

Girls cross-country: 2020 All-North Jersey teams

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After an abbreviated but exciting season, the following players have been selected to the 2020 All-North Jersey girls cross-country teams.

Later this month, we will unveil the nominees for Girls Cross Country Runner of the Year, which will be announced at the 2021 North Jersey High School Sports Awards.



Christina Allen**River Dell freshman**

In her debut season, she won the Big North F batch meet, Brett Taylor Invitational, Big North F championship and a pod of the North Jersey Championships. Her other two races were a second at the North 1, Group 2 sectional and a third at the Holmdel Invitational with the second fastest time ever run by a freshman and the fastest first race by a New Jerseyan in course history.

Brianna Braver**Ramapo sophomore**

Perhaps the most improved runner in the area, she won the North 1, Group 2 sectional, the Big North J Division meet and a Big North batch race. She took ninth at the North Jersey Championships, 14th in the North Jersey Finale and 22nd at the Holmdel Invitational.

Mia Dubac**Clifton senior**

The best runner in school history had a busy season, running 10 races and winning seven, including the North 1, Group 4 sectional, the Big North D title and four invitational races at Garret. She also took second at both the North Jersey Finale and the Lou Fraulo Invitational and eighth at the Holmdel Invitational.

Allison Lounsbury**Indian Hills junior**

She finished lower than fourth only once, in a solid 21st place finish at the Holmdel Invitational. She won the Big North B batch meet, was second at Brett Taylor, third in the North Jersey Finale and the North 1, Group 2 sectional and was fourth in a pod at the Back to the Mountain Invitational.

Angelina Perez**Lakeland junior**

She put together the best season in North Jersey history, and one of the best in state history. She ran seven times, winning six, with one narrow loss to the state Holmdel record holder at the Holmdel Invitational despite running the No. 4 time in course history. She never ran slower than 18 minutes in five races at Garret, lowering the course record by 20 seconds to 17:21.

Sarah Policano**Ridgewood senior**

Ridgewood competed in six events this fall and in three of the top five Maroon runners ran it as a workout, usually finishing the Top 10 regardless. The three times Policano ran all out, she took second at the Big North B championship, third at the North 1, Group 4 meet and was sixth at the Holmdel Invitational, all with course bests.

Olivia Shattuck**Ridgewood junior**

She led the Maroons at an early season dual with three-time state champion North Hunterdon, running 11:25 to win the 3,200 track race. Her three major events were a third in the Big North B, fourth in the North 1, Group 4 sectionals and 14th in the Holmdel Invitational.

AnnaMarie Tretola**Ridgewood junior**

Before a medical issue at the Holmdel Invitational ended her season, she was spectacular, winning the Big North B championship, and taking second in the North 1, Group 4 sectionals. She also led the Maroons in efforts at the North Jersey Championships and Finale races.

Lily Williams**Ridgewood junior**

She is as steady and consistent as any runner in the area and proved it for the third straight year with her best efforts coming in her hardest races: a fourth in the Big North Division B championship, fifth in the North 1, Group 4 sectional and 16th at the Holmdel Invitational.

SECOND TEAM

Caroline Deiss, Ridgewood junior

Remy Dubac, Clifton sophomore

Megan Dursema, Mahwah junior

Caitlin Fahy, Lakeland junior

Kate Hurst, Holy Angels freshman

Abigail Horevay, Lakeland junior

Kayla Jarski, Westwood senior

Leanna Johnston, IHA sophomore

Kimi Quayle, NV/Demarest senior

Jessica Reilly, Northern Highlands junior

Casey Walter, NV/Demarest senior

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