

## **Ridgewood scores sweep in Big North Freedom division; Pash and Rabolli cop individual titles**

Fresh off their excellent performances at the Shore Coaches Invitational meet on the state course at Holmdel County Park, Saturday, the Ridgewood boys and girls swept the Big North Freedom championship meets Monday for the sixth time since the Big North conference was established in 2010.



The girls, the top-ranked team in North Jersey, who captured the B division race at the Shore meet, put five runners in the top nine to defeat No. 2 Northern Highlands for the third time this season, 29-38, with Ramapo a distant third with 74 points. It was Ridgewood's ninth Big North Freedom title in the 13 years the division has existed. Northern Highlands has won the other titles. It also was the Maroon's 39th overall division title since the now-defunct Northern New Jersey Interscholastic League held its first girls team

championship in 1980. Ridgewood won a title in that league 28 times in 29 years.

Ridgewood's Cellina Rabolli came from behind in the second half of the race to win the individual title by about 50 meters over Allie Courtney of Northern Highlands, running a season's best of 19:14 at the traditional Darlington course, restored quickly after the heavy rains of last week. Eilat Kissil was fourth, Avery Sheridan seventh, Ayla Cooke eighth and freshman Katherine Keating was ninth as the Maroons overcame a 2-5-6 finish by Highlands.



The Ridgewood boys, back at almost full strength after sitting three top runners due to illness at the Shore meet, put six runners in the top eight to score their sixth straight Freedom crown and ninth in 13 years, 21-61 over runner-up Hackensack. It was a record low point total for the Maroons, breaking the old divisional record of 23 set by Indian Hills in 2016.



Luke Pash, who ran a huge personal best at Holmdel in winning the Boys B race Saturday, repeated as the individual champion, using a quick early pace to burn off Ramapo's Ryan Welch and winning by about 125 meters over teammate DJ Murphy with Welch third. Trevor Kane, Tom Mevissen, Chris Brady and Jett Lincoln finished together from fifth to eighth places for the Maroons.

## Girls

**TEAM SCORES:** Ridgewood (RW) 29, Northern Highlands (NH) 38, Ramapo (RPO) 74, Paramus 111, Hackensack 133.



**INDIVIDUALS:** 1. Cellina Rabolli (RW), 19:14; 2. Allie Courtney (NH), 19:26; 3. Amelia Keogh (RPO), 19:34; 4. Eilat Kissil (RW), 19:38; 5. Rebecca Maclaren (NH), 19:50; 6. Autumn Ritter (NH), 19:55; 7. Avery Sheridan (RW), 20:04; 8. Ayla Cooke (RW), 20:08; 9. Katherine Keating (RW), 20:09; 10. Brianna Potaki (RPO), 20:19.

## Boys

**TEAM SCORES:** Ridgewood (RW) 21, Hackensack (H) 61, Northern Highlands (NH) 72, Ramapo (RPO) 89.

1. Luke Pash (RW), 16:37; 2. DJ Murphy (RW), 17:00; 3. Ryan Welch (RPO), 17:01; 4. Dylan Guarquila (H), 17:19; 5. Trevor Kane (RW), 17:40; 6. Tom Mevissen (RW), 17:40; 7. Chris Brady (RW), 17:41; 8. Jett Lincoln (RW), 17:41; 9. Michael McGinnity (H), 17:48; 10. Carter Monaco (NH), 17:59.