGEWOOD

DATE 10-23-99

RIDGEWOOD RECORD JENNA ROGERS-1993

WEATHER COOL - PARTLY CLOUDY
VERY NICE DAY TO RUN

TYPE OF COURSE _____

| FINISH PLACE | TEAM SCORE | NAME | TIME |
|--------------|----------------|------------------|---------|
| 3 | 3 | CLAIR NOWAKOWSKI | 19:21.9 |
| 4 | 4 | KELLY BEHAN | 19:29.1 |
| 5 | 5 | ALYSON CANGEMI | 19:58.8 |
| 6 | 6 | TARA O'NEILL | 20:36.5 |
| 7 | 7 | TAYLOR DUNN | 20:41.5 |
| 8 | 8 | ALEXANDRA OROS | 20:47.4 |
| 11 | 11 | REBECCA JOHNSON | 21:03.9 |
| | (26 FINISHERS) | | |

TEAM TOTAL:

TEAM PLACE: 1ST

1-5 SPLIT: 1:20

1-7 SPLIT:

COMMENTS:

We Had a good day. We looked good and we learned for the future. We Had our Best 1-5 split of the season. Clair went out too fast and still had a PR, Kelly was solid + recovered, Alyson Broke 20! Tara runs her best race of the season, Alexandra enjoyed her first varsity race and Taylor and Rebecca were solid.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET BERGEN GROUP CHAMPS

COURSE DARLINGTON

DIVISION JUNIOR VARSITY

COURSE RECORD _____

DATE 10-23-99

RIDGEWOOD RECORD _____

WEATHER VERY NICE - COOL - PARTLY CLOUDY

TYPE OF COURSE _____

| FINISH PLACE | TEAM SCORE | NAME | TIME |
|--------------|------------|-----------------|---------|
| 1 | 1 | LESLEY BRUNO | 22:03.4 |
| 2 | 2 | JULIA FORESMAN | 22:36.7 |
| 3 | 3 | SARA WELLS | 22:44.4 |
| 4 | 4 | KATIE LATANICH | 22:56.9 |
| 5 | 5 | CASSIDY CANZANI | 23:13.3 |
| 9 | | RUTH VAN YOEREN | 23:27.1 |
| 10 | | COLLEEN HERLIHY | 23:32.9 |
| 11 | | CLARE WEEKS | 23:56.9 |
| 12 | | PEGGY LYNCH | 24:13.7 |
| 16 | | DIANE NIELSON | 24:22.3 |
| 19 | | CHRISSY MARTIN | 24:30.3 |
| 24 | | BRITTANY HEMMEL | 24:41.8 |
| 30 | | LAUREN LENNON | 25:17.2 |
| 34 / 60 | | SARAH BIGOS | 25:47.3 |
| | | | |
| | | | |

TEAM TOTAL: 15

TEAM PLACE: 1ST

B-Team was 2ND

1-5 SPLIT: 1:10

1-7 SPLIT:

COMMENTS: WE SHUT OUT THE COUNTY! HAD THEY SCORED A+B TEAMS

WE WOULD HAVE BEEN 1ST and 2ND.

CONGRATULATIONS TO LESLEY FOR THE WIN.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET BERGEN GROUP CHAMPS

COURSE DARLINGTON

DIVISION FROSH

COURSE RECORD 9:57 JACKIE MARTIN
HACKENSACK

DATE 10-23-99

RIDGEWOOD RECORD 10:16 TARA O'NEILL

WEATHER _____

TYPE OF COURSE _____

| FINISH PLACE | TEAM SCORE | NAME | TIME |
|----------------|------------|-----------------|---------|
| 4 | 3 | JACKIE MACCHI | 11:04.6 |
| 10 | 8 | KERRY DOHERTY | 11:40.6 |
| 14 | 11 | KRISTEN ESPENAK | 11:49.1 |
| 21 | 16 | KATE McDONAGH | 12:03.5 |
| 30 | 22 | JENNA RUBINOFF | 12:30.3 |
| 45 | 31 | LIZ BEDFORD | 13:33.1 |
| (71 FINISHERS) | | | |
| | | | |

TEAM TOTAL: 60

TEAM PLACE: 2ND

1-5 SPLIT: 1:26

1-7 SPLIT:

COMMENTS:

WE CAME UP AGAINST A GOOD RAMAPO TEAM. BUT 2ND IN BERGEN IS A GREAT ACCOMPLISHMENT.

Close races expected at County meet

By PAUL SCHWARTZ
Staff Writer

Four times in the 34-year history of the Bergen County group cross-country championships, the team title has been decided by the superior sixth runner for the tied teams.

And while it's unlikely that any of the eight group championships will be tied after Saturday's races at Darlington County Park in Mahwah, at least three of the team championships could go down to the wire.

The three teams and 10 individuals in each race qualify for the Bergen Meet of Champions on Nov. 7 along with up to 10 individual wild cards for boys and girls.

Here's a look, race by race (starting time in parentheses):

BOYS GROUP 1 (1:20 p.m.) — Ridgewood stunned seven-time champion Palisades Park in last year's race, but it won't happen this year as the Tigers are a contender for State Group 1 honors and have a good front-running duo of Adrian Castano and Sergio Zea and a great five-man pack. Ridgewood is fa-

CROSS-COUNTRY

vored to take second with Bogota, North Arlington, and Glen Rock battling for the third qualifying slot.

Individually, Castano and Zea and Bogota's Peter Leighton, last year's runner-up, and Glen Rock's Matt Osterle will battle for the title.

BOYS GROUP 2 (10:40 a.m.) — Rutherford, heavily favored to win a second straight Group 2 title and fourth overall, hopes to have a better race than last week's BCSL American race. Ramsey and Mahwah appear to have the inside track for the other two qualifying slots but Dumont and Leonia also could break into the top three.

Cole Dailey of Rutherford hopes to become the first repeater in Group 2 in 10 years, but he'll need to hold off teammate Erik Larsen and Northern Bergen Interscholastic League champ Matt Collins of Ramsey.

BOYS GROUP 3 (11 a.m.) — One of the most interesting races, as usual, should be in Group 3, where defender St. Joseph Regional will battle NBL champ Northern Valley at Demarest and Bergen County Scholastic League American runner-up River Dell with Northern Valley at Old Tappan, Ramapo, Tenafly, and Cliffside Park also potential qualifiers.

The individual battle also will be interesting with Josh Robinson of River Dell, the surprise BCSL American champ, battling fellow soph Mike Accordino of NV/Demarest, Bergen-Pascack Scholastic League King champ Mike Rogers of Garfield, and Chris LoRusso of St. Joseph.

BOYS GROUP 4 (1 p.m.) — The last deadlock in a group race was in 1997 when Hackensack upset Don Bosco Prep. Bosco again is heavily favored while Hackensack has a great 1-2-3 punch in Frank Brneme and the Singletary brothers, Maurice and Marquis. But Bosco is deeper than it was two years ago and should prevail. Ridgewood and Bergen Catholic also will be in the battle for the top three team positions.

The Hackensack trio and Don Bosco's Shane Dougherty, James Clifford, and Chris Reinert will battle BC's Ryan Miller for individual honors.

GIRLS GROUP 1 (12:40 p.m.) — One of the better races of the day matches three-time defending champion Bogota with BCSL National champ Ridgewood and B-PSL King champ Glen Rock. Palisades Park and Cresskill also will try to qualify for the BMOG.

Individually, Glen Rock's Katherine Libretto probably would be the favorite if she is healthy. Look for teammate Laura McKay to battle Tamara Figlia of North Arlington and Katy Botsfield of Cresskill.

GIRLS GROUP 2 (10 a.m.) — The first race of the day should be an easy fifth straight group title for Ramsey with Westwood and Dumont battling for second in a rematch of last week's BCSL American meet. Ridgewood Park and Rutherford also may contend for the top three.

Melissa Conway starts defense of her BMOG title and the Ram junior will outrun teammate Beth Vesey and Holly Potts of Mahwah for her second individual title.

GIRLS GROUP 3 (10:20 a.m.) — Holy Angels is the defender but unlikely to repeat in this competitive group. The favorite probably is Northern Valley at Old Tappan, with Ramapo and Tenafly also contenders. Paramus and Holy Angels could contend for a top three spot and don't forget 1996 and 1997 Group 3 champ Indian Hills, a dark horse threat for an upset.

Briana Bayersdorfer of River Dell, the 1998 Group 2 runner-up, is favored over Shannah Iqbal of Bergenfield and Jen Myers of Ramapo.

GIRLS GROUP 4 (12:20 p.m.) — Ridgewood will dominate Group 4 for the 17th time in 19 years and third straight year. Hackensack, the winner the two times Ridgewood fell short, should have no trouble finishing second ahead of Immaculate Heart Academy.

Beth Androski of Hackensack should succeed teammate Patty Martin as the race winner en route to a showdown with Conway in the BMOG. If the weather is right, she could break 18:30 for 5,000 meters.

Androski rolls; Ramsey repeats

Ridgewood wins Group 4

By PAUL SCHWARTZ
Staff Writer

MAHWAH — It was a day of firsts and records at the Bergen County group cross-country championships Saturday.

There were first-time winners such as Ridgewood, the Group 1 champion, and Tamara Figlia, the first North Arlington girl to win a group title.

There were streaks continued, such as Ramsey's fifth straight win in Group 2 and Ridgewood's 17th title in 19 years in Group 4, and a repeat victory by Ramsey's Melissa Conway, an easy winner in Group 2.

But towering over them all was Hackensack's Beth Androski, who ran the second fastest time ever at Darlington County Park's 5,000-meter course, running 18:17 to win Group 4 in perfect running conditions.

"I was just going out to win today," said Androski, who is undefeated in five major races. "But I felt so good I just kept running hard and going for it."

And she ran so well she outran teammate Shauna Koenig by nearly 225 yards. And Koenig took nearly 30 seconds off of her personal best in the race.

"Can you believe we've only heard from three Division I schools about [Androski]," said Hackensack coach Ed Church. "They're good schools — Cornell, Manhattan, and Notre Dame. But it's ridiculous that more haven't contacted her."

Only 1993 State champion Jenna Rogers of Ridgewood, who went on to an All-American career at Dartmouth, has run faster at Darlington.

Ridgewood as usual, ran masterfully, winning Group 4, 25-48, over the Comets, placing seven runners in the top 11, led by Clair Nowakowski in third, Kelly Behan in fourth, and Alyson Cangemi in fifth place.

But it was the performance of Tara O'Neill in sixth place that delighted coach Jacob Brown. "We didn't run Julia Brownell because she has a little knee problem, and Tara really stepped up with her best race of the year," said Brown. "That will really help us later in the season."

Ramsey won a record fifth straight Group 2 title, 28-49, over Westwood, placing four runners in

GIRLS CROSS-COUNTRY

the first eight. Conway, the defending Bergen Meet of Champions titlist, defeated Mahwah's Holly Potts by 100 yards in 19:01.94.

But Conway didn't expect to have to work quite so hard.

"I was very surprised how long Holly stayed with me," said Conway. "I knew her calf was hurting her but she really pushed me until the second time around the lake. I didn't feel well all week and I thought I'd have an easier time today, but she wouldn't let me."

Ridgewood used a terrific 30-second pack between 10th and 18th places to earn its first Group 1 title, 51-58-61, over Palisades Park and Glen Rock.

"The girls have done a great job all year with a young group to go with our two seniors, Lori Reisinger and Lindsey Reggo," said Ridgewood coach Bob Mead.

The individual winner was first-year junior runner Figlia, who held off Katy Botsford of Cresskill by 15 yards in 21:19.94.

"I ran track last year for the first time and they convinced me to come out this year," said Figlia, who won the BCSL National title earlier in the week. "When they told me cross-country was three miles, I said, 'Oh, no' but I like running and I kind of took to it."

Northern Valley at Old Tappan put its top five runners between fourth and 18th places to earn its first Group 3 title in 13 years, 59-74, over Indian Hills, but the big story was first-year cross-country runner Shannah Iqbal of Bergenfield upsetting Briana Bayersdorfer of River Dell, winning by a stride in 19:26.54 to Bayersdorfer's 19:26.84.

"I wasn't afraid of [third place finisher] Jen Myers but I was worried about Bayersdorfer," said Iqbal. "I've just been running to win all year and went after it today."

The two runners went step for step most of the race before Iqbal used her 800-meter speed to hold off Bayersdorfer.

"I'm sure we'll race each other again, and I'll try and come up with something different next time," said Bayersdorfer.

Summaries on S-23

GIRLS GROUP 1

Team scoring

| |
|---|
| Ridgewood 51*, Palisades Park 58*, Glen Rock 61*, Bogota 74, New Milford 128, Becton 142. |
| 1. Tamara Figlia, North Arlington 21:20.0* |
| 2. Katy Botsford, Cresskill 21:23.1* |
| 3. Laura McKay, Glen Rock 21:36.1* |
| 4. Danielle Amato, Saddle Brook 21:47.0* |
| 5. Angela Panuccio, Bogota 21:48.7* |
| 6. Lauren Robbins, Glen Rock 21:54.2* |
| 7. Amber Neal, Bogota 22:01.2* |
| 8. Keya Herrera, Palisades Park 22:03.3* |
| 9. Jamie Donovan, Palisades Park 22:10.6* |
| 10. Amanda Leavitt, Ridgewood 22:12.8* |
| 11. Lauren Matone, Palisades Park 22:13.1* |
| 12. Sandy Luove, Ridgewood 22:15.4* |
| 13. Courtney Reggo, Ridgewood 22:20.2* |
| 14. Lindsey Reggo, Ridgewood 22:26.7* |
| 15. Denise Swedeski, North Arlington 22:37.8* |
| 16. Katherine Libretto, Glen Rock 22:40.8* |
| 17. Anna Roudnicki, New Milford 22:42.1* |
| 18. Lori Reisinger, Ridgewood 22:42.4* |
| 19. Rachel Von Orsile, New Milford 22:48.0* |
| 20. Karen Finney, Midland Park 23:20.3* |
| 21. Renee Kuzrowski, Becton 23:28.2* |
| 22. Stephanie Brown, Bogota 23:43.3* |
| 23. Kate Hursthouse, Glen Rock 23:46.9* |
| 24. Jessica Reyes, Palisades Park 23:51.3* |
| 25. Vivian Vega, Palisades Park 23:52.0* |

GIRLS GROUP 2

Team scoring

| |
|--|
| Ramsey 28*, Westwood 49*, Dumont 57*, Rutherford 87. |
| 1. Melissa Conway, Ramsey 19:01.9 |
| 2. Holly Potts, Mahwah 19:24.7* |
| 3. Beth Vesey, Ramsey 19:35.7* |
| 4. Mary DuVernay, Ramsey 20:30.1* |
| 5. Katie D'Aco, Westwood 20:37.8* |
| 6. Sue Gieseman, Dumont 20:41.5* |
| 7. Jill Rabadan, Westwood 20:47.9* |
| 8. Sabrina Silverstein, Ramsey 20:55.8* |
| 9. Amy Gonlich, Westwood 21:08.0* |
| 10. Felicia Chevalier, Dumont 21:11.4* |
| 11. Melissa Hayes, Dumont 21:14.1* |
| 12. Sophia Barton, Leonia 21:18.6* |
| 13. Sheree Clark, Ridgewood Park 21:24.4* |
| 14. Andrea Salmon, Pascack Hills 21:27.9* |
| 15. Melissa Sivil, Rutherford 21:32.8* |
| 16. Laura Stael, Ridgewood Park 21:44.2* |
| 17. Amy Bembridge, Dumont 21:48.2* |
| 18. Nicole Stinson, Westwood 21:57.1* |
| 19. Colleen Reynolds, Rutherford 22:00.2* |
| 20. Katy Beauty, Ramsey 22:07.2* |
| 21. Alyssa Ross, Pascack Hills 22:11.3* |
| 22. Simran Khanda, Ramsey 22:16.3* |
| 23. Lauri Van Dyk, Rutherford 22:27.9* |
| 24. Krista Aasland, Westwood 22:33.2* |
| 25. Kristin DeFilippo, Westwood 22:38.8* |

GIRLS GROUP 3

Team scoring

| |
|--|
| NV/Old Tappan 59*, Indian Hills 78*, Ramapo 93*, Tenafly 98, NV/Demarest 140, Holy Angels 169, Paramus 19, Northern Highlands 150, River Dell 224, Pascack Valley 272, Fort Lee 274, Paramus Catholic 283, Cliffside Park 335. |
| 1. Shannah Iqbal, Bergenfield 19:26.8* |
| 2. Briana Bayersdorfer, River Dell 19:28.9* |
| 3. Jen Myers, Ramapo 19:29.2* |
| 4. Stephanie Davis, NV/OT 20:09.8* |
| 5. Margaret Park, Ramapo 20:37.3* |
| 6. Carol Bullen, Paramus 20:38.0* |
| 7. Meri Sorenson, Tenafly 20:42.3* |
| 8. Erin Bauberger, Indian Hills 20:45.8* |
| 9. Sheila Chitran, NV/Demarest 20:58.4* |
| 10. Virginia Westoverly, NV/Demarest 20:58.6* |
| 11. Marianne Petrillo, Indian Hills 21:03.3* |
| 12. Audrey Host, Indian Hills 21:04.8* |
| 13. Marissa Maier, NV/OT 21:14.4* |
| 14. Jill-Marie Zizzo, NV/OT 21:19.7* |
| 15. Laura Hammett, Northern Highlands 21:26.5* |
| 16. Kim Tardola, NV/Old Tappan 21:30.1* |
| 17. Maria Pavlovich, Garfield 21:36.1* |
| 18. Tamara Mans, NV/OT 21:39.7* |
| 19. Jen Izzi, Tenafly 21:44.8* |
| 20. Courtney Cheval, Ramapo 21:49.0* |
| 21. Julia Emanuel, Tenafly 21:50.9* |
| 22. Sarah Wilcott-Sapp, Pascack Valley 21:51.4* |
| 23. Cheryl Trovati, Holy Angels 21:52.1* |
| 24. Robyn Bruce, Paramus Catholic 21:52.8* |
| 25. Carolyn Filardo, Indian Hills 21:55.1* |

GIRLS GROUP 4

Team scoring

| |
|---|
| Ridgewood 25*, Hackensack 48*, Immaculate Heart Academy 64*, Fair Lawn 109. |
| 1. Beth Androski, Hackensack 18:18.6* |
| 2. Shauna Koenig, Hackensack 19:09.0* |
| 3. Clair Nowakowski, Ridgewood 19:21.9* |
| 4. Kelly Behan, Ridgewood 19:28.1* |
| 5. Alyson Cangemi, Ridgewood 19:58.8* |
| 6. Tara O'Neill, Ridgewood 20:36.5* |
| 7. Taylor Dunn, Ridgewood 20:41.5* |
| 8. Alexandra Orso, Ridgewood 20:47.4* |
| 9. Erin Kallman, IHA 20:50.2* |
| 10. Patty Martin, Hackensack 20:55.5* |
| 11. Rebecca Johnson, Ridgewood 21:03.9* |
| 12. Jenna Ballarott, IHA 21:07.3* |
| 13. Erin Bortz, IHA 21:28.2* |
| 14. Elizabeth Trynoski, IHA 21:29.1* |
| 15. Shanika Bernard, Hackensack 21:42.6* |
| 16. Renata Dilliasi, IHA 21:50.1* |
| 17. Amy Gascoigne, IHA 22:14.2* |
| 18. Jennifer Elmazi, Fair Lawn 22:18.0* |
| 19. Daphna Aronovitz, Fair Lawn 22:31.7* |
| 20. Alexis Toon, Hackensack 22:35.4* |
| 21. Kensiha Bratwaste, Fair Lawn 22:38.5* |
| 22. Christin Pederson, Hackensack 22:16.7* |
| 23. Alyson Jengis, IHA 22:18.0* |
| 24. Stacey Marcantoni, Hackensack 22:50.1* |
| 25. Kerrie Seld, Fair Lawn 22:52.4* |

JV girls team

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|--|
| JV girls individual — Ridgewood 15. |
| JV girls individual — Lesley Bruno, Ridgewood, 22:03.4 |
| JV boys small schools individual — Minwoo Kim, Palisades Park, 18:23.5 |
| JV boys large schools individual — Tug Thompson, Don Bosco, 12:55.2 |
| JV boys large schools team — Don Bosco Prep, 17 |
| Freshman boys large schools individual — Peter Gerboth, Don Bosco Prep, 8:38.0 |
| Freshman boys large schools team — Don Bosco Prep, 30 |
| Freshman boys small schools individual — Kevin Chitran, NV/Demarest, 9:04.2 |
| Freshman boys small schools team — Ridgewood 59 |
| Freshman girls individual — Ava Scacchetti, Pascack Valley, 10:29.5 |
| Freshman girls team — Ramapo 52 |

HIGH SCHOOL SPORTS

Sectional championships set for Saturday

By Jim Lambert

High-stakes races, riveting re-matches and dramatic duels are on tap for the busiest day of the cross-country season when the NJSLAA Sectional Championships are held Saturday at four sites.

The top five teams and 10 individuals in each sectional race qualify for the state group championships Nov. 13 at Holmdel Park. At the group meet, the top three teams and 10 individuals from each race, plus one wild-card team and 10 wild-card individuals, qualify for the state Meet of Champions on Nov. 20 at Holmdel.

GIRLS X-C NOTEBOOK

The schedule It's the same for every section at the four sites: 10 a.m.—Girls Group 3, 10:25 a.m.—Girls Group 2, 10:50 a.m.—Boys Group 3, 11:15 a.m.—Boys Group 2, 11:40 a.m.—Girls Group 4, 12:05 p.m.—Girls Group 1, 12:30 p.m.—Boys Group 4, 12:55 p.m.—Boys Group 1.

Here's a look at what to expect from the girls races at the four sectional meets.

North Jersey, Section 1 at Garret Mountain, West Paterson
Group 4: Ridgewood, No. 5 in The Star-Ledger Top 20, should steamroll to its eighth straight title and 14th overall. Passaic County winner Passaic should take second followed by Hackensack and Vernon next. Beth Androski of Hackensack should race to her second straight individual title.

Group 3: Old Tappan is the defending champion and nobody appears capable of dethroning it. Indian Hills, Wayne Hills, Ramapo and High Point will fight it out for the next four spots. Passaic Valley freshman phenom Jesse Mizzone, Bergenfield's Shahnaz Iqbal and River Dell's Briana Bayersdorfer should have a

Runner of the Week

Name: Beth Androski

School: Hackensack

Year: Senior

Height: 5-6

Key statistics: Ran the second-fastest time ever at Darlington Park in Mahwah on Saturday, when she won the Group 4 title in 18:18.6 at the Bergen County Championships.

Did you know? Last fall, Androski won the North Jersey, Section 1, Group 4 title and the state Group 4 championship. Despite her success, Androski hasn't been getting much attention from college recruiters.



memorable battle for individual honors. Mizzone was second in Passaic County and Iqbal nipped Bayersdorfer, 19:26.6 to 19:26.9, for the Bergen County title. Iqbal is the choice.

Group 2: Bergen County winner Ramsey, at No. 17, is the favorite to win its fifth straight and sixth title this decade. Sussex County champion Newton should fight it out with Westwood, Dumont and Passaic Valley for the rest of the qualifying places. Junior Melissa Conway of Ramsey is a strong choice for her second straight title.

Group 1: Bogota's streak of five straight titles figures to end here. Ridgefield, seeking its first, should have a tight finish with Palisades Park, which is after its first title since winning a fifth straight in 1992. Glen Rock, which has never won, also has a shot. At the Bergen County meet, Ridgefield (51 points) was first followed by Palisades Park (58), Glen Rock (61) and Bogota (74). Ridgefield is the favorite. Christina Mendoza of Hudson Teeh is expected to make it three straight individual titles.

North Jersey, Section 2 at Warinanco Park, Elizabeth

Group 4: Westfield, at No. 12, will clash with No. 11 Columbia in a race that could be decided by the teams' fifth runners. Last month at Warinanco, Columbia was third with 78 points and Westfield fourth with 81 in the A Division at the Stewart Memorial meet. Look for the same tight finish here. Westfield won Group 3 last year, its fourth title this decade. Columbia is looking for its third crown of the 1990s. Randolph, at No. 14, should take third.

Roxbury's Stephanie Last, who ran 19:36 to win the Iron Division last week at Warinanco, is the favorite. Union's Christina Morgado, Columbia's Amina Zohny and Westfield's Maura McMahon should push Last.

Group 3: Mount Olive is expected to claim its initial title since winning a third straight in 1995. Morris Hills, Cranford, Parsippany and Scotch Plains should take the next four spots.

The individual matchup features a rematch of the Hills Division race last week between Marianne Herbst

of Mount Olive and Kim Pereira of Parsippany, won by Herbst, 19:53.0 to 20:08.0. Herbst appears to getting stronger each week and should win. She should be in the low 19:40s.

Group 2: Defending champion Caldwell, the Northern Hills Conference Suburban titlist, will clash with Colonial Hills Conference runner-up Chatham. Caldwell, which defeated Chatham, 58-83, last year for its first title since 1989, figures to repeat. Megan McGettrick of Caldwell and Nouelle Dorrow of Chatham should finish 1-2, respectively.

Group 1: New Providence has won the last two meets and should make it three straight. Verona, Belvidere, Mountain Lakes, Kinnelon and Dayton should fight it out for the next four spots. Christine Dabroski of Mountain Lakes is the favorite.

Central Jersey at Holmdel Park, Holmdel

Group 4: Hunterdon Central, at No. 4, should win its second straight title and fifth since 1992, but No. 16 South Brunswick, which won in 1997, No. 18 Hillsborough and No. 20 Old Bridge won't make it easy. Lindsey Gallo of Howell is expected to win for the third straight year.

Group 3: This is a battle between the state's two best teams from a year ago, Middletown South and defending champion North Hunterdon. Last year, North Hunterdon won the sectional title but then placed second to Middletown South in the state Group 3 and Meet of Champions races. Look for No. 6 Middletown South to defeat No. 7 North Hunterdon. If North Hunterdon's Megan Ruane doesn't run (she's been bothered by asthma), Middletown South should prevail in a rout. If Ruane runs, expect Middletown South to win by about 15 points.

Group 2: Hopewell Valley, the state's top-ranked team, should run away with its first title and snap No. 10 Voorhees' two-year streak. Voor-

- 1-Hopewell Valley
- 2-Moorestown
- 3-Shawnee
- 4-Hunterdon Central
- 5-Ridgewood
- 6-Middletown South
- 7-North Hunterdon
- 8-Rumson
- 9-Toms River East
- 10-Voorhees

- 11-Columbia
- 12-Westfield
- 13-Red Bank Catholic
- 14-Randolph
- 15-Lenape
- 16-South Brunswick
- 17-Ramsey
- 18-Hillsborough
- 19-Camden Wilson
- 20-Old Bridge

hees should take second comfortably. Somerville, Holmdel and Ridge also are in the hunt.

Two runners coming off record-setting performances will hook up here. Lily Thomas of Somerville ran 18:48 to break the course mark at Pleasant Valley Park in Bernardsville on Monday. Tiffany Rust of Hopewell Valley ran 18:27 to break the Veterans Park mark at the Mercer County meet last Friday. Look for Thomas to better 19 minutes and win her third straight.

Group 1: Rumson is a heavy favorite. It has too much strength up front for any team to counter. Its top three should all be in the first 10 and its first five finishers could all place in the top 20 overall. Metuchen, Middlesex, Bernards and Keansburg appear to be the best of the rest. Caitlin Moscatello of Rumson is the pick to finish first.

South Jersey at Egg Harbor

Group 4: Shawnee, at No. 3, has been the most dominant team in the state in sectional meets this decade, winning a title every year in the 1990s. There is no reason to think it won't win its 10th straight. Also in the race are No. 9 Toms River East and No. 15 Lenape. Jenna Darcy of Shawnee is the individual choice, but keep an eye on freshman star Jen

Blank of Toms River East.

Group 3: After winning Group 2 last year, No. 2 Moorestown should have its way in this race. It comes into the race on a major roll, having knocked off Shawnee, 48-56, in the Burlington County Open last week. That was Shawnee's first loss to a South Jersey team since bowing to Holy Cross in a dual meet in 1987.

Camden Wilson, at No. 19, is the only team capable of pushing Moorestown. Individually, Tanesha Pittman of Camden Wilson, Brittany McCann of Delsea and Julia Kuder and Betsy Bulat of Moorestown should wage a close race.

Group 2: Haddonfield, the Group 1 winner the past two years, and Kingsway, seeking its first title since 1993, are the class of this race. Look for Haddonfield to win its ninth title this decade. Haddonfield has won Group 2 twice and Group 1 six times in the 1990s.

It would be a major surprise if Meet of Champions favorite Erin Donohue of Haddonfield doesn't win her third straight title.

Group 1: Pitman and Point Pleasant Beach look like the top teams, with Pitman having a slight edge. Pitman has never won while Point Pleasant Beach seeks its first title since 1983. Alyson Krall of Point Pleasant Beach is the runner to beat.

GIRLS CROSS COUNTRY INDIVIDUAL LEADERS

- GROUP 4**
- 1-Jenna Darcy, Shawnee
 - 2-Beth Androski, Hackensack
 - 3-Lindsey Gallo, Howell
 - 4-Jen Blank, Toms River East
 - 5-Kristen Meyer, Hillsborough
 - 6-Claudia Evangelista, Tricon
 - 7-Robin Van Aken, Highland
 - 8-Dana Palumbo, Shawnee
 - 9-Lindsay Scarborough, Lenape
 - 10-C. Nowakowski, Ridgewood

- GROUP 3**
- 1-Marianne Herbst, Mount Olive
 - 2-Kim Pereira, Parsippany
 - 3-Shahnaz Iqbal, Bergenfield
 - 4-Briana Bayersdorfer, River Dell
 - 5-Nicole Lombardi, Middlet'n S
 - 6-Tanesha Pittman, Camden-W
 - 7-Brittany McCann, Delsea
 - 8-Julia Kuder, Moorestown
 - 9-Betsy Bulat, Moorestown
 - 10-Lauren Dike, Middlet'n S

- GROUP 2**
- 1-Erin Donohue, Haddonfield
 - 2-Lily Thomas, Somerville
 - 3-Melissa Conway, Ramsey
 - 4-Tiffany Rust, Hopewell Valley
 - 5-Laura Petrillo, Hopewell Valley
 - 6-Christina Vullo, Holmdel
 - 7-Natalie Jones, Hopewell Valley
 - 8-Sarah Rhodes, Voorhees
 - 9-Cindy DeVries, Newton
 - 10-Holly Potts, Mahwah

- GROUP 1**
- 1-Christina Mendoza, Hudson T
 - 2-Caitlin Moscatello, Rumson
 - 3-Alyson Krall, Point Beach
 - 4-Jenni Krystopowicz, Rumson
 - 5-Christy Planer, Rumson
 - 6-Calvin Hadley, Gloucester City
 - 7-Kristen Randal, Rumson
 - 8-Megan Kayser, Middlesex
 - 9-Rebecca Levy, Highland Park
 - 10-Isabelle Franko, Metuchen

- PAROCHIAL**
- 1-Margan Murphy, Pope John
 - 2-Nicole Kurtain, Notre Dame
 - 3-Kelly Byrnes, Red Bank Cath.
 - 4-Taryn Landers, St. Rose
 - 5-Danese Joiner, Red Bank Cath.
 - 6-Caroline Bugg, Newark A
 - 8-Biddy Bewalder, Morris Cath.
 - 9-Jody Benedict, St. Vianey
 - 10-Jane Steinemann, Villa Walsh

- GROUP 4**
- 1-Shawnee
 - 2-Hunterdon Central
 - 3-Ridgewood
 - 4-Toms River East
 - 5-Columbia
 - 6-Deanna Koss, Holy Cross
 - 7-Randolph
 - 8-Lenape
 - 9-South Brunswick
 - 10-Hillsborough

- GROUP 3**
- 1-Moorestown
 - 2-North Hunterdon
 - 3-Middletown South
 - 4-Camden Wilson
 - 5-Toms River South
 - 6-Ocean City
 - 7-Modie Township
 - 8-Mount Olive
 - 9-Old Tappan
 - 10-Indian Hills

- GROUP 2**
- 1-Hopewell Valley
 - 2-Voorhees
 - 3-Ramsey
 - 4-Haddonfield
 - 5-Somerville
 - 6-Ridge
 - 7-Kingsway
 - 8-Holmdel
 - 9-Chatham
 - 10-Westwood

- GROUP 1**
- 1-Rumson
 - 2-Metuchen
 - 3-Bernards
 - 4-Ridgefield
 - 5-Palisades Park
 - 6-Point Beach
 - 7-Belvidere
 - 8-New Providence
 - 9-Middlex
 - 10-Highland Park

- PAROCHIAL**
- 1-Red Bank Catholic
 - 2-St. Rose
 - 3-Pingry
 - 4-Pope John
 - 5-St. Dominic A
 - 6-Bishop Eustace
 - 7-St. John Vianey
 - 8-Immaculate Heart
 - 9-Msgr. Donovan
 - 10-Notre Dame

Ramsey seeking fifth consecutive sectional crown

By PAUL SCHWARTZ

Staff Writer

It's been five years since any school outside Bergen County has won a girls team championship at the annual North Jersey 1 State sectional cross-country meet at Garret Mountain. It's unlikely that any team from Passaic, Hudson, or Sussex counties will break the Bergen streak Saturday in West Paterson.

It's the first of the three-meet series that continues Nov. 13 at Holmdel County Park with the State group meets and climaxes Nov. 20 with the State Meet of Champions.

As usual, only the top five teams and individuals in the top 10 of each group advance to the State group championships, which makes for some nervous moments for some of the better runners in the area whose season may come to a sudden end.

Here's a closer look:

GROUP 1 (12:05 p.m.)

TEAMS TO WATCH: Ridgely should end Bogota's

GIRLS CROSS-COUNTRY

record five-year championship streak and earn its first sectional title. Bogota will be in the mix for the top five, along with Palisades Park, which has qualified every year since 1987, Glen Rock, and Academic.

RUNNERS TO WATCH: Christina Mendoza of Hudson Prep should have little trouble breeding to a record third straight Group 1 sectional title. Only five girl runners in all groups, Christi Constantin of Kittatinny (1986-1988 Group 2), Lisa Pakutka of Hopatcong (1979-1981 Group 2), Amy Mizzone of Wayne Valley (1992-1994 Group 3), Toni Ann Angione of Bergenfield (1982-1984 Group 3), and Mary Ellen Milecki of Ridgewood (1979-1981 Group 4) have won the triple. Underclassmen Tamara Figlia of North Arlington, the Bergen 1 champ, Katy Botsford of Cresskill, and Danielle Amato of Saddle Brook should contend for second.

GROUP 2 (10:25 a.m.)

TEAMS TO WATCH: Ramsey warms up for a run at its fourth State group title by winning a record-tying fifth straight Group 2 sectional title (Kittatinny won five from 1985-1989). Sussex County champion Newton probably has the best shot

of upsetting the Rams, with Westwood, Dumont, Hopatcong, and Kittatinny in contention for the final three spots.

RUNNERS TO WATCH: Melissa Conway of Ramsey, the defending State Group 2 champion, starts her quest for a repeat here and will become the fifth sectional repeater in this group. Cindy DeVries of Newton, Julie Deilmon and Jacquie Sobotka of Hopatcong return from last year's top 10, but look for Holly Potts of Mahwah and Beth Vesey of Ramsey to be Conway's closest competitors.

GROUP 3 (10 a.m.)

TEAMS TO WATCH: The meet gets underway with the most interesting of the four-team races, with defending champ Northern Valley/Old Tappan favored to repeat over Indian Hills, Ramapo, Tenally, High Point, Sparta, and Passaic Valley. Indian Hills, Ramapo, and Passaic Valley could oust the balanced Golden Knights, but will need their best team races of the year to do so.

RUNNERS TO WATCH: If last week's Bergen Group 3 race is any indication, this will be the race of the day. First-year junior runner Shahnaz Iqbal of Bergenfield will try and repeat her tight victory over sophomore Briana Bayersdorfer of River Dell, with Passaic County runnerup Jesse Mizzone, a Passaic

Valley freshman, and Jen Myers of Ramapo also in contention. Margaret Park of Ramapo and Stephanie Davis (NV/Old Tappan) are the top returnees from last year.

GROUP 4 (11:40 a.m.)

TEAMS TO WATCH: No girls team in New Jersey has won more sectional titles than Ridgewood's 14. The Maroons will make it a record 15 and eight straight Saturday en route to a shot at their fourth State group title. Passaic County champ Passaic, Vernon, and Hackensack should contend for second, with Clifton, North Bergen, and Kearny with a shot for fifth.

RUNNERS TO WATCH: Beth Androski of Hackensack, the defending Group 4 State champion, will easily repeat as the sectional titlist, with five others in the top 10 returning including Patty Martin of Hackensack, Clair Nowakowski of Ridgewood, and Passaic champ Shondell Brathwaite of Passaic. The 1997 sectional runner-up, Kelly Behan of Ridgewood, is also back from injury and Shauna Koenig of Hackensack is also running well.

■ Friday: boys preview

Bergen Town Newspapers

bergentowns.com

Friday, October 29, 1999

The Village Gazette of Ridgewood - 31



(Photo by W. L. Bill Allen, Jr.)

SENIORITY— The 1999 edition of the girls cross-country contingent from Ridgewood High School features the six seniors, above.

CHAMPIONSHIP COACH— Jacob Brown has guided the RHS girls cross-country program to a string of league championships that dates back to 1983.

sports

The Village Gazette of Ridgewood

Ridgewood HS girls run to league title, county crown

By W. L. Bill Allen, Jr.
Sports editor

RIDGEWOOD— With a 6-0 mark in the dual meets and first place finish at the league's championship meet, the girls cross-country contingent from Ridgewood High School has once again garnered the Northern New Jersey Interscholastic League's Atlantic Division championship.

The Lady Maroons kept the program's string of consecutive conference crowns, which dates back to 1984, unbroken by totaling 29 points at the league championship meet (LCM) on Oct. 12, at Garret Mountain in West

Paterson. Passaic finished second at that event with 55, while Hackensack was third with 63, followed by Clifton (110), Bloomfield (120) and Eastside (172).

All of Ridgewood's scoring runners finished in the top 10 at the LCM.

Sophomore speedster Clair Nowakowski came in second overall by posting a time of 20:00. She was followed closely by Kelly Behan, a senior who took fourth with a 20:42 effort and Julia Brownell, a 12th-grader who took fifth place with a 20:47 performance.

Coming in eighth was senior

Alyson Cangemi (21:20), while junior Rebecca Johnson took 10th by crossing the finish line at the 21:49 mark.

Also running well on the day for RHS were seniors Tara O'Neill (11th/21:55) and Taylor Dunn (12th/21:59).

RHS had opened its current campaign by pasting Passaic, 15-49, on Sept. 14, before eradicating Eastside, 15-50, on Sept. 22, with that victory going down in the record books as the club's 100th straight dual meet win.

Next, Ridgewood humbled Hackensack, 23-38, and blasted Bloomfield, 15-50, on Sept. 28, and then closed out its dual meet season by clocking Clifton and clobbering Kennedy, each by a

score of 15-50.

Ridgewood also won a team title at the prestigious Shore Coaches Invitational on Oct. 2, totaling 51 points in the varsity B race, with Randolph taking second (11&) and Westfield third (124).

More recently, the Ridgewood girls garnered their third straight Bergen County/Group 4 championship and the Lady Maroons' 15th in the past 16 years.

In the county competition on Saturday, Oct. 23, at Darlington County Park in Mahwah, RHS registered 25 points, while Hackensack was second with 48, Immaculate Heart Academy was third with 64 and Fair Lawn took fourth place with 109.

Ridgewood's first finisher in the county contest was Nowakowski, who finished third, with a time of 19:21.

"This is a very exciting year for us, with a very exciting group of runners," enthuses longtime RHS harrier mentor Jacob Brown of his charges. "We have a group of seniors on this team which is really focused, really ready to get after it."

Next up for the Lady Maroons will be the NJSIAA North Jersey Section 1, Group 4 state championship meet at 11:40 a.m. tomorrow, Saturday, Oct. 30, at Garret Mountain, with the Bergen Meet of Champions set for 2:30 p.m. Saturday, Nov. 6, at Darlington.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET FRESHMEN - J-V CHAMPIONSHIP

COURSE DARLINGTON

DIVISION JUNIOR VARSITY

COURSE RECORD _____

DATE 10-29-99

RIDGEWOOD RECORD _____

WEATHER Sunny and Warm

TYPE OF COURSE _____

"A" TEAM

| FINISH PLACE | TEAM SCORE | NAME | TIME |
|--------------|------------|-----------------|---------|
| 1 | 1 | REBECCA JOHNSON | 21:32.7 |
| 3 | 3 | LESLEY BRUNO | 22:10.4 |
| 5 | 5 | SARA WELLS | 22:46.2 |
| 7 | 7 | KATIE LATANICH | 22:58.7 |
| 9 | 9 | CASSIDY CANZANI | 23:05.3 |
| 12 | 12 | CLARE WEEKS | 23:18.6 |
| 13 | 13 | RUTH VAN YPEREN | 23:19.0 |
| | | | |

TEAM TOTAL: 25

TEAM PLACE: FIRST

TEAM SCORES:

RHS - 25

VERNON - 79

RHS-B - 93

1-5 SPLIT:

1-7 SPLIT:

COMMENTS:

This is a varsity quality Team. The Best JV around.
Darlington team PRs for Cassidy, Clare, and Ruth!

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

19TH ANNUAL
MEET FRESHMAN - JV CHAMPIONSHIP

COURSE DARLINGTON

DIVISION JUNIOR VARSITY

COURSE RECORD _____

DATE 10-29-99

RIDGEWOOD RECORD _____

WEATHER SUNNY and WARM

TYPE OF COURSE _____

"B" TEAM

| FINISH PLACE | TEAM SCORE | NAME | TIME |
|--------------|------------|-----------------|---------|
| 14 | 14 | COLLEEN HERLIHY | 23:19.4 |
| 15 | 15 | CHRISSEY MARTIN | 23:23.6 |
| 17 | 17 | JULIA FORESMAN | 23:36.6 |
| 27 | 23 | PEGGY LYNCH | 24:24.2 |
| 29 | 24 | DIANE NIELSON | 24:31.8 |
| 44 | 33 | SARAH BIGOS | 25:42.8 |
| 51 | 36 | LAUREN LENNON | 26:16.1 |
| 52 | 37 | BRITTANY HEMMEL | 26:16.5 |
| 57 | 40 | DARA HOURDAJIAN | 26:45.1 |
| 66 | 44 | KATE McWHINEY | 27:49.6 |

TEAM TOTAL: 93 TEAM PLACE: 3rd

1-5 SPLIT: 1:12 1-7 SPLIT:

COMMENTS: What a great team we have! Only our "A" team and a partly varsity team from Vernon can beat us!
Darlington PRs for Chrissy Martin and Sarah Bigos.

- | | | | | |
|-----------------------|------------|-------------------|---------------|---------------|
| Girls J-V Race | Ramsey | Manchester(3) | IHA A&B | Ridgefield |
| Ridgewood A-B-C | Ramapo | Pascack Valley | Pompton Lakes | Paramus Cath. |
| No. Highland(2) | Tenafly | Palisades Park(2) | Hackensack | Fort Lee(2) |
| Bergen Tech | Vernon(10) | Mahwah(2) | Paramus(3) | River Dell(2) |
| Bayonne | Kennedy(2) | Teaneck | | |

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET 19TH ANNUAL FRESHMEN-J-V CHAMPS

COURSE DARLINGTON

DIVISION FROSH

COURSE RECORD _____

DATE 10-29-99

RIDGEWOOD RECORD _____

WEATHER SUNNY and WARM

TYPE OF COURSE _____

| FINISH PLACE | TEAM SCORE | NAME | TIME |
|--------------|------------|-----------------|---------|
| 9 | 2 | JACKIE MACCHI | 10:54.9 |
| 12 | 3 | KERRY DOHERTY | 11:14.3 |
| 20 | 9 | KATE McDONAGH | 11:30.2 |
| 31 | 17 | KRISTEN ESPENAK | 12:10.0 |
| 38 | 21 | JENNA RUBINOFF | 12:34.1 |
| | | | |
| | | | |
| | | | |

TEAM TOTAL: 52

TEAM PLACE: 2ND

TEAM SCORES:

RAMAPO - 31

RHS - 52

IHA - 111

KENNEDY - 123

TEANECK - 142

1-5 SPLIT: 1:40

1-7 SPLIT: _____

COMMENTS: Darlington PRs for JACKIE, KERRY + KATE!
RAMAPO is proving to be a very good team. We have another chance at them in the meet of champs. But we meet everyone else!

Frosh Girls:
 Hopatcong(1)
 Pascack Valley
 Lyndhurst(2)
 Cliffside Park (1)
 Fort Lee(3)

Dumont(1)
 Ramsey
 IHA
 Hackensack
 Tenafly
 Kennedy
 Bergenfield(3)
 Ridgefield(9)
 Ridgewood
 River Dell
 Vernon(4)
 Bayonne

Manchester(3)
 Bergen Tech(4)
 Ramapo A&B
 Teaneck
 Garfield
 HAWTHORNE CHRISTIAN(1)

Eastern Christ.(1)
 Pascack Hills(4)
 Pompton Lakes(4)
 Palisades Park(2)
 No.Highlands(1)

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET STATE SECTIONALS

COURSE GARRET MOUNTAIN

DIVISION NORTH I GROUP 4

COURSE RECORD 17:58.5 ^{BRISTI KINATIANN} CONSTANTIN H-S.

DATE 10-30-99

RIDGEWOOD RECORD 18:15 ^{PATTI MILESKI} 1982

WEATHER Foggy! Warm + Humid

TYPE OF COURSE ROCKS + MUDD
A BIT LONG (5SEC)

| FINISH PLACE | TEAM SCORE | NAME | TIME |
|--------------|------------|-------------------------|-------|
| 2 | (2) | CLAIR NOWAKOWSKI | 20:06 |
| 4 | (4) | ALYSON CANGEMI | 20:29 |
| 5 | (5) | KELLY BEHAN | 20:30 |
| 6 | (6) | JULIA BROWNELL | 20:31 |
| 11 | (11) | TAYLOR DUNN -21:18.4 | |
| 13 | | TARA O'NEILL -21:27 | |
| 19 | | ALEXANDRA OROS -22:04.4 | |

GIRLS GROUP 4
Team scores

| | |
|--|----------|
| Ridgewood 28*, Passaic 52*, Hackensack 103*, Vernon 112*, Kearny 142*, North Bergen 149, Union Hill 220, Memorial 226, Clifton 240, West Milford 255, Bayonne 258, Fair Lawn 261, Ferris 363 | |
| 1. Beth Androski, Hackensack | 19:00.79 |
| 2. Clair Nowakowski, Ridgewood | 20:06.61 |
| 3. Shauna Koenig, Hackensack | 20:14.99 |
| 4. Alyson Cangemi, Ridgewood | 20:28.99 |
| 5. Kelly Behan, Ridgewood | 20:30.05 |
| 6. Julia Brownell, Ridgewood | 20:31.35 |
| 7. Shanae Pritchett, Passaic | 20:51.09 |
| 8. Patty Martin, Hackensack | 20:53.32 |
| 9. Shondelle Brathwaite, Passaic | 21:02.57 |
| 10. Melissa Jimenez, Passaic | 21:03.37 |
| 11. Taylor Dunn, Ridgewood | 21:18.38 |
| 12. Meghan Miller, Kearny | 21:19.64 |
| 13. Tara O'Neill, Ridgewood | 21:27.67 |
| 14. Denise DiPaolo, North Bergen | 21:31.16 |
| 15. Yanci Pereira, Memorial | 21:49.11 |
| 16. Genevieve Jeuck, West Milford | 21:51.78 |
| 17. Kristen Cravotta, Vernon | 21:55.53 |
| 18. Otisha Mathis, Passaic | 22:03.31 |
| 19. Alexandra Oros, Ridgewood | 22:04.34 |
| 20. Lisa Waldron, Lincoln | 22:05.32 |
| 21. Legna Vidal, North Bergen | 22:08.95 |
| 22. Stephanie Guzman, North Bergen | 22:09.66 |
| 23. Alexis Wistermayer, Vernon | 22:10.47 |
| 24. Jessica Macaluso, Vernon | 22:11.73 |
| 25. Amy Turr, Vernon | 22:14.19 |

TEAM TOTAL: 28 TEAM PLACE: FIRST

1-5 SPLIT: 1:12 1-7 SPLIT: 1:58

COMMENTS: WE LOOKED VERY GOOD TODAY. WE HAD A GREAT ATTITUDE TODAY. WE PACED WELL TODAY. BUT PROPER PACE IN HIGH SCHOOL MEANS YOU ARE IN A PUSHING + SHOVING CONTEST DURING THE FIRST 1/2 MILE. WE ARE LEARNING HOW TO DEAL WITH THAT. PROPER PACE ALSO ENABLES YOU TO RUN WITH GREAT INTENSITY AT THE END OF THE RACE. WE ARE NOT QUITE DOING THAT YET. WE SHOULD HAVE BEAT SHAVANA UP THE HILL (ALYSON, KELLY, JULIA) WE NEEDED TO GET OUR 1-5 SPLIT UNDER A MINUTE. TARA + TAYLOR NEEDED TO FIND 12 MORE SECONDS. CLAIR +44 sec, ALYSON +39 sec and Julia + 21 sec made big improvements over last years times on a slower course!
SECTIONAL CHAMPS - 8 YEARS IN A ROW.

Another crown for Old Tappan

Ramsey, Ridgewood roll on

By PAUL SCHWARTZ

Staff Writer

WEST PATERSON — Ramsey and Ridgewood, dynasties that have dominated the North Jersey 1 girls cross-country sectionals, continued their long runs with victories Saturday in Group 2 and Group 4, respectively, at the 5,000 meter Garret Mountain course.

But Ramsey's fifth straight win in Group 2 and Ridgewood's eighth straight in Group 4 had to share attention with the end of a dynasty in Group 1, where Ridgefield ended Bogota's five-year reign and the possible beginning of a new dynasty in Group 3, where Northern Valley at Old Tappan won for the second straight year.

The Old Tappan win, 69-74, over Indian Hills, was not the surprise of last year. The Golden Knights were favored, having won the Bergen County Group 3 title last week over Indian Hills.

But the development of the younger OT runners, behind veteran fourth-place finisher Stephanie Davis has Golden Knight coach Cathy Dunn looking forward to contending at the state level in the future.

"We lost three seniors from last year and went to the spring track team and recruited two freshmen to run this year in cross-country," said Dunn. "The big thing is to develop the confidence in our team to get better and better as time goes on."

For the second straight week, junior Shahnaz Iqbal of Bergenfield outran Briana Bayersdorfer of River Dell for the individual title, this time in 20:10.1 on the course slowed by patches of mud.

"I was just trying to stay with Briana to the final 800 like last week [in the Bergen County meet]," said Iqbal. "I don't have

GIRLS CROSS-COUNTRY

unreasonably high expectations for the state meet. I like the challenges of running and I really like winning."

Ridgefield used an 18-second pack between 10th and 18th places to hold off surging Glen Rock, 57-61 for its first sectional title in Group 1 as five-time champ Bogota was third with 79 points.

"Our pack continues to amaze me," said Ridgefield coach Bob Mead. "This team continues to make breakthrough after breakthrough as a group. I wish we could get our first runner in a little quicker, but our runners keep improving as a group."

Christina Mendoza of Hudson Prep became the first Group 1 runner to win three straight titles, running 19:47.08 to beat soph Katy Botsford of Cresskill by more than a quarter mile.

Ramsey's fifth straight win was not achieved without a challenge from Sussex County champion Newton but the Rams prevailed, 44-61, placing four runners in the top 12, led by defending State Group 2 champ Melissa Conway, who battled a cold en route to a 19:34.5 win, 175 yards ahead of teammate Beth Vesey.

"I missed some school last week and I'm going to the doctor again Monday," said Conway. "He thinks it's just a bad cold."

Vesey continued to fashion an excellent season, after having difficulty finishing major races last season.

"She had a great dual meet season, but after the [1998] season was over, we found out that she had a salt problem," said Ramsey



ED HILL/STAFF PHOTOGRAPHER

Ramsey's Melissa Conway winning the Group 2 girls race.

coach John Kirchof. "So now she eats a pickle at lunch every day. She gets kidded about it but it works."

Ridgewood put five runners in the first 11 and seven in the top 19 and easily outran Passaic, 28-82, for its State-record 15th sectional win and eighth straight.

Beth Androski of Hackensack warmed up for a bid at her second straight Group 4 State title in two weeks by winning by nearly 300 yards over Clair Nowakowski of Ridgewood in 19:00.79, an amazing time for the course, generally considered 15-20 seconds slower than normal.

But Androski's win didn't come without a scare. As she started up the hill, a runner from Memorial of West New York appeared to be well ahead. But Androski steamed

by with about 100 meters to go, and it turned out the runner had made a wrong turn and hadn't come near completing the course.

"I thought she was left over from another race," said Androski, who ran more than 30 seconds faster than any other runner Saturday. "From the beginning, I was pretty much by myself so I knew she wasn't ahead of me."

Ridgewood coach Jacob Brown enjoyed his latest victory, led by Nowakowski and seniors Alyson Cangemi, Kelly Behan, and Julia Brownell, who finished 4-5-6. Taylor Dunn was 11th and Tara O'Neill finished 13th.

"It feels better everytime you win because after the first time you win, you just want to keep doing it," he said. "And this team is very strong mentally."

HIGH SCHOOL SPORTS

Ridgefield's balance key to victory

By Jim Hague

Just four years ago, the girls cross-country team at Ridgefield reached an all-time low.

The program consisted of just one runner. "That was it," coach Mike Ryan said. "We had one girl. It was hard to get anyone interested in running."

However, after compiling a team of talented underclassmen, Ryan yesterday enjoyed an amazing turnaround. Led by a balanced performance, with all five scoring runners placing within the top 20, including three in a row, Ridgefield sneaked by Glen Rock, 52-54, to capture the NJSIAA North Jersey, Section 1, Group 1 title at Garret Mountain, West Paterson.

Ryan was amazed with the closeness of the team's times, but had professed such balance all year. Freshman Courtney Reggo was Ridgefield's best finisher at 10th in 23:01.7, but Lori Reisinger (14th in 23:10.5), Lindsey Reggo (15th in 23:14.2) and Sandy Lucev (16th in 23:14.4) nailed down the title.

"We preach the pack philosophy, trying to keep all our runners within 30 seconds of each other," Ryan said. "That seemed to work today. We knew coming into today that we would be the hunted team, so we were still a little nervous. But it's a great moment for us. We turned our program around, using Bogota as a standard."

Ridgefield's victory snapped Bogota's streak of five straight titles. Bogota finished third behind Ridgefield and Glen Rock.

Christina Mendoza of Hudson County Prep won her third straight Group 1 sectional title, marching home by a huge margin in a season-best time of 19:47.1. Mendoza missed most of the week's training, battling a touch of the flu, but still managed to romp, becoming the first-ever Hudson County girl to win three sectional titles.

"Even though I was sick, I wanted to break 20 minutes," Mendoza said. "I'm really surprised. I don't know how I did it. I did this sick. Imagine what I can do if I'm healthy."

In Group 4, the Ridgewood dynasty rolled on, and in dominating fashion, by beating runner-up Passaic, 28-82, for its eighth straight championship. A balanced attack led by Clair Nowakowski (second place), Alyson Cangemi (fourth), Kelly Behan (fifth) and Julia Brownell (sixth) enabled Ridgewood to extend its state sectional record to 14 titles. Beth Androski of Hackensack was the individual winner for the second straight year in 19:00.8.

In Group 3, Old Tappan, paced by a fourth-place finish by Stephanie Davis, won its second straight crown, but not easily, as it



PHOTO BY CHRISTOPHER BARTH

Casie Kerr of Middletown South takes first in the Central Jersey, Group 3 race.

defeated runner-up Indian Hills by just five points. Shahnaz Iqbal of Bergenfield was the class of the field, winning in 20:10.10.

In Group 2, Ramsey, led by repeat winner Melissa Conway (19:34.50) and runner-up Beth Vesey, rolled to its fifth straight title, besting second-place Newton by 17 points.

Maybaum strays off course but still wins

By Mike G. Morreale

Despite a unplanned detour, freshman Kerry Maybaum of West Essex was the first across the finish line yesterday in the NJSIAA North Jersey, Section 2, Group 2 girls cross-country meet at Warinanco Park, Elizabeth.

Running 50 yards off course before realizing her blunder, Maybaum recovered in time to garner her initial sectional gold medal in 20:42.5. Defending champion Caldwell, winner of the Suburban Division in the Northern Hills Conference, took the Group 2 team crown with a 51-70 victory over Chatham.

"With about a quarter-mile left, I went left when I should have stayed straight," said the 5-7 Maybaum. "That's when an official started yelling to me, 'You're going the wrong way!' So, I sprinted back to the regular course. I guess I ran an extra 50 yards total and when I got back, the Mendham runner (Sarah Founds) was about five yards behind me.

Thomas turns heads, runs best time of meet

By Jim Lambert

Rather than boast or make bold predictions, Somerville's Lily Thomas would rather let the clock to do the talking.

Yesterday, it was a statement heard throughout Holmdel Park, when Thomas ran 18:56.4, the fastest time of the meet, to win the NJSIAA Central Jersey, Group 2 girls cross-country title for the second straight year. It was the 31st-fastest time ever run over the 3.1-mile championship course and it distinguished Thomas, a senior, as the eighth-fastest on the course this decade.

It also indicated that Thomas has a shot at winning the Meet of Champions, a title many conceded to Erin Donohue of Haddonfield before the season started.

As usual, Thomas was humble after dropping her personal best at Holmdel by 7.3 seconds.

"I just wanted to break 19 minutes," she said. "I stayed in control the whole race and ran each mile pretty evenly."

Thomas knows now that she's being viewed as someone who could beat Donohue, who ran 18:48.2 at Holmdel earlier this season and 18:27 on the course when she placed second at the M of C last year.

Donohue captures her 3rd sectional title

By Mike Moretti

Excuse Erin Donohue of Haddonfield if her winning time yesterday was somewhat slower than what she ran in winning the South Jersey, Group 1 girls cross-country title last year.

Donohue, a junior who customarily runs by herself way in front of the field, yesterday ran 18:02.90 for her third sectional title and led Haddonfield to the South Jersey Group 2 title at Egg Harbor Township. Haddonfield, which moved up to Group 2 this school year, has now won nine sectional crowns this decade.

Haddonfield, which also received a second-place finish from Mary Mulholland, edged runner-up Bridgeton, 57-62.

In other results, Allison Krayl of Point Pleasant Beach ran a 20:16.80 to win the Group 1 race. She's the third from her school to win a sectional title and the first since Amber Hart in 1995.

Moorestown, No. 2 in The Star-LEDGER Top 20, as expected won Group 3, while in Group 4, Claudine Evangelista of finished first.

GIRLS CROSS-COUNTRY SECTIONAL RESULTS

NORTH JERSEY, SECTION 1
GROUP 4

TEAMS: 1-Ridgewood 28. 2-Passaic 82. 3-Hackensack 103. 4-Vernon 112. 5-Kearny 142. 6-North Bergen 149. 7-Union Hill 220. 8-Memorial (W.N.Y.) 226. 9-Clifton 240. 10-West Milford 255. 11-Bayonne 258. 12-Fair Lawn 261. 13-Ferri 363.

INDIVIDUALS: 1-Beth Androski, Hackensack 19:00.8. 2-Clair Nowakowski, Ridgewood 19:15.3. 3-Shauna Koenig, Hackensack 20:06.7. 4-Alyson Cangemi, Ridgewood 20:15.0. 5-Kelly Behan, Ridgewood 20:29.0. 6-Julia Brownell, Ridgewood 20:30.1. 7-Shanae Pritchett, Passaic 20:31.4. 8-Patty Martin, Hackensack 20:51.1. 9-Shondelle Brathwaite, Passaic 20:53.4. 10-Melissa Jimenez, Passaic 21:02.6.

GROUP 3

TEAMS: 1-Old Tappan 64. 2-Indian Hills 69. 3-Tenafly 94. 4-Ramapo 114. 5-Paramus 152. 6-Demarest 162. 7-Sparta 179. 8-High Point 187. 9-Northern Highlands 187. 10-Passaic Valley 212. 11-River Dell 268.

INDIVIDUALS: 1-Shahnaz Iqbal, Bergenfield 20:10.10. 2-Briana Bayersdorfer, River Dell 20:15.30. 3-Jen Myers, Ramapo 20:28.70. 4-Stephanie Davis, Old Tappan 20:48.60. 5-Jesse Mizzone, Passaic Valley 21:11.80. 6-Carol Bullen, Paramus 21:15.60. 7-Meredith Silberstein, Tenafly 21:37.40. 8-Marianne Petrino, Indian Hills 21:38.20. 9-Marissa Maier, Old Tappan 21:42.40. 10-Margaret Park, Ramapo 21:45.90.

Group 2

TEAMS: 1-Ramsey 44. 2-Newton 61. 3-Dumont 83. 4-Westwood 87. 5-Kittatinny 127. 6-Hopatcong 142. 7-Rutherford 148. 8-Pompton Lakes 206. 9-Emerson Borough 235.

INDIVIDUALS: 1-Melissa Conway, Ramsey 19:34.50. 2-Beth Vesey, Ramsey 20:14.80. 3-Cindy deVries, Newton 20:18.20. 4-Julie Delimon, Hopatcong 20:19.20. 5-Holly Potts, Mahwah 20:28.10. 6-Felicia Chevalier, Dumont 20:52.00. 7-Mary DuVernay, Ramsey 21:10.20. 8-Katie D'Acco, Westwood 21:18.00. 9-Kellie Guth, Newton 21:28.80. 10-Sue Giesemann, Dumont 21:29.40.

GROUP 1

TEAMS: 1-Ridgefield 52. 2-Glen Rock 54. 3-Bogota 71. 4-Palisades Park 73. 5-McNair Academic 99. 6-New Milford 160. 7-Secaucus 165.

INDIVIDUALS: 1-Christina Mendoza, Hudson County Prep 19:47.1. 2-Katy Botsford, Cresskill 21:35.1. 3-Tamara Figlia, North Arlington 21:40.2. 4-Danielle Amato, Saddle Brook 22:06.2. 5-Tyechia Smith, McNair Academic 22:19.3. 6-Lauren Robbins, Glen Rock 22:49.4. 7-Laura McKay, Glen Rock 22:50.4. 8-Stephanie Brown, Bogota 22:57.1. 9-Angela Panuccio, Bogota 23:01.2. 10-Courtney Reggo, Ridgefield 23:01.7.

NORTH JERSEY, SECTION 2

GROUP 4

TEAMS: 1-Columbia 55. 2-Westfield 61. 3-Randolph 63. 4-Roxbury 104. 5-Montclair 144. 6-Union 156. 7-Phillipsburg 193. 8-Livingston 213. 9-Morris Knolls 227. 10-Irvington 229.

INDIVIDUALS: 1-Stephanie Last, Roxbury 19:28. 2-Christina Morgado, Union 20:07. 3-Rebecca Shore, Columbia 20:23. 4-Amina Zohny, Columbia 20:24. 5-Alexis Anzelone, Westfield 20:29. 6-Maura McMahon, Westfield 20:55. 7-Velisa Rios, Randolph 20:55. 8-Kayla Maloney, Randolph 20:57. 9-Ingried Layne, Montclair 20:59. 10-Margaret Davis, Montclair 20:59.

GROUP 3

TEAMS: 1-Morristown 66. 2-Mount Olive 89. 3-West Morris 114. 4-Morris Hills 121. 5-Parsippany 138. 6-Cranford 146. 7-Warren Hills 147. 8-Hackettstown 154. 9-Nutley 160. 10-Milburn 219.

INDIVIDUALS: 1-Marianne Herbst, Mount Olive 19:31. 2-Kim Pereira, Parsippany 19:43. 3-Sarah Spilman, West Morris 20:17. 4-Brianon Shade, Warren Hills 21:01. 5-Anne Lally, Hackettstown 21:16. 6-Courtney Kopf, Nutley 21:16. 7-Amy Maier, Morristown 21:17. 8-Christina Boyle, Nutley 21:19. 9-Laura Koss, Milburn 21:22. 10-Amanda McCurdy, Morris Hills 21:25.

GROUP 2

TEAMS: 1-Caldwell 51. 2-Chatham 70. 3-Summit 71. 4-Mendham 98. 5-Jefferson 117. 6-Pequannock 120. 7-Johnson 150.

INDIVIDUALS: 1-Kerry Maybaum, West Essex 20:42. 2-Sarah Founds, Mendham 20:50. 3-Nouelle Dorrow, Chatham 21:12. 4-Caitlin Christian, Chatham 21:24. 5-Megan McGeltrick, Caldwell 21:37. 6-Sarah Smith, Summit 21:43. 7-Kelly Timoney, Pequannock 21:47. 8-Barbara Nickel, Jefferson 21:59. 9-Robin Kaminski, Caldwell 22:23. 10-Lian Price, Summit 22:46.

GROUP 1

TEAMS: 1-Verona 44. 2-Belvidere 51. 3-Mountain Lakes 119. 4-Technology 121. 5-New Providence 123. 6-North Warren 136. 7-Madison 145. 8-Dayton 214. 9-Cedar Grove 224. 10-Science 241. 11-Butler 251.

INDIVIDUALS: 1-Christine Dobrowski, Mountain Lakes 21:43. 2-Jessica Gordon, Belvidere 21:54. 3-Croin Tosh, North Warren 23:11. 4-Sara Diaz, Technology 23:15. 5-Desi Symons, Verona 23:31. 6-Caroline Clancy, Verona 23:39. 7-Stephanie Oliphant, Belvidere 23:43. 8-Kris Cabildo, New Providence. 9-Lindsay Sheridan, Verona 23:52. 10-Shanna Gabel, Belvidere 23:53.

CENTRAL JERSEY
GROUP 4

TEAMS: 1-Hillsborough 65. 2-Hunterdon Central 74. 3-South Brunswick 94. 4-Freehold 117. 5-Old Bridge 172. 6-Sayreville 208. 7-Edison 222. 8-Howell 233. 9-Middletown North 250. 10-J.P. Stevens 251. 11-East Brunswick 255. 12-West Windsor-Plainsboro 259. 13-Bridgewater-Raritan 288. 14-Woodbridge 305. 15-Piscataway 377. 16-Manalapan 404.

INDIVIDUALS: 1-Lindsey Gallo, Howell 19:51.1. 2-Kristen Meyer, Hillsborough 20:00.6. 3-Deanna Willard, Hillsborough 20:13.8. 4-Anne O'Rane, South Brunswick 20:17.7. 5-Nicole Marzella, Old Bridge 20:24.3. 6-Jenna Fasulo, Hunterdon Central 20:27.7. 7-Neta Ezer, West Windsor-Plainsboro 20:43.6. 8-Ashley Uske, Freehold Township 20:47.8. 9-Jen Gaffey, Freehold Township 20:51.5. 10-Kristan Lucas, Edison 20:51.7.

GROUP 3

TEAMS: 1-Middletown South 27. 2-North Hunterdon 47. 3-Ocean Township 110. 4-Lawrence 120. 5-Watchung Hills 189. 6-Allentown 191. 7-Matawan 216. 8-North Brunswick 225. 9-Red Bank Regional 239. 10-Princeton 259. 11-Hightstown 267. 12-Wall 295.

INDIVIDUALS: 1-Casie Kerr, Middletown S 20:47.7. 2-Christine Boehm, Watchung H 20:51.4. 3-Lauren Dike, Middletown S 20:56.1. 4-Lisa Zino, 20:57.1. 5-Shari Gorga, North Hunterdon 21:10.4. 6-Nicole Dunich, Ocean 21:11.7. 7-Lauren Senske, North Hunterdon 21:15.3. 8-Beth Phillips, N. Hunterdon 21:17.0. 9-Michelle Cullum, Middletown S 21:21.1. 10-Julia Baratta, Middletown S 21:31.8.

GROUP 2

TEAMS: 1-Hopewell Valley 38. 2-Voorhees 56. 3-Holmdel 79. 4-Somerville 118. 5-Ridge 121. 6-Asbury Park 190. 7-Delaware Valley 200. 8-Raritan 207. 9-Montgomery 213. 10-Manasquan 267. 11-Iselin Kennedy 302.

INDIVIDUALS: 1-Lily Thomas, Somerville 18:56.4. 2-Laura Petrillo, Hopewell Valley 19:24.3. 3-Tiffany Rust, Hopewell V 19:33.4. 4-Christina Vullo, Holmdel 20:11.0. 5-Natalie Jones, Hopewell Valley 20:19.3. 6-Sarah Rhodes, Voorhees 20:26.5. 7-Ashley McHugh, Montgomery 20:30.5. 8-Alexis Vergalla, Voorhees 20:33.7. 9-Valerie Felton, Monroe T. 20:35.3. 10-Emily Sarokhan, Ridge 21:07.7.

GROUP 1

TEAMS: 1-Rumson 23. 2-Bernards 67. 3-Metuchen 96. 4-Keansburg 113. 5-Middlesex 128. 6-Shore 152. 7-Highland Park 186. 8-South River 222. 9-Keypport 235. 10-South Amboy 251.

INDIVIDUALS: 1-Christy Planer, Rumson 20:55.5. 2-Jenni Krystopowicz, Rumson 21:02.7. 3-LaTisha Brown, Keansburg 21:07.3. 4-Caitlin Moscatello, Rumson 21:17.2. 5-Jennette Franko, Metuchen 21:47.8. 6-Lesley Barnet, Bernards 21:54.4. 7-Kristen Randall, Rumson 21:53.4. 8-Megan Kayser, Middlesex 21:54.6. 9-Jessica Wassel, Rumson 21:55.5. 10-Lillian Pinaut, Rumson 22:12.5.

SOUTH JERSEY

GROUP 4

TEAMS: 1-Shawnee 67. 2-Toms River East 95. 3-Cherokee 120. 4-Lenape 123. 5-Overbrook 138. 6-Toms River North 148. 7-Absegami 162. 8-Southern Regional 201. 9-Brick 228. 10-Jackson 260. 11-Eastern 296. 12-Washington 327. 13-Cherry Hill East 367. 14-Pennsauken 407. 15-Rancocas Valley 414. 16-Vineland 425. 17-Triton 431. 18-Atlantic City 509. 19-Millville 526.

INDIVIDUALS: 1-Claudine Evangelista, Triton 18:48.10. 2-Jenna Darcy, Shawnee 19:00.30. 3-Robin Van Auker, Highland R. 19:02.40. 4-Jen Blank, TRE 19:03.80. 5-Lindsay Scarborough, Lenape 19:35.40. 6-Dana Palumbo, Shawnee 19:47.20. 7-Melissa Razo, Cherokee 19:51.80. 8-Michelle Bilicki, Cherokee 19:53.90. 9-Allison Venuto, CHE 19:54.8. 10-Kristin Blair, Overbrook 19:56.70.

GROUP 3

TEAMS: 1-Moorestown 46. 2-Toms River South 107. 3-Camden Wilson 110. 4-Ocean City 142. 5-Manchester Twp. 159. 6-Oakcrest 173. 7-Pinelands 209. 8-Cumberland 244. 9-Williamstown 249. 10-Middle Twp., 253. 11-Mainland 271. 12-Egg Harbor 302. 13-Delsea 326. 14-Deptford 333. 15-Central Reg. 381. 16-Lacey 399.

INDIVIDUALS: 1-Brittany McCann, Delsea 19:07.30. 2-Jade Fisher, Deptford 19:18.60. 3-Jessica Curtin, Pinelands 19:23.80. 4-Betsy Buiat, Moorestown 19:33.50. 5-Julia Kuder, Moorestown 19:35.40. 6-Tanesha Shelton, Camden Wilson 19:46.30. 7-Kate Henninger, Manchester Township 19:54.90. 8-Colleen Hughes, Moorestown 19:59.60. 9-Mia Kassa, Camden Wilson 20:02.50. 10-Chelsea Kendrick, Toms River South 20:08.40.

GROUP 2

TEAMS: 1-Haddonfield 57. 2-Bridgeton 62. 3-Kingsway 117. 4-Buena 145. 5-Maple Shade 158. 6-Haddon Township 169. 7-Schalick 184. 8-Point Pleasant Borough 199. 9-Cinnaminson 218. 10-Delran 219. 11-Woodstown 230. 12-Northern Burlington 233.

INDIVIDUALS: 1-Erin Donahue, Haddonfield 18:02.90. 2-Mary Mulholland, Haddonfield 20:07.30. 3-Kathy Pierce, Point Pleasant Boro 20:22.30. 4-Megan Lerch, Kingsway 20:23.60. 5-Rose Gallagher, Maple Shade 20:36.40. 6-Marissa Brown, Haddonfield 20:36.70. 7-Michele Alszczyk, Delran 20:40.20. 8-Colleen Holly, Point Pleasant Boro 20:53.40. 9-Katie Webster, Buena 20:58.30. 10-Marquita Hawkins, Bridgeton 21:07.50.

GROUP 1

TEAMS: 1-Gloucester City 27. 2-Point Pleasant Beach 53. 3-Pitman 57. 4-Wildwood 86. 5-Paulsboro 120.

INDIVIDUALS: 1-Allison Krayl, Point Pleasant Beach 20:16.80. 2-Caitlin Hadley, Gloucester City 21:09.30. 3-Nicole Lempa, Point Pleasant Beach 21:39.70. 4-Jackie Ohlert, Gloucester City 21:43.30. 5-Liz Moritz, Pitman 22:11.30. 6-Jamie Gusrang, Riverside 22:30.60. 7-Zoe Bujak, Palmyra 22:42.00. 8-Lorraine Rodenbaugh, Gloucester City 22:57.60. 9-Regina Bosworth, Woodbury 23:00.90. 10-Eileen Mellon, Gloucester City 23:14.70.

CROSS-COUNTRY

NJSIAA sectional meet

At Garret Mountain, West Paterson

GIRLS GROUP 1

Team scores

Ridgefield 57*, Glen Rock 61*, Bogota 79*, Palisades Park 80*, Academic 110*, North Arlington 172, New Milford 181, Secaucus 184, Becton 203

| | |
|--------------------------------------|-----------|
| 1. Christine Mendoza, Hudson Prep | 19:47.08* |
| 2. Katy Botsford, Cresskill | 21:35.04* |
| 3. Tamara Figlia, North Arlington | 21:40.14* |
| 4. Danielle Amato, Saddle Brook | 22:06.16* |
| 5. Tyechia Smith, Academic | 22:19.27 |
| 6. Lauren Robbins, Glen Rock | 22:49.39 |
| 7. Laura McKay, Glen Rock | 22:50.39 |
| 8. Stephanie Brown, Bogota | 22:57.06 |
| 9. Angela Panuccio, Bogota | 23:01.12 |
| 10. Courtney Reggo, Ridgefield | 23:01.64 |
| 11. Katharine Libretto, Glen Rock | 23:05.72 |
| 12. Keyla Herrera, Palisades Park | 23:06.40 |
| 13. Jaime Donovan, Palisades Park | 23:09.25 |
| 14. Lori Reisinger, Ridgefield | 23:10.47 |
| 15. Lindsey Reggo, Ridgefield | 23:14.18 |
| 16. Sandy Lucev, Ridgefield | 23:14.39 |
| 17. Caitlin Kowalczyk, Waldwick | 23:14.91 |
| 18. Amanda Lavery, Ridgefield | 23:19.62 |
| 19. Amber Neal, Bogota | 23:26.22 |
| 20. Lauren Mantone, Palisades Park | 23:41.63 |
| 21. Kate Hursthouse, Glen Rock | 23:55.37 |
| 22. Annie Matesic, Palisades Park | 23:58.32 |
| 23. Agyeiwa Weathers, Academic | 24:02.75 |
| 24. Anna Roduenko, New Milford | 24:06.70 |
| 25. Denise Swedeski, North Arlington | 24:07.88 |

GIRLS GROUP 2

Team scores

Ramsey 44*, Newton 61*, Dumont 83*, Westwood 87*, Kittatinny 127*, Hopatcong 142, Rutherford 148, Pompton Lakes 206, Emerson 235

| | |
|-------------------------------------|----------|
| 1. Melissa Conway, Ramsey | 19:34.5 |
| 2. Beth Vesey, Ramsey | 20:14.8 |
| 3. Cindy deVries, Newton | 20:18.2 |
| 4. Julie Delimon, Hopatcong | 20:19.2* |
| 5. Holly Potts, Mahwah | 20:28.1* |
| 6. Felicia Chevalier, Dumont | 20:52.0 |
| 7. Mary DuVernay, Ramsey | 21:10.2 |
| 8. Katie D'Acco, Westwood | 21:18.0 |
| 9. Kellie Guth, Newton | 21:28.8 |
| 10. Sue Giesemann, Dumont | 21:29.4 |
| 11. Jacquie Sobotka, Hopatcong | 21:38.1 |
| 12. Sabrina Silverstein, Ramsey | 21:39.3 |
| 13. Jill Rabadan, Westwood | 21:44.5 |
| 14. Shenee Clarke, Ridgefield Park | 21:48.7 |
| 15. Jessica Thompson, Newton | 21:50.2 |
| 16. Kristen Varina, Hawthorne | 21:59.1 |
| 17. Sophia Barton, Leonia | 21:59.4 |
| 18. Alison Buckley, Newton | 22:14.5 |
| 19. Amy Gohlich, Westwood | 22:21.2 |
| 20. Andrea Salmon, Pascaack Hills | 22:26.6 |
| 21. Kyle Hoskin, Rutherford | 22:28.1 |
| 22. Andrea Santonastaso, Kittatinny | 22:29.0 |
| 23. Amy Bembridge, Dumont | 22:36.0 |
| 24. Nicole Stinson, Westwood | 22:39.8 |
| 25. Kate Nolan, Kittatinny | 22:40.4 |

GIRLS GROUP 3

Team scores

NV/Old Tappan 69*, Indian Hills 74*, Tenafly 99*, Ramapo 119*, Paramus 159*, NV/Demarest 168, Sparta 184, High Point 193, Northern Highlands 193, River Dell 209, Passaic Valley 223, Cliffside Park 346

| | |
|---------------------------------------|----------|
| 1. Shahnaz Iqbal, Bergenfield | 20:10.1* |
| 2. Briana Bayersdorfer, River Dell | 20:15.3* |
| 3. Jen Myers, Ramapo | 20:28.7 |
| 4. Stephanie Davis, NV/Old Tappan | 20:48.6 |
| 5. Jesse Mizzone, Passaic Valley | 21:11.8* |
| 6. Carol Bullen, Paramus | 21:15.6 |
| 7. Meri Silberstein, Tenafly | 21:37.4 |
| 8. Marianne Petrino, Indian Hills | 21:38.2 |
| 9. Marissa Maier, NV/Old Tappan | 21:42.4 |
| 10. Margaret Park, Ramapo | 21:45.9 |
| 11. Jai-Marie Zacco, NV/Old Tappan | 21:56.4 |
| 12. Erin Bauberger, Indian Hills | 21:59.2 |
| 13. Maria Pavkovic, Garfield | 22:02.2 |
| 14. Audrey Holst, Indian Hills | 22:03.8 |
| 15. Sheila Chithran, NV/Demarest | 22:04.8 |
| 16. Virginia Westervelt, NV/Demarest | 22:05.0 |
| 17. Laura Hemmert, Northern Highlands | 22:07.0 |
| 18. Ava Scacchetti, Pascaack Valley | 22:09.9 |
| 19. Anne Dillon, Sparta | 22:10.7 |
| 20. Eileen O'Dea, Lakeland | 22:25.4 |
| 21. Tamara Mans, NV/Old Tappan | 22:27.5 |
| 22. Julia Emanuel, Tenafly | 22:28.4 |
| 23. Krystal Cordero, Passaic Valley | 22:28.9 |
| 24. Melissa Mills, Paramus | 22:29.7 |
| 25. Carolyn Filardo, Indian Hills | 22:32.1 |

HIGH SCHOOL SPORTS

Verona's Symons makes most of opportunity

By Jim Lambert

Desi Symons was waiting anxiously all last week. Her coach at Verona, John Brennan, was trying to decide whether to insert Symons into the lineup for the state North Jersey, Section 2, Group 1 race Saturday.

"I was very nervous," Symons said. "All week I was hoping I would get the opportunity to run."

Finally on Thursday, Brennan made up his mind and gave Symons, a freshman, the good news.

"I was so happy, but at the same time I was very nervous," Symons said. "I knew what an important race it was and that my team was counting on me to run well. I didn't want to let them down."

GIRLS X-C NOTEBOOK

She didn't. Led by Symons, fifth in 23:31.2 over the 3.2-mile course at Warnanco Park in Elizabeth, Verona captured the school's first sectional title by outpacing runner-up Belvidere, 44-51.

Brennan's decision may have been his best in five years as head coach.

"I got lucky," Brennan said. "I was either going to run Desi or Jenny Kirby. I promised that whoever didn't run would run in the (Essex) county race (scheduled for tomorrow). When I picked Desi, I had no idea she'd be our top finisher. I was shocked at how well she ran and equally surprised when we finished first as a team."

It was just Symons' second time running with the varsity this season. But it took far more than just Symons' clutch effort for Verona to win. She had an excellent supporting cast.

Behind Symons in Verona's tight pack were junior Caroline Clancy, sixth in 23:39.6, sophomore Lindsey Sheridan, ninth in 23:52, senior Lindsay Koes, 11th in 23:57.7, junior

Runner of the Week

Name: Stephanie Last
School: Roxbury
Class: Junior
Height: 5-7



Key statistics: Last became the first sectional champion from her school since 1990 when she won the North Jersey, Section 2 Group 4 title in 19:28.9 last Saturday at Warnanco Park, Elizabeth.

Did you know? In 1998, Last was fourth in North Jersey, Section 2 Group 4 and 20th at the NJSIAA Meet of Champions.

Joanne Swatt, 12th in 23:59.0, and senior Katie Hildebrandt, 15th in 24:20.8. Sophomore Meaghan Walsh, normally in the top five, dropped out because of illness. Verona's first and sixth runners were separated by just 49 seconds.

Verona's remaining goals are to run well at the Essex County meet tomorrow at Brookdale Park in Bloomfield and place higher than 14th, its highest finish, at the state Group 1 meet Nov. 13 at Holmdel Park.

Herbst vs. Last

Stephanie Last of Roxbury and Marianne Herbst of Mount Olive, two of the hottest runners in the state, will clash Saturday at the Morris County Championships in a race that may well go down to the wire. The meet is scheduled to start at 1:30 p.m. at the Nabisco complex in East Hanover. The girls varsity race is expected to start at 2:30 p.m.

In their only meeting this season, Herbst was fourth in 19:30.6 and Last placed sixth in 19:47.4 at the Roxbury Class meet on Sept. 18. Both Last and Herbst have recorded big victories in their last two races.

On Oct. 23, Last won the Iron Division title in 19:36.4 and Herbst ran 19:53.0 to take the Hills Division title at the Iron Hills Conference meet at Warnanco in Elizabeth. Last Saturday, they returned to Warnanco and Last ran 19:28.9 in winning the North Jersey, Section 2, Group 4 race. Herbst won Group 3 in 19:31.7.

"It should be very close," Herbst said. "I think it's up for grabs between myself, Last, Kim Pereira of Parsippany Hills and Sara Spilman of West Morris."

The prediction is for Herbst to win in about 19:20, with Last right behind her.

Finishing kick

The Essex County Championship meet scheduled for tomorrow will be held for the first time at Brookdale Park in Bloomfield. The meet had been conducted at Branch Brook Park in Newark since the 1960s, but poor facilities there forced the meet to be moved. The varsity girls race is scheduled for 3 p.m. Columbia, No. 6 in The Star-Ledger Top 20, figures to repeat.

Guiney twins star at B.C.

The Guiney twins, Cate and Maggie, are having great freshman seasons at Boston College. At the Big East Championships on Friday at Van Cortlandt Park in the Bronx, Cate was sixth in 17:42 and Maggie 13th in 18:00 to help Boston College place fourth. Also in that race, Georgetown's Kathleen Linck, a senior out of Bishop Eustace High, was fifth in 17:42, and teammate Lorena Adams, a junior out of Manchester Township, was 14th in 18:02 to lead the Georgetown to the team title.

Another New Jersey product, Sara Tindall, is having quite a season at Brown University. The junior, who ran at Pingry in Martinsville, won the Ivy League title Friday in 17:50 at Van Cortlandt, becoming the first woman from her school to capture that crown.

Back in the fast lane

One of the biggest victories during Sectional Saturday was Hillsborough's 65-74 decision over runner-up and defending champion Hunterdon Central. It was the first title for Hillsborough, which came into the meet at No. 18. Hunterdon Central was No. 4.

One of the keys for Hillsborough was the performance of senior Heather Laine, who has nagged by an Achilles tendon injury the past two years. Laine, 40th at the Meet of Champions as a sophomore in 20:35.40, was 12th Saturday in 21:09.8. That's a drop of 54 seconds from what she ran Oct. 2 at the Shore Coaches Meet at Holmdel.

"I ran off-and-on the last two years and I still feel a little discomfort," Laine said. "But this is the best I felt since the injury, and it makes all the pain I've gone through worth it."

Hillsborough also received great performances from its top two runners, Kristen Meyer, second in

GIRLS CROSS-COUNTRY TOP 20

- | | |
|----------------------|---------------------|
| 1-Hopewell Valley | 11-Voorhees |
| 2-Moorestown | 12-Ramsey |
| 3-Ridgewood | 13-Randolph |
| 4-Shawnee | 14-Toms River South |
| 5-Middletown South | 15-Camden Wilson |
| 6-Columbia | 16-Rumson |
| 7-Hillsborough | 17-North Hunterdon |
| 8-Toms River East | 18-Passaic |
| 9-Westfield | 19-Cherokee |
| 10-Hunterdon Central | 20-Lenape |

20:00.6, and Deanna Willard, third in 20:13.8.

Back to back

Middletown South, at No. 5, is attempting to become the first public school to win successive Meet of Champions titles since North Hunterdon captured its fourth straight in 1986.

"I think we have a shot at it," Middletown South sophomore Casie Kerr said. "We've gotten better each week and I think our best races are still ahead of us."

Kerr, in just her second race with the varsity this season, won the Central Jersey, Group 3 title in 20:47.7 Sunday to lead her team to victory.

"We have a such a tight pack that in every race someone else is our No. 1 runner, and today it was just my turn," Kerr said.

Middletown South probably has surprised a lot of people. After all, it lost five of its top seven runners from a year ago, including All-State twins Cate and Maggie Guiney, yet has won the Monmouth County and Central Jersey, Group 3 titles and is a contender to win the M of C.

"We wanted to show people that no matter who we lose we will still be strong enough to run with the top teams in the state," Kerr said.

"I think we have as good a chance as anyone of winning it all," Kerr said,

"but there are a lot of teams that can say that."

Middletown South coach Karl Torchia said his team is capable of repeating.

"There are about five teams that have a legitimate shot at winning the Meet of Champions," Torchia said. "And I think we are one of those teams. The bigger the races the better we will do because our pack is so tight. I believe we will run our best at the Meet of Champions."

Places to be

Revenge will be on the mind for Hunterdon Central when it competes against Hillsborough tomorrow at the Skylands Conference Championships, scheduled for 2 p.m. at Deer Path Park in Readington.

Hillsborough, at No. 7, knocked off No. 10 Hunterdon Central on Saturday to win the Central Jersey, Group 4 title at Holmdel Park. But it's hardly a two-team race. Also competing will be No. 11 Voorhees and No. 17 North Hunterdon.

The Shore Conference Championships are scheduled for Saturday at Ocean County Park in Lakewood. The girls varsity race is set for 2:40 p.m. Middletown South and Lindsey Gallo of Howell are the favorites. Red Bank Catholic has won the last two and five of the last six.

GIRLS CROSS-COUNTRY INDIVIDUAL LEADERS

| | | | |
|--------------------------------|------------------------------------|-----------------------------------|----------------------------------|
| GROUP 4 | GROUP 3 | GROUP 2 | GROUP 1 |
| 1-Beth Androsko, Hackensack | 1-Marianne Herbst, Mount Olive | 1-Erin Donohue, Haddonfield | 1-Christina Mendoza, Hudson T |
| 2-Lindsey Gallo, Howell | 2-Kim Pereira, Parsippany | 2-Lily Thomas, Somerville | 2-Alysson Kravt, Pt. Beach |
| 3-Claudine Evangelista, Triton | 3-Shahraz Iqbal, Bergenfield | 3-Melissa Conway, Ramsey | 3-Christy Planter, Rumson |
| 4-Jenna Darcy, Shawnee | 4-Brittany McCann, Delsex | 4-Laura Pettilio, Hopewell Valley | 4-Jenni Krystopowicz, Rumson |
| 5-Stephanie Last, Roxbury | 5-Briana Bayersdoerfer, River Dell | 5-Tiffany Rust, Hopewell Valley | 5-LaTisha Brown, Keansburg |
| 6-Czar Nowakowski, Ridgewood | 6-Jane Fisher, Deptford | 6-Christina Vullo, Holmdel | 6-Caitlin Moscatello, Rumson |
| 7-Robin Van Aulken, Highland | 7-Sarah Spilman, West Morris | 7-Natalie Jones, Hopewell Valley | 7-Katlyn Botsford, Gresskill |
| 8-Jen Blank, Toms River East | 8-Jessica Curtin, Pinelands | 8-Sarah Rhodes, Voorhees | 8-Christine Dobrowski, Mtn. Lks. |
| 9-Kristen Meyer, Hillsborough | 9-Jen Myers, Ramapo | 9-Beth Vesey, Ramsey | 9-Jeanette Franko, Metuchen |
| 10-Christina Morgado, Union | 10-Betsy Bulat, Moorestown | 10-Cindy DeVries, Newton | 10-Tamara Figla, N.J. Arlington |

GIRLS CROSS-COUNTRY TEAM LEADERS

| | | | | |
|---------------------|------------------------|-------------------|--------------------|------------------------------|
| GROUP 4 | GROUP 3 | GROUP 2 | GROUP 1 | PAROCHIAL |
| 1-Shawnee | 1-Moorestown | 1-Hopewell Valley | 1-Rumson | 1-Megan Murphy, Pope John |
| 2-Ridgewood | 2-Middletown South | 2-Voorhees | 2-Bernards | 2-Kelly Byrnes, Red Bank C |
| 3-Columbia | 3-North Hunterdon | 3-Ramsey | 3-Ridgely | 3-Taryn Landers, St. Rose |
| 4-Hillsborough | 4-Toms River South | 4-Haddonfield | 4-Pingry | 4-Nicole Kurtain, Notre Dame |
| 5-Toms River East | 5-Camden Wilson | 5-Holmdel | 5-Gloucester City | 5-Danese Joiner, Red Bank C |
| 6-Westfield | 6-Ocean City | 6-Newton | 6-Holy Spirit | 6-Deanna Koss, Holy Cross |
| 7-Hunterdon Central | 7-Moorestown | 7-Bridgeton | 7-Bishop Eustace | 7-Caroline Bugg, Newark A |
| 8-Randolph | 8-Mount Olive | 8-Somerville | 8-Immaculate Heart | 8-Rachel Watson, Msgr. Dono |
| 9-Passaic | 9-Old Tappan | 9-Dumont | 9-St. John Vianney | 9-Carey Mayo, Msgr. Donovan |
| 10-Cherokee | 10-Manchester Township | 10-Ridge | 10-Belvidere | 10-Jody Benedict, Vianney |

Androski looks to continue winning ways

By PAUL SCHWARTZ
Staff Writer

It's rare when the defending champion in the Bergen Meet of Champions is not the favorite the following year.

And junior Melissa Conway of Ramsey would normally be the favorite to become the first repeat champion in the girls meet since Jasmin Jones of Hackensack went back-to-back in 1985-1986.

But when the gun goes off 2:30 p.m. Saturday at Darlington County Park in the 27th renewal of the meet, Conway will find herself the second choice behind Hackensack senior Beth Androski, the runner-up last season.

Conway, the defending State Group 2 champion is running well, but has been hampered by a cold. Androski, the 1998 State Group 4 champ, is in peak shape, coming off her spectacular back-to-back wins in the Bergen 4 and sectional 4 races. She owns the second-fastest time ever at Darlington (18:17) and the third fastest of the Nineties at Garret Mountain (19:01) on arguably slow courses.

The duo figures to run away from the

rest of the 100-plus field, with Shauna Koenig of Hackensack next and a group that includes Group 3 champ Shahnaz Iqbal of Bergenfield, Briana Bayersdorfer of River Dell, Holly Potts of Mahwah, Beth Vesey of Ramsey, Jen Myers of Ramapo, and Clair Nowakowski and Kelly Behan of Ridgewood rounding out the top 10 in no particular order.

A dark-horse candidate for the top 10 would be Hackensack's Patty Martin, fourth last year but coming back slowly from an injury that has hampered her this year.

Ridgewood will dominate as usual for an eighth straight team title and 19th in the past 20 years. Ramsey should outrun Hackensack for second, with Northern Valley/Old Tappan battling IHA, Indian Hills, Westwood, Ramapo, and Dumont for the final two top-five slots.

The boys race is probably the most wide open of the Nineties, with no clear-cut favorite. At least 20 runners have good chances to crack the top 10.

| TOP 1999 DARLINGTON PARK TIMES | |
|--|---|
| BOYS | GIRLS |
| 1. Owen Tonkins, Eastside 16:20 (133) | 1. Beth Androski, Hackensack 18:19 (2) |
| 2. Frank Browne, Hackensack 16:27 (147)* | 2. Melissa Conway, Ramsey 19:02 (13)* |
| 3. Marquise Singletary, Hackensack 16:32 (161) | 3. Shauna Koenig, Hackensack 19:09 (116) |
| 4. Josh Robinson, River Dell 16:38 (181) | 4. Clair Nowakowski, Ridgewood 19:22 (121) |
| 5. Mike Rogers, Garfield 16:40 (188) | 5. Holly Potts, Mahwah 19:25 (124) |
| 6. Matt Collins, Ramsey 16:42 | 6. Shahnaz Iqbal, Bergenfield 19:27 (127) |
| 7. Cole Dailey, Rutherford 16:42 | 7. Briana Bayersdorfer, River Dell 19:27 (127)* |
| 8. Adrian Castano, Palisades Park 16:44 | 8. Kelly Behan, Ridgewood 19:30 (133)* |
| 9. Ryan Miller, Bergen Catholic 16:45 | 9. Beth Vesey, Ramsey 19:36 (139) |
| Andrew Lovrich, Ramsey 16:45 | 10. Jen Myers, Ramapo 19:40 (144) |
| Chris Reinert, Don Bosco Prep 16:45 | |

All-time ranking in parentheses.
* - has better time in 1997 or 1998

Frank Browne of Hackensack, last year's third-place finisher, is running beautifully, winning the Group 4 State sectional despite being interfered with by a young child who caused him to fall less than a quarter-mile from the finish last week.

Browne probably is the shaky favorite, but Group 2 titlist Mike Collins of

Ramsey (ninth last year), Group 3 titlist Mike Rogers of Garfield (33rd), Cole Dailey of Rutherford (16th), Erik Larsen of Rutherford (13th), freshman Andrew Lovrich of Ramsey, sophomore Josh Robinson of River Dell (40th), Marquise Singletary of Hackensack (19th), and Ryan Miller of Bergen Catholic (11th) are capable of winning.

Of course half of the above group might not even make the top 10 as 25 runners were timed between 16:40 and 17:15 for the 500-meter Darlington course at the County group races two Saturdays ago.

Don Bosco Prep is a comfortable but not an overwhelming team favorite, and the winning total might be the highest since Paramus Catholic scored 103 to win in 1975.

Hackensack, with a terrific top three, might be second, but the Comets are not expected to win because of a weak pack. Rutherford and Palisades Park should have better chances to beat Bosco, but they need stronger races than they ran in the County group meet. River Dell, St. Joseph Regional, and Ramsey should battle for the final top-five slot, with the Golden Hawks a dark horse to win if Mike Scaturro can repeat his brilliant race at last week's sectional.

The boys race starts at 3 p.m. on the spectator-friendly Darlington course.

Frosh star overlooked

Don Bosco's Gerboth could be future force

It truly has been the year of the freshman in cross-country, especially on the boys side with talented freshmen like Andrew Lovrich of Ramsey, Alex Marcoulides of Mahwah, and Scott Knackmuhs of Ramapo all expected to finish in the top 25 at Saturday's Bergen Meet of Champions at Darlington County Park.

Cresskill's Steve Begley finished in the top 10 in the County Group 1 meet and Ted Siebold of Northern Valley at Demarest has top 20 finishes in the NBIL, Group 3 Sectional, and Bergen Group 3 championships. Tenafly's Brendan Sullivan was seventh in the BCSL American meet and qualified as a wild card for Saturday's BMO.

But one freshman who might be as good as any is Peter Gerboth of Don Bosco Prep, who won't get a chance to run varsity until at least next season.

Gerboth set school records on the Van Cortlandt Park, Darlington, and Warrinanco Park freshman courses en route to four major freshman titles.

He won the Manhattan Invitational freshman race in 8:44, the Bergen Group 3-4 freshman race in 8:37, the NNJL freshman race at Garret Moun-

tain, and last Saturday won the 3,600-meter NJCTC frosh race in 12:27.

Gerboth helped the Ironmen to wins in the NNJL and Bergen Frosh races and seconds in the Manhattan and NJCTC races. But because the Bosco varsity is strong and deep, he has not been brought up to varsity this year and will run Saturday in the Meet of Champions Freshman Invitational.

But for the next three years, as the area sees an unprecedented group of excellent ninth and 10th graders, Gerboth is sure to make his presence felt.

GET WELL QUICKLY — Veteran Wayne Hills coach John Bradley, who has guided the Patriots cross-country team for more than 30 years and had announced his intention to retire at the end of this season, suffered a heart attack Thursday at school at is resting comfortably at Chilton Memorial Hospital.

Bradley, the winningest coach in school history in both cross-country and girls basketball, led the Patriots to the 1993 Group 3 Sectional and NBIL titles in cross-country led by Doug Carter, who finished in the State Meet of Champions that year. Carter later went on to run at St. Joseph's College.

ALL-BERGEN MEETING SET — The all-Bergen cross-country meetings will be held Tuesday, Nov. 23 at the Maywood Avenue School in Maywood. The girls meeting will begin at 4 p.m. followed by the boys meeting at 5 p.m. All coaches are invited to attend the

meeting but only one league representative may vote.

'ROSS-COUNTRY TIDBITS — DePaul's Mike Yorey was one of the most improved runners in the area this year, finishing seventh in the Northern Hills Suburban, and sixth in the Passaic County meet, and has a chance to qualify at the state Parochial meet.

Last year, Yorey never made the top 25 of a major meet.

"I'm a lot more focused this year than I was last year," said Yorey. "I was disappointed that I didn't have a better conference meet but I'm glad I was able to come back in the county meet. Now I really want to do well in the state meet."

Manhattan freshman Thomas Baldwin of Hackensack, who is red-shirting this year, won the Kurt Steiner 5K at Van Cortlandt Park in 16:15 two weeks ago.

MAJOR MEET SCHEDULE

Saturday
Bergen County Meet of Champions, Darlington Park, Mahwah
Saturday, Nov. 13
State Group Championships, Holmdel
Saturday, Nov. 20
State All-Groups Championships, Holmdel
Saturday, Nov. 27
Foot Locker Regional Championship, Van Cortlandt Park, New York

GIRLS RANKINGS

CROSS-COUNTRY

BERGEN GROUP 1-2

1. **Ramsey** — With five straight County Group 2 and State sectional 2 meets in their pocket, the Rams turn their attention to the Bergen Meet of Champs for a sixth straight top-three finish.

2T. **Westwood** — The Cardinals were a solid second in the Bergen Group 2 race, but finished four points behind Dumont in fourth place in the State sectional 2 meet.

2T. **Dumont** — The Huskies return to the BMO for the first time in nine years off their best performance of the year, a third-place finish in the State sectional Group 2 meet.

4. **Ridgefield** — In a year of firsts for the Royals, the two biggest were wins in the Bergen 1 and State sectional 1 championships the past two weeks. Saturday is their first trip to the BMO.

5. **Glen Rock** — The Panthers moved within four points of Ridgefield in the Group 1 sectionals and may be poised to make a run at a second straight State Meet of Champions berth next week.

Also: Bogota, Palisades Park.

BERGEN GROUP 3-4

1. **Ridgewood** — The Maroons are easily favored to win their eighth straight BMO title and amazingly, their 19th in the past 21 years. After that the Maroons shoot for a repeat Group 4 title.

2. **Hackensack** — The Comets have the best one-two punch in the County and maybe the best in the state. With the steady improvement of Patty Martin, they have as good a trio as anyone.

3. **Northern Valley/Old Tappan** — The Golden Knights move up a spot on the strength of

their first Triple Crown in 17 years, and may be ready to make a run at a top-five finish in the State Group 3 meet.

4. **Immaculate Heart Academy** — The Blue Eagles qualified for a ninth straight BMO and hope for a seventh top-five finish in the BMO.

5. **Indian Hills** — The Braves came within five points of a sectional title and they haven't been healthy all season. The Braves also had a good second-place finish in the Bergen Group 3 meet.

Also: Ramapo, Tenafly.

PASSAIC/MORRIS

1. **Passaic** — The Indians easily won the Passaic meet with the lowest score in the meet's history and then followed with an excellent second-place finish in the Group 4 sectionals.

2. **Clifton** — The Mustangs had an outstanding second-place finish in the Passaic County meet and finished ahead of all the other Passaic teams with a ninth place in the sectionals.

3. **Wayne Valley** — The Indians were third in the Passaic County meet, but chose to skip the sectional meet with a young and inexperienced team.

4. **West Milford** — The Highlanders were fourth in Passaic County, but despite the 16th-place finish by Genevieve Jeuck in the sectional 4 meet, they were only 10th in the team race.

5. **Passaic Valley** — Jesse Mizzone qualified for the State Group 3 championship, but the Hornets are still a year away from being a County and sectional contender.

Also: DePaul, Eastern Christian, Pompton Lakes.



PAUL SCHWARTZ
CROSS-COUNTRY

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET BERGEN MEET OF CHAMPS

COURSE DARLINGTON

DIVISION _____

COURSE RECORD _____

DATE 11-6-99

RIDGEWOOD RECORD _____

WEATHER SUNNY & WARM

TYPE OF COURSE _____

| FINISH PLACE | TEAM SCORE | NAME | TIME |
|--------------|------------|------------------|---------|
| 3 | 2 | CLAIR NOWAKOWSKI | 19:13.8 |
| 5 | 3 | KELLY BEHAN | 19:29.0 |
| 7 | 5 | ALYSON CANGEMI | 19:36.2 |
| 10 | 7 | JULIA BROWNELL | 19:52.2 |
| 17 | 14 | TARA O'NEILL | 20:27.9 |
| 21 | 18 | TAYLOR DUNN | 20:50.4 |
| 23 | 20 | REBECCA JOHNSON | 20:53.4 |
| | | | |

TEAM TOTAL: 31

TEAM PLACE: FIRST

1-5 SPLIT: 1:14

1-7 SPLIT: 1:40

COMMENTS: OUR TEAM LOOKED VERY GOOD TODAY. CLAIR GOT A TROPHY. KELLY SOLIDIFIED ALL COUNTY, ALYSON RAN A BIG PR AND WILL GET AN ALL COUNTY LOOK. JULIA TARA AND REBECCA ALL HAD SEASONAL PRs. WE ARE CAPABLE OF RUNNING SOME BIG PRs AT HOLMDEL.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET MOC FROSH MEET

COURSE DARLINGTON

DIVISION _____

COURSE RECORD _____

DATE 11-6-99

RIDGEWOOD RECORD _____

WEATHER SUNNY and Warm

TYPE OF COURSE _____

| FINISH PLACE | TEAM SCORE | NAME | TIME |
|--------------|------------|-----------------|---------|
| 5 | 2 | JACKIE MACCHI | 11:02.8 |
| 9 | 4 | KERRY DOHERTY | 11:40.5 |
| 15 | 8 | KRISTEN ESPENAK | 11:58.0 |
| 19 | 11 | KATE McDONOUGH | 12:06.0 |
| 23 | 15 | JENNA RUBINHOFF | 12:12.2 |
| 34 | 23 | LIZ BEDFORD | 13:21.7 |
| | | | |
| | | | |

TEAM TOTAL: 40

TEAM PLACE: 1ST

1-5 SPLIT: 1:10

1-7 SPLIT: _____

COMMENTS:

A SWEET END OF THE SEASON WIN. WE HAVE A GREAT TEAM + HAD A GREAT SEASON. JENNA'S DARLINGTON PR IN 23RD PLACE GAVE US THE CLOSE 3 POINT WIN OVER HOLY ANGELS!

TEAM SCORES:

- 40 Ridgewood (2,4,8,11,15,23)
- 43 Holy Angels (1,6,10,12,14,22,28)
- 82 Ridgefield (5,13,19,20,25,31)
- 85 RiverDell (3,7,16,29,30,34,35)
- 103 Teaneck (9,17,18,27,32)

Dailey bests rival to win MOC title

Androski triumphs in girls race

By PAUL SCHWARTZ

Staff Writer

MAHWAH — Six times in the past two years, junior cross-country standouts Cole Dailey of Rutherford and Matt Collins of Ramsey met in major championships. Collins had won five of the races, but Dailey was always close, losing by only 20 yards in last week's Group 2 sectionals.

But Dailey finally caught Collins Saturday with less than 200 meters to go in the Bergen Meet of Champions, and sped by to win. Dailey ran the 5,000 meters in 16:16.10 to win by 40 yards. Group 4 champ Frank Browne of Hackensack was third, and Group 3 champ Mike Rogers of Garfield was fourth.

CROSS-COUNTRY

"About halfway in the race, I hoped just to put on a move to try and get second," said Dailey, who was eighth in the Group 2 race two weeks ago because of a sore Achilles' tendon. "Then I caught up to Frank and I could see Matty right in front of me, so I just took off and tried to get him."

Collins, ninth in last year's BMOC, was en route to a personal best for the distance, but knew he was in trouble when he heard someone yell. "Cole's only 20 yards behind."

"I had made a big move up the hill on the second time across the sand," said Collins. "I was trying to take the kick out of some of the runners and then when I heard them yell that Cole was close, I was worried about his kick."

Dailey quickly drew alongside Collins and then just as quickly drew away, steaming across the finish line.

"It was really doing my hair blond that did it," he said with a laugh. "I decided to go all blond on Thursday to make it stand out."

Hackensack's Beth Androski, as expected, stood out well ahead of the girls' field en route to her easy victory in 18:39.59, 130 yards ahead of first-year cross-country runner Shahnaz Iqbal of Bergenfield, a junior.

With defending champion Melissa Conway of Ramsey out with a bad cold, Androski knew she wouldn't approach the course record of 17:49, or even her own time of 18:18 in winning Group 4 last week.

"I just decided to go out and run my race," said Androski, the defending Group 4 state champion. "Everyone went out so fast in the beginning, I just relaxed and waited for everything to sort itself out."

Androski took the lead just before the mile mark and then stretched it to 60 yards by the midway point. The second half of the race was just Androski pulling away for the easy win.

Both favorites won the team championships, with Don Bosco Prep winning its fourth boys championship of the decade in a closer than expected 86-103-111 battle with Group 2 champ Rutherford and Group 3 titlist River Dell. It was the second-highest winning score in meet history.

In contrast, Ridgewood's 31-117 win over a Conway-less Ramsey, was with the third-lowest point total ever, trailing only the Maroons' 20-point totals in both 1980 and 1992.

"I knew we were going to win," said Ridgewood coach Jacob Brown, whose team won for the 19th time in the past 20 years. "But I really was concerned about the way we would win."

Brown needn't have worried. The Maroons warmed up defense of their Group 4 state crown and a shot at the State Meet of Champs title Nov. 20 by placing its seven runners in the top 23, with five of the seven recording personal bests on the Darlington course.

Sophomore Clair Nowakowski led the way in third place, followed by 1997 champ Kelly Behan in fifth, Alyson Cangemi in seventh, and Julia Brownell 10th, all under 20 minutes. Tara O'Neill was 17th, Taylor Dunn 21st, and Rebecca Johnson 23rd for Ridgewood.

Don Bosco wasn't as good, but the Iron-



DON SMITH/STAFF PHOTOGRAPHER

Cole Dailey is the upset winner of the Meet of Champions boys race.



DON SMITH/STAFF PHOTOGRAPHER

Hackensack's Beth Androski adds the Bergen MOC crown to her string of titles.

men put four runners between ninth and 22nd places, all juniors, led by Rich Weimert. Senior Shane Dougherty, recovering from injury, was Bosco's fifth man in 44th place.

CROSS-COUNTRY

Bergen Meet of Champions

At Darlington Park, Mahwah

GIRLS TEAM SCORING

| | | |
|---|--|----------|
| Ridgewood 31, Ramsey 117, Indian Hills 123, Immaculate Heart Academy 133, NV/Old Tappan 137, Ramapo 138, Hackensack 147, Westwood 160, Dumont 183, Palisades Park 271, Glen Rock 289, Ridgefield 307. | 1. Beth Androski, Hackensack (12) | 18:39.59 |
| | 2. Shahnaz Iqbal, Bergenfield (11) | 19:08.66 |
| | 3. Clair Nowakowski, Ridgewood (10) | 19:13.76 |
| | 4. Erinna Bayerdorfer, River Dell (10) | 19:20.17 |
| | 5. Kelly Behan, Ridgewood (12) | 19:28.91 |
| | 6. Jen Myers, Ramapo (11) | 19:33.92 |
| | 7. Alyson Cangemi, Ridgewood (12) | 19:36.19 |
| | 8. Beth Vesey, Ramsey (12) | 19:44.42 |
| | 9. Holly Potts, Mahwah (12) | 19:48.18 |
| | 10. Julia Brownell, Ridgewood (12) | 19:52.15 |
| | 11. Shauna Koenig, Hackensack (12) | 19:57.00 |
| | 12. Stephanie Devia, NV/Old Tappan (12) | 20:02.55 |
| | 13. Margaret Park, Ramapo (11) | 20:18.75 |
| | 14. Mary DuVerney, Ramsey (12) | 20:19.94 |
| | 15. Audrey Hohl, Indian Hills (12) | 20:20.77 |
| | 16. Felicia Chesler, Dumont (9) | 20:25.38 |
| | 17. Tara O'Neill, Ridgewood (12) | 20:27.83 |
| | 18. Patty Martin, Hackensack (12) | 20:29.59 |
| | 19. Jill Rabadon, Westwood (12) | 20:37.70 |
| | 20. Elizabeth Tynowsky, IMA (11) | 20:42.35 |
| | 21. Taylor Dunn, Ridgewood (12) | 20:50.32 |
| | 22. Marianne Petrino, Indian Hills (11) | 20:51.66 |
| | 23. Rebecca Johnson, Ridgewood (11) | 20:53.33 |
| | 24. Sophia Barton, Leonia (11) | 20:56.32 |
| | 25. Sabrina Silverstein, Ramsey (11) | 20:59.07 |
| | 26. Maria Pavkovich, Garfield (10) | 21:02.63 |
| | 27. Tamara Filiga, North Arlington (11) | 21:04.72 |
| | 28. Jenna Balasani, IMA (11) | 21:07.06 |
| | 29. Katie D'Acco, Westwood (10) | 21:15.99 |
| | 30. Andrea Salmon, Pascack Hills (10) | 21:21.77 |
| | 31. Mari Silberstein, Tenafly (11) | 21:22.08 |
| | 32. Shanie Clarke, Ridgefield Park (12) | 21:24.61 |
| | 33. Jai-Marie Zacco, NV/Old Tappan (11) | 21:25.22 |
| | 34. Erin Bauberger, Indian Hills (10) | 21:26.97 |
| | 35. Carolyn Flardo, Indian Hills (12) | 21:28.17 |
| | 36. Renata Dibiase, IMA (11) | 21:31.25 |
| | 37. Amy Gochlik, Westwood (10) | 21:32.16 |
| | 38. Erin Kallman, IMA (10) | 21:34.93 |
| | 39. Melissa Hayes, Dumont (12) | 21:38.70 |
| | 40. Shania Ghinras, NV/Demarest (11) | 21:38.86 |
| | 41. Virginia Westervelt, NV/Demarest (9) | 21:37.34 |
| | 42. Katy Bolaford, Cresskill (10) | 21:39.19 |
| | 43. Kelly Baudry, Ramsey (10) | 21:43.48 |
| | 44. Courtney Chival, Ramapo (12) | 21:49.03 |
| | 45. Marissa Maier, NV/Old Tappan (10) | 21:50.53 |
| | 46. Sue Giesemann, Dumont (10) | 21:52.20 |
| | 47. Tamara Mark, NV/Old Tappan (11) | 21:53.41 |
| | 48. Kim Tarola, NV/Old Tappan (10) | 21:54.66 |
| | 49. Jen Izen, Tenafly (11) | 21:57.49 |
| | 50. Melissa Svill, Rutherford (10) | 22:02.25 |

BOYS TEAM SCORING

| | | |
|--|---|----------|
| Don Bosco Prep 89, Rutherford 103, River Dell 111, Hackensack 130, St. Joseph Regional 134, Palisades Park 171, Ramsey 174, Bergen Catholic 187, Ridgewood 198, Mahwah 200, NV/Demarest 202, Ridgefield 284, Bogota 306. | 1. Cole Dailey, Rutherford (11) | 16:16.10 |
| | 2. Matt Collins, Ramsey (11) | 16:24.70 |
| | 3. Frank Browne, Hackensack (12) | 16:30.64 |
| | 4. Mike Rogers, Garfield (12) | 16:36.88 |
| | 5. Joshua Robinson, River Dell (10) | 16:41.12 |
| | 6. Chris Lofrasso, St. Joseph Regional (10) | 16:42.27 |
| | 7. Adrian Castano, Palisades Park (11) | 16:45.79 |
| | 8. Ryan Miller, Bergen Catholic (12) | 16:46.97 |
| | 9. Rich Weimert, Don Bosco Prep (11) | 16:47.47 |
| | 10. Marquise Singletary, Hackensack (12) | 16:48.26 |
| | 11. Peter Tava, River Dell (11) | 16:48.93 |
| | 12. Erik Larsen, Rutherford (12) | 16:49.79 |
| | 13. Peter Leighton, Bogota (12) | 16:50.97 |
| | 14. James Clifford, Don Bosco Prep (11) | 16:51.29 |
| | 15. Chris Reinert, Don Bosco Prep (11) | 16:51.87 |
| | 16. Maurice Singletary, Hackensack (12) | 16:57.44 |
| | 17. Mike Accorino, NV/Demarest (10) | 17:01.99 |
| | 18. Scott Knackmuh, Ramapo (9) | 17:02.53 |
| | 19. Steve Cousins, St. Joseph Regional (10) | 17:05.91 |
| | 20. Larry Chiaralli, St. Joseph Regional (12) | 17:06.55 |
| | 21. Andrew Lovitch, Ramsey (9) | 17:07.82 |
| | 22. John Dault, Don Bosco Prep (11) | 17:12.16 |
| | 23. Dean Cantamesse, Bergen Catholic (11) | 17:14.98 |
| | 24. Josh Wood, Ramapo (12) | 17:15.87 |
| | 25. Rich Acosta, Bergenfield (10) | 17:18.04 |
| | 26. Dan DiGregorio, Pascack Valley (11) | 17:18.52 |
| | 27. Adam Rudolph, Ramapo (11) | 17:19.28 |
| | 28. Owen Bourgholtzer, Mahwah (10) | 17:20.15 |
| | 29. Allen Connell, Ridgefield (11) | 17:20.99 |
| | 30. Greg Fonder, River Dell (11) | 17:21.99 |
| | 31. Joe Lidra, Leonia (11) | 17:24.18 |
| | 32. Eric Hammerle, Westwood (12) | 17:24.65 |
| | 33. Mike Coomber, Ridgewood (12) | 17:25.13 |
| | 34. Ted Siebold, NV/Demarest (9) | 17:25.68 |
| | 35. Dan Levin, Pascack Hills (12) | 17:29.54 |
| | 36. Brian Cameron, River Dell (11) | 17:30.04 |
| | 37. Justin Van Dyk, Rutherford (12) | 17:30.53 |
| | 38. Matthew Duflois, Mahwah (12) | 17:32.16 |
| | 39. Alex Marcoudides, Mahwah (9) | 17:34.12 |
| | 40. Frank Campbell, Rutherford (12) | 17:34.61 |
| | 41. Spencer Rothwell, NV/Old Tappan (11) | 17:34.98 |
| | 42. Eamon Morahan, Rutherford (11) | 17:35.43 |
| | 43. Sergio Zee, Palisades Park (11) | 17:37.61 |
| | 44. Shane Dougherty, Don Bosco Prep (12) | 17:38.05 |
| | 45. Mark Serrano, Dumont (12) | 17:39.73 |
| | 46. Kevin Blatter, Don Bosco Prep (10) | 17:41.74 |
| | 47. Jesse O'Donnell, St. Joseph (11) | 17:42.10 |
| | 48. Brad Gatens, Paramus (12) | 17:42.89 |
| | 49. John Woodburn, Ridgewood (11) | 17:44.35 |
| | 50. Colin Williamson, NV/Old Tappan (11) | 17:49.18 |

DUP CHAMPIONS

| |
|-------------------|
| Red Bank Catholic |
| St. Rose |
| Ridgewood |
| Middletown South |
| Moorestown |
| Haddonfield |

Girls cross-country

1999 Group meets preview

By Jim Lambert

THE SCHEDULE

| |
|------------------------------------|
| All races Saturday at Holmdel Park |
| 9:30 a.m. Group 3 |
| 10:00 a.m. Group 2 |
| 11:30 a.m. Parochial A |
| Noon Parochial B |
| 1:30 p.m. Group 4 |
| 2:00 p.m. Group 1 |

attle: estown, etown S

mpions from a year ago will
ould be one of the most
e day.
No. 2 In The Star-Ledger
e with
South
is sea-
Moorestown won the Group 2
nth at the Meet of Champi-
own South captured both
f C titles.
first should come down to
iddletown South's top two
up Moorestown's lead two.
also needs to have its fifth
bre Moorestown's fourth.

GROUP 3

Section 1 winner Old Tap-
forth Jersey, Section 2 win-
fount Olive, Central Jersey
n South, North Hunterdon
vinner Moorestown.

iddletown South and Moo-
orth Hunterdon could also
ups out of its recent slump,
has been ranked as high as
but hasn't run up to its
ast three weeks.

ahnaz Iqbal of Bergenfield,
er of River Dell, Marianne
lve, Kim Pereira of Parsip-
and Lauren Dike of Middle-
stine Boehm of Watchung
ann of Delsea, Jade Fisher
a Curtin of Pinelands and
ila Kuder of Moorestown.
h Jersey, Section 1. Herbst
y, Section 2 champion. Kerr
Jersey honors and McCann

50 at the Shore Coaches
last month — faster than
s race has run at Holmdel
since then, Herbst has
e times.

y, Ramapo, Paramus, West
Hills, Parsippany, Ocean
oe, Watchung Hills, Toms
en Wilson, Ocean City and
ship.

ephanie Davis of Old Tap-
n of West Morris, Brianon
Hills, Anne Lally of Hack-
y Kopf of Nutley, Amy
vn, Christina Boyle of Nut-
Nicole Lombardy of Middle-
orga and Lauren Senske of
and Nicole Dunich of

town's front two will finish
n South's first runner, and
e the difference.
rbsht will take it out strong
to finish.



PHOTO BY PHIL LANGUE

Don't believe her name, Roxbury's Stephanie Last could be first in a crowded Group 4.

With 11 teams in Top 20, this race looks really wild

Ridgewood and Shawnee, two of the best
programs in state history, will go toe-to-toe in
a race that includes 11 teams in the Star-Ledger
Top 20 and could be the best of the day.

But there's just as much interest in which
team will finish fourth.

That's because the one wild-card entry
into the Meet of Champions is almost certain to
come out of Group 4.

GROUP 4

The wild card goes to the fastest fourth-place
team in the six races combined.

It should be an epic battle for title honors
between No. 3 Ridgewood, which is the de-
fending champion, and No. 4 Shawnee.

Ridgewood, which has won eight straight
North Jersey, Section 1 titles, is seeking its
third group title this decade and fourth over-
all. Under coach Jacob Brown, Ridgewood
has finished 11 times in the top 10 at the Meet
of Champions since 1979, seven in the lead
four.

Meanwhile, Shawnee has won 10 straight
South Jersey titles and is attempting to win
its sixth Group 4 crown this decade. Shawnee
has won every Group 4 title in the odd-num-
bered years this decade and has finished in
the top six at the Meet of Champions every
year in the 1990s. In that span, the Medford
school has won the M of C twice, placed sec-
ond once, third once, fourth three times, fifth
twice and sixth once.

The best

Teams: No. 3 Ridgewood, No. 16 Passaic,
No. 7 Columbia, No. 11 Westfield, No. 14
Randolph, No. 9 Hillsborough, No. 8 Hunter-
don Central, South Brunswick, No. 4 Shaw-
nee, No. 10 Toms River East, No. 17 Cherokee
and No. 18 Lenape.

Ridgewood and Shawnee haven't met this
season, but they had almost identical aver-
ages in separate races at the Shore Coaches
meet. Ridgewood ran 21:13.8 to win the B race
and Shawnee won the A title in 21:12.8.

Individuals: Beth Androski and Shauna

Koenig of Hackensack, Clair Nowakowski,
Alyson Cangemi and Kelly Behan of Ridgewood,
Stephanie Last of Roxbury, Christian
Morgado of Union, Lindsey Gallo of Howell,
Kristen Meyer and Deanna Willard of Hills-
borough, Anne O'Rand of South Brunswick,
Nicole Marzella of Old Bridge, Shannon Haw-
rylo of Hunterdon Central, Claudine Evange-
lista of Triton, Jenna Darcy and Dana Pal-
umbo of Shawnee, Robin Van Auker of High-
land, Jen Blank of Toms River East and Lind-
say Scarborough of Lenape.

The best

Teams: Vernon, Kearny, Roxbury, Mont-
clair, Freehold, Old Bridge and Overbrook.

Individuals: Julia Brownell of Ridgewood,
Shanae Pritchett of Passaic, Patty Martin of
Hackensack, Rebecca Shore and Amina
Zolyn of Columbia, Alexis Anzelone and
Maura McMahon of Westfield, Velisa Rios and
Kayla Maloney of Randolph, Ingrid Layne
and Margaret Davis of Montclair, Jenna Fa-
sulo of Hunterdon Central, Neta Ezer of West
Windsor-Plainsboro, Melissa Razo and Mi-
chelle Bilicki of Cherokee, Allison Venuto of
Cherry Hill East and Kristin Blair of Over-
brook.

Predictions

Teams: Ridgewood should win by no
more than 10 seconds over Shawnee, with
Hunterdon Central third and a toss-up for
fourth, the likely wild-card berth. The belief
is that Hillsborough will get the nod over Co-
lumbia for the Meet of Champions spot.

Individuals: Androski will take it out
hard, with Gallo on her heels for the first 1.5
miles. Then Androski will begin to pull away
coming out of the bowl and who in under
19:20. If either stumbles, Last, the Morris
County champion, could be first.

Donohue vs. Thomas in super showdown

Erin Donohue versus Lily Thomas.
Both are undefeated and have yet to be
pushed. But that should change when they
hook up in the most eagerly anticipated in-
dividual girls showdown this season.

Donohue, a junior at Haddonfield, came
into the season as the
heavy favorite to win the
Meet of Champions. It
didn't appear that she'd have any challengers.
But Thomas, a senior at Somerville, has
emerged as a serious threat.



DONOHUE



THOMAS

GROUP 2

Donohue, the Group 1 champion last
two years, is very confident.

"I know Thomas has been running well
and it should be a good race, but I don't
worry about what other people are going to
do," she said. "I just run my race."

Unlike most runners in the state, Thomas
can't see Donohue as untouchable.

"I respect her, but if you go into a race
thinking someone is unbeatable, why bother
running," she said. "You're already mentally
defeated. I know it will be a challenge, but I
have confidence in my ability."

The best

Teams: Sectional champions Hopewell
Valley (Central Jersey), which is No. 1 in The
Star-Ledger Top 20, No. 13 Ramsey (North
Jersey, Section 1), Caldwell (North Jersey,
Section 2) and Haddonfield (South Jersey),
plus No. 12 Voorhees, Newton, Holmdel and
Bridgeton.

Individuals: Donohue, Thomas, Laura
Petrillo and Tiffany Rust of Hopewell Valley
and Melissa Conway of Ramsey.

Petrillo has the third-fastest time at

Holmdel this season (19:24.3) and Conway,
the North Jersey, Section 1 winner, is the de-
fending champion and was fifth at the M of C
last year.

The rest

Teams: Dumont, Westwood, Kiltatinny,
Chatham, Summit, Mendham, Jefferson,
Somerville, Ridge, Kingsway, Buena and
Maple Shade.

Individuals: Beth Vesey of Ramsey, Cindy
deVries of Newton, Julie Delinon of Hopat-
cong, Kerry Maybaum of West Essex and
Christina Vullo of Holmdel.

Predictions

Teams: Hopewell Valley appears primed
to win its first title and become the first Mer-
cer County girls team to win a state group
title. Voorhees should take second and Ram-
sey third.

Individuals: Look for Donohue to go out
hard like she always does, with Thomas in her
shadow. They should stay that way most of
the race, with Donohue holding off Thomas to
win in about 18:40.

It's Rumson ... in a runaway

This could be one of the biggest runaways
of the day.

Unless Rumson's bus breaks down and it
doesn't make it to the
meet on time, there
doesn't seem to be any
way the No. 5 team in The Star-Ledger Top 20
won't win its first title.

GROUP 1

The best

Teams: Ridgefield, Glen Rock, Verona,
Belvidere, Rumson, Bernards and Gloucester
City.

Rumson averaged 21:24.8 on an off day to
win the Central Jersey title at Holmdel.
That's 1:04 faster than the second-fastest
Group 1 average in the sectional meets.

Individuals: Christina Mendoza of Hud-
son County Prep, Allyson Krayl of Point
Pleasant Beach, Christy Planer, Jenni Krysto-
povitch and Caitlin Moscatello of Rumson and
LaTisha Brown of Keansburg.

Mendoza, third in Group 1, has won three
straight N.J., Section 1 titles. Planer won the

Central Jersey title and was fourth in the
Shore meet and Krayl won South Jersey.

The rest

Teams: Bogota, Palisades Park, McNair
Academic, Mountain Lakes, Technology, New
Providence, Metuchen, Keansburg, Middle-
sex, Point Pleasant Beach, Pitman, Wildwood
and Riverside.

Individuals: Katy Botsford of Cresskill,
Tamara Figlia of North Arlington, Christine
Dobrowski of Mountain Lakes, Jennette
Franko of Metuchen, Lesley Barnett of Ber-
nards, Kristen Randall of Rumson, Megan
Kaysler of Middlesex and Caitlin Hadley of
Gloucester City.

Predictions

Teams: Rumson figures to place its entire
five in the top 15 and win going away.

Individuals: Mendoza should win in under
20 minutes and beat Allyson Krayl of Point
Pleasant Beach by about 15 seconds.

se expected to roll d consecutive title

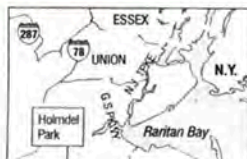
ion in this race is
of St. Rose's vic-
of the best bets of
hird straight Paro-

At the Shore Coaches meet at
Holmdel last month, St. Rose won
the F race with an average of 21:57.7.
That was more than a minute faster
than the next fastest Parochial B

FACTS AND FIGURES

STAR-LEDGER TOP 20

- 1-Hopewell Valley
- 2-Moorestown
- 3-Ridgewood
- 4-Shawnee
- 5-Rumson



Red Bank C no longer runs ahead of the pack

Since 1995, Red Bank Catholic
has been a lock to win every parochial
race it has been involved in.
But not this year.
Dogged by injuries, RBC, the top

of St. John Vianney, Brandee Neider-
hofer of Holy Spirit and Arianna Ste-
fanoni of Holy Cross.

The rest

Postseason history repeating

The recently concluded sectional cross-country meets and Bergen Meet of Champions always provide some interesting historical footnotes.

The boys sectionals turned 35 years old and the girls meet is 11 years younger. The BMOOC celebrates its 27th year for boys and 22nd for girls.

The Ridgewood girls team extended its sectional qualifying streak to 24 years with its 15th title, not only a North Jersey Section 1 record, but the best in any girls section. The Maroons have never missed a group meet.

Palisades Park extended its streak to 13 years in girls Group 1, tied for the fourth longest girls streak with Wayne Valley (1983-1995). Wayne Valley is the all-time Passaic girls record-holder.

Other fairly long active girls streaks were extended by Bogota, Ramsey, and

Westwood, all with seven-year runs.

Katy Botsford of Cresskill and **Holly Potts** of Mahwah will be the first girls from their schools to run in the State group meet in seven years. **Tamara Figlia** of North Arlington is the first girl from that school in six years.

Among the boys, Kittatinny extended its streak to nine years, with other long active streaks belonging to Palisades Park (eight), Ridgewood (six), and Vernon (six). That's still far from the boys sectional record, also held by Ridgewood, which qualified 20 straight years from 1973 to 1992.

Ridgewood, Ramsey, and Bogota qualified for the States for the 26th time, the sectional boys record. Passaic Valley qualified for the 10th time, a Passaic County record.

Manchester's third-place Group 2 finish qualifies the Falcons for their first trip to the States in 16 years. **Dan Levin** became Pasack Hills' first representative since 1991.

BMOOC RECORDS — Ridgefield became the 38th Bergen County girls team to qualify for the Bergen Meet of Champions when it won Group 1 this year. The Royals were the only newcomer to the meet this year.

Ridgewood did not have a good boys BMOOC but qualified for its 26th meet, five more than runner-up Bergen Catholic.

Don Bosco Prep qualified for a ninth straight boys BMOOC slot, highest among active streaks. Palisades Park (eight) and Ridgewood (seven) are next.

The Ridgewood girls team has qualified for all 22 BMOOC meets, finishing first 19 times and second twice. Hackensack is next with 18 trips, including the past seven. Palisades Park has 13 trips, all in succession, the second longest active streak; Immaculate Heart Academy (nine) and Ramsey (eight) also have long active streaks.

Speaking of records, Secaucus junior **Danny Chaves** set a school record by winning the Boys C race at the Eastern States meet at Van Cortlandt Park in 13:15 for the 2½-mile course. Chaves took six seconds off the old mark of 13:21 by **Felix Olivo** in 1994. Olivo went on to a great career at Monmouth University.

COLLEGE NOTES — **Joe Poliseo** of Oakland, a former Don Bosco star, led Georgia Tech to its fourth straight Georgia Intercollegiate Championship earlier this fall, finishing fifth in the race in 27:09 for the five-mile course.



PAUL SCHWARTZ
CROSS-COUNTRY

Smaller is better at group meet

By **PAUL SCHWARTZ**
Staff Writer

Small schools are likely to have the best chances among area schools to advance to the State Meet of Champions or win a title Saturday in the annual State group boys cross-country championships at Holmdel County Park.

Only the top three teams in each group plus a 19th wild-card team with the top five-man average among non-qualifiers will qualify from the 120-plus teams in the four public school and two parochial school races. Individually, top-10 finishers in each race and the runners with the 10 best times not on team qualifiers will qualify for the SMOOC.

GROUP 1 BOYS (3 p.m.)

Teams to watch: Rumson-Fair Haven is favored to win the title, but 1995 and 1996 champ Palisades Park will give it a nice run and will qualify for its fourth State Meet of Champions in five years. Metuchen probably will edge Riverside and New Providence for the third spot although Ridgefield has a dark horse chance.

Individuals: Danny Chaves of Secaucus, fifth last year, should have little

BOYS CROSS-COUNTRY

trouble winning his first State title. Israel Payan of Colts Neck should be second although Bogota's Peter Leighton (third last year) is running much better and likes Holmdel. Adrian Castano of Palisades Park (16th) and Allen Connell of Ridgefield (42nd) also should be in the top 10 and Sergio Zea of Pal Park needs to be close to the top 10 to give the Tigers a chance to win.

GROUP 2 (11 a.m.)

Teams to watch: No area team has won this group since Mahwah in 1975, and no Group 2 team has even qualified since Tenafly was second in 1976. Rutherford could end both streaks Saturday in a battle with Hopewell Valley. Summit and Haddonfield are probably next, with Ramsey and Manchester Regional good threats for the top 10.

Individuals: Look for 1998 Group 1 runner-up Adrian Cline of Haddon 21 and Tom Brennan of Haddonfield (sixth in Group 1) with Matt Collins of Ramsey (13th). Bergen champ Cole Dailey of Rutherford, and Erik Larsen of Rutherford (35th) in the mix. Freshman Andrew Lovrich of Ramsey could be in the top 10.

GROUP 3 (10:30 a.m.)

Teams to watch: It's been 21 years since an area team won the Group 3 title

(Ramsey). It probably won't happen this year, with Red Bank Regional favored. But a young River Dell team is in the mix with Mainland, Middletown South, Morristown, Cranford, and Morris Hills and has run well at Holmdel. Passaic Valley should be in the top 10.

Individuals: First-year cross-country runner Walton Kingsberry of Red Bank will contend with Mark Bahnuk of Hackensack (third in Group 2) for the title. Pat Slattery of Mount Olive (seventh) and Joe Lacovara-Switzer of Egg Harbor Twp. (ninth) also will contend. Look for Mike Rogers of Garfield and sophomores Josh Robinson of River Dell (44th in Group 2), Rich Acosta of Bergenfield, and Mike Accordini of Northern Valley at Demarest to be in the mix to qualify.

GROUP 4 (2:30 p.m.)

Teams to watch: Cherokee and Old Bridge are the favorites but don't count out Memorial (West New York) in a wild nine-team battle that probably will include the wild-card team. Passaic might be one of the teams in contention for the third spot or wild card.

Individuals: Another dogfight with Mike Myers of Eastern, Joe Hallin of Cherokee (ninth last year), Bryan Skelly of Washington Township (third), and Nick Pellegrino of Marlboro the favor-

ites. Frank Browne of Hackensack could be a dark horse, with Passaic champ Matt Winkler of Wayne Valley (25th) and Owen Tonkins of Eastside possible qualifiers.

Parochial A (12:30 p.m.)

Teams to watch: Christian Brothers, the best team in the state, Northeast, and perhaps the country, will outrun Paul VI (Haddonfield) for the title. Don Bosco Prep and Delbarton will battle for the third spot with the loser having a shot at the wild card. St. Joseph Regional and Bergen Catholic should be in the top 10.

Individuals: Brian Kerwin of CBA should win with the Colts perhaps putting five in the top 10. Look for Ryan Miller of Bergen Catholic (15th last year) and one-tenth of a second from a wild card, James Clifford (21st), and Chris Reinert of Don Bosco Prep (22nd) to move to the SMOOC.

Parochial B (1 p.m.)

Teams to watch: Wildwood Catholic, Mater Del, and St. Rose, with Eastern Christian having a shot at its first SMOOC slot and becoming the first Passaic County team to qualify since DePaul was third in Parochial B in 1992.

Individuals: Look for Ryan Lavender of St. Rose (third last year) to win the title with Matt Apol of Eastern Christian (25th) at or near the top 10.

Ridgewood's run likely to continue

No one has enjoyed the kind of success in the girls public school State group cross-country championships as has Ridgewood. Eleven appearances in 21 years, seven in the past eight years, and championships in 1980, 1992, and 1998, all in Group 4.

That success should continue Saturday at the annual renewal at Holmdel County Park. It could be a strong year for area teams with as many as four qualifying for the SMOOC on Nov. 20.

GROUP 1 (2 p.m.)

Teams to watch: Rumson-Fair Haven could win Group 1 by the largest margin in State history. Then you can expect a free-for-all featuring Gloucester City, Verona, Bernards, Metuchen, Belvidere, Glen Rock, Ridgefield, and Palisades Park.

Individuals: Christina Mendoza of Hudson Prep will win easily with area runners Tamara Figlia of North Arlington, Katy Botsford of Cresskill, and freshman Danielle Amato of Saddle Brook contending for the top 10.

GROUP 2 (10 a.m.)

Teams to watch: Hopewell Valley is a heavy favorite but probably wouldn't be if Ramsey was completely healthy. But Melissa Conway is recovering from illness and No. 4 Frankie Lavigna is out for the year. Look for the Rams to still hang

on for third and perhaps hold off Voorhees for second. Holmdel, Newton, and Haddonfield are also in contention for the top three. Dumont and Westwood should be in the top 10.

Individuals: 1998 Group 1 champion Erin Donahue of Haddonfield is the prohibitive State favorite and Lily Thomas of Somerville probably is the second-best runner in the state. That leaves Conway, the defending Group 2 champ, in a battle for third with Laura Petrillo of Hopewell Valley. Look for Beth Vesey of Ramsey and Holly Potts of Mahwah to be in the top 10.

GROUP 3 (9:30 a.m.)

Teams to watch: The first race of the day should be an easy win for Moorestown with Middletown South, North Hunterdon, and Morristown in contention for the next two spots. Northern Valley at Old Tappan and rapidly improving Indian Hills could contend for a top-five berth.

Individuals: Another battle royal with Marianne Herbst of Mount Olive (seventh last year), Kim Pereira of Parsippany, newcomer Shahnaz Iqbal of Bergenfield, Briana Bayersdortler of River Dell (sixth in Group 2), and Brittany McCann of Delsea in the hunt. Jen Myers of Ramapo could be in the top 10 at a course she likes.

GIRLS CROSS-COUNTRY

GROUP 4 (1:30 p.m.)

Teams to watch: Shawnee and Hunterdon Central, second and third last year, are still strong and Hillsborough upset Hunterdon Central in the sectionals two weeks ago. But Ridgewood has a good chance to do something it never has done, repeat in Group 4. Hackensack and Passaic should be in the top 10.

Individuals: Thirteen area girls have won State group championships, but Beth Androski of Hackensack is favored to be the first of them to repeat. The diminutive Androski should outrun Lindsey Gallo of Howell (second last year), Jenna Darcy of Shawnee, and Claudine Evangelista of Triton en route to her second title. Look for Clair Nowakowski of Ridgewood (16th) and surprising teammate Alyson Cangemi (27th) in the top

10 with Shauna Koenig of Hackensack (43rd) and a recovering Patty Martin of Hackensack (seventh) as wild-card contenders.

Parochial A (11:30 a.m.)

Teams to watch: Favored Red Bank Catholic is hampered by injury so Monsignor Donovan could beat the Casseys. Immaculate Heart Academy will battle Pope John for a repeat trip to the SMOOC.

Individuals: If Kelly Byrnes of RBC isn't healthy, look for Meagan Murphy of Pope John (ninth last year) to triumph.

Parochial B (noon)

Teams to watch: St. Rose is favored in this weak group with Eastern Christian given an outside chance to qualify.

Individuals: Taryn Landers of St. Rose should win but look for Lindsay Van Alstine of Hawthorne Christian to qualify and Yvonne Wisse of Eastern Christian to be near the top 10.

— **PAUL SCHWARTZ**

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET NEW JERSEY STATE GROUP CHAMPIONSHIP

COURSE _____

DIVISION GROUP 4

COURSE RECORD _____

DATE 11-13-99

RIDGEWOOD RECORD _____

WEATHER _____

TYPE OF COURSE _____

| FINISH PLACE | TEAM SCORE | NAME | TIME |
|--------------|------------|------------------|---------|
| 7 | 4 | CLAIR NOWAKOWSKI | 19:54.3 |
| 16 | 12 | ALYSON CANGEMI | 20:24.2 |
| 17 | 13 | KELLY BEHAN | 20:27.0 |
| 30 | 24 | JULIA BROWNELL | 20:53.4 |
| 52 | 44 | TAYLOR DUNN | 21:31.7 |
| 61 | 53 | TARA O'NEILL | 21:43.6 |
| 83 | 75 | REBECCA JOHNSON | 22:24.8 |
| | | | |

TEAM TOTAL: 97

TEAM PLACE: CHAMPIONS

1-5 SPLIT: 1:37

1-7 SPLIT: 2:30

COMMENTS: TWO STATE GROUP 4's IN A ROW! THAT IS A GREAT ACCOMPLISHMENT FOR THIS TEAM. WE HAVE ONE GOAL LEFT. WE CAN WIN NEXT WEEK WITH A BIG RACE FROM EVERYONE. THE BIG RACE IS STILL IN US BECAUSE WE ACTUALLY DIDN'T RUN THAT WELL TODAY (AS A TEAM - CLAIR + ALYSON RAN PR's) MY FAULT - I HAD YOU TOO CAUTIOUS GOING UP THE FIRST HILL. WE HAD TOO MUCH CATCH UP TO DO. WE WILL GET IT RIGHT NEXT WEEK.

Ridgewood repeats; Bergenfield's Iqbal wins

By PAUL SCHWARTZ

Staff Writer

HOLMDEL — As a freshman, Shahnaz Iqbal played volleyball and as a sophomore, she played tennis in the fall. And this year she ran cross-country for the first time.

But don't expect to see this Bergenfield junior on the soccer field next fall. She finally has found her niche.

Iqbal held off Sarah Spilman of West Morris Central and fellow junior Jen Myers of Ramapo on Saturday to win the Group 3 State cross-country championship and continue the storybook season that started less than three months ago.

Iqbal was joined by freshman Lindsay Van Alstine of Hawthorne Christian, the surprise winner of the Parochial B race, as first-time champions. Defending Group 2 champion Melissa Con-

way of Ramsey was third, leading the Rams to the State Meet of Champions for the fourth time in five years and defending Group 4 champ Beth Androski of Hackensack was second for her first loss of the year.

Ridgewood was a repeat winner in Group 4.

Iqbal ran 19:53.9 for the 5,000-meter Holmdel County Park course to defeat Spilman by about 10 yards, with Myers another 10 yards behind in third place.

"I'm not overconfident but I'm very confident that I can win every time I step out on the course, because that's the way I am," said Iqbal, second in last week's Bergen Meet of Champions. "It was an exciting race and I am excited to win. But I didn't know until the end that I could hold off the other girl [Spilman]."

Iqbal, who relies on her 800 speed (she was the Northern Ber-

GIRLS CROSS-COUNTRY

gen Interscholastic League champion last spring), again raced away from the competition in the final downhill 200 meters to become Bergen's first individual champion in Group 3 since Amy Kempf of Paramus won the 1987 race. She is also the first champ from Bergenfield since Toni Ann Angione won Group 3 in 1983.

"I felt really tired at the beginning and I was dying when I went up the first hill," said Iqbal, originally from Saudi Arabia. "But I feel I am strong mentally and I began to feel really good as I got into the race."

Iqbal, Myers, Spilman, Kim Pereira of Parsippany, and Marianne Herbst of Mount Olive were the pack of the five that led the whole way, with Iqbal spurting just out of the bowl area with a mile to go. Spilman caught up, but

Iqbal sprinted away again, lengthening her lead to the finish line.

(Ridgewood was impressive) in winning Group 4 over Shawnee and surprising Toms River East, 97-117-118, led by sophomore Clair Nowakowski, who finished seventh. The rest of the Maroons' top five were seniors, with Alyson Cangemi in 16th, Kelly Behan 17th, Julia Brownell 30th, and Taylor Dunn closing strongly in 52nd in new uniforms that fooled some observers and even caused their coach to hesitate.

"We made the switch last night at our team dinner," said veteran coach Jacob Brown, who earned his fourth title. "We wanted to test these because we're going to go to a new set next year and I figured this would be a great test. And then while I was watching the race, I forgot to look for the new

uniforms and nearly missed the kids."

Nowakowski, the second runner on last year's team as a freshman but running with more confidence every week, ran 19:54.3, the fourth-fastest time of the day for an area runner.

"This was a much easier race than last year, even though there was more pressure on me this time as the No. 1 kid," said Nowakowski. "The seniors all treat me fabulously and they all ran great."

Androski finished 85 yards behind Lindsay Gallo of Howell, despite running seven seconds faster than last year.

"I didn't have as much energy as I usually have," said Androski, who ran 19:15.1, the fourth-fastest time of the day. "I didn't feel like my normal self the whole race, but I'm sure I'll come back next race and run a lot faster."

Conway, recovering from a bad

cold that knocked her out of last weekend's BMO, finished behind Erin Donahue of Haddonfield and Lily Thomas of Somerville while running 19:23.8, the fifth-fastest time of the day. Teammate Beth Vesey was seventh, Mary DuVerney 17th, and Sabrina Silverstein 34th as the Rams finished behind Hopewell Valley and Voorhees, 58-97-112.

"Kelly Beaudry, our fifth finisher, was awesome and the girls did a great job to get back to the SMOC after we were so disappointed when we finished fourth last year," said Ramsey coach John Kirchoff. "Marissa Vero, who was our fifth last year, never ran a step this year and Frankie Lavigna, who would have been our fourth, has missed half the season, so we really needed her to step up and she did."

■ Summaries on S-20

Rutherford falls short by one point

By PAUL SCHWARTZ

Staff Writer

HOLMDEL — Rutherford will look back on the 1999 boys cross-country season with mixed feelings.

The best team in Rutherford cross-country history will make its first trip to the State Meet of Champions next week, but there could have been a lot more.

The Bulldogs fell one point short of becoming the first area team in 24 years to win the Group 2 title, losing to Hopewell Valley, 100-101, Saturday at Holmdel County Park. It was the third major meet loss by a total of two points by the Bulldogs. They lost in the Shore meet to Group 1 State champ Rumson-Fair Haven by a point and lost a tiebreaker to fourth-place Parochial A finisher Delbarton at the Passaic Coaches meet.

BOYS CROSS-COUNTRY

"This is agonizing and frustrating," said Rutherford coach Bob Hemmel. "It's great to make the Meet of Champs for the first time, but this was too close."

Erik Larsen led the Bulldogs with a fifth-place finish and Bergen County champ Cole Dailey, his kick minimized by the rolling hills, was eighth. Frank Campbell was 23rd and the other Bulldogs placers, Eamon Monahan and Justin Van Dyk, improved on their Shore times, but not enough to catch Hopewell Valley.

Secaucus' Danny Chaves, despite running an unusually cautious race, became the Patriots' first State champion in Group 1, winning by 90 yards in 16:51.1, and immediately announced bigger goals.

"There was too much pressure to win this week, but now that it's over, I'll be able to go all out in the Meet of Champs next week and try my hardest to try and win," said Chaves, at 16th the top sophomore in last year's race. "I am very, very lucky to have the chance to win Group 1 and now I want to run against the best."

Palisades Park's boys ran their best race of the season and closed the gap considerably on heavily favored Rumson-Fair Haven, but settled for second, 52-80, qualifying for their fourth SMOC in five years.

Adrian Castano was fourth for the Tigers, followed by Sergio Zea in 14th, Kevin Ragas in 16th, Will Hutchinson in 28th, and Nick Harris in 30th as all seven Tigers

placed in the top 40.

"I'm proud of the way we ran because I don't know if we could have run any better," Pal Park coach Frank Donahue said. "But Rumson's just that good."

It was not a great day for area boys although Ramsey's Matt Collins was fourth in Group 2 and was actually in the lead for much of the middle part of the race. Peter Leighton of Bogota was fifth in Group 1, his third straight top 10 finish in the State meet, and Garfield's Mike Rogers became the first boy from his school to make the SMOC with his 10th-place finish.

Dave Steenstra was seventh in Parochial B, becoming the first boy from Eastern Christian to qualify for the SMOC, and Passaic champ Matt Winkler of Wayne Valley was 13th in Group 4, earning a wild-card SMOC berth.

CROSS-COUNTRY

NJSIAA meet

GIRLS GROUP 1

Team scoring

Rumson-Fair Haven 32*, Bernards 115*, Verona 142*, Metuchen 153, Gloucester City 153, Ridgefield 202, Palisades Park 206, Belvidere 219, Bogota 223, Middlesex 263, Point Pleasant Beach 265, Glen Rock 266, Pitman 313, Keansburg 321, New Providence 342, Technology 419, Wildwood 446.

| | |
|--|-----------|
| 1. Christina Mendoza, Hudson Prep | 19:57.9* |
| 2. Callin Hadley, Gloucester City | 20:08.9* |
| 3. Allison Krayl, Pt. Pleasant Beach | 20:09.5* |
| 4. Christy Planer, Rumson-Fair Haven | 20:16.8. |
| 5. Jenni Krystopowicz, Rumson-Fair Haven | 20:19.1. |
| 6. Christine Dobrowski, Mountain Lakes | 20:57.8.* |
| 7. LaTisha Brown, Keansburg | 21:08.8.* |
| 8. Caitlin Moscatello, Rumson-Fair Haven | 21:14.1. |
| 9. Lesley Barnet, Bernards | 21:15.0.* |
| 10. Jessica Gordon, Belvidere | 21:31.8.* |
| 11. Jessica Wassel, Rumson-Fair Haven | 21:36.5. |
| 12. Lillian Pinault, Rumson-Fair Haven | 21:38.5. |
| 13. Alexis Skoda, Bernards | 21:53.7. |
| 14. Jeannette Franko, Metuchen | 22:05.3. |
| 15. Tamara Figlia, North Arlington | 22:05.6. |
| 16. Carolyn Dekker, Bernards | 22:08.7. |
| 17. Nicole Lempa, Pt. Pleasant Beach | 22:16.9. |
| 18. Tyechia Smith, Academic | 22:22.8. |
| 19. Megan Kayser, Middlesex | 22:28.3. |
| 20. Danielle Amato, Saddle Brook | 22:40.6. |
| 22. Katy Botsford, Cresskill | 22:49.0. |
| 30. Keyia Herrera, Palisades Park | 23:12.4. |
| 32. Amber Neal, Bogota | 23:13.0. |
| 35. Laura McKay, Glen Rock | 23:19.9. |
| 38. Courtney Reggo, Ridgefield | 23:36.3. |
| 40. Lindsay Reggo, Ridgefield | 23:46.1. |
| 41. Lori Reisinger, Ridgefield | 23:48.7. |
| 45. Angela Panuccio, Bogota | 23:55.9. |
| 46. Jaime Donovan, Palisades Park | 23:56.1. |
| 47. Lauren Robbins, Glen Rock | 23:56.9. |
| 50. Sandy Lucev, Ridgefield | 24:00.6. |

GIRLS GROUP 2

Team scoring

Hopewell Valley 58*, Voorhees 97*, Ramsey 112*, Holmdel 136, Bridgeton 175, Haddonfield 193, Buena 232, Dumont 233, Kingsway 238, Ridge 242, Caldwell 246, Somerville 257, Chatham 304, Maple Shade 314, Newton 318, West Morris Mendham 381, Kittatinny 421.

| | |
|---------------------------------------|-----------|
| 1. Erin Donahue, Haddonfield | 18:30.1.* |
| 2. Lily Thomas, Somerville | 18:34.8.* |
| 3. Melissa Conway, Ramsey | 19:23.8. |
| 4. Tiffany Rust, Hopewell Valley | 19:34.2. |
| 5. Laura Petrillo, Hopewell Valley | 19:58.4. |
| 6. Sarah Rhodes, Voorhees | 20:00.3. |
| 7. Beth Vesey, Ramsey | 20:13.4. |
| 8. Natalie Jones, Hopewell Valley | 20:24.7. |
| 9. Marissa Brown, Schalick | 20:39.5.* |
| 10. Nouelle Dorrow, Chatham | 20:43.8.* |
| 11. Julie Delimon, Hopatcong | 20:45.4. |
| 12. Candita Perez, Bridgeton | 20:53.4. |
| 13. Sarah Founds, West Morris Mendham | 20:56.9. |
| 14. Megan Lerch, Kingsway | 21:01.8. |
| 15. Rose Gallagher, Maple Shade | 21:03.3. |
| 16. Emily Sarokhan, Ridge | 21:04.2. |
| 17. Mary DuVernay, Ramsey | 21:05.8. |
| 18. Felicia Chevalair, Dumont | 21:07.9. |
| 19. Christina Vullo, Holmdel | 21:08.3. |
| 20. Emily Bauer, Holmdel | 21:15.3. |
| 24. Holly Potts, Mahwah | 21:30.5. |
| 34. Sabrina Silverstein, Ramsey | 21:44.6. |
| 41. Jill Rabadan, Westwood | 22:03.5. |
| 42. Sue Giesemann, Dumont | 22:07.1. |

GIRLS GROUP 3

Team scoring

Moorestown 74*, Middletown South 74*, Wilson 151*, North Hunterdon 161, Ocean City 180, Indian Hills 220, NV/Old Tappan 252, Ramapo 255, Mount Olive 278, Ocean Township 280, Morristown 281, Manchester Twp. 283, West Morris Central 319, Lawrence 338, Parsippany 360, Toms River South 360, Morris Hills 372, Tenafly 400, Watchung Hills 446, Paramus 467.

| | |
|---------------------------------------|-----------|
| 1. Shahnaz Iqbal, Bergenfield | 19:53.9.* |
| 2. Sarah Spilman, West Morris Central | 19:56.0.* |
| 3. Jen Myers, Ramapo | 19:59.7.* |
| 4. Kim Pereira, Parsippany | 20:10.4.* |
| 5. Brittany McCann, Delsea | 20:12.6.* |
| 6. Jessica Curtin, Pinelands | 20:21.1.* |
| 7. Marianne Herbst, Mount Olive | 20:23.8.* |
| 8. Nicole Dunich, Ocean Twp. | 20:25.2.* |
| 9. Julia Kuder, Moorestown | 20:26.8. |
| 10. Tanesha Pitman, Wilson | 20:29.9. |
| 11. Kate Henninger, Manchester Twp. | 20:31.4.* |
| 12. Lauren Dike, Middletown South | 20:32.0. |
| 13. Tanesha Shelton, Wilson | 20:33.9. |
| 14. Casie Kerr, Middletown South | 20:36.9. |
| 15. Brianon Shade, Warren Hills | 20:37.4.* |
| 16. Lisa Zino, Middletown South | 20:38.9. |
| 17. Betsy Bulat, Moorestown | 20:42.5. |
| 18. Christine Boehm, Watchung Hills | 20:44.7. |
| 19. Colsey Moreland, Ocean City | 20:47.3. |
| 20. Nicole Lombardy, Middletown South | 20:50.1. |
| 21. Briana Bayersdorfer, River Dell | 20:50.6. |
| 26. Audrey Holst, Indian Hills | 21:11.8. |
| 30. Margaret Park, Ramapo | 21:18.5. |
| 32. Jesse Mizzone, Passaic Valley | 21:23.7. |
| 37. Stephanie Davis, NV/Old Tappan | 21:29.4. |
| 42. Carol Bullen, Paramus | 21:38.5. |
| 48. Erin Bauberger, Indian Hills | 21:50.9. |
| 49. Meri Silberstein, Tenafly | 21:50.9. |

GIRLS GROUP 4

Team scoring

Ridgewood 97*, Shawnee 112*, Toms River East 118*, Columbia 145*, Westfield 175, Hunterdon Central 179, Hillsborough 193, Lenape 204, Cherokee 261, Randolph 267, Roxbury 300, Freehold Twp. 316, South Brunswick 319, Overbrook 323, Hackensack 327, Passaic 378, Vernon 386, Montclair 388, Kearny 454.

| | |
|----------------------------------|-----------|
| 1. Lindsey Gallo, Howell Twp. | 18:55.8.* |
| 2. Beth Androski, Hackensack | 19:15.1.* |
| 3. Jen Blank, Toms River East | 19:25.8. |
| 4. Claudine Evangelista, Triton | 19:31.6.* |
| 5. Stephanie Last, Roxbury | 19:32.9.* |
| 6. Robin Van Auken, Highland | 19:50.4.* |
| 7. Clair Nowakowski, Ridgewood | 19:54.3. |
| 8. Lindsay Scarborough, Lenape | 19:55.4.* |
| 9. Amina Zohmy, Columbia | 19:55.9. |
| 10. Jenna Darcy, Shawnee | 19:58.5. |
| 11. Dana Palumbo, Shawnee | 19:59.2. |
| 12. Kristen Meyer, Hillsborough | 20:00.7.* |
| 13. Rebecca Shore, Columbia | 20:09.3. |
| 14. Christina Morgado, Union | 20:20.0.* |
| 15. Maura McMahon, Westfield | 20:23.3.* |
| 16. Alyson Cangemi, Ridgewood | 20:24.2. |
| 17. Kelly Behan, Ridgewood | 20:27.0. |
| 18. Erin Riddle, Lenape | 20:34.4.* |
| 19. Kara Horner, Toms River East | 20:34.9. |
| 20. Deanna Willard, Hillsborough | 20:35.6.* |
| 21. Kayla Maloney, Randolph | 20:36.1.* |
| 22. Melissa Razo, Cherokee | 20:37.7.* |
| 23. Vellsa Rios, Randolph | 20:38.7.* |
| 30. Julia Brownell, Ridgewood | 20:53.4. |
| 36. Patty Martin, Hackensack | 21:03.9. |
| 48. Shanae Pritchett, Passaic | 21:22.6. |

GIRLS PAROCHIAL A

Team scoring

Pingry 71*, Red Bank Catholic 75*, Mon. Donovan 105*, Immaculate 169, St. John Vianney 180, Immaculate Heart Academy 197, Holy Cross 210, Bishop Eustace 214, St. Dominic Academy 226, Holy Spirit 261, Notre Dame 261, Paul VI 277, Pope John 316, Holy Angels 353, Bishop Ahr 355, Gloucester Catholic 372, Paramus Catholic 497.

| | |
|---------------------------------------|-----------|
| 1. Carey Mayo, Mon. Donovan | 20:38.6. |
| 2. Brandee Neiderhofer, Holy Spirit | 20:40.6.* |
| 3. Kate Hazlett, Mon. Donovan | 20:41.5. |
| 4. Lauren Fackelman, Pingry | 20:43.7. |
| 5. Nicole Kurtain, Notre Dame | 20:47.0.* |
| 6. Rachel Watson, Mon. Donovan | 20:48.1. |
| 7. Jody Benedict, St. John Vianney | 20:49.7.* |
| 8. Emily Ward, Gloucester Catholic | 20:50.2.* |
| 9. All Bellisco, Red Bank Catholic | 20:57.5. |
| 10. Laura Carpenter, St. John Vianney | 21:02.5.* |
| 11. Danese Joiner, Red Bank Catholic | 21:10.9. |
| 12. Kelly Byrnes, Red Bank Catholic | 21:12.4. |
| 13. Arianna Stefanoni, Holy Cross | 21:13.2. |
| 14. Liz Geiger, Immaculate | 21:13.9. |
| 15. Megan Sprenger, Pingry | 21:16.4. |
| 16. Julie Fayen, Pingry | 21:20.9. |
| 17. Lauren Washychyn, Pingry | 21:24.5. |
| 18. Kelly Foran, Bishop Eustace | 21:31.6. |
| 19. Jesse Delia, Pingry | 21:33.8. |
| 20. Sarah Emery, Red Bank Catholic | 21:36.4. |
| 22. Elizabeth Trynosky, IHA | 21:41.0. |
| 26. Renata DiBiase, IHA | 21:50.8. |
| 27. Jenna Bellonzi, IHA | 21:51.3. |
| 38. Gabrielle Saiz, Holy Angels | 22:27.2. |

GIRLS PAROCHIAL B

Team scoring

St. Rose 30*, Morris Catholic 60*, Villa Walsh Academy 97*, Mater Del 104, St. Joseph (Hammonton) 108, Oak Knoll 143, Wildwood Catholic 167, Montclair Kimberley Academy 180.

| | |
|---|-----------|
| 1. Lindsay Van Alstine, Hawthorne Christian | 20:47.8.* |
| 2. Maya Ferraro, St. Rose | 20:50.4. |
| 3. Biddy Bewalder, Morris Catholic | 20:50.7. |
| 4. Taryn Landers, St. Rose | 21:02.7. |
| 5. Lia Bella, Morris Catholic | 21:20.6. |
| 6. Caroline Bugg, Newark Academy | 21:21.4.* |
| 7. Jane Steineman, Villa Walsh | 21:24.8. |
| 8. Devon Landers, St. Rose | 21:29.5. |
| 9. Colleen Dobson, Mater Del | 21:42.0.* |
| 10. Bridget Devlin, St. Joseph (Hamm) | 21:45.7.* |
| 11. Emily Groff, St. Rose | 21:55.6. |
| 12. Carrie Gengo, St. Peter's (NB) | 22:14.6. |
| 13. Stacy Christopher, Mater Del | 22:24.6. |
| 14. Kaitlyn Lavender, St. Rose | 22:27.4. |
| 15. Yvonne Wisse, Eastern Christian | 22:53.1. |
| 16. Mary Kate O'Brien, Morris Catholic | 23:00.2. |
| 17. Kate Carnahan, Our Lady of Mercy | 23:20.8. |
| 18. Stacy Rendino, St. Joseph (Hamm) | 23:26.5. |
| 19. Kimberley Skellinger, St. Rose | 23:28.4. |
| 20. Catherine Dewey, Oak Knoll | 23:33.3. |
| 23. Hannah Caughey, Eastern Christian | 23:40.1. |
| 44. Tracy Avanzato, Eastern Christian | 25:32.0. |

Hopewell V keeps dominating

By Jim Lambert

No Group 2 school has ever won an NJSIAA Meet of Champions girls cross-country title, but after Hopewell Valley's performance yesterday in the Group 2 championships at Holmdel Park, there is strong speculation that the drought will end next Saturday.

Hopewell Valley, No. 1 in The Star-Ledger Top 20, solidified its M of C favorite's status when it won its first Group 2 title with 58 points. Voorhees, ranked 12th, was next with 99, followed by No. 13 Ramsey with 112.

Hopewell Valley produced the day's best average of 20:31.8, led by Tiffany Rust in fourth place in 19:34.2 and Laura Petrillo in fifth in 19:58.4.

"If we run the way we're capable, I think we have as good a shot as anyone at winning next week," Petrillo said. "We've been taking it one week at a time, but now the time has come for us to do what we've been working toward all season.

"Today was the last step before our biggest test, and we're looking forward to the challenge. But it won't be easy; there are a lot of teams running well right now."

Team champions

Group 4: Ridgewood

Group 3: Moorestown

Group 2: Hopewell Valley

Group 1: Rumson

Parochial A: Pingry

Parochial B: St. Rose

TEAM

That would include No. 3 Ridgewood, which captured its second straight Group 4 title with 97 points and an average of 20:38.1, second-best of the day. Shawnee, ranked No. 4, was second with 117 points and No. 10 Toms River East third with 118. Ridgewood will seek its second M of C title next week, having previously won in 1992.

"We're right there," Ridgewood coach Jacob Brown said. "There are four of five teams that can win next week and we're one of them. I think it will be a very exciting and tight finish that will probably be decided by a fifth runner."

In the most exciting team battle of the day, No. 2 Moorestown defeated No. 6 and defending champion

Middletown South on a sixth-runner tiebreaker in Group 3. Both teams finished with 74 points, but Moorestown's sixth runner, Liz Heppard, beat Middletown South's sixth, Julie Baratta, by six places, 21:06.0 to 21:21.9. Moorestown also won Group 2 last year.

Middletown South, which averaged 20:47.9 to Moorestown's 20:49.1, still believes it can successfully defend its M of C title.

"Hopewell and Ridgewood aren't that far ahead of us," said Middletown South coach Karl Torchia, "and we ran without one of our top five runners today." Middletown South's Sarah Brennessel suffered an asthma attack just before the start of the race and withdrew.

"If she had run, we probably would have won," Torchia said.

Fifth-ranked Rumson packed its first five in the top 10 and averaged 21:01 to win its first Group 1 title. St. Rose, ranked 19th, averaged 21:33.1 to run away with its third straight Parochial B championship.

In Parochial A, Pingry stunned Red Bank Catholic, 71-75, for its first title.

Red Bank Catholic had won four straight state titles, including the first two in Parochial B.

GIRLS TOP TEAMS, INDIVIDUALS AND WILD CARD

GROUP 4

TEAMS: 1-Ridgewood 97. 2-Shawnee 117. 3-Toms River East 118. 4-Columbia 145. 5-Westfield 175. 6-Hunterdon Central 179. 7-Hillsborough 193. 8-Lenape 204. 9-Cherokee 261. 10-Randolph 267. 11-Roxbury 300. 12-Freehold Township 316. 13-South Brunswick 319. 14-Overbrook 323. 15-Hackensack 327. 16-Passaic 378. 17-Vernon Township 386. 18-Montclair 388. 19-Kearny 454.

INDIVIDUALS: 1-Lindsey Gallo, Howell, 18:55.8. 2-Beth Androski, Hackensack, 19:15.1. 3-Jen Blank, Toms River East, 19:25.8. 4-Claudine Evangelista, Triton, 19:31.6. 5-Stephanie Last, Roxbury, 19:32.9. 6-Robin Van Auken, Highland, 19:50.4. 7-Clair Nowakowski, Ridgewood, 19:54.3. 8-Lindsay Scarborough, Lenape, 19:55.4. 9-Amina Zohny, Columbia, 19:55.9. 10-Jenna Darcy, Shawnee, 19:58.5.

GROUP 3

TEAMS: 1-Moorestown 74. 2-Middletown South 74. 3-Woodrow Wilson 151. 4-North Hunterdon 161. 5-Ocean City 180. 6-Indian Hills 220. 7-Old Tappan 252. 8-Ramapo 255. 9-Mount Olive 278. 10-Ocean Township 280. 11-Morristown 281. 12-Manchester Township 283. 13-West Morris 319. 14-Lawrence 338. 15-Parsippany 360. 16-Toms River South 360. 17-Morris Hills 372. 18-Tenafly 400. 19-Watchung Hills 446. 20-Paramus 467.

INDIVIDUALS: 1-Iqbal Shahnaz, Bergenfield, 19:53.9. 2-Sarah Spilman, West Morris, 19:56.0. 3-Jen Myers, Ramapo, 19:57.0. 4-Kim Pereira, Parsippany, 20:10.4. 5-Brittany McCann, Delsea, 20:12.6. 6-Jessica Curtin, Pinelands, 20:21.1. 7-Marianne Herbst, Mount Olive, 20:23.8. 8-Nicole Dunich, Ocean Township, 20:25.2. 9-Julia Kuder, Moorestown, 20:26.8. 10-Tanisha Pitman, Woodrow Wilson, 20:29.9.

GROUP 2

TEAMS: 1-Hopewell Valley 58. 2-Voorhees 97. 3-Ramsey 112. 4-Holmdel 136. 5-Bridgeton 175. 6-Haddonfield 193. 7-Buena 232. 8-Dumont 223. 9-Kingsway 238. 10-Ridge 242. 11-Caldwell 246. 12-Somerville 257. 13-Chatham 304. 14-Maple Shade 314. 15-Newton 318. 16-Mendham 381. 17-Kittatiny 421.

INDIVIDUALS: 1-Erin Donohue, Haddonfield, 18:30.1. 2-Lily Thomas, Somerville, 18:34.8. 3-Melissa Conway, Ramsey, 19:23.8. 4-Tiffany Rust, Hopewell Valley, 19:34.2. 5-Laura Petrillo, Hopewell Valley, 19:58.9. 6-Sarah Rhodes, Voorhees, 20:00.3. 7-Beth Vesey, Ramsey, 20:13.4. 8-Natalie Jones, Hopewell Valley, 20:24.7. 9-Marissa Brown, Schalick, 20:39.9. 10-Nouelle Dorrow, Chatham, 20:43.8.

GROUP 1

TEAMS: 1-Rumson 32. 2-Bernards 115. 3-Verona 142. 4-Metuchen 153. 5-Gloucester 153. 6-Ridgefield 202. 7-Palisades Park 206. 8-Belvidere 219. 9-Bogota 223. 10-Middlesex 263. 11-Point Pleasant Beach 265. 12-Glen Rock 266. 13-Pitman 313. 14-Keansburg 321. 15-New Providence 342. 16-Technology 419. 17-Wildwood 446.

INDIVIDUALS: 1-Christina Mendoza, Hudson County Prep, 19:57.9. 2-Callin Hadley, Gloucester, 20:08.9. 3-Allyson Krayl, Point Pleasant Beach, 20:09.5. 4-Christy Palmer, Rumson, 20:16.8. 5-Jenni Krystopowicz, Rumson, 20:19.1. 6-Christine Dobrowski, Mountain Lakes, 20:57.8. 7-LaTisha Brown, Keansburg, 21:08.8. 8-Caitlin Moscatello, Rumson, 21:14.1. 9-Lesley Barnet, Bernards, 21:15.0. 10-Jessica Gordon, Belvidere, 21:31.8.

PAROCHIAL A

TEAMS: 1-Pingry 71. 2-Red Bank Catholic 75. 3-Msgr. Donovan 105. 4-Immaculate Heart 169. 5-St. John Vianney 180. 6-Immaculate Heart 197. 7-Holy Cross 210.

8-Bishop Eustace 214. 9-St. Dominic 226. 10-Holy Spirit 261. 11-Notre Dame 261. 12-Paul VI 277. 13-Pope John 316. 14-Holy Angels 353. 15-Bishop Ahr 355. 16-Gloucester Catholic 372. 17-Paramus Catholic 497.

INDIVIDUALS: 1-Carey Mayo, Msgr. Donovan, 20:38.6. 2-Brandee Neiderhofer, Holy Spirit, 20:40.6. 3-Kate Hazlett, Msgr. Donovan, 20:41.5. 4-Lauren Fackelman, Pingry, 20:43.7. 5-Nicole Kurtain, Notre Dame, 20:47.0. 6-Rachel Watson, Msgr. Donovan, 20:48.1. 7-Jody Benedict, St. John Vianney, 20:49.7. 8-Emily Ward, Gloucester Catholic, 20:50.2. 9-Ali Belicose, Red Bank Catholic, 20:57.5. 10-Laura Carpenter, St. John Vianney, 21:02.5.

PAROCHIAL B

TEAMS: 1-St. Rose 30. 2-Morris Catholic 60. 3-Villa Walsh 97. 4-Mater Dei 104. 5-St. Joseph's (Hamm.) 108. 6-Oak Knoll 143. 7-Wildwood Catholic 167. 8-Montclair Kimberley 180.

INDIVIDUALS: 1-Lindsey Van Alstine, Hawthorne Christian, 20:47.8. 2-Mayo Ferraro, St. Rose, 20:50.4. 3-Biddy Bewalder, Morris Catholic, 20:57.7. 4-Taryn Landers, St. Rose, 21:02.7. 5-Lia Bella, Morris Catholic, 21:20.6. 6-Caroline Bugg, Newark Academy, 21:21.4. 7-Jane Steinemann, Villa Walsh, 21:24.8. 8-Devon Landers, St. Rose, 21:29.5. 9-Colleen Dobson, Mater Dei, 21:42.0. 10-Bridget Devlin, St. Joseph's (Hamm.), 21:45.7.

WILD CARD

TEAM: Columbia 1:44:31.9 (five-runner total time). Average of 20:54.3.

INDIVIDUALS: 1-Kristen Meyer, Hillsborough, 20:00.7. 2-Christine Morgado, Union, 20:20.0. 3-Maura McMahon, Westfield, 20:23.3. 4-Kate Henninger, Manchester Township, 20:31.4. 5-Erin Riddle, Lenape, 20:34.4. 6-Deanna Willard, Hillsborough, 20:35.6. 7-Kayla Maloney, Randolph, 20:36.1. 8-Brianon Shade, Warren Hills, 20:37.4. 9-Melissa Razo, Cherokee, 20:37.7. 10-Velisa Rios, Randolph, 20:38.7.

Ridgewood girls looking to capture SMOC title

By PAUL SCHWARTZ
Staff Writer

Ridgewood's girls cross-country team makes its eighth trip of the Nineties to the State Meet of Champions on Saturday at 11 a.m. at Holmdel County Park. Only Shawnee and Red Bank Catholic have appeared in more, having appeared in every SMOC of the decade.

And the Maroons, repeat champions in Group 4, have an excellent chance to add their second SMOC championship of the decade to their impressive résumé. It figures to be a six-team battle for the title in the 19-team field, made up of the top three finishers in each of last week's six group meets and wild-card entry Columbia.

"I'm excited about our chances," said veteran coach Jacob Brown, whose team won the 1992 title, was second in 1997, and third in 1993 and 1998. "I expect that we'll run better than last week, but I expect some of the other good teams to run better, also. Whoever has the best day will win."

The Maroons and Group 2 champion Hopewell Valley were the teams with the best average times in last Saturday's group meets. Hopewell Valley had the best five-girl average at 20:31.3 per runner, seven seconds faster than Ridgewood. Defending champion and Group 3 runner-up Middletown South is probably the next-best team according to last week's times, with Group 3 champ Moorestown, Toms River East, and Shawnee in the upper echelon, probably not able to win the race, but able to beat one of the three favorites.

CROSS-COUNTRY

Ridgewood, led by sophomore Clair Nowakowski and five experienced seniors — Alyson Cangemi, 1997 SMOC champ Kelly Behan, Julia Brownell, Taylor Dunn, and Tara O'Neill — needs a tighter pack than the 1:38 separating the top five last week. A key might be O'Neill, recovering from injury and Ridgewood's sixth runner last week.

Ramsey, third in Group 2, is in the middle group of six, with Columbia, Group 1 champ Rumson, Voorhees, Woodrow Wilson, and Parochial A champ Pingry.

And while Group 2 champion Erin Donahue of Haddonfield and runner-up Lily Thomas of Somerville appear to be 15-20 seconds better than anyone else in the race, as many as four area runners could be in the top 10 and two could be in the top five.

Group 4 runner-up Beth Androski of Hackensack and last year's fifth-place finisher, junior Melissa Conway of Ramsey, have dark horse chances for victory and ranked fourth and fifth, respectively in the group race standings.

Group 3 champion Shahnaz Iqbal of Bergenfield, a junior, and Nowakowski could crack the top 10, and junior Jen Myers of Ramapo should be in the top 20.

Cangemi, Behan, Brownell, and Ramsey's Beth Vesey could also be in the top 50 of the 160-plus runner field. Passaic's only qualifier, Lindsay Van Alstine of Hawthorne Christian, could also make the top 50 in the final race of her freshman year.

The boys picture is far less

bright. In every year since the SMOC was established more than 25 years ago, at least one Bergen or Passaic boy has finished at least 14th, the spot Passaic's Curtis McNair finished in 1985. That streak will probably end this year, with the top North Jersey finisher expected to be Danny Chaves of Secaucus, the Hudson County and Group 1 champ.

He should battle for the top 10 and might surprise favored Joe Halin of Cherokee, the Group 4 champ, Brian Kirwin of Christian Brothers, the Parochial A champ, and Group 2 champ Walton Kingsbury of Red Bank Regional, part of a large group that ran between 16:09 and 16:30 for the 5,000-meter course.

But after him, only Mike Rogers of Garfield had a time that would place him barely in the top 25. Rogers, Passaic County champ Matt Winkler of Wayne Valley, Matt Collins of Ramsey, and the Rutherford duo of Bergen County champ Cole Dailey and Erik Larsen have enough talent to reach the top 20, but need to run substantially better than they did last week.

Christian Brothers, perhaps the best team in the U.S., will roll to its annual win in the boys team race, with Paul VI (Haddonfield) and Group 4 champ Cherokee are expected to be second and third, respectively.

Rutherford, making its first-ever appearance in the SMOC, has a chance to battle for a spot in the top 10, with Palisades Park, in its fourth SMOC in five years, hoping to finish in the top 15 of the stellar 19-team field.

GIRLS RANKINGS

BERGEN GROUP 1-2

- 1. Ramsey** — Without Melissa Conway, the Rams were second in the Bergen Meet of Champions. With her, they were third in Group 2. Six of the Rams' top eight will return next year.
 - 2. (Tie) Westwood** — The short-staffed Cardinals were hampered by injury all year and couldn't even field a full team in the State Group 2 meet. But they retain a share of the No. 2 spot, having captured their fifth straight BCSL American title. Only three underclassmen return.
 - 2. (Tie) Dumont** — The Huskies are the team to watch in the BCSL American and in Group 2 next year as they return six of their top seven from a team that was eighth in the Group 2 State meet. Freshman Felicia Chevalair is a future star.
 - 4. Ridgely** — Their first Triple Crown (league, County, and State sectional titles) and a sixth-place finish in the State Group 1 meet may be just the beginning for the Royals, who return five of their top seven.
 - 5. Palisades Park** — The Tigers might be neck and neck with Ridgely next year, just like they were when they finished four points behind the Royals for seventh in the State meet. All seven runners return and Bergen County might dominate Group 1 next year.
- Also — Bogota, Glen Rock.

BERGEN GROUP 3-4

- 1. Ridgewood** — There's not much to say except that Ridgewood can cap another amazing season with a second State Meet of Champions title Saturday. The Maroons have won a record 19 Bergen Meet of Champs, 15 State sectionals, four State Group 4 titles, and had 13 SMOC visits. But with only two of the top seven runners returning next year, could the streaks end?
- 2. Indian Hills** — If the season had lasted two more weeks, who knows where the Braves would have finished. Finally getting healthy, the Braves were third in the BMOC and

sixth in Group 3. With five of their top seven returning next year, the improvement should continue.

- 3. Northern Valley at Old Tappan** — A seventh-place finish in the State Group 2 meet followed a fifth-place finish in the Bergen Meet of Champions for the Golden Knights, who return four of their top five next year.
 - 4. Immaculate Heart** — The Blue Eagles were finally getting healthy at the end of the year and proved it by finishing fourth in the BMOC and sixth out of 17 teams in the Parochial A championships. They return five of their top seven next season.
 - 5. Hackensack** — The Comets struggled at the end of the season, sliding to seventh place in the BMOC and just 15th in State Group 4. Beth Androski continued her amazing season, but the Comets lose their top three runners and will have to rebuild next year.
- Also — Ramapo, Tenafly.

PASSAIC/E. MORRIS

- 1. Passaic** — This wasn't the year for the Passaic County champs in the State group meet. The Indians were the only Passaic County team to qualify for the meet. Five of the top seven return next year.
 - 2. Clifton** — The Mustangs had an outstanding second-place finish in the Passaic County meet. Four of the top seven return next year.
 - 3. Wayne Valley** — The Indians were third in the Passaic County meet, but chose to skip the sectional meet with a young team. Four of the top five return next year.
 - 4. West Milford** — The Highlanders were fourth in Passaic County, and return four of their top seven next year including two finishers in the top 20.
 - 5. Passaic Valley** — Four of the top five return, including two All-Passaic stars, but the Hornets need to develop some depth to contend next season.
- Also — DePaul, Eastern Christian, Pompton Lakes.
Rankings by The Record sports staff.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET STATE MEET of CHAMPS

COURSE _____

DIVISION _____

COURSE RECORD _____

DATE 11-20-99

RIDGEWOOD RECORD _____

WEATHER _____

TYPE OF COURSE _____

| FINISH PLACE | TEAM SCORE | NAME | TIME |
|--------------|------------|------------------|---------|
| 18 | 6 | CLAIR NOWAKOWSKI | 20:04.1 |
| 28 | 13 | ALYSON CANGEMI | 20:34.2 |
| 33 | 17 | KELLY BEHAN | 20:43.7 |
| 55 | 28 | TAYLOR DUNN | 21:02.2 |
| 80 | 47 | JULIA BROWNELL | 21:25.5 |
| 105 | 65 | TARA O'NEILL | 21:56.4 |
| 130 | 88 | REBECCA JOHNSON | 22:34.0 |
| | | | |

TEAM TOTAL:

TEAM PLACE:

1-5 SPLIT:

1-7 SPLIT:

COMMENTS: AT THE TENNIS COURTS I THOUGHT WE WOULD WIN. WHEN JULIA FELL I THOUGHT WE HAD LOST. WHEN THEY MADE THE ANNOUNCEMENT I DID NOT HEAR THE OFFICIAL BUT HEARD SEVERAL OF YOU JUMP SCREAMING AND SAW YOU JUMPING AROUND. THE ROLLER COASTER OF EMOTIONS GAVE QUITE A RIDE TODAY!
WE ARE THE CHAMPIONS!

Ridgewood wins title on Brownell's last gasp

By PAUL SCHWARTZ
Staff Writer

HOLMDEL — Julia Brownell lay on the ground five feet from the finish line, the hopes of a Ridgewood cross-country State championship apparently lying there with her.

Out of gas after a strong effort on an unseasonably warm November day, Brownell needed to finish the race to complete the five-runner team that seemed to have accomplished its season-long goal.

But as she lay there, spent, dehydrated, and with runner after runner finishing ahead of her, all she could hear was an argument.

"All I could think of was I need water, and then I heard two officials arguing about whether I had finished the race when I had touched the line earlier with my hand," said Brownell. "And I had heard of others crawling over the finish line, so I crawled a few more feet and crossed the line."

Her work done, Brownell lay down again and awaited assistance from on-site emergency help, her parents, and coach Jacob Brown. She quickly was revived and while being tended to, heard the magic

CROSS-COUNTRY

words, "The 1999 New Jersey girls State champions, Ridgewood High School," and all worries went away.

Brownell's effort capped a terrific race and season for the Maroons, who won their second State Meet of Champions title, 111-132, over Group 3 champion Moorestown and Group 2 champ Hopewell Valley, proving they are the best team in New Jersey.

"At the beginning of the race, I thought we had gotten out too slowly," said Brown. "But in the bowl [midway through the race] and then by the tennis courts [with less than a mile left in the 5,000-meter Holmdel Park course] we looked like we were going to win."

Clair Nowakowski finished 18th, Alyson Cangemi 28th, and Kelly Behan 33rd to put the Maroons in position for Brownell and normal fifth runner Taylor Dunn to finish and clinch the title.

"But then I saw Julia come over the [final] hill and she was looking very wobbly," Brown said, "I was

about 100 yards away and when she went down I didn't see Taylor finish."

Dunn, running her best race of the year, finished 55th in the 174-runner field and when Brownell finally crawled across the finish line, she was placed 80th, having lost 20 or more places after her collapse.

"I'm still fired up about this team because they've had an amazing will and desire to win this thing all year, and we were really ready," said Brown, whose team also won in 1992.

While Ridgewood was winning, three Bergen County girls placed in the top 10 for the first time in the 28-year history of the meet.

Bergen County champ Beth Androski of Hackensack was third, Ramsey junior Melissa Conway was fifth for the second straight year, and junior Shahnaz Iqbal of Bergenfield 10th. Erin Donahue of Haddonfield won the race and Lily Thomas of Somerville was second.

Androski, who missed last year's SMOC with illness after winning the Group 4 title and was second in this year's Group 4 race, battled Donahue, Thomas, and Lindsey

Gallo of Howell Township from the opening gun.

"I was very concerned after last week's race that I didn't feel good," said Androski. "Then I was yelling at people all week because I had mood swings. Then Friday I finally felt good and I went for it today."

Donahue won in 18:44.9 and Thomas was second, 10 yards behind. Androski was third in 18:55.5, another 35 yards back. Androski's time was the sixth-best ever by a Bergen County runner on the Holmdel course.

Area boys weren't nearly as successful in the race won by Christian Brothers' Brian Kerwin and his Colts teammates in a runaway.

Mike Rogers of Garfield led area athletes with a 30th-place finish in the 168-runner field and Passaic County champ Matt Winkler of Wayne Valley was 39th. Rutherford was 10th in the 19-team field and Palisades Park 15th.

Group 1 champion Danny Chaves of Secaucus did not finish, collapsing with dangerously low blood sugar levels. He was taken to Bay Shore Hospital and was released later in the afternoon.

MEET OF CHAMPIONS SUMMARIES

All Holmdel County Park, Holmdel

GIRLS TEAM SCORING

Ridgewood 111, Moorestown 132*, Hopewell Valley 132*, Shawnee 184, Middletown South 174, Columbia 178, Rumson-Fair Haven 180, Voorhees 226, Ramsey 227, Tom's River East 228, St. Rose 237, Pingry 261, Woodrow Wilson 262, Red Bank Catholic 280, Monsignor Donovan 290, Bernards 432, Morris Catholic 443, Verona 513, Villa Walsh 532.

| | |
|--|---------|
| 1. Erin Donahue, Haddonfield | 18:44.9 |
| 2. Lily Thomas, Somerville | 18:47.7 |
| 3. Beth Androski, Hackensack | 18:55.5 |
| 4. Lindsey Gallo, Howell Twp. | 18:59.9 |
| 5. Melissa Conway, Ramsey | 19:10.4 |
| 6. Marianne Herbst, Mount Olive | 19:30.5 |
| 7. Claudine Evangelista, Triton | 19:31.5 |
| 8. Jen Blank, Tom's River East | 19:34.3 |
| 9. Stephanie East, Roxbury | 19:38.3 |
| 10. Shahnaz Iqbal, Bergenfield | 19:43.5 |
| 11. Christina Mendoza, Hudson Prep | 19:44.7 |
| 12. Robin Van Aulken, Highland | 19:45.2 |
| 13. Tiffany Rust, Hopewell Valley | 19:50.3 |
| 14. Kristan Meyer, Hillsborough | 19:51.3 |
| 15. Tanisha Pittman, Woodrow Wilson | 19:55.0 |
| 16. Sarah Sullivan, West Morris | 19:58.2 |
| 17. Dana Palumbo, Shawnee | 20:01.9 |
| 18. Clair Nowakowski, Ridgewood | 20:04.1 |
| 19. Annika Zohmy, Columbia | 20:13.1 |
| 20. Jenna Darcy, Shawnee | 20:16.5 |
| 21. Rebecca Shore, Columbia | 20:19.8 |
| 22. Christina Morgado, Union | 20:21.9 |
| 23. Jen Myers, Ramapo | 20:28.5 |
| 24. Cassie Kerr, Middletown South | 20:28.9 |
| 25. Sarah Rhodes, Voorhees | 20:31.7 |
| 26. Alyson Cangemi, Ridgewood | 20:34.2 |
| 27. Beth Vesey, Ramsey | 20:39.5 |
| 33. Kelly Behan, Ridgewood | 20:43.7 |
| 39. Lindsey Van Alstine, Hawthorne Christian | 20:54.8 |
| 55. Taylor Dunn, Ridgewood | 21:02.2 |
| 69. Mary O'Querny, Ramsey | 21:12.7 |
| 80. Julia Brownell, Ridgewood | 21:25.5 |

BOYS TEAM SCORING

CBA 31, Paul VI 95, Cherokee 104, Washington Twp. 127, Red Bank Regional 134, Old Bridge 150, Morristown 224, Eastern 226, St. Joseph (Maclean) 285, Rutherford 294, Somerville 297, Cranford 307, Rumson-Fair Haven 317, Hopewell Valley 338, Palisades Park 365, St. Rose 457, Metuchen 481, Wood-Catholic 495, Mater Dei 506.

| | |
|---|---------|
| 1. Brian Kerwin, CBA | 15:52.8 |
| 2. Walton Kingsbury, Red Bank Regional | 16:04.5 |
| 3. Brian Skelly, Washington Twp. | 16:12.8 |
| 4. Jeff DiCicco, CBA | 16:16.6 |
| 5. Mark Barukh, Hackettstown | 16:22.9 |
| 6. Adam Ambros, Shawnee | 16:25.4 |
| 7. Andrew Flatchak, CBA | 16:26.9 |
| 8. Ty Jensen, Marlboro | 16:28.0 |
| 9. Brian Hoffman, CBA | 16:31.7 |
| 10. Patrick Slattey, Mount Olive | 16:33.9 |
| 11. Mark Weems, Washington Twp. | 16:36.8 |
| 12. Nick Pellegrino, Marlboro | 16:37.5 |
| 13. Joe Hahn, Cherokee | 16:39.5 |
| 14. Jonathan Pereira, Parsippany | 16:40.3 |
| 15. Rich Seltz, Voorhees | 16:42.7 |
| 16. Will Koenig, Lakewood | 16:43.1 |
| 17. Colin Brown, Columbia | 16:43.1 |
| 18. Adam Dracoll, Washington Twp. | 16:46.0 |
| 19. Johnny Rodriguez, Red Bank Regional | 16:48.0 |
| 20. Mike Ritchie, Paul VI | 16:50.5 |
| 21. Marc Pelerin, Cherokee | 16:51.3 |
| 22. Mark Nichol, Millburn | 16:52.4 |
| 23. Brian Donovan, East Brunswick | 16:53.3 |
| 24. Israel Payton, Colts Neck | 16:53.7 |
| 25. Rick Padron, St. Joseph (Mater) | 16:54.3 |
| 30. Mike Rogers, Garfield | 16:57.9 |
| 36. Matt Winkler, Wayne Valley | 17:05.3 |
| 43. Matt Collins, Ramsey | 17:09.2 |
| 61. Cole Daley, Rutherford | 17:28.7 |
| 69. Eric Larsen, Rutherford | 17:40.3 |
| 75. Peter Leighton, Bogota | 17:47.3 |
| 78. Adrian Castano, Palisades Park | 17:50.9 |
| 94. Sergio Zela, Palisades Park | 18:05.7 |

ALL-GROUP MEET

2.

BOYS

It was a bit too warm (near 70 degrees) at Holmdel County Park Nov. 20 for Christian Brothers to achieve its goal of breaking the team time record for the course. But that was the only goal that eluded the Colts as they took an unprecedented 5th straight team title with the lowest score ever in the meet, 31 points, and also produced their first individual winner in Brian Kerwin, who finished 60 yards ahead of Walton Kingsbery of Red Bank in 15:52.

Brian Skelly of Washington Twp, who finished 3rd, was the early pacesetter, but the race soon developed into a duel between the Shore rivals. Kingsbery made a move around the 2M mark, but failed to shake off Kerwin, who responded with one of his own to win his 4th major race in five tries this fall. Teammates Jeff DiChiara, Andy Filachek and Brian Hoffman were also in the top 10 as CBA recorded the 6th fastest effort ever at Holmdel with a 16:25 average.

Paul VI surprised by edging Cherokee for 2nd even with normal leader Sal Graziano its 4th finisher in 47th place. The Chiefs had two sophs and one frosh in their top five. Washington Twp was only 4th despite having three finishers before Paul VI's first.

| | |
|--|---------|
| 1. Brian Kerwin, Christian Brothers (Sr.) | 15:52.6 |
| 2. Walton Kingsbery, Red Bank (Sr.) | 16:04.5 |
| 3. Brian Skelly, Washington Twp (Sr.) | 16:13.6 |
| 4. Jeff DiChiara, CBA (Sr.) | 16:16.6 |
| 5. Mark Bahnuik, Hackettstown (Sr.) | 16:22.9 |
| 6. Adam Ambrus, Shawnee (Sr.) | 16:25.4 |
| 7. Andrew Filachek, CBA (Sr.) | 16:26.9 |
| 8. Ty Jensen, Marlboro (Jr.) | 16:28.0 |
| 9. Brian Hoffman, CBA (Sr.) | 16:31.7 |
| 10. Pat Slattery, Mt. Olive (Jr.) | 16:33.9 |
| 11. Mark Weems, Washington Twp | 16:36.6 |
| 12. Nick Pellegrino, Marlboro (Sr.) | 16:37.5 |
| 13. Joe Halin, Cherokee (So.) | 16:39.5 |
| 14. Jonathan Pereira, Parsippany (Sr.) | 16:40.3 |
| 15. Rich Seitz, Voorhees (Sr.) | 16:40.7 |
| 16. Will Keown, Lakewood | 16:43.5 |
| 17. Colin Brown, Columbia (Sr.) | 16:45.1 |
| 18. Adam Driscoll, Washington Twp (Sr.) | 16:46.0 |
| 19. Johnny Rodriguez, Red Bank (Sr.) | 16:48.0 |
| 20. Mike Ritchie, Paul VI (Jr.) | 16:50.5 |
| 21. Marc Pelerin, Cherokee (So.) | 16:51.3 |
| 22. Mark Nichol, Millburn (Sr.) | 16:52.4 |
| 23. Brian Donovan, East Brunswick (Jr.) | 16:53.3 |
| 24. Israel Payan, Colts Neck (So.) | 16:53.7 |
| 25. Rick Padron, St. Joseph Metuchen (Sr.) | 16:54.3 |
| 26. Gregg Robinson, Cherokee (Sr.) | 16:54.9 |
| 27. Brian Boyett, Parsippany Hills (Jr.) | 16:55.3 |
| 28. Nat Glackin, Christian Brothers (Jr.) | 16:56.4 |
| 29. Rob Lacovara, Highland (So.) | 16:57.2 |
| 30. Mike Rogers, Garfield (Sr.) | 16:57.9 |
| 31. Ryan Sheppard, Paul VI (Sr.) | 16:58.6 |
| 32. Pete Lively, Paul VI (Sr.) | 17:00.3 |
| 33. Miguel Jones, Hillsboro (Sr.) | 17:02.7 |
| 34. Jason Bruhn, Old Bridge (Sr.) | 17:03.4 |
| 35. Patrick Lenaghan, Christian Brothers (Sr.) | 17:03.6 |
| 36. Joseph Hoffman, St. Joseph (Met.) (Sr.) | 17:03.9 |
| 37. Joseph Lacovara-Switzer, Egg Harbor (Sr.) | 17:04.3 |
| 38. Kris Landers, Wall (Sr.) | 17:04.9 |
| 39. Matt Winkler, Wayne Valley (Sr.) | 17:05.3 |
| 40. Nate Marsh, Hopewell Valley (Sr.) | 17:05.7 |
| 41. Gray Reinhard, Morristown (So.) | 17:06.0 |
| 42. Edwin Puello, Ocean Twp (Jr.) | 17:06.4 |
| 43. Matt Collins, Ramsey (Jr.) | 17:09.2 |
| 44. Israel Rodriguez, Red Bank (Jr.) | 17:09.6 |
| 45. Robbie Wareham, Southern Ocean (Jr.) | 17:10.7 |
| 46. James Holden, Bridgeton (Jr.) | 17:13.1 |
| 47. Sal Graziano, Paul VI (Sr.) | 17:14.2 |
| 48. Stephen Roberts, Mt. Olive (Sr.) | 17:15.8 |
| 49. Dan Harding, Old Bridge (So.) | 17:16.3 |
| 50. Mark Rabinowitz, Old Bridge (Jr.) | 17:18.5 |

TEAMS

| | | | | | | | |
|-------------|-----|---------------|-----|----------------|-----|----------------|-----|
| 1. CBA | 31 | 5. Red Bank | 134 | 9. St Jos Met | 285 | 13. Rumson | 317 |
| 2. Paul VI | 95 | 6. Old Bridge | 150 | 10. Rutherford | 294 | 14. Hpwll Vall | 338 |
| 3. Cherokee | 104 | 7. Morristown | 224 | 11. Somerville | 297 | 15. Palsdes Pk | 365 |
| 4. Wash Twp | 127 | 8. Eastern | 236 | 12. Cranford | 307 | 16. St. Rose | 457 |

GIRLS

With its 5th finisher literally crawling over the line, Ridgewood managed to defeat Moorestown and Hopewell Valley, 111-132, in what was billed as and was a wide open team race. Each of the contenders had someone with an "off" day, but the Maroon won because their 5th finisher a week earlier, Taylor Dunn, stepped up with a big race to cover the near-disaster.

Moorestown got the silver on a comparison of 6th finishers, the second week in a row this tie-breaker had paid off for the Quakers. Middletown South, which had equalled their score in Gr. III on Nov. 13, was back in 5th place behind Shawnee.

The individual race simply repeated the Gr. II finish about 15 seconds slower, thanks to the weather conditions. Once again it was Erin Donohue setting the pace and then having to hold off Lily Thomas of Somerville in the homestretch. This time, however, two other girls got under the 19:00 mark, Beth Androski of Hackensack and Lindsey Gallo of Howell, who reversed their Gr. IV finish. Marianne Herbst of Mt. Olive came back from her disappointing Gr. III race to place 6th behind Melissa Conway of Ramsey.

| | |
|--|---------|
| 1. Erin Donohue, Haddonfield (Jr.) | 18:44.9 |
| 2. Lily Thomas, Somerville (Sr.) | 18:47.7 |
| 3. Beth Androski, Hackensack (Sr.) | 18:55.5 |
| 4. Lindsey Gallo, Howell (Sr.) | 18:59.5 |
| 5. Melissa Conway, Ramsey (Jr.) | 19:10.4 |
| 6. Marianne Herbst, Mt. Olive (Sr.) | 19:30.5 |
| 7. Claudine Evangelista, Triton (Sr.) | 19:31.5 |
| 8. Jen Blank, Toms River East (Fr.) | 19:34.3 |
| 9. Stephanie Last, Roxbury (Jr.) | 19:38.3 |
| 10. Shahnaz Iqbal, Bergenfield (Jr.) | 19:43.5 |
| 11. Christine Mendoza, Hudson County Prep (Sr.) | 19:44.7 |
| 12. Robin Van Auken, Highland (Sr.) | 19:45.2 |
| 13. Tiffany Rust, Hopewell Valley (Sr.) | 19:50.3 |
| 14. Kristen Meyer, Hillsboro (Jr.) | 19:51.3 |
| 15. Tanesha Zohny, Wilson (Fr.) | 19:56.0 |
| 16. Sarah Spillman, West Morris (Jr.) | 19:58.2 |
| 17. Dana Palumbo, Shawnee (Jr.) | 20:01.9 |
| 18. Clair Nowakowski, Ridgewood (So.) | 20:04.1 |
| 19. Amlina Zohny, Columbia (Sr.) | 20:13.1 |
| 20. Jenna Darcy, Shawnee (Sr.) | 20:16.5 |
| 21. Rebecca Shore, Columbia (Sr.) | 20:19.8 |
| 22. Christina Morgado, Union (Jr.) | 20:21.9 |
| 23. Jen Myers, Ramapo (Jr.) | 20:28.5 |
| 24. Casie Kerr, Middletown South (So.) | 20:28.9 |
| 25. Sarah Rhodes, Voorhees (Jr.) | 20:31.7 |
| 26. Natalie Jones, Hopewell Valley (So.) | 20:32.0 |
| 27. Brianon Shade, Warren Hills (Jr.) | 20:33.0 |
| 28. Alyson Cangemi, Ridgewood (Sr.) | 20:34.2 |
| 29. Julia Kuder, Moorestown (Jr.) | 20:34.7 |
| 30. Beth Vesey, Ramsey (Sr.) | 20:39.5 |
| 31. Alexis Vergalla, Voorhees (So.) | 20:41.0 |
| 32. Deanna Willard, Hillsboro (Jr.) | 20:43.3 |
| 33. Kelly Behan, Ridgewood (Sr.) | 20:43.7 |
| 34. Maya Ferraro, St. Rose (So.) | 20:44.4 |
| 35. Colleen Hughes, Moorestown (So.) | 20:45.0 |
| 36. Caitlin Moscatello, Rumson (So.) | 20:45.5 |
| 37. Christy Planer, Rumson (So.) | 20:45.9 |
| 38. Jody Benedict, St. John Vianney (Sr.) | 20:46.2 |
| 39. Melissa Razo, Cherokee (Sr.) | 20:47.2 |
| 40. Kayla Maloney, Randolph (Sr.) | 20:48.4 |
| 41. Jenni Krystopowicz, Rumson (So.) | 20:50.8 |
| 42. Taryn Landers, St. Rose (Jr.) | 20:51.7 |
| 43. Velisa Rios, Randolph (Jr.) | 20:52.0 |
| 44. Christine Dobrowski, Mt. Lakes (Fr.) | 20:52.4 |
| 45. Kelsey Rinehart, Moorestown (So.) | 20:53.5 |
| 46. Lindsay Van Alstine, Hawthorne Christian (Fr.) | 20:54.8 |
| 47. Laura Petrillo, Hopewell Valley (Sr.) | 20:55.4 |
| 48. Laura Carpenter, St. John Vianney (Fr.) | 20:56.5 |
| 49. Lisa Zino, Middletown South (Fr.) | 20:59.3 |
| 50. Liz Heppard, Moorestown (So.) | 21:00.1 |

TEAMS

| | | | | | | | |
|------------------|-----|--------------|-----|--------------|-----|--------------|-----|
| 1. Ridgewood | 111 | 5. Middtn So | 174 | 9. Ramsey | 227 | 13. Wilson | 262 |
| 2. Moorestown | 132 | 6. Columbia | 175 | 10. TR East | 228 | 14. RBC | 280 |
| 3. Hopewell Vall | 132 | 7. Rumson | 180 | 11. St. Rose | 237 | 15. Msgr Don | 293 |
| 4. Shawnee | 164 | 8. Voorhees | 226 | 12. Pingry | 261 | 16. Bernards | 432 |

Brownell's heroics propel Ridgewood

By Rich Bevensee

Any one of the girls on the Ridgewood cross-country team could have been considered a hero yesterday at Holmdel Park.

But senior Julia Brownell will be remembered simply for crossing the finish line. She collapsed from sheer exhaustion just inches short of the line, but after losing about 12 places, Brownell eventually — and actually — crawled two feet and across the chalk as Ridgewood's fifth runner.

GIRLS TEAM

Brownell's last ounce of heroic effort was enough to propel Ridgewood, No. 2 in The Star-Ledger Top 20, to the girls team championship at the 28th annual NJSIAA/Star-Ledger cross country Meet of Champions.

Ridgewood scored 111 points while No. 5 Moorestown and No. 1 Hopewell Valley each came in next with 132. While Hopewell Valley actually tied Moorestown for second place, the Mercer County school lost the sixth-runner tiebreaker. Moorestown's Isabell Weberbauer defeated Hopewell Valley's sixth runner, Liz Morici, by 25 places.

"Nothing can compare to this, ever," Brownell said. "I still feel like it's a dream."

Brownell said she felt weary because of the unusually warm temperature, about 65 degrees, but convinced herself she had to cross the finish line because of an article she read. She claimed 80th place in 21:25.5.

She fainted just after finishing the race, but came through a minute later to reveal her feelings.

"I'm still seeing a lot of black spots," Brownell said. "I remember reading in a running magazine about a girl in the Foot Locker national championships who tried to crawl

across the finish line (Julia Stamps of Santa Rosa, Calif., the favorite in the 1996 Foot Locker Cross Country Championships). My teammates make fun of me for reading that stuff, but it came through today."

The all-senior Ridgewood top five was led by Clair Nowakowski, 18th in 20:04.1. Alyson Cangemi was 28th (20:34.2), Kelly Behan 33rd (20:43.7), and Taylor Dunn 55th (21:02.2), a personal best by 30 seconds. Behan won the Meet of Champions in 1997, but sat out last year due to various ailments. She returned this fall for her senior year.

Ridgewood shucked its traditional maroon singlets for black ones for the Meet of Champions in order "to fool people," Nowakowski said, so Hopewell Valley and Moorestown couldn't get a fix on any Ridgewood runners.

Changing a uniform is a practice that teams will do on a rare occasions.

The second team title for Ridgewood—both have come under the direction of coach Jacob Brown, the first in 1992—secured the program's place as one of the most successful in the past decade. Ridgewood has claimed a top 10 spot in each of its eight visits to the Meet of Champions in the 1990s, and has finished among the top four teams on six occasions.

"No question about it, this one is more special than 1992," Brown said. "This group of seniors won the freshman race at the Shore Coaches meet four years ago and, since then, they've been working toward this day."

Teams: 1-Ridgewood 111. 2-Moorestown 132. 3-Hopewell Valley 132. 4-Shawnee 164. 5-Middletown South 174. 6-Columbia 175. 7-Rumson 180. 8-Voorhees 226. 9-Ramsey 227. 10-Toms River East 228. 11-St. Rose 237. 12-Pingry 261. 13-Camden Wilson 262. 14-Red Bank Catholic 280. 15-Msgr. Donovan 293. 16-Bernards 432. 17-Morris Catholic 443. 18-Verona 513. 19-Villa Walsh 532.

Title was worth the wait for Ridgewood runners

By PAUL SCHWARTZ

Staff Writer

Four years ago, five Ridgewood freshmen had a dream, to win the State girls cross-country championships together as seniors.

Saturday, Kelly Behan, Julia Brownell, Lesley Bruno, Alyson Cangemi, and Tara O'Neill realized that dream as the Maroons won their second SMOC championship at Holmdel County Park, 111-132, over favored Hopewell Valley and Moorestown.

Though the Maroons enjoyed great success over the five runners' four-year stay, as the team has throughout the 1980s and 1990s, the road to the winners' circle wasn't always a smooth one.

As freshmen, the five Maroons rarely ran as a group, with Behan and O'Neill varsity runners practically from their first steps. But the others, with occasional help from their precocious classmates, dominated State frosh races, rarely scoring more than 25 points in a major meet.

The varsity Maroons saw their 12-year streak as Bergen Group 4 champs snapped by Hackensack but came back to win the Bergen Meet of Champs, and the sectional Group 4 titles. They finished third in State Group 4 before an eighth-place SMOC finish.

As sophomores, they were joined by sophomore Taylor Dunn, a refugee from soccer who joined O'Neill and Behan on the varsity along with the improving Cangemi. Ridgewood and Hackensack enjoyed six stirring races, most won by Ridgewood, including the BMOC and sectionals again, before Ridgewood was third at states and second in the SMOC. And Behan appeared to be the

CROSS-COUNTRY

sport's newest star, shockingly winning the SMOC.

But Brownell struggled with injuries as a sophomore, and Behan suffered some serious physical setbacks in the spring that virtually benched her for nearly 18 months. And O'Neill wasn't always healthy, either.

Last season, the Maroons added another freshman phenom, Clair Nowakowski, and with Brownell, Cangemi, O'Neill, and Dunn as regular parts of the team, won the State Group 4 championship in a romp, and again finished third in the SMOC. Behan was unable to run a step.

When this season started, veteran coach Jacob Brown could see that the dream could become a reality.

"When we got Kelly back, and even though we knew she wouldn't be back to her sophomore form, and I saw the way they were motivated all season, I thought we might just do it," said Brown.

The addition of junior Rebecca Johnson, daughter of Ridgewood football coach Chuck, gave the Maroons even more depth. An early season win in the Shore B race, unprecedented even in the 1992 SMOC title season, made the dream a very reachable goal.

But then came the uncertainty again. O'Neill got hurt and never really returned to the form she had shown in previous years. And Behan had to drop out of the Ridgewood Invitational with an asthma attack.

The dream was fading.

Or was it?

"We never doubted we'd win,"

said Bruno, along with Behan a co-captain even though she rarely ran a varsity race in her four years. "We'd been doing this together for so long, and we all wanted it to happen and we worked hard to make sure it did happen."

"Getting Kelly back this year really put it all together for us and we weren't going to let it get away," said Cangemi, who improved race by race throughout her career and ended up as the No. 2 Ridgewood runner Saturday behind team leader Nowakowski.

In fact, even had Brownell not completed her courageous and gutsy crawling finish at the line Saturday, the Maroons still would have won as O'Neill, the sixth Ridgewood runner, finished high enough to preserve the victory.

"I've always said that each team writes its own story even though we have a great tradition and this team wasn't going to let any story be written but a State title," said Brown.

INSPIRATIONAL UNIFORMS — Hackensack's Beth Androski, whose third place led an unprecedented three Bergen runners into the top 10, had the initials "TDT" stitched on her uniform in memory of the late Tom Della Torre, the legendary Comet football coach and athletic director who died a week ago.

Della Torre, who also served as the Comets track coach for 10 years, was a big supporter of women's sports both at Hackensack and in his own family. Granddaughter Tracy, who graduated last year from Glen Rock, was an All-Bergen cross-country runner, and the senior Della Torre came to watch her run whenever he was able.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET FOOT LOCKER

COURSE _____

DIVISION _____

COURSE RECORD _____

DATE _____

RIDGEWOOD RECORD _____

WEATHER _____

TYPE OF COURSE _____

| FINISH PLACE | | NAME | TIME |
|--------------|--|-------------|-------|
| 29 | | KELLY BEHAN | 20:42 |
| | | | |

| FINISH PLACE | | NAME | TIME |
|--------------|--|------------------|-------|
| 14 | | CLAIR NOWAKOWSKI | 20:11 |
| | | | |

COMMENTS:

Kelly closed out a great Ridgewood career in the Jr Sr race and Clair got some very important experience in the Sophomore race.



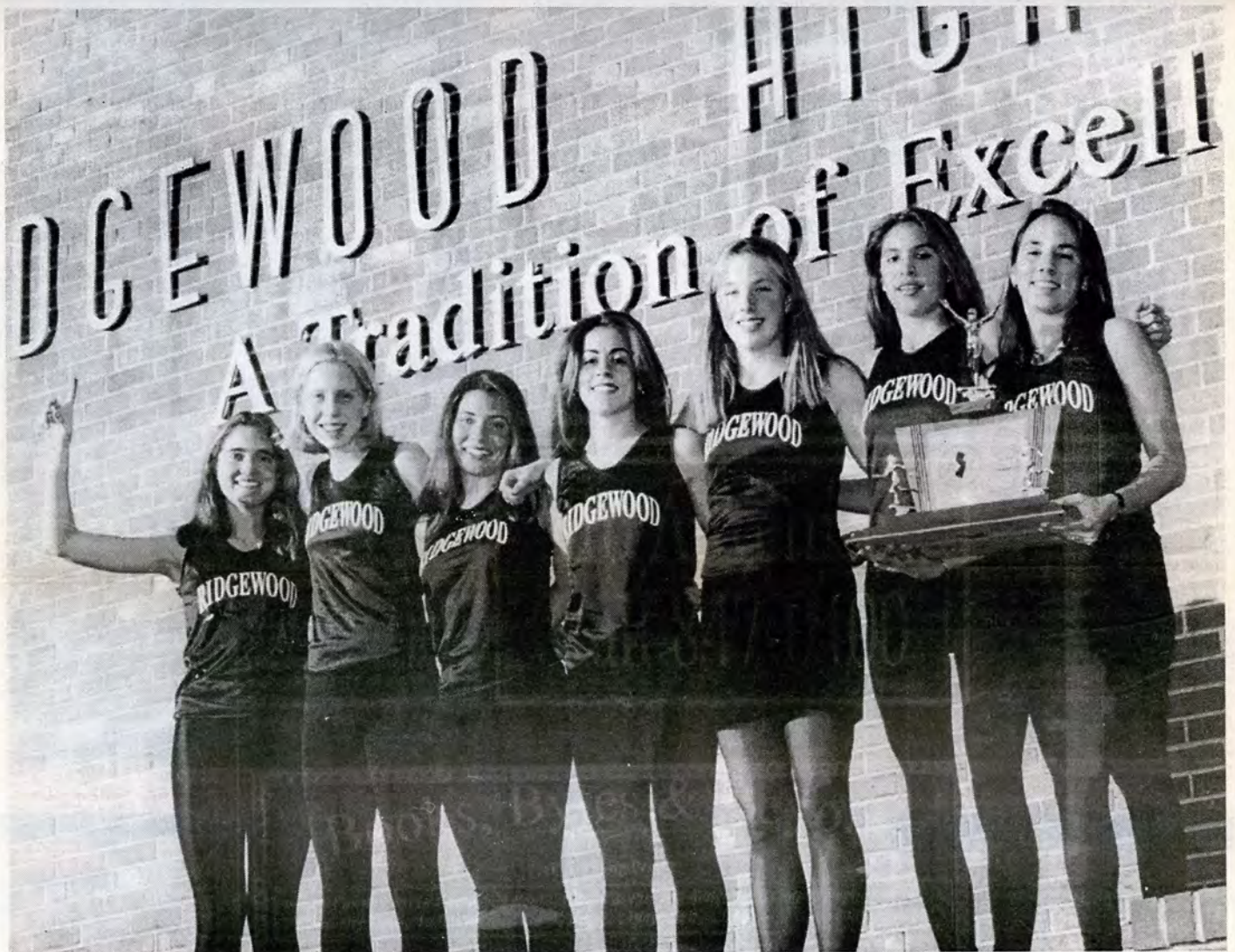
The Night Before the State Meet

*'Twas the night before the State Meet, and after dinner at Kelly's
 Seven runners were sleeping, with pasta filling their bellies;
 Their flats set beside their new bags with care
 Alyson set her alarm early so she could blow-dry her hair;
 The runners were nestled all snug in their beds,
 As dreams of the season danced through their heads;
 They remembered the training, the hard work they'd done
 But above all else, they remembered the fun;
 At preseason hell they ran, hiked and rowed canoes
 And listened to Mr. Brown lecture on ski-boot driers for shoes;
 That was the beginning, the season had only begun
 But no workout all season was as hard as that first run;
 There were Team Dinners, Secret Buddies, and surges over sand
 And wakeup calls to Backstreet Boys, our favorite band;
 Taylor and Tara bravely battled their red-headed foe
 Becca had a real shock when she discovered porno
 Clair and Peggy had the need to bark the night away
 There was a stop on the bike path with a game of manhunt to play;
 As the runners rested their bodies, their minds were awake
 Of their teammates, their races, and their coach Jungle Jake:
 Of Spice Girls! of ribbons!
 Of GU runs and sand!
 Of spider eggs! of PR bars!
 Of twenty-forties and other such demands;
 Of running Glen Rock Hills!
 Of extremely hot meets!
 And the endless debate
 Over what are snacks versus treats!
 And Lauren and Brittany singing "Crazy" at the start
 At Grand Union, trading the fruit for fruit-filled Pop Tarts;
 Jenna used hair dye to show her team spirit
 And the wake-up music-- 'twas impossible not to hear it
 As the runners slept, they were ready, because for every mile they'd run
 They'd cheered and been cheered for, and had amazing amounts of fun.*



For only the second time ever...

Lady Maroons Win State Meet of Champions!



SEPTET OF SPEEDSTERS—The heart of the Ridgewood 1999 Ridgewood High cross-country consisted of Kelly Behan, Julia Brownell, Alyson Cangemi, Taylor Dunn, Rebecca Johnson, Clare Nowakowski and Tara O'Neill. (Photo by W. L. Bill Allen, Jr.)

By **W. L. Bill Allen, Jr.**
Sports editor

For the first time since 1992 and just the second time in the program's history, the girls cross-country contingent from Ridgewood High School has won the NJSIAA State Meet of Champions and emerged as the best team in any section, in any group in the entire state, bar none.

Keyed by the now famous

crawl across the finish line by the team's fifth finisher, Julia Brownell, the Lady Maroons totaled 111 points at the SMOC, an event which was held on Saturday, Nov. 20, at Holmdel Park. Runner-up Moorestown was 21 points back at 132, while the third-place team, Hopewell Valley, also had 132, Shawnee took fourth with 164 and defending champ

Middletown South finished fifth with 174.

Leading the way for Ridgewood was Clare Nowakowski, a sophomore speedster who took 18th place with a time of 20:04.

The next Lady Maroons runner to cross the line was Alyson Cangemi, a senior who was 28th with a time of 20:34.

She was closely followed

by fellow seniors Kelly Behan (33rd/20:43) and Taylor Dunn, who was 55th and posted a personal best time of 21:02.

Then, the drama began.

Disoriented and dehydrated by the unusually warm temperatures, Brownell collapsed just short of the finish line. Moments later, after losing about 12 places, the senior came to, and had the

presence of mind to crawl the last several yards across the finish line, posting a time of 21:56 and taking 80th place, before returning to unconsciousness.

Shortly thereafter, Ridgewood's sixth and seventh place runners, senior Tara O'Neill (105th/21:56) and junior Rebecca Johnson (130th/22:34) closed out the RHS ledger.

"This was a bigger thrill than winning the first one," grins longtime RHS X-C coach Jacob Brown.

"What made this so exciting was the roller-coaster of emotions that we all went through," he expounds. "At first, about halfway through the race, it was really apparent that, if nothing went really wrong, we were going to win."

"Then, when Julia went down, my heart sank, because if was sure that we were going to lose. Then, when she crawled across the line, we weren't sure and it wasn't until about 10 minutes after the race, when they announced the scores, that we knew we had won."

"This is also a huge thrill

because this group of seniors has been together for such a long time and been through so much as a team," Brown continues. "Two years ago, when they were sophomores, we finished second at the SMOC and last year, we were third, so they've been working towards this for a long time."

RHS had begun the year by going 6-0 in dual meets, while recording the program's 100th consecutive dual meet win, a 15-50 triumph over Paterson-Eastside on Sept. 22.

Next, the Lady Maroons kept the program's string of consecutive conference crowns, which dates back to 1984, unbroken by totaling 29 points at the

NNJL/Atlantic Division championship meet (LCM) on Oct. 12, at Garret Mountain in West Paterson. Passaic finished second at that event with 55, while Hackensack was third with 63, followed by Clifton (110), Bloomfield (120) and Eastside (172).

All of Ridgewood's scoring runners finished in the top 10 at the LCM.

The RHS girls then garnered their third straight Bergen County/Group 4 championship and the Lady Maroons' 15th in the past 16 years.

In the county competition on Saturday, Oct. 23, at Darlington County Park in Mahwah, RHS registered 25 points, while Hackensack

was second with 48, Immaculate Heart Academy was third with 64 and Fair Lawn took fourth place with 109.

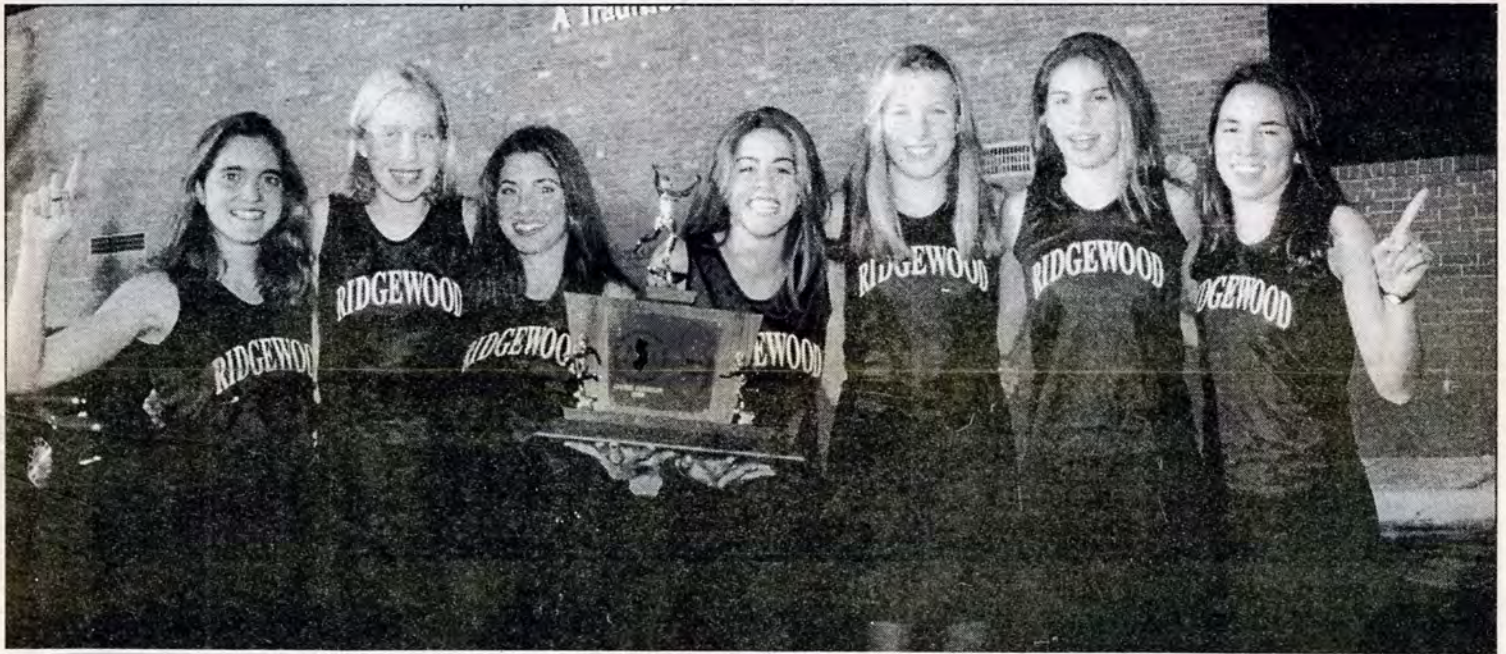
Ridgewood completed its third straight consecutive triple crown sweep of league, county-group and state section championships and the program's 15th such accomplishment in the past 16 years by finishing first at the NJSI-AA North Jersey Section 1, Group 4 state championship race at Garret Mountain on Oct. 30. In that competition, RHS totaled 28 points, while Passaic was second with 82 and Hackensack was third with 103.

On Nov. 11 at Darlington, RHS garnered its eighth straight Bergen Meet of

Champions and dominated the field by totaling 31 points, while county and section Group 2 winner Ramsey was a distant second with 117 and Indian Hills was third with 123.

Finally, in their last race before the SMOC, the Lady Maroons won their second straight State Group 4 title on Nov. 13 at Holmdel by edging perennial power Shawnee, 97-117, with Toms River East posting 118 points and taking third place in the 20-team field.

"What these girls did this year is a great accomplishment and they will always have a special place in my heart," Brown sums.



The Fireplace - Englewood Chevrolet/Olds

player OF THE WEEK

Alyson Cangemi, Kelly Behan, Julia Brownell, Taylor Dunn and Tara O'Neill of Ridgewood High School Cross-Country

SENIOR SPEEDSTERS— The five 12th-grade members of the Ridgewood High School girls cross-country contingent have, for the past three years, been the heart and soul of a team which has garnered myriad championships, the most significant of which is the 1999 NJSIAA State Meet of Champions crown, a title which identifies the Lady Maroons as the best team in any section, in any group in the entire state this year, bar none.

In that race, the Lady Maroons totaled 111 points, while runner-up Moorestown was 21 points back at 132, Hopewell Valley was third with 132 on a tie-breaker, Shawnee took fourth with 164 and defending champ Middletown South finished fifth with 174.

The five seniors: Alyson Cangemi, Kelly Behan, Julia Brownell, Taylor Dunn and Tara O'Neill, along with sophomore Clare Nowakowski and junior Rebecca Johnson, also keyed Ridgewood to its

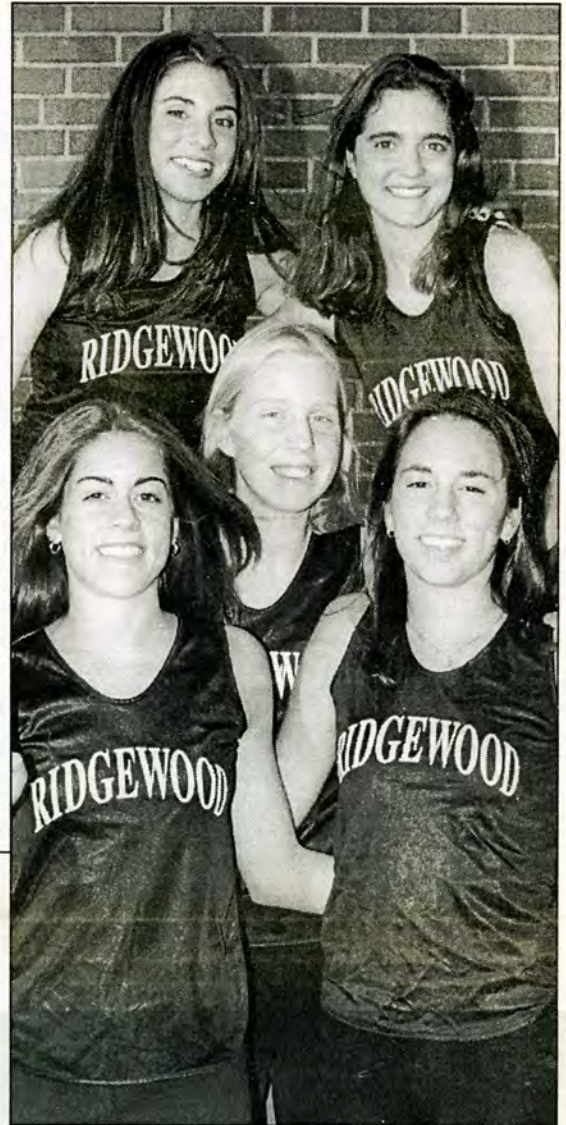
third straight triple crown of league, county-group and state section titles this year and the program's 15th such accomplishment in the past 16 seasons, while garnering the club's eighth consecutive Bergen Meet of Champions crown and the team's second straight State Group 4 Championship.

Two years ago, as sophomores, the five helped Ridgewood finish second in the State Meet of Champions, followed by a third place finish at the SMOC as juniors last season, before the quintet finally got the ultimate prize this year.

"These five senior girls

have been working towards this goal for a long time," lauds the Lady Maroons' veteran cross-country coach, Jacob Brown. "Kelly, Alyson and Tara started as freshmen and Julia and Taylor joined the next year. In their sophomore year, Kelly was hurt and then, last year, Julia was out with an injury. So, it seems like it took the five of them being healthy all at once to finally be the best team in the entire state. This was a real team effort by a remarkable group of girls that will always have a special place in my heart."

(Photo and text by W. L. Bill Allen, Jr.)



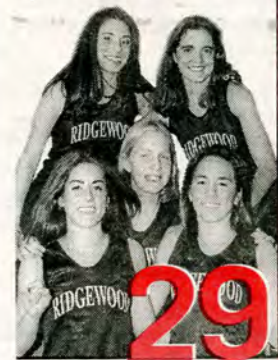
718 Route

**athletes
of the
week**

Alyson Cangemi
Kelly Behan
Julia Brownell
Taylor Dunn
Tara O'Neill
of Ridgewood

ered by....

OOD
mobile
d Ave



Friday, December 3

1999 Girls Cross-Country All-State Team



PHOTO BY CHRISTOPHER BARTH

Ridgewood: (front, from left) Tara O'Neil, Taylor Dunn, Kelly Behan and Alyson Cangemi; (middle, from left) Diane Nelson, Lesley Bruno, Clair Nowakowski; (back, from left) Clare Weeks, Katie Latanich, Alexandra Oros, Sara Wells and Rebecca Johnson. Coach Jacob Brown is seated.

Truly a team title for Ridgewood

By Jim Lambert

As she laid on the ground, inches from the finish line, exhausted by the elements on an unseasonably warm day, Ridgewood senior Julia Brownell only had one thing on her mind: Her teammates.

Her own success wasn't a concern. After all, the top 50 runners — including four of her teammates — in the girls cross-country Meet of Champions already had finished. And now, one by one, runners were passing by the fallen Brownell.

TEAM OF YEAR

Brownell, however, was unbowed.

"I knew I had to finish," she said. "The whole team was counting on me. I couldn't let them down."

Cross-country team titles, after all, are determined by the top five finishers.

"We had worked too hard to come up short," she said. "There was no way I wasn't going to get across that line."

She did, crawling across the line.

Her collapse cost her more than a dozen spots in the field. Her 80th-place finish, however, gave Ridgewood the team title with a five-runner average of 20:45.9 and 111 points.

It also made Ridgewood The Star-Ledger team of the year, fulfilling a vision coach Jacob Brown had from the very start.

"I knew right after our first practice back in August that we were going to be really good," he said. "When the girls don't put in the training in the summer, then it's diffi-

FINAL TOP 20

- | | |
|--------------------|----------------------|
| 1-Ridgewood | 11-Westfield |
| 2-Moorestown | 12-Hunterdon Central |
| 3-Hopewell Valley | 13-Hillsborough |
| 4-Shawnee | 14-St. Rose |
| 5-Middletown South | 15-Pingry |
| 6-Columbia | 16-Lenape |
| 7-Rumson | 17-Camden Wilson |
| 8-Voorhees | 18-Red Bank Catholic |
| 9-Ramsey | 19-North Hunterdon |
| 10-Toms River East | 20-Msgr. Donovan |

cult to expect a real good season. But everyone on this team put in the work that I asked them to over the summer and I could tell they were in great shape. I figured that if they stayed healthy, they were headed for some really big things."

Ridgewood's top seven were sophomore Clair Nowakowski, seniors Kelly Behan, Alyson Cangemi, Taylor Dunn, Tara O'Neil and Brownell, and junior Rebecca Johnson.

After winning Group 4 and placing third at the Meet of Champions last year, most people expected Ridgewood to be a major factor this year. One of the big keys for Ridgewood was the return of 1997 M of C winner Behan, who missed last season with various physical ailments.

"That certainly was a key for us," Brown said. "Having Kelly back really solidified our pack."

Though Brown's optimism about his team dates back to the summer, he said it wasn't until a bus ride to Holmdel Park on Oct. 2 that he was convinced this team had the mental toughness to match its physical talent.

"We were on our way to the Shore Coaches meet and nobody said a word," Brown said. "I was worried that it was nerves and that they might not run well."

But that wasn't the case at all.

Ridgewood responded by rolling to the B Division title with an average of 21:13.8 in a meet that attracted the best teams in the state.

"They had something to prove that day and the silence was just their way of showing determination," Brown said. "That were just getting themselves ready to run. After that, I knew they were ready for the championships season of November."

Ridgewood's championship season began when it won its eighth straight North Jersey, Section 1 title. It followed that up by winning its second straight Group 4 championship and fourth overall.

"After the Group 4 race, we knew if we ran the way we were capable of we had a real good shot at winning the Meet of Champs," Brown said.

The M of C title was the second title won by Ridgewood, which also won in 1992.

While Brown said this wasn't his most talented team, he said it was his most enjoyable season.

"My 1980 team had more talent, but this team had better chemistry," Brown said. "This was my favorite team because of how well they worked together."

SPORTS

Maroon state champs dominate cross country stars

By JIM McCONVILLE

NORTHWEST BERGEN — Year in and year out, the Ridgewood High School girls cross-country team has been one of the strongest in Bergen County. That dominance extended to the entire state this year, and it also holds true on the All-Suburban first team.

Four Maroons were selected to the 11-member team (there was a tie in the voting, causing an extra place), while Ramsey has three runners on the elite squad. Ramapo has two representatives and Mahwah and Hawthorne one runner each.

The six-senior, three-junior, two-sophomore unit also has a trio of three-time, first-team selections, with Kelly Behan and Alyson Cangemi of Ridgewood and Melissa Conway of Ramsey sharing that distinction. Two others are repeat selections from last year, while one of the 1998 second-team choices jumps a notch to the first team.

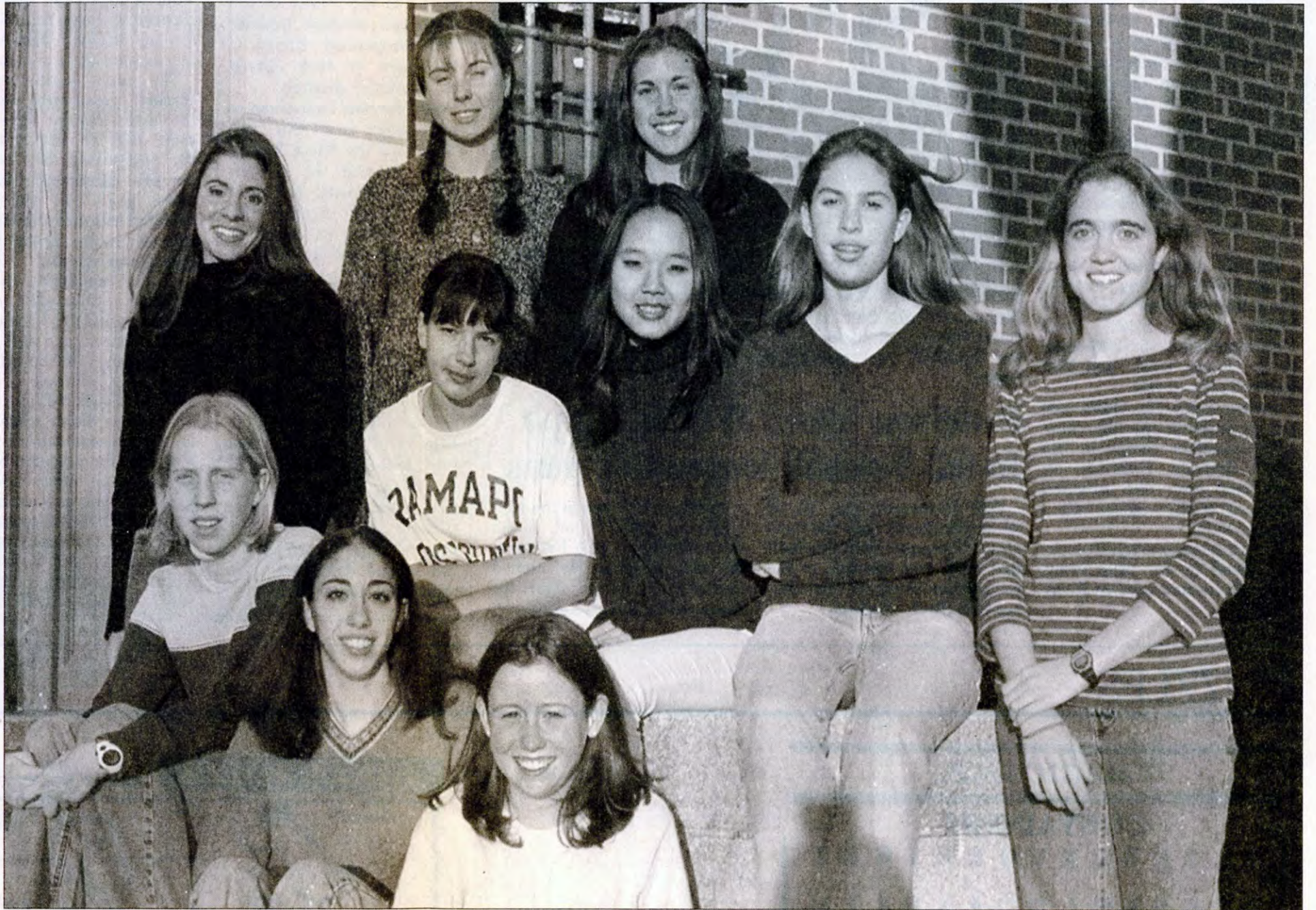
Ramapo's Karen Manzella is the Freshman of the Year, while Jacob Brown of Ridgewood is the Coach of the Year for the second consecutive season.

The individual profiles:

KELLY BEHAN, Ridgewood — A two-time, first-team choice as a freshman and sophomore, she missed her junior year due to injury, and although she still isn't at the level she was two years ago, the senior is still a solid contributor. Behan made her comeback to major races in the Shore Invitational B run, finishing fourth, then began the post-season with a fourth in the Northern New Jersey Inter-scholastic League (NNJIL) Atlantic Division meet.

After missing the Ridgewood Invitational with an asthma attack, Behan came back to place fourth in the Bergen County Group 4 run, fifth in the Group 4, Section 1 state race and fifth in the Bergen Meet of Champions (BMO). She ran 17th in the state Group 4 meet and closed her career by finishing 33rd in the State Meet of Champions (SMOC) and 29th in the Foot Locker Senior Unseeded Division.

JULIA BROWNELL, Ridgewood — The most vivid picture of the season was this senior fighting off dehydration and literally crawling the last few feet across the finish line to help her team capture a state title, capping her repeat selection to the first team. She racked up five top 10 finishes, beginning with a seventh in the Shore B, and continuing into the post-season with a fifth in the NNJIL Atlantic and a fifth in the Ridgewood Invitational B. After a sixth in the sectional Group 4, she missed the Bergen Group 4 with a knee injury, then ran 10th in the BMO. She came in 30th in the state Group 4 race before her memorable



GARY JUNG

This is The Ridgewood News' 1999 All-Suburban girls cross country first team. Seated on steps in front (from left) are Julia Brownell, Ridgewood; Melissa Conway and Beth Vesey, Ramsey. Center: Alyson Cangemi, Ridgewood; Jen Myers, Ramapo; Margaret Park, Ramapo; Clair Nowakowski and Kelly Behan, Ridgewood. Back: Mary DuVernay, Ramsey; Holly Potts, Mahwah. Missing: Holly Potts, Mahwah; Kristin Varina, Hawthorne; Karen Manzella, Ramapo.

SMOC finish, where she was 80th.

ALYSON CANGEMI, Ridgewood — Consistency was the key word for this senior, who placed in the top 10 in six of eight major races for the Maroons. She began the year with a ninth in the Shore B, then had an eighth in the NNJIL Atlantic and a 10th in the Ridgewood Invitational B. A strong run put her fifth in the Bergen Group 4, and she was equally tough in the sectional Group 4, coming in fourth. After a seventh-place finish in the BMO, she ran 16th in the state sectional Group 4 and 28th in the SMOC to close out her career.

MELISSA CONWAY, Ramsey — It was another strong campaign for this junior, who will be striving to start the new century with a state title next season. She racked up four wins during the year, beginning with a triumph at Roxbury in the pre-season before finishing second at the Shore E. In the

post-season, she captured the NBIL race, making her the first girl to win back-to-back Northern Bergen Inter-scholastic League (NBIL) titles in nine years. She took the Bergen Group 2 and sectional Group 2 races, but missed a chance to defend her BMO title due to a bad cold. She rebounded the following week with a third at the state Group 2 and a fifth in the SMOC before closing out the year with a 27th in the Foot Locker Northeast Regional. She also won the Manhattan Invitational B Division 2.5-mile race.

MARY DUVERNAY, Ramsey — Perhaps the most improved runner on the Ram team, this senior jumped into the limelight when she placed eighth at Roxbury, then showed that the result was no fluke with a 17th in the Shore E race. She strung together three top 10 finishes to open the post-season, starting with an eighth in the NBIL followed by a fourth in the

Bergen Group 2 and a seventh in the sectional Group 2. A 14th in the BMO preceded a 17th in the state Group 2, and her season was finalized with a 69th in the SMOC and a 46th in the Foot Locker Unseeded Senior Division.

JEN MYERS, Ramapo — Six top 10 finishes propelled this junior into the number one spot for the Raiders, as she chopped a good minute off of her times from a year ago. Her season opened with a second in the Shore C race, and after a highly-successful dual meet campaign, she began the post-season with a fourth in the NBIL meet. She had thirds in both the Bergen Group 3 and the sectional Group 3, then came in sixth in the BMO. After a solid third in the state Group 3, she was 23rd in the SMOC, giving her high expectations for next season.

CLAIR NOWAKOWSKI, Ridgewood — A second trip to the first team comes after assuming the number one spot for the Maroons, quite an accomplishment for a sophomore on a veteran championship team. She ran in the top three in her first six major races, beginning with a second in the Shore B and a second in the NNJIL Atlantic. After a third in the Ridgewood Invitational B, she placed third in the Bergen Group 4 and second in the sectional Group 4, then was third in the BMO. She finished seventh in the state Group 4 and added an 18th in the SMOC before ending the year with a 14th in the Foot Locker Sophomore Division race.

MARGARET PARK, Ramapo — A second-team selection in 1998, this

junior moves up a notch after a solid season that saw her improve her finishes in every major race she ran. The season started out with a 14th in the Shore C, and continued with a fifth in the NBIL and a fifth in the Bergen Group 3. She placed 10th in the sectional Group 3 and 13th in the BMO, then finished the season with a 30th in the state Group 3 race.

HOLLY POTTS, Mahwah — A stress fracture kept this senior from running throughout the spring and into the summer, but she made up ground quickly, much like she would do in races during the season. She began the year by winning the Season Opener B race, her first major triumph, then got her post-season moving with a seventh in the NBIL race. After a strong second in the Bergen Group 2, she was fifth in the sectional Group 2 and ninth in the BMO. The season ended with a 24th in the state Group 2 meet.

KRISTEN VARINA, Hawthorne — This sophomore came out of nowhere to give the Bears a surprisingly strong season, and she should be one of the favorites next year in Passaic County. She ran 16th in her first major race, the Passaic Invitational 2, and she opened the post-season with a bang, coming in second in the Bergen-Passaic Scholastic League Carpenter Division race. She added an eighth in the Passaic County meet, and had a 16th in the sectional Group 2 before coming in out of the top 50 in the state Group 2.

BETH VESEY, Ramsey — A strong part of the Rams' success in defending the NBIL and Group 2 county and sectional titles was the input from this senior, who compiled seven top ten finishes, the first of which was a fifth at Roxbury. She added a seventh in the Shore E, then placed third in the NBIL and third in the Bergen Group 2 races. She then ran seventh in the sectional Group 2, eighth in the BMO and seventh in the state Group 2 before a 30th in the SMOC and a 40th in the Foot Locker Unseeded Senior Division.

KAREN MANZELLA, Ramapo — This freshman wasn't even considering cross country at the outset, as she went out for the tennis team. Her disappointment at not making the squad was quickly tempered by a nice harrier campaign, where she emerged as the fourth-fifth runner for the Raiders and helped them to second place in the NBIL Division 1. She had a 70th in the Shore C race, was 30th in the NBIL and 35th in the Bergen Group 3 race before coming in out of the top 50 in the state sectional Group 3. She did run the freshman invitational at Darlington, where she placed sixth.



ELIZABETH O'BRIEN

Ridgewood High's girls cross country team proudly displays its state-championship plaque. Front (from left): Julia Brownell, Kelly Behan and Claire Nowakowski. Back: Coach Jacob Brown, Taylor Dunn, Alyson Cangemi, Tara O'Neill, Rebecca Johnson and Lesley Bruno.

The 1999 all-stars

FIRST TEAM

James Clifford, Don Bosco.....Jr.
 Matt Collins, Ramsey.....Jr.
 John Daula, Don Bosco.....Jr.
 Shane Dougherty, Don Bosco.....Sr.
 Scott Knackmuhs, Ramapo.....Fr.
 Andrew Lovrich, Ramsey.....Fr.
 Alex Marcoulides, Mahwah.....Fr.
 Chris Reinert, Don Bosco.....Jr.
 Rich Weimert, Don Bosco.....Jr.
 Josh Wood, Ramapo.....Sr.

FRESHMAN OF THE YEAR

Peter Gerboth, Don Bosco

COACH OF THE YEAR

John Nepolitan, Don Bosco

SECOND TEAM

Owen Bourgholtzer, Mahwah.....Soph.
 Mike Coomber, Ridgewood.....Sr.
 Matt Dubois, Mahwah.....Sr.
 Matt Horesta, Don Bosco.....Soph.
 Josh Kauke, Ridgewood.....Sr.
 Keith Nowak, Ramsey.....Jr.
 Matt Oesterle, Glen Rock.....Jr.
 Adam Rudolph, Ramapo.....Jr.
 Kevin Slattery, Don Bosco.....Soph.
 John Woodburn, Ridgewood.....Soph.

ALL SUBURBAN CROSS COUNTRY 1999

First Team:

| | | |
|------------------|-----------|----|
| Melissa Conway | Ramsey | 11 |
| Clair Nowakowski | Ridgewood | 10 |
| Jen Myers | Ramapo | 11 |
| Kelly Behan | Ridgewood | 12 |
| Beth Vesey | Ramsey | 12 |
| Alyson Cangemi | Ridgewood | 12 |
| Julia Brownell | Ridgewood | 12 |
| Holly Potts | Mahwah | 12 |
| Mary DuVernay | Ramsey | 12 |
| Margaret Park | Ramapo | 11 |

Second Team:

| | | |
|---------------------|--------------|----|
| Audrey Holst | Indian Hills | 12 |
| Taylor Dunn | Ridgewood | 12 |
| Tara O'Neill | Ridgewood | 12 |
| Sabrina Silverstein | Ramsey | 11 |
| MariAnne Peterino | Indian Hills | 11 |
| Erin Bauberger | Indian Hills | 10 |
| Rebecca Johnson | Ridgewood | 11 |
| Alexandra Oros | Ridgewood | 10 |
| Carolyn Filandro | Indian Hills | 12 |
| Kelly Beaudry | Ramsey | 10 |

Frosh of the Year:

| | | |
|----------------|--------|---|
| Karen Manzella | Ramapo | 9 |
|----------------|--------|---|

FIRST TEAM ALL LEAGUE

NOWAKOWSKI
BEHAN
BROWNELL
CANGEMI
JOHNSON

2ND TEAM

O'NEILL
DUNN

HONORABLE MENTION

BRUND

ALL-BERGEN GIRLS CROSS-COUNTRY

First team

BETH ANDROSKI, Hackensack _____ Senior
BRIANA BAYERSDORFER, River Dell _____ Sophomore
KELLY BEHAN, Ridgewood _____ Senior
ALYSON CANGEMI, Ridgewood _____ Senior
MELISSA CONWAY, Ramsey _____ Junior
SHAHAZ IQBAL, Bergenfield _____ Junior
JEN MYERS, Ramapo _____ Junior
CLAIR NOWAKOWSKI, Ridgewood _____ Sophomore
BETH VESEY, Ramsey _____ Senior

Second team

JULIA BROWNELL, Ridgewood _____ Senior
FELICIA CHEVALIER, Dumont _____ Freshman
STEPHANIE DAVIS, NV/Old Tappan _____ Senior
MARY DUVERNAY, Ramsey _____ Senior
AUDREY HOLST, Indian Hills _____ Senior
SHAUNA KOENIG, Hackensack _____ Senior
PATTY MARTIN, Hackensack _____ Senior
MARGARET PARK, Ramapo _____ Junior
HOLLY POTTS, Mahwah _____ Senior

Third team

CAROL ANNE BULLEN, Paramus _____ Sophomore
TAYLOR DUNN, Ridgewood _____ Senior
SUE GIESEMANN, Dumont _____ Sophomore
TARA O'NEILL, Ridgewood _____ Senior

MARIANNE PETRINO, Indian Hills _____ Junior
JILL RABADAN, Westwood _____ Senior
MERI SILBERSTEIN, Tenafly _____ Junior
SABRINA SILVERSTEIN, Ramsey _____ Junior
ELIZABETH TRYNOSKY, Immaculate Heart _____ Junior

Honorable mention

Stephanie Brown, Amber Neal and Angela Panuccio, Bogota; Katy Botsfield, Cresskill, Sheila Chithran, and Virginia Westervelt, NV/Demarest; Amy Bembridge and Melissa Hayes, Dumont; Melissa Brovero and Maria Pavkovitch, Garfield; Kate Hursthouse, Katharine Libretto, Laura McKay, and Lauren Robbins, Glen Rock; Shaneika Bernard, Hackensack; Cheryl Trovato, Holy Angels; Jenna Belisonzi, Erin Bortz, Renata DiBiase, and Erin Kallman; Immaculate Heart; Erin Bauberger and Carolyn Filandro, Indian Hills; Sophia Barton, Leonia; Dayna Caine and Karen Finnerty, Midland Park; Laura Hemmert, Northern Highlands; Tamara Figlia and Denise Swedeski, North Arlington; Marisa Maier, Tamara Mans, Kim Tardola, and Jai-Marie Zacco, NV/Old Tappan; Jaime Donovan and Kayla Herrera, Palisades Park; Robyn Bruce, Paramus Catholic; Andrea Salmon, Pascack Hills; Ava Scacchetti and Sarah Walcott Sapp, Pascack Valley; Courtney Cheval, Ramapo; Kelly Beaudry, Ramsey; Amanda Lavery, Sandy Lucev, Courtney Reggo, and Lori Reisinger, Ridgefield; Shenee Clarke, Lisa Nepil, and Laura Stiefel, Ridgefield Park; Rebecca Johnson, Ridgewood; Kyle Hoskin and Melissa Svitil, Rutherford; Danielle Amato, Saddle Brook; Julia Emanuel and Jen Izen, Tenafly; Katie D'Aco, Amy Gohlich, and Nicole Stinson, Westwood.

ALL-PASSAIC GIRLS CROSS-COUNTRY

First team

SHONDELL BRATHWAITE, Passaic _____ Senior
STEPHANIE BRAUTIGAM, Manchester _____ Senior
KRYSTAL CORDEO, Passaic Valley _____ Sophomore
MELISSA JIMENEZ, Passaic _____ Sophomore
OTISHA MATHIS, Passaic _____ Senior
JESSE MIZZONE, Passaic Valley _____ Freshman
SHANAE PRITCHETT, Passaic _____ Junior
LINDSAY VAN ALSTINE, Hawthorne Christian _____ Freshman
KRISTEN VARINA, Hawthorne _____ Sophomore
EDYTH WERPACHOWSKA, Clifton _____ Senior

Second team

JANELL BENDER, Pompton Lakes _____ Senior
AMY CIERICH, Wayne Valley _____ Freshman
GENEVIEVE JEUCK, West Milford _____ Sophomore
ALEXANDRA MONDRAGON, Passaic _____ Sophomore
LAUREN NICHOLAS, Clifton _____ Freshman
EILEEN O'DEA, Lakeland _____ Junior
GINA PLATA, Passaic _____ Sophomore
LARA SCHNEIDER, DePaul _____ Senior
SHANNON THORN, West Milford _____ Freshman
YVONNE WISSE, Eastern Christian _____ Junior

Honorable mention

Nicole Alexander and Stacy Baron, Clifton, Tracy Avanzato and Hannah Caughey, Eastern Christian, Shelly Ann Hacker and Kimisha Hughes, Eastside, Pam Bongiorno and Amy Vanderfleet, Hawthorne, Teela Morrison and Jes-

sic Thomas, Kennedy, Stacey Bierwas and Christie Lerro, Lakeland, Angelina Manzi and Ann Merkel, Manchester, Kenny Salomon and Carolina Valera, Passaic, Andrea Herbert and Kenneisha Reid, Passaic Tech, Diana Campilango and Sara Nowen, Passaic Valley, Joyce Matkowicz and Jessica Wich, Pompton Lakes, Gina Nasissi and Katy Swenson, Wayne Valley, Erin Kenny and Janean Stepper, West Milford

All-County Cross Country

BERGEN — GIRLS

TEAMS OF THE YEAR

Ramsey, Ridgewood

As they have been for most of this decade, the dominant girls cross-country teams in the area were far and away the best again.

Ramsey, coached by John Kirchhof, won its fourth Triple Crown in five years, easily winning the Northern Bergen Interscholastic League, Bergen Group 2, and sectional 2 titles. Only a close loss to Indian Hills in the 1998 NBIL meet prevented five in a row.

This year's Ramsey's team of Melissa Conway, Beth Vesey, Mary DuVernay, Sabrina Silverstein, Kelly Beaudry, Simran Khanduja, and Peyton Fischer, battled through the injury loss of projected top five runners Marissa Vero and Frankie LaVigne and still finished second overall in the Bergen Meet

of Champions, third in State Group 2, and ninth in the State Meet of Champions.

Ridgewood, coached by the dean of New Jersey cross-country coaches, Jacob Brown, had an almost unmatched season, losing only its own Ridgewood Invitational by eight points to Hunterdon Central when No. 2 runner Kelly Behan had to drop out with an asthma attack.

Otherwise, it was a clear path to the State title for Ridgewood, with wins in the Shore B (by 66 points), NNJIL Atlantic (by 26), Bergen 4 (by 23), sectional 4 (by 54), State 4 (by 15) and SMOC (by 21), earning the Maroons their second SMOC title, the other one coming in 1992.

The team of soph Clair Nowakowski, junior Rebecca Johnson, and seniors Behan, Julia Brownell, Alyson Cangemi, Tara O'Neill, Taylor Dunn, and Lesley Bruno left their mark on the history books.

FINAL RANKING

BERGEN 1-2

1. Ramsey
- 2t. Westwood
- 2t. Dumont
4. Ridgefield
5. Palisades Park

BERGEN 3-4

1. Ridgewood
2. Indian Hills
3. Northern Valley/Old Tappan
4. Immaculate Heart Academy
5. Hackensack

PASSAIC

1. Passaic
2. Clifton
3. Wayne Valley
4. West Milford
5. Passaic Valley

ALYSON CANGEMI

Ridgewood
Senior

Making a natural progression from third team as a sophomore to second team as a junior to first team this year, she was the constant on Ridgewood's second SMOC championship team. In eight major races this year, she had six top 10 finishes, placing fourth in sectional 4, fifth in the Bergen 4, seventh in the BMOC, eighth in the NNJIL Atlantic, ninth in the Shore B, and 10th in the Ridgewood Invitational B race. She was 16th in the State Group 4 meet and 28th in the SMOC, finishing second each time.



KELLY BEHAN

Ridgewood
Senior

One of the best comeback stories was Behan's, the 1997 New Jersey State champion who came back from a crippling 18-month-long injury to help her team with the State title. She was fourth in the Shore B, NNJIL Atlantic, and Bergen 4 meets and took fifth in both the sectional 4 and BMOC meets before solid performances of 17th in State Group 4 and 33rd in the SMOC, consistently running second or third for her team. When healthy she could fly, with the fifth-fastest time in Darlington history.



CLAIR NOWAKOWSKI

Ridgewood
Sophomore

Moving up from second team last year, Nowakowski was the young number one on the best team in the state in every race that she ran all season. She didn't win a race all season, but had six top three finishes in eight races and never was out of the top 20. She was second in the Shore B, NNJIL Atlantic, and sectional 4 races, and was third in the Ridgewood Invitational B, Bergen 4, and BMOC races, seventh in State Group 4, and 18th in the SMOC. With two years to go, she ranks in the top 25 at Darlington.



1999 Girls Cross-Country All-State Team

ALL-STATE TEAMS

Second team

First team

Third team

| PLAYER | SCHOOL |
|-------------------|-----------------|
| Shahnaz Iqbal | Bergenfield |
| Stephanie Last | Roxbury |
| Christina Mendoza | Hudson Prep |
| Kristen Meyer | Hillsborough |
| Clair Nowakowski | Ridgewood |
| Laura Petrillo | Hopewell Valley |
| Tiffany Rust | Hopewell Valley |
| Robin Van Auker | Highland |

| PLAYER | SCHOOL | HT. | CLASS |
|----------------------|-----------------|-----|--------|
| Beth Androski | Hackensack | 5-5 | Senior |
| Jen Blank | Toms River East | 5-4 | Frosh |
| Melissa Conway | Ramsey | 5-4 | Junior |
| Erin Donohue | Haddonfield | 5-8 | Junior |
| Claudine Evangelista | Triton | 5-4 | Senior |
| Lindsey Gallo | Howell | 5-6 | Senior |
| Marianne Herbst | Mount Olive | 5-6 | Senior |
| Lily Thomas | Somerville | 5-5 | Senior |

| PLAYER | SCHOOL |
|-------------------|---------------|
| Jenna Darcy | Shawnee |
| Christina Morgado | Union |
| Jen Myers | Ramapo |
| Dana Palumbo | Shawnee |
| Tanisha Pittman | Camden Wilson |
| Rebecca Shore | Columbia |
| Sarah Spilman | West Morris |
| Amina Zohny | Columbia |

GROUP, PAROCHIAL AND PREP TEAMS

GROUP 4

GROUP 3

GROUP 2

GROUP 1

PAROCHIAL

PREP

FIRST TEAM

Beth Androski, Hackensack
Jen Blank, Toms River East
Claudine Evangelista, Triton
Lindsey Gallo, Howell
Stephanie Last, Roxbury
Kristen Meyer, Hillsborough
Clair Nowakowski, Ridgewood
Robin Van Auker, Highland

SECOND TEAM

Alyson Cangemi, Ridgewood
Jenna Darcy, Shawnee
Maura McMahon, Westfield
Christina Morgado, Union
Dana Palumbo, Shawnee
Lindsay Scarborough, Lenape
Rebecca Shore, Columbia
Amina Zohny, Columbia

THIRD TEAM

Kelly Behan, Ridgewood
Kara Horner, Toms River East
Kayla Maloney, Randolph
Melissa Razo, Cherokee
Erin Riddle, Lenape
Velisa Rios, Randolph
Allison Venuto, Cherry Hill East
Deanna Willard, Hillsborough

FIRST TEAM

Jessica Curtin, Pinelands
Marianne Herbst, Mount Olive
Shahnaz Iqbal, Bergenfield
Brittany McCann, Delsea
Jen Myers, Ramapo
Kim Pereira, Parsippany
Tanisha Pittman, Camden Wilson
Sarah Spilman, West Morris

SECOND TEAM

Lauren Dike, Middletown South
Nicole Dunich, Ocean Township
Kate Henning, Manchester Twp.
Casie Kerr, Middletown South
Julia Kuder, Moorestown
Brianon Shade, Warren Hills
Tanisha Shelton, Camden Wilson
Lisa Zino, Middletown South

THIRD TEAM

Briana Bayersdorfer, River Dell
Christine Boehm, Watchung Hills
Betsy Bulat, Moorestown
Colleen Hughes, Moorestown
Mia Kassa, Camden Wilson
Nicole Lombardy, Middletown S
Colsey Moreland, Ocean City
Kelsey Rinehart, Moorestown

FIRST TEAM

Melissa Conway, Ramsey
Erin Donohue, Haddonfield
Natalie Jones, Hopewell Valley
Laura Petrillo, Hopewell Valley
Sarah Rhodes, Voorhees
Tiffany Rust, Hopewell Valley
Lily Thomas, Somerville
Beth Vesey, Ramsey

SECOND TEAM

Marissa Brown, Schalick
Julie Delmon, Hopatcong
Noelle Dorrow, Chatham
Sarah Founds, Mendham
Rose Gallagher, Maple Shade
Megan Lerch, Kingsway
Candita Perez, Bridgeton
Christina Vulfo, Holmdel

THIRD TEAM

Emily Bauer, Holmdel
Felecia Chevalair, Dumont
Mary DuVerney, Ramsey
Jen Nanni, Voorhees
Holly Potts, Mahwah
Emily Sarokhan, Ridge
Sara Seiler, Hopewell Valley
Alexis Vergalla, Voorhees

FIRST TEAM

LaTisha Brown, Keansburg
Christine Dobrowski, Mtn. Lakes
Caitlin Hadley, Gloucester City
Allyson Krayl, Point Beach
Jenni Krystopowicz, Rumson
Christina Mendoza, Hudson Prep
Christy Planer, Rumson
Caitlin Moscatello, Rumson

SECOND TEAM

Lesley Barnet, Bernards
Tamara Figlia, North Arlington
Jeannette Franko, Metuchen
Jessica Gordon, Belvidere
Lillian Pinault, Rumson
Kristen Randall, Rumson
Alexis Skoda, Bernards
Jessica Wassel, Rumson

THIRD TEAM

Danielle Amato, Saddle Brook
Katie Antford, Creskill
Zoe Bova, Palmyra
Carolyn Dekker, Bernards
Megan Kayser, Middlesex
Nicole Lempa, Point Beach
Jackie Ohlert, Gloucester City
Tyechia Smith, McNair Academic

FIRST TEAM

Lauren Fackelman, Pingry
Maya Ferraro, St. Rose
Kate Hazlett, Msgr. Donovan
Nicole Kurtain, Notre Dame
Taryn Landers, St. Rose
Carey Mayo, Msgr. Donovan
Brandee Neiderhofer, Holy Spirit
Lindsay Van Alstine, Hawthorne C

SECOND TEAM

Lia Bella, Morris Catholic
Jody Benedict, St. John Vianney
Biddy Bewalder, Morris Catholic
Kelly Byrnes, Red Bank Catholic
Laura Carpenter, St. John Vianney
Danese Joiner, Red Bank Catholic
Arianna Stefanoni, Holy Cross
Emily Ward, Gloucester Catholic

THIRD TEAM

Caroline Bugg, Newark Academy
Julie Fayen, Pingry
Kelly Foran, Bishop Eustace
Liz Geiger, Immaculate
Devon Landers, St. Rose
Megan Sprenger, Pingry
Jane Steinemann, Villa Walsh
Lauren Washychyn, Pingry

FIRST TEAM

Annie Butler, Stuart Day
Colleen Cooney, St. Elizabeth
Sarah Hedden, Lawrenceville
Hanluen Kantzer, Pennington
Natalia Obolensky, Lawrenceville
Ceci Storch, Lawrenceville
Shannon Watson, Lawrenceville
Lindsay Walker, Peddie

SECOND TEAM

Jenn Aleksa, Hun
Heidi Boris, Peddie
Laura Conway, Princeton Day
Monica Hammond, Stuart Day
Celeste Murphy, Pennington
Chloe Pollack-Robins, Stuart Day
Chiara Swartout, Lawrenceville
Kiersten Huckel, Stuart Day

THIRD TEAM

Kristine Goetz, Rutgers Prep
Grace Ko, Lawrenceville
Erin MacKay, Stuart Day
Heidi Milton, Kent Place
Kathleen Spencer, Pennington
Amie Sweetland, Stuart Day
Emily Wilson, Rutgers Prep
Kate Zultner, Stuart Day

FINAL GROUP, PAROCHIAL AND PREP LEADERS

GROUP 4

1-Ridgewood
2-Shawnee
3-Columbia
4-Toms River East
5-Westfield
6-Hunterdon Central
7-Hillsborough
8-Lenape
9-Cherokee
10-Randolph

GROUP 3

1-Moorestown
2-Middletown South
3-Camden Wilson
4-North Hunterdon
5-Ocean City
6-Indian Hills
7-Old Tappan
8-Ramapo
9-Mount Olive
10-Ocean Township

GROUP 2

1-Hopewell Valley
2-Voorhees
3-Ramsey
4-Holmdel
5-Bridgeton
6-Haddonfield
7-Buena
8-Dumont
9-Kingsway
10-Ridge

GROUP 1

1-Rumson
2-Bernards
3-Verona
4-Metuchen
5-Gloucester City
6-Ridgefield
7-Palisades Park
8-Belvidere
9-Bogota
10-Middlesex

PAROCHIAL

1-St. Rose
2-Pingry
3-Red Bank Catholic
4-Msgr. Donovan
5-Immaculate
6-St. John Vianney
7-Immaculate Heart
8-Holy Cross
9-Bishop Eustace
10-Morris Catholic

PREP

1-Lawrenceville
2-Stuart Country Day
3-Peddie
4-Pennington
5-Rutgers Prep
7-Princeton Day
8-St. Elizabeth
9-Montclair Kimberley
10-Hun

NEW JERSEY TRACK

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ALL STATE TEAMS

BOYS

FIRST TEAM

*Adam Ambrus, Shawnee
 Mark Bahnuk, Hackettstown
 Jeff DiChiara, Christian Brothers
 Andrew Filachek, Christian Brothers
 Brian Hoffman, Christian Brothers
 Brian Kerwin, Christian Brothers
 Walton Kingsbery, Red Bank
 Brian Skelly, Washington Twp

SECOND TEAM

Joe Halin, Cherokee
 *Ty Jensen, Marlboro
 Nick Pellegrino, Marlboro
 Jon Pereira, Parsippany
 Johnny Rodriguez, Red Bank
 Rich Seitz, Voorhees
 *Pat Slattery, Mount Olive
 Mark Weems, Washington Twp

THIRD TEAM

Colin Brown, Columbia
 *Danny Chaves, Secaucus
 Will Keown, Lakewood
 Adam Driscoll, Washington Twp
 Joseph Lacovara-Switzer, Egg Harbor
 *Mike Myers, Eastern
 Mark Nichol, Millburn
 **Marc Pelerin, Cherokee

FIRST TEAM

Dan Ciambone, Middletown South
 Dan Deichert, Eastern
 Kyle Hopfensberger, Middletown South
 Scott Knackmuhs, Ramapo
 Keith Krieger, Cherokee
 Andrew Lovrich, Ramsey
 Alex Marcoulides, Mahwah
 Victor Vientos, St. John Vianney

FIRST TEAM

Jen Blank, Toms River East
 Jessica Curtin, Pinelands
 Christin Dobrowski, Mountain Lakes
 Allyson Krayl, Pt. Pleasant Beach
 Kerry Maybaum, West Essex
 Tanesha Pittman, Woodrow Wilson
 Lindsey Van Alstyne, Hawthorne Christian
 Lisa Zino, Middletown South

BOYS TOP TEN

- | | |
|-------------------------------|------------------|
| 1. Christian Bros | 6. Old Bridge |
| 2. Cherokee | 7. Morristown |
| 3. Paul VI | 8. Eastern |
| 4. Washington Twp Red Bank | 9. Cranford |
| | 10. Morris Hills |

BOYS CLASS TEAMS

SENIORS

Marc Bahnuk, Hackettstown
 Jeff DiChiara, Christian Brothers
 Andrew Filachek, Christian Brothers
 Brian Hoffman, Christian Brothers
 Brian Kerwin, Christian Brothers
 Walton Kingsbery, Red Bank
 Nick Pellegrino, Marlboro
 Brian Skelly, Washington Twp

JUNIORS

Adam Ambrus, Shawnee
 Brian Boyett, Parsippany Hills
 Danny Chaves, Secaucus
 James Holden, Bridgeton
 Ty Jensen, Marlboro
 Mike Myers, Eastern
 Mark Ritchie, Paul VI
 Pat Slattery, Mount Olive

SOPHOMORES

Kevin Fortkiewicz, Bloomfield
 Dan Harding, Old Bridge
 Rob Lacovara, Highland
 Israel Payan, Colts Neck
 Marc Pelerin, Cherokee
 Gray Reinhard, Morristown
 Steve Ridenour, Cherokee
 Bob Wallden, Scotch Plains

FRESHMAN BOYS

SECOND TEAM

Ryan Bennett, Old Bridge
 Peter Gerboth, Don Bosco Prep
 Tom McLoughlin, St. John Vianney
 Chris Platt, Haddonfield
 Matt Soult, Rancocas Valley
 Steve Theberge, Toms River North
 Kieran Walsh, Shawnee
 Paul Waterhouse, Rancocas Valley

FRESHMAN GIRLS

SECOND TEAM

Lia Bella, Morris Catholic
 Laura Carpenter, St. John Vianney
 Felicia Chevalier, Dumont
 Sarah Founds, Mendham
 Amy Maier, Morristown
 Jesse Mizzone, Passaic Valley
 Tara Seiler, Hopewell Valley
 Rachel Watson, Msgr. Donovan

LEGEND

In the all-state lists above, the following symbols are used to denote class status during the past season.

- * Indicates Junior
 ** Indicates Sophomore
 *** Indicates Freshman

GIRLS

FIRST TEAM

Beth Androski, Hackensack
 ***Jen Blank, Toms River East
 *Melissa Conway, Ramsey
 *Erin Donohue, Haddonfield
 Claudine Evangelista, Triton
 Lindsey Gallo, Howell
 *Stephanie Last, Roxbury
 Lily Thomas, Somerville

SECOND TEAM

Jenna Darcy, Shawnee
 Marianne Herbst, Mount Olive
 *Shahnaz Iqbal, Bergenfield
 Christina Mendoza, Hudson County Prep
 *Kris Meyer, Hillsboro
 Laura Petrillo, Hopewell Valley
 Tiffany Rust, Hopewell Valley
 Robin Van Auken, Highland

THIRD TEAM

**Brittany McCann, Delsea
 *Christina Morgado, Union
 **Clair Nowakowski, Ridgewood
 *Dana Palumbo, Shawnee
 *Kim Pereira, Parsippany
 ***Tanesha Pittman, Wilson
 *Sarah Spilman, West Morris
 Amina Zohny, Columbia

THIRD TEAM

Ed Baynes, Toms River South
 Luis Capellan, Memorial (WNY)
 Jovanne Cortez, Red Bank
 Paul Dos Santos, Randolph
 Matt Forys, Howell
 John Phillips, Gill-St. Bernard's
 Shawn Shokray, Hanover Park
 David Webster, Summit

THIRD TEAM

Caroline Bugg, Newark Academy
 Shawn Casey, Manchester Twp
 Margaret Davis, Montclair
 Shannon Dawe, Toms River East
 Bridget Devlin, St. Joseph (Hammonton)
 Megan Kinsman, Hunterdon Central
 Keara McGraw, Toms River North
 Jazzmon Morgan, Toms River South

GIRLS TOP TEN

- | | |
|---------------------|--------------------|
| 1. Ridgewood | 6. Columbia |
| 2. Moorestown | 7. Rumson |
| | Hopewell Valley |
| 4. Shawnee | 8. Toms River East |
| 5. Middletown South | 9. Voorhees |
| | 10. Ramsey |

RIDGEWOOD GIRLS CROSS COUNTRY HISTORY

| <u>year</u> | <u>duals</u> | <u>league</u> | <u>bergen</u> gr IV | <u>bergen</u> champs | <u>state</u> section | <u>state</u> group | <u>state</u> champ |
|-------------|--------------|-----------------|------------------------|-------------------------|-------------------------|-----------------------|-----------------------|
| 1974 | 4-2 | | | 2nd | | 7th | |
| 1975 | 3-2 | 1st | | 3rd | | 8th | |
| 1976 | 5-1 | 1st | | 3rd | 2nd | 4th | |
| 1977 | 4-2 | 2nd | | 4th | 4th | 11th | |
| 1978 | 2-1 | 2nd | 2nd | 6th | 2nd | 12th | |
| 1979 | 5-0 | 1st | 2nd | 2nd | 1st | 3rd | 8th |
| 1980 | 6-0 | 1st | 1st | 1st | 1st | 1st | 2nd |
| 1981 | 7-0 | 1st | 1st | 1st | 1st | 4th | |
| 1982 | 5-0 | 1st | 1st | 1st | 1st | 3rd | 4th |
| 1983 | 4-1 | 3rd | 2nd | 1st | 3rd | 12th | |
| 1984 | 5-0 | 1st | 1st | 1st | 1st | 5th | |
| 1985 | 5-0 | 1st | 1st | 1st | 2nd | 6th | |
| 1986 | 4-0 | 1st | 1st | 1st | 1st | 3rd | 7th |
| 1987 | 4-0 | 1st | 1st | 1st | 2nd | 6th | |
| 1988 | 4-0 | 1st | 1st | 1st | 2nd | 12th | |
| 1989 | 7-0 | 1st | 1st | 1st | 2nd | 8th | |
| 1990 | 8-0 | 1st | 1st | 1st | 1st | 6th | |
| 1991 | 9-0 | 1st | 1st | 2nd | 2nd | 3rd | 9th |
| 1992 | 7-0 | 1st | 1st | 1st | 1st | 1st | 1st |
| 1993 | 6-0 | 1st | 1st | 1st | 1st | 3rd | 3rd |
| 1994 | 6-0 | 1st | 1st | 1st | 1st | 2nd | 4th |
| 1995 | 6-0 | 1st | 1st | 1st | 1st | 5 th | |
| 1996 | 6-0 | 1 st | 2 nd | 1 st | 1 st | 3 rd | 8 th |
| 1997 | 6-0 | 1 st | 1 st | 1 st | 1 st | 3 rd | 2 nd |
| 1998 | 7-0 | 1 st | 1 st | 1 st | 1 st | 1 st | 3 rd |
| 1999 | 6-0 | 1 st | 1 st | 1 st | 1 st | 1 st | 1 st |

FIRST TEAM ALL BERGEN COUNTY

1976 Alyson Grunder
 1977 Klara Grape
 1978 Barbara Remmers
 1979 Mary Ellen Mileski and Carol Dickstein
 1980 M.E. & Patti Mileski, C. Dickstein, Kathy Duffy, Sue Hart
 1981 Mary Ellen & Patti Mileski, and Colleen Wright
 1982 Mary Ellen & Patti Mileski, and Margaret Scutro
 1983 Margaret Scutro
 1984 M. Scutro, Karen O'Brien, Jen Hughes
 1985 Jen Hughes, Linda Hockey, Norine D'Arcy
 1986 Jen Hughes and Jean Hughes
 1987 Jen Hughes and Jean Hughes
 1988 Jean Hughes and Lynne Collazo
 1989 Liz Figlar and Eileen Fitzgerald
 1990 Liz Figlar, Eileen Fitzgerald, and Jenna Rogers
 1991 Eileen Fitzgerald and Jenna Rogers
 1992 Claire Blaney, Jeanne Reilly, J. Rogers, A. Smith, Lauren Stuhr

1993 Jenna Rogers, Amy Smith, Lauren Stuhr
1994 Amy Smith, Stephanie Doyle, Kim Folk, Celeste Sedo
1995 Amy Smith, Stephanie Doyle
1996 Celeste Sedo
1997 Celeste Sedo, Kelly Behan
1998 Meg McDermott
1999 Clair Nowakowski, Kelly Behan, Alyson Cangemi

ALL STATE

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

OTHER CHAMPIONSHIPS OF NOTE

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

1987 9/22 Paramus Catholic (15-50)
9/29 IHA (15-50)
10/13 Hackensack (18-42)
10/15 Paramus (22-34)

1988 9/27 Paramus Catholic (18-45)
10/4 Passaic (23-36) and Eastside (2 girls)
10/11 Clifton (15-40) and Kennedy (no girls)
10/18 Teaneck (15-48)

1989 9/16 Paramus Catholic (19-43)
9/19 Passaic (20-40)
9/26 Kennedy (3 girls)
10/3 Clifton (22-33) and Eastside (2 girls)
10/10 Montclair (15-50) and Barringer (3 girls)

1990 9/18 Passaic (15-50) and Bloomfield (15-50)
9/25 Kennedy (17-46)
10/2 Clifton (19-42) and Eastside (15-50)
10/9 Montclair (20-38) and Barringer (2 girls)
10/16 IHA (15-46)

1991 9/13 IHA (19-42)
9/20 Paramus Catholic (16-47)
9/24 Bloomfield (15-48), Passaic (15-49) and
St. Domic (15-50)
10/1 Kennedy (20-43)
10/7 Clifton (18-37) and Eastside (1 girl finished)
10/16 Montclair (19-44)

1992 9/15 Passaic (15-50)
9/17 Belleville (15-50)
9/22 Kennedy (15-48)
9/30 IHA (19-40)
10/8 Clifton (16-47) and Bloomfield (no girls)
10/13 Eastside (3 girls) and Montclair (2 girls)

1993 9/21 Passaic (15-50) and Barringer (no girls)
9/28 Kennedy (15-50)
10/5 Eastside (15-50) and Montclair (2 girls)
10/13 Clifton (18-45) and Bloomfield (no girls)

1994 9/20 Montclair (2 girls) and Passaic (15-50)
9/28 Kennedy (15-46) and Bloomfield (no girls)
10/4 Eastside (19-42) and Barringer (3 girls)
10/11 Clifton (17-48)

1995 9/19 Passaic (15-50) and Montclair (1 girl)
9/27 Kennedy (22-37) and Bloomfield (no girls)
10/10 Clifton (16-45)
10/12 Eastside (15-50) and Barringer (3 girls)

1996 9/25 Kennedy (24-34) and Bloomfield (3 girls)
10/1 Clifton (18-45) and Passaic (17-46)
10/9 Eastside (4 girls) and Montclair (2 girls)

1997 9/23 Kennedy (21-38) and Bloomfield (15-50)
9/30 Clifton (15-46) and Passaic (15-48)
10/7 Montclair (4 girls) and Eastside (1 girl)

1998 9/15 Passaic (21-36)
9/24 Eastside (15-50)
9/28 Hackensack (26-31) and Bloomfield (15-50)
and Barringer (15-50)
10/6 Kennedy (15-50) and Clifton (18-41)

1999 9/14 Passaic (15-49)
9/22 Eastside (15-50)
9/28 Hackensack (23-38) and Bloomfield (15-50)
10/5 Clifton (15-50) and Kennedy (15-50)

VETERANS FIELD 5K DUAL MEET COURSE ALL TIME LIST

| | | | | | |
|---------|--------------------|------|---------|----------------------|------|
| 18:30 | Jean Hughes | 1988 | 21:09 | Megan McCabe | 1991 |
| 18:37.8 | Margaret Scutro | 1984 | 21:14 | Lisa deCastro | 1991 |
| 18:41.0 | Kelly Behan | 1997 | 21:15 | Robin Lavin | 1984 |
| 18:59 | Jen Hughes | 1985 | 21:19 | Kirsten Kannengieser | 1982 |
| 19:12.7 | Jenna Rogers | 1992 | 21:17 | Kim Folk | 1993 |
| 19:17 | Stephanie Doyle | 1994 | 21:22 | Eileen Moritz | 1989 |
| 19:18 | Liz Figlar | 1989 | 21:22 | Elise Lee | 1992 |
| 19:21 | Norine D'Arcy | 1985 | 21:24 | Janet Titus | 1986 |
| 19:29 | Amy Smith | 1994 | 21:25 | Jeanne Reilly | 1992 |
| 19:38 | Karen O'Brien | 1984 | 21:27 | Missy Klien | 1989 |
| 19:39 | Meg McDermott | 1998 | 21:29 | Vanessa Worm | 1994 |
| 19:51 | Lynne Collazo | 1986 | 21:34 | Lynn Degelman | 1986 |
| 20:02 | Lauren Stuhr | 1993 | 21:35 | Genny Razik | 1982 |
| 20:02 | Celeste Sedo | 1996 | 21:36 | Leslie Barbi | 1983 |
| 20:03 | Patti Mileski | 1981 | 21:37 | Danielle Walther | 1997 |
| 20:03 | Mary Ellen Mileski | 1981 | 21:39 | Steph Kane | 1988 |
| 20:06 | Beth Pringle | 1982 | 21:41 | Rose Sedo | 1994 |
| 20:08 | Eileen Fitzgerald | 1991 | 21:42 | Geraldine Campbell | 1994 |
| 20:17 | Claire Blaney | 1992 | 21:45 | Clair Nowakowski | 1998 |
| 20:18 | Tara O'Neill | 1998 | 21:50 | Natasha Skuthan | 1997 |
| 20:19 | Alyson Cangemi | 1998 | 21:51.4 | Nicole MacLennan | 1986 |
| 20:22 | Colleen Wright | 1981 | 21:54 | Wendy Hawthorne | 1981 |
| 20:23 | Zena Lobell | 1994 | 21:55 | Christy Diaz | 1982 |
| 20:24 | Beth Apsel | 1994 | 22:01 | Amy Donnelly | 1986 |
| 20:25 | Julia Brownell | 1998 | 22:03 | Heather Fitzgerald | 1988 |
| 20:28 | Erin Roach | 1992 | 22:04 | Carrie Ruggles | 1995 |
| 20:32 | Kathy Shevlin | 1987 | 22:06 | Rachael VanYpern | 1992 |
| 20:42 | Katie Cohn | 1996 | 22:20 | Sharon Williams | 1982 |
| 20:42 | Monica Schiefen | 1997 | 22:20 | Julie Sprich | 1996 |
| 20:44 | Taylor Dunn | 1998 | 22:21 | Kathleen Campbell | 1992 |
| 20:45 | Carolyn O'Brien | 1987 | 22:25 | Sarah Apsel | 1994 |
| 20:45 | Linda Hockey | 1985 | 22:28 | Liz O'Connor | 1997 |
| 20:47 | Anja Kannengieser | 1983 | 22:28 | Leslie Bruno | 1997 |
| 20:52.6 | Nanci Titus | 1986 | 22:31 | Michelle Sarkadi | 1982 |
| 20:53 | Jen Bauman | 1989 | 22:32 | Rebecca Johnson | 1998 |
| 20:58.8 | Marci Capitani | 1984 | 22:34 | Jill Apostle | 1989 |
| 20:59 | Tira Lobell | 1998 | 22:35 | Lauren Goodell | 1982 |
| 21:00 | Chris McKenna | 1981 | 22:42 | Maggie Cain | 1994 |
| 21:02.8 | Lisa Waters | 1984 | 22:43 | Christina Velez | 1985 |
| 21:04 | Ana Law | 1998 | 22:45 | Linda Sigillito | 1984 |
| 21:09 | Darcy Nicholson | 1984 | 22:45 | Sarah Durnan | 1992 |

| | | |
|-------|-----------------|------|
| 28:04 | Nora Apsel | 1996 |
| 28:08 | Valerie Gold | 1987 |
| 28:23 | Tanya Panossian | 1990 |
| 28:27 | Erin Raiter | 1997 |
| 28:52 | Jessica Burnett | 1991 |
| 31:44 | Amy Chidiac | 1992 |

Compiled November 1998

COURSE SHORTENED BY FLOYDS FLOOD IN 1999

VETERANS FIELD 5K DUAL MEET COURSE ALL TIME LIST

ALL COMERS LIST

| | | | | | |
|---------|------------------------------|------|---------|----------------------------|------|
| 18:30 | Jean Hughes | 1988 | 20:06 | Beth Pringle | 1982 |
| 18:37.8 | Margaret Scutro | 1984 | 20:08 | Eileen Fitzgerald | 1991 |
| 18:41 | Amy Kempf -Paramus | 1986 | 20:17 | Claire Blaney | 1992 |
| 18:41.0 | Kelly Behan | 1997 | 20:18 | Tara O'Neill | 1998 |
| 18:46 | Jazmen Jones - Hackensack | 1985 | 20:19 | Alyson Cangemi | 1998 |
| 18:59 | Jen Hughes | 1985 | 20:21 | Sabrina Nealy | 1997 |
| 19:00 | Toni Angione - Bergenfield | 1982 | 20:22 | Colleen Wright | 1981 |
| 19:12.7 | Jenna Rogers | 1992 | 20:22 | Anna Berardo - Clifton | 1994 |
| 19:17 | Stephanie Doyle | 1994 | 20:23 | Zena Lobell | 1994 |
| 19:18 | Liz Figlar | 1989 | 20:24 | Beth Apsel | 1994 |
| 19:21 | Norine D'Arcy | 1985 | 20:25 | Vanessa McClure - Kennedy | 1991 |
| 19:21 | Gail Nunez - Passaic | 1988 | 20:25 | Julia Brownell | 1998 |
| 19:29 | Amy Smith | 1994 | 20:28 | Laura Farinas - Clifton | 1991 |
| 19:33 | Beth Androski - Hackensack | 1998 | 20:28 | Erin Roach | 1992 |
| 19:35 | Patti Martin - Hackensack | 1998 | 20:28.3 | Cheryl Krauss - P. C. | 1984 |
| 19:38 | Karen O'Brien | 1984 | 20:32 | Kathy Shevlin | 1987 |
| 19:39 | Meg McDermott | 1998 | 20:33 | Clair McGuire - Hackensack | 1998 |
| 19:41 | Nadine Nunez - Passaic | 1988 | 20:42 | Katie Cohn | 1996 |
| 19:49 | Martina Brosnahan - I.H.A. | 1992 | 20:42 | Monica Schiefen | 1997 |
| 19:51 | Lynne Collazo | 1986 | 20:42.2 | Linda Gowder - Teaneck | 1984 |
| 20:02 | Lauren Stuhr | 1993 | 20:44 | Taylor Dunn | 1998 |
| 20:02 | Celeste Sedo | 1996 | 20:45 | Carolyn O'Brien | 1987 |
| 20:03 | Patti Mileski | 1981 | 20:45 | Linda Hockey | 1985 |
| 20:03 | Mary Ellen Mileski | 1981 | 20:47 | Anja Kannengieser | 1983 |
| 20:03 | Maritza Alvarez - Hackensack | 82 | 20:52.6 | Nanci Titus | 1986 |
| | | | 20:53 | Jen Bauman | 1989 |
| | | | 20:55 | Shuana Koinig | 1998 |
| | | | 20:58.8 | Marci Capitani | 1984 |
| | | | 20:59 | Tira Lobell | 1998 |
| | | | 21:00 | Chris McKenna | 1981 |

compiled 11-98

NO TIMES FROM 1999

COURSE SHORTENED BECAUSE
OF FLOYD'S FLOOD.

| | | | | | |
|---------|-------------------------|------|-------|-----------------------|------|
| 22:48 | Vanessa McDermott | 1993 | 25:06 | Alyson Donnelly | 1994 |
| 22:50 | Jackie Goulart | 1998 | 25:12 | Tara Pehush | 1997 |
| 22:53.5 | Pam Parker | 1984 | 25:13 | Terry Shum | 1992 |
| 22:54 | Alison Barbi | 1981 | 25:19 | Kate Strum | 1997 |
| 22:56 | Alex Furger | 1992 | 25:23 | Ruth VanYperen | 1998 |
| 22:57 | Janet Moritz | 1984 | 25:25 | Nora Vardi | 1994 |
| 22:57 | Betsy Gershman | 1990 | 25:25 | Jen Dlugasch | 1997 |
| 23:08 | Katie O'Brien | 1992 | 25:27 | Amy Titus | 1987 |
| 23:08 | Kara Belknap | 1997 | 25:28 | Vicki Gellis | 1993 |
| 23:10 | Diane Nelson | 1996 | 25:28 | Colleen Herlihy | 1998 |
| 23:15 | Krisi Wing | 1984 | 25:32 | Bridget Blaney | 1990 |
| 23:15 | Kitty Lawn | 1996 | 25:37 | Erin Cron | 1997 |
| 23:19 | Madoka Kurishima | 1985 | 25:37 | Brittany Hemmel | 1997 |
| 23:20 | Megan Duffy | 1984 | 25:38 | Liz Guenther | 1987 |
| 23:24 | Courtney Moody | 1982 | 25:40 | Kate Pringle | 1983 |
| 23:28 | Sheelyn Marker | 1987 | 25:40 | Pat Kaupas | 1987 |
| 23:35 | Jess Rhoten | 1997 | 25:40 | Katty Aldave | 1997 |
| 23:43 | Julie Babbitt | 1981 | 25:43 | Cathy Reid | 1985 |
| 23:48 | Ellen Ostrander | 1986 | 25:46 | Marianne Skau | 1987 |
| 23:48 | Lauren Maxwell | 1992 | 25:54 | Katie Schumaecker | 1992 |
| 23:50 | Cara Hardt | 1991 | 26:01 | Jamie Hollender | 1992 |
| 23:53 | Amanda DiLeo | 1994 | 26:04 | Carolyn Moritz | 1995 |
| 23:57 | Alex Goodell | 1982 | 26:06 | Liz Strahle | 1997 |
| 23:57 | Kanako Nakamura | 1993 | 26:08 | Mandy Warton | 1993 |
| 24:00 | Margaret Ostling | 1987 | 26:15 | Katie Cosgrove | 1998 |
| 24:01 | Jessica Scadron | 1988 | 26:19 | Tara Pehush | 1998 |
| 24:04 | Melissa Masterson | 1996 | 26:21 | Julia Foresman | 1998 |
| 24:06 | Mo Smith | 1997 | 26:25 | Alexandra Eidenschenk | 1985 |
| 24:07 | Alison Correll | 1997 | 26:31 | Lucia Knight | 1995 |
| 24:08 | Lizzie Vogelbach | 1997 | 26:34 | Deborah Apsel | 1992 |
| 24:10 | Christina Dasher | 1997 | 26:39 | Anne Burton | 1988 |
| 24:18 | Katie Latanich | 1997 | 26:50 | Stephanie DeCongelio | 1986 |
| 24:19 | Jenny Schwartz | 1989 | 26:58 | Elizabeth Cavanagh | 1992 |
| 24:19 | Irene Janis | 1997 | 27:00 | Jen Siegel | 1995 |
| 24:21 | Sara Wells | 1998 | 27:06 | Kate Mewhiney | 1997 |
| 24:22 | Lauren Guerra-Heuwetter | 1994 | 27:12 | Emily Hermance | 1995 |
| 24:26 | Michelle White | 1991 | 27:13 | Christine Lowe | 1995 |
| 24:34 | Allison Spencer | 1987 | 27:30 | Shannon Osborn | 1993 |
| 24:34 | Joel Gruber | 1994 | 27:37 | Adriene Reid | 1988 |
| 24:35 | Alexandra Oros | 1998 | 27:46 | You Jung Park | 1994 |
| 24:39 | Kristen Egan | 1997 | 27:47 | Sarah Burton | 1994 |
| 24:40 | Clair Weeks | 1998 | 27:48 | Eileen Sullivan | 1987 |
| 24:45 | Serena Roth | 1997 | 27:54 | Sarah Bigos | 1998 |
| 24:46 | Peggy Lynch | 1998 | 27:58 | Kathleen Nowakowski | 1998 |
| 24:59 | Dara Hourdajian | 1998 | 28:03 | Julie Culver | 1992 |

VETERAN'S FIELD CHAMPIONSHIP COURSE

5000 METERS

| | | | | | |
|----------|----------------------|------|----------|--------------------|------|
| 18:13.4 | Celeste Sedo | 1997 | 21:52.0 | Elyse Lee | 1993 |
| 18:14.3 | Kelly Behan | 1997 | 21:53 | Lisa deCastro | 1991 |
| 18:20.5 | Patti Mileski | 1981 | 21:53.7 | Kathleen Campbell | 1993 |
| 18:22.7 | Mary Ellen Mileski | 1982 | 22:01 | Tira Lobell | 1997 |
| 18:28.0 | Jenna Rogers | 1993 | 22:05 | Pam Parker | 1986 |
| 18:40.9 | Margaret Scutro | 1984 | 22:09 | Heather Fitzgerald | 1988 |
| 19:03 | Jean Hughes | 1987 | 22:12.4 | Michelle Sarkadi | 1982 |
| 19:12 | Stephanie Doyle | 1994 | 22:13 | Natasha Skuthan | 1997 |
| 19:13 | Jennifer Hughes | 1986 | 22:16.7* | Alexandra Oros | 99 |
| 19:37 | Lynne Collazo | 1987 | 22:18 | Sheelyn Marker | 1987 |
| 19:39.7 | Karen O'Brien | 1982 | 22:18.9 | Julie Babbitt | 1981 |
| 19:41 | Kim Folk | 1994 | 22:19.4 | Lauren Goodell | 1981 |
| 19:44 | Amy Smith | 1995 | 22:19.9 | Alison Barbi | 1981 |
| 19:50.5 | Beth Pringle | 1982 | 22:22 | Kara Belknap | 1997 |
| 19:50.7 | Lauren Stuhr | 1993 | 22:23 | Amy Donnelly | 1986 |
| 19:56. | Colleen Wright | 1981 | 22:23.1 | Vanessa McDermott | 1993 |
| 20:02 | Norine D'Arcy | 1985 | 22:24 | Geraldine Campbell | 94 |
| 20:05.4 | Meg McDermott | 1998 | 22:26 | Diane Nelson | 1997 |
| 20:06.3* | Clair Nowakowski | 99 | 22:27.7 | Rebecca Johnson | 99 |
| 20:07 | Kathy Shevlin | 1987 | 22:37.0 | Cristy Diaz | 1981 |
| 20:08.0 | Danielle Walther | 1998 | 22:37 | Lisa Waters | 1983 |
| 20:15.1 | Claire Blaney | 1992 | 22:40 | Lauren Maxwell | 1994 |
| 20:16.0 | Kirsten Kannengieser | 82 | 22:43 | Liz O'Connor | 1997 |
| 20:16.5 | Tara O'Neill | 1997 | 22:47.6 | Rachael VanYperen | 1992 |
| 20:22 | Carolyn O'Brien | 1987 | 22:52 | Margaret Ostling | 1986 |
| 20:23 | Nanci Titus | 1986 | 22:53.1 | Linda Sigillito | 1984 |
| 20:24 | Eileen Fitzgerald | 1991 | 23:01 | Katy Aldave | 1998 |
| 20:24.6 | Chris McKenna | 1981 | 23:02 | Sara Wells | 1998 |
| 20:25.6 | Anja Kannengieser | 1981 | 23:03.8 | Robin Lavin | 1984 |
| 20:28.6 | Alyson Cangemi | 1997 | 23:11.6 | Krisi Wing | 1984 |
| 20:30.1* | Julia Brownell | 99 | 23:15.1 | Sharon Williams | 1982 |
| 20:32 | Zena Lobell | 1994 | 23:21 | Cara Hardt | 1991 |
| 20:42 | Vanessa Worm | 1994 | 23:21 | Maggie Cain | 1994 |
| 20:46.5 | Monica Schiefen | 1997 | 23:22.2 | Alex Furger | 1992 |
| 20:47 | Janet Titus | 1986 | 23:23.8 | Janet Moritz | 1984 |
| 20:50 | Liz Figlar | 1988 | 23:27 | Sarah Apsel | 1994 |
| 20:50 | Beth Apsel | 1994 | 23:34 | Cathy Reid | 1985 |
| 20:53.4 | Erin Roach | 1992 | 23:39 | Katie Latanich | 1998 |
| 20:54 | Lynn Degelmann | 1986 | 23:45 | Ellen Ostrander | 1986 |
| 20:58.4 | Taylor Dunn | 1998 | 23:45 | Christina Grab | 1994 |
| 21:01 | Katie Cohn | 1994 | 23:48 | Jen Bauman | 1987 |
| 21:05 | Linda Hockey | 1985 | 23:48 | Marianne Skau | 1987 |
| 21:06.2 | Genny Razik | 1982 | 23:48 | Danielle Walther | 1996 |
| 21:07.3 | Ana Law | 1998 | 23:52 | Eileen Moritz | 1988 |
| 21:11.6 | Marci Capitani | 1984 | 23:57 | Clair Weeks | 1998 |
| 21:14.9 | Jeanne Reilly | 1992 | 24:07 | Jess Rhoten | 1998 |
| 21:24 | Nicole MacLennan | 1986 | 24:08 | Chrissy Martin | 1998 |
| 21:26 | Megan McCabe | 1991 | 24:10.9 | Megan Duffy | 1984 |
| 21:37.8 | Carrie Ruggles | 1095 | 24:13 | Michelle White | 1991 |
| 21:38 | Leslie Barbi | 1983 | 24:17 | Irene Janis | 1997 |
| 21:42 | Rose Sedo | 1994 | 24:20 | Serena Roth | 1997 |
| 21:46.4 | Darcy Nicholson | 1984 | 24:21 | Tara Pehush | 1997 |
| 21:48 | Julie Sprich | 1997 | 24:23 | Carolyn Moritz | 1994 |
| 21:49 | Leslie Bruno | 1997 | 24:24 | Lauren G-H | 1994 |

| | | |
|----------|-------------------|------|
| 24:25.7 | Kanako Nakamura | 1993 |
| 24:31.7* | Julia Foresman | 99 |
| 24:35 | Jess Rhoten | 1997 |
| 24:37 | Alison Correll | 1996 |
| 24:38 | Madoka Kurishima | 1985 |
| 24:35 | Kate Pringle | 1983 |
| 24:41 | Kitty Lawn | 1994 |
| 24:49 | Christina Velez | 1985 |
| 24:51 | Mo Smith | 1997 |
| 25:00 | Christina Dasher | 1997 |
| 25:05.3 | Allison Donnelly | 1993 |
| 25:08.8* | Ruth VanYperen | 99 |
| 25:11.8* | Cassie Canzani | 99 |
| 25:14 | Melissa Masterson | 1996 |
| 25:17.3 | Joelle Gruber | 1993 |
| 25:19 | Amanda DiLeo | 1994 |
| 25:20.1 | Vicki Gellis | 1993 |
| 25:48 | Kristen Eagen | 1997 |
| 25:49 | Terri Shum | 1992 |
| 25:49 | Jen Dlugash | 1997 |
| 25:55 | Kate Strum | 1997 |
| 26:09.7* | Peggy Lynch | 99 |
| 26:11 | Rebecca Castagno | 1991 |
| 26:11.9* | Brittany Hemmel | 99 |
| 26:22 | Carolyn Cosgrove | 1997 |
| 26:30 | Dara Hourdajian | 1998 |
| 26:31 | Megan Bain | 1997 |
| 26:37 | Pat Kaupas | 1986 |
| 26:40 | Mandy Warton | 1993 |
| 26:47 | Meghan Groome | 1994 |
| 26:47 | Erin Cron | 1997 |
| 26:50 | Jen Siegel | 1994 |
| 26:57 | Nora Varadi | 1994 |
| 26:57 | Nora Apsel | 1997 |
| 27:07 | Sarah Burton | 1994 |
| 27:09 | Liz Strahle | 1997 |
| 27:15 | Jamie Hollender | 1992 |
| 27:27 | Catherine Lowe | 1995 |
| 27:52.6* | Sarah Bigos | 99 |
| 27:56 | Shannon Osborn | 1993 |
| 28:00 | Amy McDonald | 1997 |
| 28:17 | You Jung Park | 1994 |
| 28:24 | Erin Raiter | 1997 |
| 28:25.6* | Kate Mcwhiney | 99 |
| 28:40.6* | Lauren Lennon | 99 |
| 28:50 | Deborah Apsel | 1993 |
| 28:53 | Julie Culver | 1994 |
| 29:29 | Vicki Lowe | 1995 |
| 31:05 | Meeta Shaw | 1998 |
| 32:39 | Jessica Burnette | 1991 |

course established 1981
compiled 12/99

* In 1999 course was long
because of Floyd's flood.

DARLINGTON PARK

BERGEN CHAMPIONSHIP COURSE

| | | | | | |
|---------|--------------------|------|-------|--------------------|------|
| 17:49.1 | Jenna Rogers | 1993 | 23:05 | Cassidy Canzani | 1999 |
| 18:37.0 | Celeste Sedo | 1997 | 23:11 | Alison Correll | 1996 |
| 18:41.4 | Kelly Behan | 1997 | 23:18 | Clare Weeks | 1999 |
| 18:52.3 | Amy Smith | 1995 | 23:19 | Ruth VanYperen | 1999 |
| 19:02.2 | Stephanie Doyle | 1994 | 23:19 | Colleen Herlihy | 1999 |
| 19:13.8 | Clair Nowakowski | 1999 | 23:20 | Sarah Apsel | 1993 |
| 19:28.5 | Meg McDermott | 1998 | 23:23 | Carolyn Moritz | 1995 |
| 19:31.6 | Lauren Stuhr | 1993 | 23:24 | Christina Grab | 1995 |
| 19:36.2 | Alyson Cangemi | 1999 | 23:25 | Lauren G-Heuwetter | 1994 |
| 19:47 | Danielle Walther | 1998 | 23:25 | Irene Janis | 1997 |
| 19:52.2 | Julia Brownell | 1999 | 23:30 | Sarah Durnan | 1992 |
| 19:57 | Claire Blaney | 1992 | 23:37 | Alex Furger | 1992 |
| 19:58 | Kim Folk | 1994 | 23:45 | Peggy Lynch | 1999 |
| 20:02 | Erin Roach | 1992 | 23:47 | Mo Smith | 1997 |
| 20:02 | Jeanne Reilly | 1992 | 23:48 | Kanako Nakamura | 1993 |
| 20:07.1 | Katie Cohn | 1996 | 23:54 | Lauren Lennon | 1998 |
| 20:12.6 | Zena Lobell | 1994 | 24:01 | Amanda DiLeo | 1994 |
| 20:16.8 | Tara O'Neill | 1996 | 24:05 | Tara Pehush | 1997 |
| 20:17.4 | Carrie Ruggles | 1996 | 24:13 | Kitty Lawn | 1995 |
| 20:31 | Monica Schiefen | 1998 | 24:13 | Lizzy Volgelback | 1997 |
| 20:31 | Tira Lobell | 1998 | 24:13 | Jess Rhoten | 1998 |
| 20:37 | Taylor Dunn | 1998 | 24:32 | Serena Roth | 1996 |
| 20:38.1 | Vanessa Worm | 1994 | 24:36 | Vickie Gellis | 1993 |
| 20:43 | Elyse Lee | 1993 | 24:41 | Brittany Hemmel | 1999 |
| 20:44 | Beth Apsel | 1994 | 24:44 | Alyson Donnley | 1993 |
| 20:53.4 | Rebecca Johnson | 1999 | 24:44 | Christina Dasher | 1997 |
| 20:54 | Ana Law | 1998 | 24:48 | Terry Shum | 1992 |
| 21:00 | Megan McCabe | 1992 | 24:52 | Mandy Warton | 1993 |
| 21:02.4 | Kathleen Campbell | 1993 | 24:55 | Vicky Lowe | 1995 |
| 21:26 | Julie Sprich | 1996 | 24:55 | Catherine Lowe | 1995 |
| 21:28 | Rose Sedo | 1995 | 25:00 | Jen Dlugasch | 1997 |
| 21:38 | Geraldine Campbell | 1995 | 25:00 | Carolyn Cosgrove | 1997 |
| 21:49 | Lesley Bruno | 1997 | 25:04 | Joelle Gruber | 1993 |
| 21:56 | Katy Aldave | 1998 | 25:08 | Kristin Egan | 1997 |
| 21:57 | Rachael VanYperen | 1992 | 25:11 | Nora Apsel | 1997 |
| 21:57 | Katie O'Brien | 1993 | 25:20 | Dara Hourdajian | 1998 |
| 21:59 | Kara Belknap | 1997 | 25:22 | Sarah Burton | 1995 |
| 22:01 | Diane Nelson | 1997 | 25:22 | Erin Cron | 1997 |
| 22:14 | Vanessa McDermott | 1993 | 25:31 | Jamie Hollender | 1993 |
| 22:27 | Liz O'Connor | 1997 | 25:42 | Tara Pehush | 1998 |
| 22:28 | Lauren Maxwell | 1993 | 25:42 | Sarah Bigos | 1999 |
| 22:30 | Sara Wells | 1998 | 25:55 | Kate Strum | 1997 |
| 22:36 | Julia Foresman | 1999 | 26:02 | Liz Strahle | 1997 |
| 22:46 | Chrissy Martin | 1998 | 26:23 | Jen Siegel | 1995 |
| 22:56 | Katie Latanich | 1999 | 26:27 | Nora Varadi | 1994 |
| 23:02 | Melissa Masterson | 1996 | 26:41 | Shannon Osborn | 1993 |
| 23:04 | Maggie Cain | 1993 | 26:41 | Emily Hermance | 1995 |
| 23:05 | Kitty Lawn | 1996 | 26:46 | Julie Culver | 1992 |

| | | |
|-------|--------------------|------|
| 26:56 | Amy McDonald | 1997 |
| 27:20 | Megan Groome | 1994 |
| 27:29 | Elizabeth Cavanagh | 1992 |
| 27:39 | Megan Bain | 1997 |
| 27:46 | Erin Raiter | 1997 |
| 27:49 | Kate Mcwhiney | 1999 |
| 28:05 | Meg Snyder | 1998 |
| 28:11 | You Jung Park | 1994 |
| 28:25 | Jessica Stanley | 1992 |
| 28:34 | Beth Riina | 1998 |
| 28:48 | Deborah Apsel | 1993 |
| 29:37 | Meta Shaw | 1998 |
| 30:26 | Amy Chidiac | 1993 |

All Time Ridgewood List

course established 1992
course record: 17:49.1

DARLINGTON PARK FROSH COURSE
1 LOOP 1.61 miles

| | | | | | |
|-------|---------------------|------|-------|------------------|------|
| 10:16 | Tara O'Neill | 1996 | 11:49 | Kristen Espenak | 1999 |
| 10:21 | Clair Nowakowski | 1998 | 11:53 | Andrea Remmen | 1993 |
| 10:32 | Alyson Cangemi | 1996 | 11:56 | Lucia Knight | 1995 |
| 10:36 | Jess Rohten | 1996 | 11:57 | Alison Correll | 1995 |
| 10:40 | Rebecca Johnson | 1997 | 11:59 | Kate Mewhiney | 1997 |
| 10:49 | Alexandra Oros | 1998 | 12:12 | Jenna Rubinoff | 1999 |
| 10:53 | Jackie Goulart | 1998 | 12:14 | Allyson Donnelly | 1992 |
| 10:54 | Peggy Lynch | 1998 | 12:17 | Sarah Bigos | 1998 |
| 10:54 | Jackie Macchi | 1999 | 12:22 | Erin Cron | 1996 |
| 10:58 | Tira Lobell | 1995 | 12:23 | Kristin Egan | 1995 |
| 11:01 | Lesley Bruno | 1996 | 12:28 | Christina Dasher | 1995 |
| 11:02 | Diane Nelson | 1996 | 12:29 | Catherine Lowe | 1994 |
| 11:04 | Lauren Maxwell | 1992 | 12:31 | Liz Bedford | 1999 |
| 11:09 | Geraldine Campbell | 1992 | 12:32 | Pippa Scott | 1998 |
| 11:11 | Beth Apsel | 1992 | 12:34 | Irene Janis | 1995 |
| 11:13 | Natisha Skuthan | 1994 | 12:35 | Deborah Apsel | 1992 |
| 11:14 | Kerry Doherty | 1999 | 12:37 | Nora Varadi | 1993 |
| 11:22 | Julie Sprich | 1995 | 13:10 | Julie Culiver | 1992 |
| 11:23 | Julia Foresman | 1998 | 13:20 | Jen Siegel | 1992 |
| 11:30 | Kate McDonagh | 1999 | 13:20 | Vicki Lowe | 1994 |
| 11:34 | Ruth VanYperen | 1998 | | | |
| 11:35 | Nora Apsel | 1996 | | | |
| 11:39 | Colleen Herlihy | 1998 | | | |
| 11:43 | Brittany Hemmel | 1997 | | | |
| 11:45 | Kathleen Nowakowski | 98 | | | |
| 11:47 | Katie Latanich | 1996 | | | |

All Time Ridgewood List

course established 1992
Course record: 9:57 1994
Jackie Martin
Hackensack High School
compiled 11/99

GARRET MOUNTAIN

| | | |
|---------|----------------------|------|
| 18:15.0 | Patti Mileski | 1982 |
| 18:21.6 | Mary Ellen Mileski | 1981 |
| 18:32 | Margaret Scutro | 1984 |
| 19:08.6 | Celeste Sedo | 1997 |
| 19:09.1 | Kelly Behan | 1997 |
| 19:18 | Jenna Rogers | 1993 |
| 19:21 | Carol Dickstein | 1980 |
| 19:22 | Jean Hughes | 1988 |
| 19:32 | Norine D'Arcy | 1985 |
| 19:32 | Lynne Collazo | 1988 |
| 19:33 | Kathy Duffy | 1980 |
| 19:35 | Colleen Wright | 1981 |
| 19:35 | Jennifer Hughes | 1985 |
| 19:36 | Liz Figlar | 1990 |
| 19:39 | Karen O'Brien | 1984 |
| 19:44 | Sue Hart | 1980 |
| 20:00 | Clair Nowakowski | 1999 |
| 20:05 | Meg McDermott | 1998 |
| 20:09 | Stephanie Doyle | 1994 |
| 20:10 | Eileen Fitzgerald | 1990 |
| 20:10 | Amy Smith | 1995 |
| 20:14 | Kirsten Kannengieser | 82 |
| 20:18 | Chris McKenna | 1980 |
| 20:21 | Lauren Stuhr | 1993 |
| 20:28 | Anja Kannengieser | 1983 |
| 20:28 | Leslie Barbie | 1983 |
| 20:28 | Danielle Walther | 1998 |
| 20:29 | Claire Blaney | 1992 |
| 20:29 | Alyson Cangemi | 1999 |
| 20:31 | Julia Brownell | 1999 |
| 20:34 | Linda Hockey | 1985 |
| 20:36 | Kim Folk | 1994 |
| 20:51 | Erin Roach | 1992 |
| 20:53 | Kathy Shevlin | 1987 |
| 20:53 | Jeanne Reilly | 1992 |
| 20:54 | Zena Lobell | 1994 |
| 20:55 | Carrie Ruggles | 1996 |
| 20:58 | Darcy Nicholson | 1984 |
| 21:05 | Nanci Titus | 1986 |
| 21:09.6 | Tara O'Neill | 1997 |
| 21:15 | Genny Razik | 1981 |
| 21:18.4 | Taylor Dunn | 1999 |
| 21:20 | Beth Pringle | 1982 |
| 21:21 | Lisa Waters | 1984 |
| 21:22 | Monica Scheifen | 1996 |
| 21:26 | Marci Capitani | 1984 |
| 21:28 | Carolyn O'Brien | 1987 |
| 21:28 | Katie Cohn | 1996 |

ALL TIME RIDGEWOOD LIST

| | | |
|--------|--------------------|------|
| 21:31 | Steph Kane | 1988 |
| 21:33 | Megan McCabe | 1991 |
| 21:34 | Beth Apsel | 1994 |
| 21:44 | Kelly Keibort | 1980 |
| 21:44 | Janet Titus | 1986 |
| 21:45 | Nicole MacLennan | 1986 |
| 21:19 | Rebecca Johnson | 1999 |
| 21:53 | Lisa deCastro | 1990 |
| 21:55* | Jen Bauman | 1989 |
| 22:01 | Kathleen Campbell | 1991 |
| 22:02 | Vanessa Worm | 1994 |
| 22:04 | Pam Parker | 1984 |
| 22:04 | Alexandra Oros | 1999 |
| 22:05 | Elyse Lee | 1993 |
| 22:10 | Cristy Diaz | 1982 |
| 22:19 | Lauren Goodell | 1984 |
| 22:23* | Eileen Moritz | 1989 |
| 22:25 | Rose Sedo | 1994 |
| 22:26 | Janet Moriz | 1984 |
| 22:28 | JoAnn Casey | 1980 |
| 22:29 | Wendy Hawthorne | 1981 |
| 22:33 | Megan Duffy | 1984 |
| 22:35 | Julie Babbitt | 1980 |
| 22:37 | Liz Nitti | 1980 |
| 22:39 | Ana Law | 1998 |
| 22:42 | Krisi Wing | 1984 |
| 22:47 | Linda Sigillito | 1984 |
| 22:50 | Julie Spritch | 1998 |
| 22:53 | Lynn Degelmann | 1986 |
| 22:58* | Missy Klein | 1989 |
| 23:00* | Jill Apostle | 1989 |
| 23:10 | Amy Donnelly | 1986 |
| 23:14 | Heather Fitzgerald | 1988 |
| 23:20 | Lauren Maxwell | 1995 |
| 23:20 | Katy Aldave | 1998 |
| 23:22 | Cathi Reid | 1985 |
| 23:26 | Margaret Ostling | 1986 |
| 23:28 | Diane Nelson | 1999 |
| 23:29 | Kara Belknap | 1997 |
| 23:31 | Eileen Moritz | 1990 |
| 23:32 | Lesley Bruno | 1997 |
| 23:36 | Sara Wells | 1997 |
| 23:38 | Sheelyn Marker | 1987 |
| 23:40* | Heather Fitzgerald | 1989 |
| 23:40 | Sarah Apsel | 1994 |
| 23:41 | Jess Rhoten | 1997 |
| 23:42 | Julia Foresman | 1999 |
| 23:44 | Liz O'Connor | 1997 |

HOLMDEL PARK

STATE CHAMPIONSHIP COURSE

5,000 METERS

| | | | | | |
|---------|----------------------|------|---------|--------------------|------|
| 18:29 | Patti Mileski | 1982 | 21:56.4 | Ana Law | 1998 |
| 18:34.2 | Jenna Rogers | 1993 | 21:57 | Nanci Titus | 1986 |
| 18:44 | Margaret Scutro | 1984 | 22:12 | Nicole MacLennan | 1986 |
| 18:58.3 | Kelly Behan | 1997 | 22:16.4 | Rebecca Johnson | 1999 |
| 19:10.3 | Celeste Sedo | 1997 | 22:19 | Leslie Barbie | 1983 |
| 19:12.9 | Stephanie Doyle | 1995 | 22:19 | Rose Sedo | 1994 |
| 19:13 | Mary Ellen Mileski | 1982 | 22:19 | Lisa Waters | 1984 |
| 19:39.9 | Amy Smith | 1995 | 22:23 | Jen Bauman | 1989 |
| 19:47 | Carol Dickstein | 1979 | 22:26 | Eileen Moritz | 1989 |
| 19:52 | Jean Hughes | 1988 | 22:25 | Natasha Skuthan | 1997 |
| 19:54.3 | Clair Nowakowski | 1999 | 22:27.2 | Alexandra Oros | 1999 |
| 19:54.4 | Meg McDermott | 1998 | 22:28 | Marci Capitani | 1984 |
| 19:55 | Kathy Duffy | 1980 | 22:34.1 | Lesley Bruno | 1998 |
| 19:59 | Sue Hart | 1980 | 22:43 | Julie Sprich | 1996 |
| 20:08 | Norine D'Arcy | 1985 | 22:46 | Missy Klein | 1989 |
| 20:15 | Kim Folk | 1994 | 22:47.0 | Diane Nelson | 1898 |
| 20:24.2 | Alyson Cangemi | 1999 | 22:54 | Genny Razik | 1981 |
| 20:25 | Chris McKenna | 1980 | 22:55 | Lisa deCastro | 1991 |
| 20:29 | Jen Hughes | 1984 | 22:58 | Laura Campbell | 1979 |
| 20:29 | Liz Figlar | 1989 | 23:00 | Robin Lavin | 1984 |
| 20:31 | Beth Pringle | 1982 | 23:06 | Geraldine Campbell | 1995 |
| 20:31 | Lauren Stuhr | 1993 | 23:12 | Janet Titus | 1986 |
| 20:32 | Eileen Fitzgerald | 1989 | 23:12 | Kara Belknap | 1997 |
| 20:33 | Zena Lobell | 1994 | 23:18 | Lauren Maxwell | 1993 |
| 20:37 | Jeanne Reilly | 1992 | 23:23 | Linda Sigillito | 1984 |
| 20:38 | Danielle Walther | 1998 | 23:25 | Heather Fitzgerald | 1988 |
| 20:40 | Karen O'Brien | 1984 | 23:31 | Rachael VanYperen | 1992 |
| 20:48 | Lynne Collazo | 1986 | 23:44 | Alison Correll | 1996 |
| 20:49.3 | Julia Brownell | 1998 | 23:49 | Janet Moritz | 1984 |
| 20:50 | Claire Blaney | 1992 | 23:49 | Jill Apostle | 1989 |
| 20:56 | Carrie Ruggles | 1996 | 24:01 | Pam Parker | 1984 |
| 20:58 | Erin Roach | 1992 | 24:05.7 | Chrissy Martin | 1998 |
| 21:02.2 | Taylor Dunn | 1999 | 24:08.7 | Sara Wells | 1999 |
| 21:04 | Tara O'Neill | 1996 | 24:13 | Kitty Lawn | 1996 |
| 21:05 | Kirsten Kannengieser | 82 | 24:19 | Maggie Cain | 1994 |
| 21:11 | Katie Cohn | 1996 | 24:26 | Jess Rhoten | 1997 |
| 21:17 | Kathy Shevlin | 1986 | 24:26.2 | Katie Latanich | 1999 |
| 21:20 | Linda Hockey | 1985 | 24:30.2 | Clare Weeks | 1998 |
| 21:20 | Vaness Worm | 1994 | 24:35 | Christina Grab | 1994 |
| 21:20 | Monica Schiefen | 1996 | 24:36 | Krisi Wing | 1984 |
| 21:22 | Colleen Wright | 1981 | 24:38 | Sarah Apsel | 1994 |
| 21:28 | Anja Kannengieser | 1982 | 24:43 | Alex Furger | 1992 |
| 21:36 | Beth Apsel | 1994 | 24:49 | Katie O'Brien | 1992 |
| 21:43 | Barbara Remmers | 1979 | 24:53 | Kanako Nakamura | 1994 |
| 21:44.1 | Tira Lobell | 1998 | 24:56 | Melissa Masterson | 1996 |
| 21:45 | Kathleen Campbell | 1993 | 25:15 | Vanessa McDermott | 1992 |
| 21:46 | Darcy Nicholson | 1984 | 25:16 | Carolyn Moritz | 1994 |
| 21:49 | Carolyn O'Brien | 1987 | 25:20.6 | Ruth VanYperen | 1999 |
| 21:49 | Megan McCabe | 1992 | 25:28 | Katy Aldave | 1998 |
| 21:49 | Elyse Lee | 1993 | 25:42 | Sarah Durnan | 1992 |
| 21:56 | Steph Kane | 1988 | 26:01 | Carolyn Cosgrove | 1996 |

Holmdel Park All Time List

| | | |
|---------|--------------------|------|
| 26:02.6 | Shauna Swan | 1999 |
| 26:13 | Serena Roth | 1996 |
| 26:22 | Lizzie Vogelback | 1997 |
| 26:22 | Katty Aldave | 1997 |
| 26:36 | Nora Varadi | 1994 |
| 26:43.9 | Brittany Hemmel | 1999 |
| 26:51 | Irene Janis | 1996 |
| 26:53 | Amanda Warton | 1993 |
| 27:00 | Tara Pehush | 1997 |
| 27:00 | Dara Hourdajian | 1998 |
| 27:04 | Catherine Lowe | 1995 |
| 27:18 | Joelle Gruber | 1993 |
| 27:30 | Kristen Egan | 1997 |
| 27:36 | Alyson Donnelly | 1993 |
| 27:54 | Sarah Burton | 1995 |
| 28:02 | Sara Bigos | 1999 |
| 28:06 | Terry Shum | 1992 |
| 28:10 | Jen Siegel | 1994 |
| 28:14 | Cassie Canzani | 1999 |
| 28:20 | Jamie Hollender | 1993 |
| 28:25 | Jen Schwartz | 1988 |
| 28:50 | Shannon Osborn | 1993 |
| 29:01 | Julie Culiver | 1994 |
| 29:07 | Liz Strahle | 1997 |
| 29:12 | Vicki Lowe | 1995 |
| 29:16 | Vicki Gellis | 1992 |
| 29:35 | Meg Snyder | 1998 |
| 29:48 | Kate Strum | 1997 |
| 29:50 | Elizabeth Cavanagh | 1992 |
| 29:57 | Amy Titus | 1988 |
| 29:57 | Katie Schumaecker | 1992 |
| 30:30 | Adrienne Reid | 1988 |
| 30:33 | Anne Burton | 1988 |
| 30:38 | Pipa Scott | 1999 |
| 32:01 | Amy McDonald | 1997 |
| 32:06 | Erin Raiter | 1997 |
| 33:50 | Deborah Apsel | 1993 |
| 34:33 | Amy Chidiac | 1993 |
| nt | Meghan Groome | 1994 |

All Time Ridgewood List

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

compiled 11/12/99

VANCOURTLAND PARK 5K RIDGEWOOD ALL TIME

Kinney-Footlocker Eastern Regional Championship - Ridgewood All Time List.

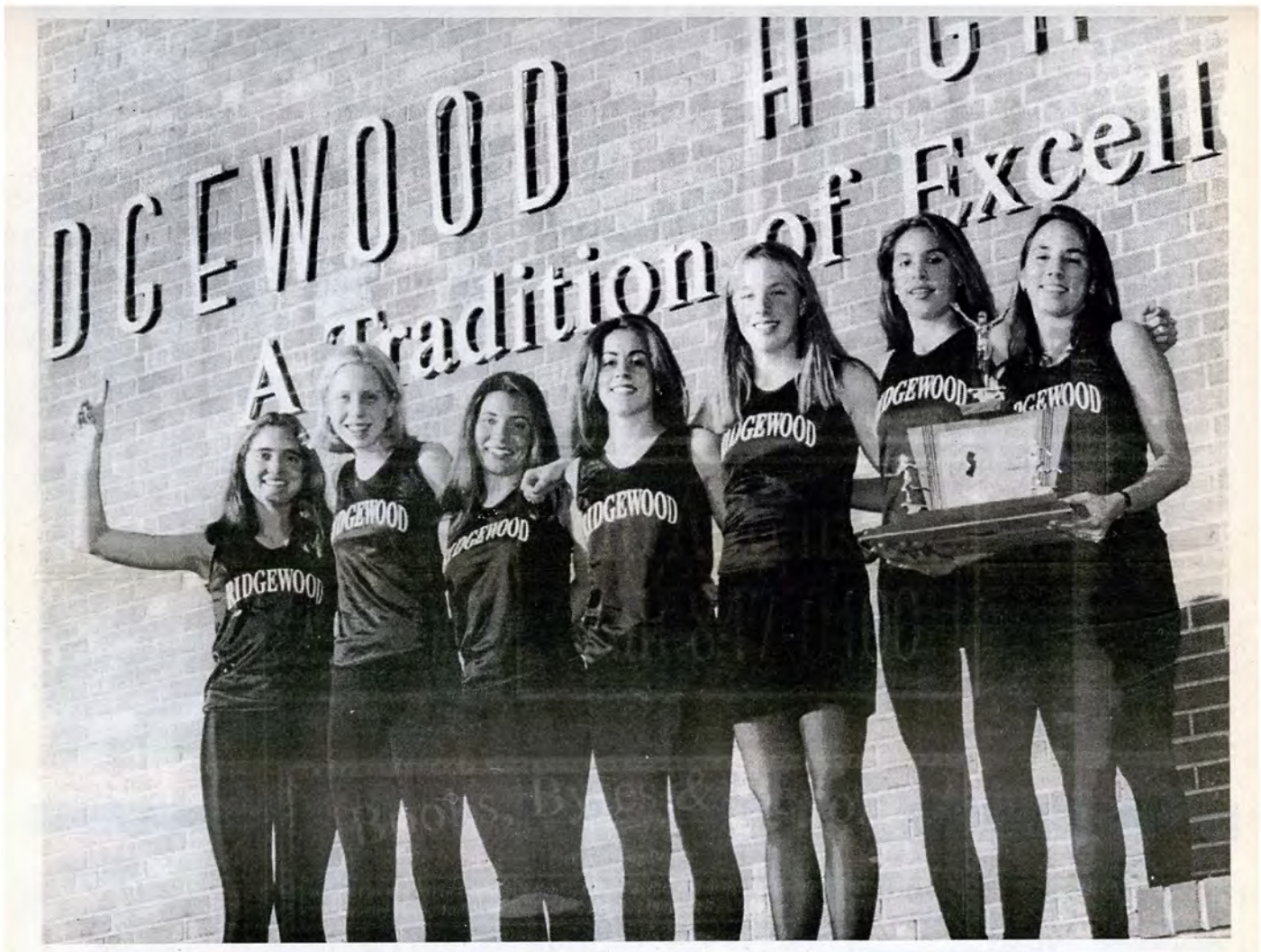
| | | |
|---------|------------------|------|
| 18:23.5 | Celeste Sedo | 1997 |
| 18:34.8 | Kelly Behan | 1997 |
| 19:03.3 | Jenna Rogers | 1993 |
| 19:26.3 | Amy Smith | 1995 |
| 19:28.4 | Stephanie Doyle | 1995 |
| 19:45.3 | Jenna Rogers | 1992 |
| 19:56.8 | Stephanie Doyle | 1994 |
| 20:02.0 | Jenna Rogers | 1991 |
| 20:11 | Clair Nowakowski | 1999 |
| 20:14.9 | Kim Folk | 1994 |
| 20:17.2 | Celeste Sedo | 1996 |
| 20:19.8 | Celeste Sedo | 1994 |
| 20:42 | Kelly Behan | 1999 |
| 21:04.2 | Kelly Behan | 1996 |
| 21:15.0 | Monica Schiefen | 1996 |
| 21:16 | Liz Figlar | 1990 |
| 21:24.3 | Lauren Stuhr | 1992 |
| 21:47.1 | Carrie Ruggles | 1996 |
| 21:57.0 | Katie Cohn | 1996 |
| 22:22.8 | Beth Apsel | 1994 |
| 24:24.5 | Ana Law | 1996 |

Van Courtland Park, Bronx, NYC

1997 - course substantially reconditioned

Course record: 16:46.0

Cathy Shiro, Dover, New Hampshire, 1984





ELIZABETH O'BRIEN

Ridgewood High's girls cross country team proudly displays its state-championship plaque. Front (from left): Julia Brownell, Kelly Behan and Claire Nowakowski. Back: Coach Jacob Brown, Taylor Dunn, Alyson Cangemi, Tara O'Neill, Rebecca Johnson and Lesley Bruno.



GARY JUNG

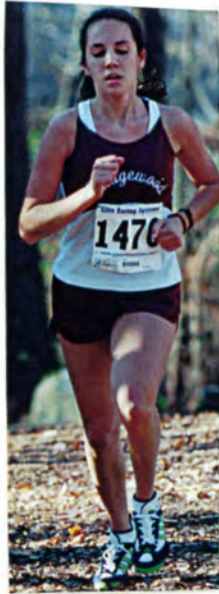
This is The Ridgewood News' 1999 All-Suburban girls cross country first team. Seated on steps in front (from left) are Julia Brownell, Ridgewood; Melissa Conway and Beth Vesey, Ramsey. Center: Alyson Cangemi, Ridgewood; Jen Myers, Ramapo; Margaret Park, Ramapo; Clair Nowakowski and Kelly Behan, Ridgewood. Back: Mary DuVernay, Ramsey; Holly Potts, Mahwah. Missing: Holly Potts, Mahwah; Kristin Varina, Hawthorne; Karen Manzella, Ramapo.



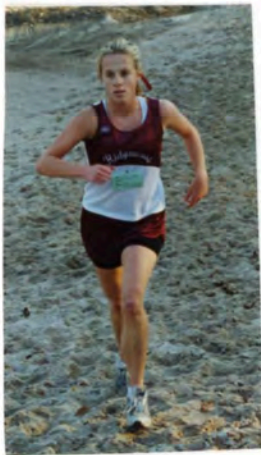


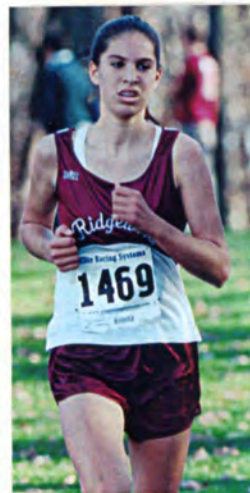


















This team had everything: Length of service, unique and interesting personalities, hardships overcome, intelligence, a large group of crazed parental fans, a bond of friendship, and of course the championship trophy.

When we ran up the first hill at the Shore Coaches meet, we made a statement. The rest of the state should have just stayed at home after that. We of course had to run out the rest of the season but I knew after 2 minutes and 10 seconds of the Shore A race that if we could - We would win in November. I was more nervous with this team than any other. We were the best on September 1st. But could we stay that way for 3 months.

Coaches of great teams know - You mainly just step aside and let them do their thing. I would worry about screwing you up. I would worry about injury, I didn't want to interfere with your essence. But I was able to participate in your season. I didn't have to create a passion. I simply guided it. This team never needed a Win one for the Gipper type speech. You were running for the best of reasons: Hardwork, talent, love of teammates, love of your sport, love of life. Of course I planned the workouts, and told you what we needed to do at each race and gave advice on how to do it. But I never felt you needed coaching. I felt more like a knowledgeable friend pointing the way on a trail in the woods. The haystack hike is perhaps a seasonal metaphor for me.

Images:

- 1st day back at camp.
- The bus ride to the shore meet
- Frank at the group 4 meet
- Julia's end
- The crowd at the state MOC
- Alyson's hair
- Julia's spider bite
- Taylor: "Tell me what to do"

Seniors:

Katie Latanich -
Diane Nelson -
Clare Weeks -
Sara Wells -
Lesley Bruno -

Kelly Behan -

Julia Brownell -

Alyson Cangemi -
Taylor Dunn -
Tara O'Neill -

Jacob Brown of Ridgewood is top mentor

Jacob Brown of Ridgewood High is *The Ridgewood News* girls cross country Coach of the Year for 1999.

Few cross-country programs in the county or the state can compare legacies with Ridgewood. Brown is the dean of New Jersey cross-country coaches.

His Maroons won seven of eight major meets this year. They took the Shore B race, then claimed the NNJIL Atlantic Division for their 16th straight league title before coming in second in the Ridgewood Invitational B run, the race Behan missed.

From there, it was a 17th Bergen County Group 4 championship in the last 19 seasons, an eighth consecutive Group 4, Section 1 state crown and the 19th BMOC title in 20 years with the third lowest point total ever. Brown's team won the state Group 4 meet for the fourth time in school history and then captured the SMOC for the second time, with the other title coming in 1992.



CHAMPIONSHIP COACH— Jacob Brown has guided the RHS girls cross-country program to a string of league championships that dates back to 1983.

