

# Girls cross-country: All-County and All-League honors

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Here are the All-County and All-League honors, selected by the coaches.

## **All-BERGEN COUNTY**

### FIRST TEAM

Christina Allen, River Dell, freshman  
AnnaMarie Tretola, Ridgewood, junior  
Leanna Johnston, IHA, sophomore  
Olivia Shattuck, Ridgewood, junior  
Caroline Deiss, Ridgewood, junior  
Lily Williams, Ridgewood, junior  
Kate Hurst, Holy Angels, freshman  
Allison Lounsbury, Indian Hills, junior  
Brianna Braver, Ramapo, sophomore  
Sarah Policano, Ridgewood, senior  
Large School Team of the Year: Ridgewood  
Small School Team of the Year: River Dell

### THIRD TEAM

Cali Marck, Park Ridge/Emerson, junior  
Madelyn Novelli, IHA, senior  
Elyse Von Der Lieth, Park Ridge/Emerson, junior  
Jillian Shea, IHA, senior  
Madelyn Lowe-Massi, Mahwah, sophomore  
Francesco Proto, NV/Old Tappan, senior  
Grace Kelleher, IHA, sophomore  
Isabella Drezek, Hasbrouck Heights, junior  
Tasmin Eissa, Cliffside Park, junior  
Kelsey Pereira, Cliffside Park, senior  
Geri Tabbachino, IHA, senior

### SECOND TEAM

Kimi Quayle, NV/Demarest, senior  
Casey Walter, NV/Demarest, senior  
Jessica Reilly, Northern Highlands, junior  
Claire Hamlet, Ridgewood, senior  
Megan Dursema, Mahwah, senior  
Kayla Jarski, Westwood, senior  
Sylvie Najarian, Pascack Hills, senior  
Sydney Schildner, Northern Highlands, junior  
Tara Kibbe, Lyndhurst, sophomore  
Lucia Raboli, Ridgewood, junior

### HONORABLE MENTION

Amandine Fernandez, Bogota; Finley Aspholm, NV/Demarest; Tiffany Park, Fort Lee; Lily McNair, Glen Rock, Eliza Galiger, Adriana Hotsko, Camryn King and Keara Skae, IHA; Abbey Churchill and Kayla O'Neil, Indian Hills; Lucia Kutner and Sasha Raskin, Leonia; Lynn Doke, Lyndhurst; Carissa Weber, Mahwah; Margaret Bainbridge, Abigail Gamarello, Lauren Orr, Michaela Powell and Autumn Ritter, Northern Highlands; Holly Latz, NV/Old Tappan; Eliabeth Conklin, Ramapo; Cellina Rabolli, Avery Sheridan and Lia Vaynshteyn, Ridgewood; Sarah Cookson, Isabella Gabay, Alex Grivas and Amanda Mircovich, River Dell.

## **All-PASSAIC COUNTY**

### FIRST TEAM

Angelina Perez, Lakeland, junior  
Mia Dubac, Clifton, senior  
Abigail Horevay, Lakeland, junior  
Remy Dubac, Clifton, sophomore  
Caitlin Fahy, Lakeland, junior  
Cassidy Clinton, West Milford, sophomore  
Katharine Cottone, Passaic Valley, sophomore  
Marilyn Gonzalez, Passaic, senior  
Kate Vreeland, West Milford, senior  
Kyla Leathers, Wayne Hills, junior  
Coach of the Year: Damiano Conforti, Lakeland

### SECOND TEAM

Faith Norrell, Lakeland, junior  
Denisse Aguilar, Passaic Tech, senior  
Ajia Morrison, Passaic Tech, senior  
Reaghan Lomascola, Lakeland, junior  
Lauren Frey, West Milford, freshman  
Leah Strauss, Wayne Hills, junior  
Kiara Perez, Passaic, sophomore  
Emily Coppola, West Milford, sophomore  
Sophia Todoroff, Pompton Lakes, junior  
Kristen Ghinelli, Eastern Christian, senior

### HONORABLE MENTION

Nicole Wyszynski, Mary Jo Martinez, Clifton; Catherine Serek, Taylor Ghee, DePaul; Kayla Kingston, Karissa Kuperus, Eastern Christian; Parris Higgs, Shyan Lindsay, Eastside; Anna Rypkema, Katie Rapport, Hawthorne Christian; Sonia Marte, Kennedy; Kayla Barnhardt, Paige Tojeira, Lakeland; Dayana Montalvo, Carolina Vasquez, Passaic Tech; Maria Rodriguez Delcarmen, Jezebel Fernandez, Passaic; Yastika Singh, Lauren Koman, Passaic Valley; Zoe Richardson, Jasmine Javier, Paterson Charter; Emily Pruksa, Michelle Singh, Pompton Lakes; Camille Clemente, Gina Lee, Wayne Hills; Devon Edmonds, Elizabeth Cummings, Wayne Valley; Abby Budd, Keira McGovern, West Milford.

## **All-BIG NORTH**

### FIRST TEAM

Angelina Perez, Lakeland, junior  
Christina Allen, River Dell, freshman  
Annamarie Tretola, Ridgewood, junior  
Mia Dubac, Clifton, senior  
Sarah Policano, Ridgewood, senior  
Olivia Shattuck, Ridgewood, junior  
Lily Williams, Ridgewood, junior  
Allison Lounsbury, Indian Hills, junior  
Jessica Reilly, Northern Highlands, junior  
Abigail Horevay, Lakeland, junior  
Leanna Johnston, Immaculate Heart, sophomore  
Caroline Deiss, Ridgewood, junior  
Remy Dubac, Clifton, sophomore  
Kate Hurst, Holy Angels, freshman  
Brianna Braver, Ramapo, sophomore  
Megan Dursema, Mahwah, junior  
Casey Walter, NV/Demarest, senior  
Kayla Jarski, Westwood, senior  
Claire Hamlet, Ridgewood, senior  
Sydney Schildiner, Northern Highlands, junior  
Kimi Quayle, NV/Demarest, senior  
Cassidy Clinton, West Milford, sophomore  
Madelyn Novelli, Immaculate Heart, senior  
Caitlin Fahy, Lakeland, junior  
Lucia Rabolli, Ridgewood, junior

Kelsey Pereira, Cliffside Park, senior  
Sylvie Najarian, Pascack Hills, senior  
Geri Tabbachino, Immaculate Heart, senior  
Jillian Shea, Immaculate Heart, senior  
Tasnim Eissa, Cliffside Park, junior  
Madelyn Lowe-Massi, Mahwah, sophomore  
Eliza Hoover, Holy Angels, junior  
Grace Kelleher, Immaculate Heart, sophomore  
Hana Weisinger, Paramus, freshman  
Marilyn Gonzalez, Passaic, senior  
Lauren Orr, Northern Highlands, junior  
Abbey Churchill, Indian Hills, junior  
Holly Latz, NV/Old Tappan, junior  
Amanda Mircovich, River Dell, senior  
Isabella Gabay, River Dell, freshman  
Michaela Powell, Northern Highlands, junior  
Keara Skae, Immaculate Heart, senior  
Erin Jyung, Paramus, sophomore  
Francesca Proto, NV/Old Tappan, senior  
Kate Vreeland, West Milford, senior  
Autumn Ritter, Northern Highlands, freshman  
Olivia Chin, Pascack Hills, senior  
Alex Grivas, River Dell, junior  
Faith Norrell, Lakeland, junior  
Adriana Hotsko, Immaculate Heart, senior  
Abigail Gamarello, Northern Highlands, freshman

Federica Zazzali, Holy Angels, sophomore  
Jasmine Velasquez, Bergenfield, senior  
Finley Aspholm, NV/Demarest, freshman  
Olivia DeLorenzo, Northern Highlands, senior  
Kiara Perez, Passaic, sophomore  
Kyla Leathers, Wayne Hills, junior  
Christa Akerele, Bergen Tech, senior  
Claire O'Keeffe, Ramsey, senior  
Elizabeth Conklin, Ramapo, senior  
Amelia Keogh, Ramapo, freshman  
Jiahn Son, Bergen Tech, senior  
Lauren Frey, West Milford, freshman  
Natalie Jackson, Ramapo, junior  
Hailey Conklin, Fair Lawn, senior  
Abby Budd, West Milford, senior  
Katharine Cottone, Passaic Valley, sophomore  
Emily Coppola, West Milford, sophomore  
Kayla O'Neil, Indian Hills, sophomore  
Alexandra Meeks, NV/Old Tappan, senior  
**SECOND TEAM**  
Mia Martinez, Ridgely Park, senior  
Lexi Mogensen, Tenafly, senior  
Sophia Cheesman, Tenafly, freshman  
Grace Burke, Ramsey, junior  
Carissa Weber, Mahwah, junior  
Megan Schneider, Ramapo, senior  
Riley Hughes, Pascack Hills, junior  
Grace McCullough, Teaneck, senior  
Leah Strauss, Wayne Hills, junior  
Denisse Aguilar, Passaic Tech, senior  
Lilliana Mangano, NV/Old Tappan, freshman  
Reaghan Lomascola, Lakeland, sophomore  
Breelyn McNamara, NV/Old Tappan, junior  
Ashna Kalvani, NV/Demarest, senior  
Megan Viелlette, Fair Lawn, junior  
Sarah Cookson, River Dell, sophomore  
Catherine Shea, Holy Angels, senior  
Nicole Wyszynski, Clifton, senior  
Kayla Barnhardt, Lakeland, freshman  
Blerta Gjevukaj, NV/Old Tappan, senior  
Samantha Judd, Ramapo, sophomore  
Ajia Morrison, Passaic Tech, senior  
Sharon Lokesh, Paramus Catholic, senior  
Tiffany Park, Fort Lee, junior  
Alexandra Klanke, Mahwah, sophomore  
Cortney Lander, Ramapo, senior  
Cara Dicuffa, Westwood, senior  
Zoe Merryman, Mahwah, sophomore  
Alexa Schwartz, Mahwah, senior  
Deirdre James, Holy Angels, senior  
Devon Edmonds, Wayne Valley, sophomore  
Ava Miller, NV/Demarest, junior  
Samantha Reyes, Hackensack, senior

Ana Armendariz, Mahwah, senior  
Julia Tas, NV/Old Tappan, senior  
Amanda Duran, Fair Lawn, senior  
Carolina Vasquez, Passaic Tech, junior  
Jezebel Fernandez, Passaic, sophomore  
Annelise Barney, Indian Hills, sophomore  
Patricia Lozado, Hackensack, senior  
Maya Winger, Ramsey, junior  
Angelica Peralta, Clifton, senior  
Leah Fedouchik, Cliffside Park, freshman  
Kimberly Grullon, Hackensack, senior  
Nicole Sen, Pascack Hills, senior  
Nicole Lesiczka, Bergen Tech, sophomore  
Marta Bystrowska, Westwood, junior  
Delijah Irizarry, Passaic, senior  
Keira McGovern, West Milford, sophomore  
Reilly Prendergast, Pascack Hills, junior  
Meghan O'Malley, Westwood, senior  
Samantha Serrano, Holy Angels, freshman  
Kira Hawkins, Tenafly, senior  
Skyler Ribitzki, West Milford, freshman  
Paige Tojeira, Lakeland, junior  
Hana Weisinger, Paramus, freshman  
Maria Rodriguez-Delcarmen, Passaic, senior  
Katerina Kasatkin, Fair Lawn, senior  
Brooke Chesney, Indian Hills, sophomore  
Nina Hayes, Pascack Hills, junior  
Laura Varano, Pascack Hills, senior  
Sarah Lynch, Dumont, sophomore  
Isabel Dubov, Tenafly, junior  
Isabella Carlomagno, Clifton, junior  
Erin Jyung, Paramus, sophomore  
Yastika Singh, Passaic Valley, freshman  
Aleyna Koro, Cliffside Park, junior  
Vanessa Martinez, Passaic, senior  
Caroline Gamper, River Dell, senior  
Lauren Koman, Passaic Valley, senior  
**HONORABLE MENTION**  
Jasmine Velasquez, Bergenfield, senior; Estela Aguliar, Cliffside Park, senior; Catherine Serek, DePaul, senior; Katie Sudol, Dwight Morrow, senior; Grace Cho, Fort Lee, junior; Taylor DiLisi, Immaculate Heart, senior; Sonia Marte, Kennedy, senior; Morgan Uhlhorn, Lakeland, sophomore; Hannah Mathew, Northern Highlands, junior; Lara Colome, Paramus Catholic; Hailey Jacobson, Pascack Valley, junior; Dayana Montalvo, Passaic Tech, junior; Maddy Pinney, Ramapo; Amalia Santos, Ridgely Park; Eva Jacqueline, Ridgewood, sophomore; Camille Clemente, Wayne Hills, senior; Elizabeth Cummings, Wayne Valley, sophomore.

## **All-NJIC**

### **Colonial Division**

#### **FIRST TEAM**

Lynn Doke, Lyndhurst, freshman  
Lily McNair, Glen Rock, freshman  
Sasha Raskin, Leonia, freshman  
Isabel Shea, Glen Rock, junior  
Tanveer Kaur, Lyndhurst, senior  
Bridget Sullivan, Rutherford, junior  
Erin DeMayo, Rutherford, senior  
Ariana Perez, Lyndhurst, junior  
Sophia Todoroff, Pompton Lakes, junior  
Emma Leishear, Glen Rock, sophomore  
Team Champion: Glen Rock  
Coach of the Year: Stacie Gallo, Glen Rock

#### **SECOND TEAM**

Daniella Ruiz, Leonia, sophomore  
Mackenzie Scarpelli, Glen Rock, junior  
Nina Twomey, Leonia, sophomore  
Elizabeth Baksh, Leonia, junior  
Kaylee Doyle, Glen Rock, junior  
Nyamari Duran, Elmwood Park, junior  
Arianna Collado, Garfield, senior  
Karissa Kuperus, Eastern Christian, senior  
Julia Sales, Lyndhurst, freshman

#### **HONORABLE MENTION**

Emily Gabriel, Tara Kibbe, Jimena Capurro,  
Lyndhurst; Samantha Hargadon, Leah  
Goodman, Glen Rock; Katherine Whaley, Amy  
Linsalata, Alyssa Castillo, Rutherford; Kayla  
Kingston, Eastern Christian; Emily Pruksa,  
Pompton Lakes.

### **Meadowlands Division**

#### **FIRST TEAM**

Isabella Drezek, Hasbrouck Heights, junior  
Caroline Kaprelian, Saddle Brook, junior  
Devin Davila, Saddle Brook, senior  
Amber Barrios, Hasbrouck Heights, junior  
Emily Estrada, Hasbrouck Heights, senior  
Rebecca Petrer, Butler, senior  
Hayley Kasper, Hasbrouck Heights, senior  
Shannon Artuso, Hasbrouck Heights, senior  
Sofia Ruiz, New Milford, sophomore  
Julia Bednarz, Saddle Brook, junior  
Team Champion: Hasbrouck Heights  
Coach of the Year: Mike Ryan, Hasbrouck  
Heights

#### **SECOND TEAM**

Kyla Groh, Becton, sophomore  
Samantha Vintimilla, North Arlington, senior  
Gianna Logerfo, Saddle Brook, senior  
Liesl Missbrenner, Saddle River Day, freshman  
Valeria Dianderas, Hasbrouck Heights, senior  
Romina Dianderas, Hasbrouck Heights, senior  
Synphoni Baiza, St. Mary, junior  
McAllister Salter, Saddle River Day, freshman  
Johanna Montoya, Palisades Park, freshman  
HONORABLE MENTION

Olivia Poskrobko, Saddle Brook; Delia Lasek,  
Hailey Fernandez, North Arlington; Hyewon  
Chung, Davin Choi, Olivia Kim, Dana Balan,  
Palisades Park; Dana Chernin, Ohr Gutman,  
Cresskill.

### **Patriot Division**

#### **FIRST TEAM**

Delaney Rice, Weehawken, senior  
Amandine Fernandez, Bogota, sophomore  
Callie Negro, Wood-Ridge, senior  
Ellie Mangler, Waldwick, senior  
Abigail Sonderfan, Midland Park, sophomore  
Anna Rypkema, Hawthorne Christian, freshman  
Ivana Sanchez, Weehawken, senior  
Maryann Gesmundo, Bogota, junior  
Isabel Michel, Bogota, freshman  
Casey James, Waldwick, senior  
Team Champion: Bogota  
Coach of the Year: Patrick Rochford, Bogota

#### **SECOND TEAM**

Alyssa Ramirez, Bogota, freshman  
Kate Rappaport, Hawthorne Christian, freshman  
Ashley Bautista, Bogota, junior  
Grace Yang, Hawthorne Christian, junior  
Carly Forrest, Waldwick, senior  
Micaela Warren, Hawthorne Christian, senior  
Savanna McHale, Weehawken, freshman  
Nathaly Frias, Bogota, junior  
Abby Camacho, Hawthorne Christian,  
sophomore

#### **HONORABLE MENTION**

Giovanna Notaro, Sydney Williams,  
Weehawken; Kelly James, Sophia Convertino,  
Abby Weldon, Waldwick; Denisse Sotomayor,  
Bogota; Amanda Meshraky, Hawthorne  
Christian; Anne Marie Brown, Wood-Ridge,  
Anja Lubbe, Midland Park; Jasmine Javier,  
Paterson Charter.