



Top Runners

in Rockland County

Girls

Dual meet Results are used, plus:

Manhattan, Leagues, Coaches, Counties, Sections, States, Federations, National's & Other Invitational's

We can only go by the results I have received. You can always send your results in.

Returning Runners from 2013 Top 25

2013 Top Class

Freshman - Rachel Ludwikowski (Suffern)

Sophomore - Caitlin Hardnett (Tappan Zee)

Junior - Kate Zendel (Suffern)

Senior - Kelly Hayes (Pearl River)

Returning Runner's

(3) Kate Zendell (Suff) SR

Weeks in top 25: 10/12(2nd), 10/19(2ndD), 10/26(NC), 11/2(NC), 11/9(NC), 11/17(NC), 12/2(NC)

Dual Meet Results (She Beat): 9/10 (2.5m) W1 No Results (Clarkstown North),

9/17 (3m) W2 Araujo (Clarkstown South), 9/24 (2.5m) W3 Lord (North Rockland),

10/8/13 League 4A (3m):	17:55.68 (1st)	Bear Mountain Park
10/12/13 Manhattan (2 ½m):	15:24.3 (Varsity D, 6th)	Van Cortland Park
10/19/13	NO MEET	
10/24/13 Rockland County (3m):	18:38.35 (Varsity, 6th)	Bear Mountain Park
11/1/13 Sections: Class A (5K):	19:02.57 (Class A, 2nd)	Bowdoin Park
11/9/13 State Meet: Class A (5K):	18:03.7 (Class A, 11th)	Queensbury, NY
11/16/13 Federation Meet (5K):	19:40.90 (Varsity, 36th)	Bowdoin Park
11/30/13 NXN Regional's (5K):	18:48.9 (Varsity, 10th)	Bowdoin Park

(4) Rachel Ludwikowski (Suff) SOPH

Weeks in top 25: 10/12(4th), 10/19(NC), 10/26(NC), 11/2(NC), 11/9(NC), 11/17(NC), 12/2(NC)

Dual Meet Results (She Beat): 9/10 (2.5m) W1 No Results (Clarkstown North),

9/17 (3m) W2 Marina Araujo (Clarkstown South), 9/24 (2.5m) W3 Jamie Lord (North Rockland),

10/8/13 League 4A (3m):	18:58.89 (2nd)	Bear Mountain Park
10/12/13 Manhattan (2 ½m):	15:36.8 (Varsity D, 10th)	Van Cortland Park
10/19/13	NO MEET	
10/24/13 Rockland County (3m):	18:06.34 (Varsity, 3rd)	Bear Mountain Park
11/1/13 Sections: Class A (5K):	19:35.45 (Class A, 5th)	Bowdoin Park
11/9/13 State Meet: Class A (5K):	18:10.2 (Class A, 15th)	Queensbury, NY
11/16/13 Federation Meet (5K):	18:46.00 (Varsity, 7th)	Bowdoin Park
11/30/13 NXN Regional's (5K):	19:20.8 (Varsity, 19th)	Bowdoin Park

(5) Catherine Rayward (PR) SR

Weeks in top 25: 10/12(5th), 10/19(NC), 10/26 (6thD), 11/2(NC), 11/9(NC), 11/17(NC), 12/2(5thU)

Dual Meet Results (She Beat): 9/10 (5K) W1 Kassid Ayres (Tappan Zee), Emily Auld (Albertus Magnus),

9/17 W2 No Meet, 9/24 (5K) W3 MaryKate O'Meara (Nanuet), 10/1 W3 (5K) DNR (Nyack),

10/8/13 League 4B (3m):	18:54.19 (5th)	Bear Mountain Park
10/12/13 Manhattan (2 ½m):	15:57.3 (Varsity F, 9th)	Van Cortland Park
10/19/13 Coaches (5K):	20:08.33 (Varsity 2, 7th)	Bowdoin Park
10/24/13 Rockland County (3m):	8:50.64 (Varsity, 13th)	Bear Mountain Park
11/1/13 Sections: Class B (5K):	20:00.20 (Class B 9th)	Bowdoin Park
11/9/13 State Meet: Class B (5K):	19:10.3 (Class B, 49th)	Queensbury, NY
11/16/13 Federation Meet (5K):	19:57.90 (Varsity, 59th)	Bowdoin Park
11/30/13 NXN Regional's (5K):	19:53.2 (Varsity, 52nd)	Bowdoin Park

(7) Ailish Durcan (PR) SOPH

Weeks in top 25: 10/12(9th), 10/19(NC), 10/26(NC), 11/2(8thU), 11/9(NC), 11/17(NC), 12/2(7thU)

Dual Meet Results (She Beat): 9/10 (5K) W1 Kassid Ayres (Tappan Zee), Emily Auld (Albertus Magnus),

9/17 W2 No Meet, 9/24 (5K) W3 Kristen Carbone (Nanuet), 10/1 W4 (5K) DNR (Nyack),

9/7/13 Breen Invit (Fresh 1.5m) – 9:09.5 S.I., NY / 9/21/13 Briarwood Invit (5K) – 20:46.54 Philadelphia

10/8/13 League 4B (3m):	19:03.29 (7th)	Bear Mountain Park
10/12/13 Manhattan (2 ½m):	15:53.1 (Varsity F, 7th)	Van Cortland Park
10/19/13 Coaches (Fresh 2500m):	11:16.74 (Fresh 1, 1st)	Bowdoin Park
10/24/13 Rockland County (3m):	18:46.00 (Varsity, 10th)	Bear Mountain Park
11/1/13 Sections: Class B (5K):	20:12.96 (Class B, 11th)	Bowdoin Park
11/9/13 State Meet: Class B (5K):	18:55.5 (Class B, 31st)	Queensbury, NY
11/16/13 Federation Meet (5K):	19:55.70 (Varsity, 55th)	Bowdoin Park
11/30/13 NXN Regional's (5K):	19:49.8 (Varsity, 49th)	Bowdoin Park

(9) Anna Breton (Suff) SR

Weeks in top 25: 10/12(12th), 10/19(NC), 10/26(11thU), 11/2(10thU), 11/9(NC), 11/17(NC), 12/2(9thU)

Dual Meet Results (She Beat): 9/10 (2.5m) W1 No Results (Clarkstown North),

9/17 (3m) W2 Marina Arajuo (Clarkstown South), 9/24 (2.5m) W3 DNR (North Rockland),

10/8/13 League 4A (3m):	19:20.75 (3rd)	Bear Mountain Park
10/12/13 Manhattan (2 ½m):	16:01.5 (Varsity D, 15th)	Van Cortland Park
10/19/13	NO MEET	
10/24/13 Rockland County (3m):	18:43.42 (Varsity, 9th)	Bear Mountain Park
11/1/13 Sections: Class A (5K):	20:44.30 (Class A, 13th)	Bowdoin Park
11/9/13 State Meet: Class A (5K):	19:24.6 (Class A, 61st)	Queensbury, NY
11/16/13 Federation Meet (5K):	20:53.40 (Varsity, 126th)	Bowdoin Park
11/30/13 NXN Regional's (5K):	22:33.8 (Varsity, 130th)	Bowdoin Park

(10) Kamryn McIntosh (Suff) SOPH

Weeks in top 25: 10/12(15th), 10/19(NC), 10/26(10thU), 11/2(9thU), 11/9(NC), 11/17(NC), 12/2(10thD)

Dual Meet Results (She Beat): 9/10 (2.5m) W1 No Results (Clarkstown North),

9/17 (3m) W2 Arajuo (Clarkstown South), 9/24 (2.5m) W3 Kailee Stephens (North Rockland),

10/8/13 League 4A (3m):	19:36.45 (5th)	Bear Mountain Park
10/12/13 Manhattan (2 ½m):	16:04.9 (Varsity D, 17th)	Van Cortland Park
10/19/13	NO MEET	
10/24/13 Rockland County (3m):	18:34.33 (Varsity, 5th)	Bear Mountain Park
11/1/13 Sections: Class A (5K):	20:27.10 (Class A, 10th)	Bowdoin Park
11/9/13 State Meet: Class A (5K):	18:51.6 (Class A, 41st)	Queensbury, NY
11/16/13 Federation Meet (5K):	22:15.50 (Varsity, 203rd)	Bowdoin Park
11/30/13 NXN Regional's (5K):	23:42.2 (Varsity, 136th)	Bowdoin Park

(11) Alex Harris (NR) SOPH

Weeks in top 25: 10/12(18th), 10/19(NC), 10/26(13thU), 11/2(12thU), 11/9(11thU), 11/17(NC), 12/2(NC)

Dual Meet Results (She Beat): 9/10 (3m) W1 Samantha Rokicsak (Clarkstown South),
9/17 (5K) W2 Emily Betts (Clarkstown North), 9/24 (2.5m) W3 Angelica Matwiejczuk (Suffern),

10/8/13 League 4A (3m):	19:33.53 (4th)	Bear Mountain Park
10/12/13 Manhattan (2 ½m):	16:11.6 (Varsity F, 18th)	Van Cortland Park
10/19/13 Coaches (5K):	19:59.94 (Varsity 4, 5th)	Bowdoin Park
10/24/13 Rockland County (3m):	18:43.17 (Varsity, 8th)	Bear Mountain Park
11/1/13 Sections: Class A (5K):	20:04.30 (Class A, 8th)	Bowdoin Park
11/9/13 State Meet: Class B (5K):	DNR	Queensbury, NY
11/16/13 Federation Meet (5K):	DNR	Bowdoin Park
11/30/13 NXN Regional's (5K):	DNR	Bowdoin Park

(12) Kassidy Ayres (TZ) SR

Weeks in top 25: 10/12(10th), 10/19(NC), 10/26(12th D), 11/2(11thU), 11/9(12thD), 12/2(NC)

Dual Meet Results (She Beat): 9/10 (5K) W1 Emma Haley (Pearl River), Kaitlyn Harding (Pearl River),
Emily Auld (Albertus Magnus), 9/17 (2.5m) W2 Brooke Madry (Nanuet), 9/24 (2.5m) W3 Louise Jones (Nyack),

10/8/13 League 4B (3m):	18:58.74 (6th)	Bear Mountain Park
10/12/13 Manhattan (2 ½m):	16:01.5 (Varsity A, 17th)	Van Cortland Park
10/19/13 Coaches (5K):	20:41.82 (Varsity 1, 4th)	Bowdoin Park
10/24/13 Rockland County (3m):	18:47.82 (Varsity, 11th)	Bear Mountain Park
11/1/13 Sections: Class B (5K):	20:35.51 (Class B, 16th)	Bowdoin Park
11/9/13 State Meet: Class B (5K):	DNR	Queensbury, NY
11/16/13 Federation Meet (5K):	DNR	Bowdoin Park
11/30/13 NXN Regional's (5K):	DNR	Bowdoin Park

(14) Kaitlyn Harding (PR) SOPH

Weeks in top 25: 10/12(11th), 10/19(NC), 10/26(16th D), 11/2(15thU), 11/9(14thU), 11/17(NC), 12/2(NC)

Dual Meet Results (She Beat): 9/10 (5K) W1 Caitlin Hartnett (Tappan Zee), Emily Auld (Albertus Magnus),
9/17 W2 No Meet, 9/24 (5K) W3 Kristen Carbone (Nanuet), 10/1 W3 (5K) Celia Hutchins (Nyack),

10/8/13 League 4B (3m):	18:52.47 (4th)	Bear Mountain Park
10/12/13 Manhattan (2 ½m):	16:12.4 (Varsity F, 20th)	Van Cortland Park
10/19/13 Coaches (Fresh 2500m):	11:57.36 (Fresh 1, 3rd)	Bowdoin Park
10/24/13 Rockland County (3m):	19:08.28 (Varsity, 15th)	Bear Mountain Park
11/1/13 Sections: Class B (5K):	20:22.54 (Class B, 13th)	Bowdoin Park
11/9/13 State Meet: Class B (5K):	19:18.0 (Class B, 58th)	Queensbury, NY
11/16/13 Federation Meet (5K):	21:09.80 (Varsity, 144th)	Bowdoin Park
11/30/13 NXN Regional's (5K):	20:26.9 (Varsity, 76th)	Bowdoin Park

(15) Erin Clinton (PR) FR

Weeks in top 25: 10/12(7th), 10/19(NC), 10/26(NC), 11/2(16thD), 11/9(NC), 11/17(NC), 12/2(15thU)

Dual Meet Results (She Beat): 9/10 (5K) W1 DNR (Tappan Zee), (Albertus Magnus), 9/17 W2 No Meet, 9/24 (5K) W3 Kristen Carbone (Nanuet), 10/1 W4 (5K) DNR (Nyack),

10/8/13 League 4B (3m):	19:07.37 (8th)	Bear Mountain Park
10/12/13 Manhattan (2 ½m):	15:43.6 (Varsity F, 5th)	Van Cortland Park
10/19/13 Coaches (5K):	20:13.03 (Varsity 2, 8th)	Bowdoin Park
10/24/13 Rockland County (3m):	19:39.80 (Varsity, 21st)	Bear Mountain Park
11/1/13 Sections: Class B (5K):	20:47.87 (Class B 17th)	Bowdoin Park
11/9/13 State Meet: Class B (5K):	19:26.7 (Class B, 64th)	Queensbury, NY
11/16/13 Federation Meet (5K):	20:28.50 (Varsity, 94th)	Bowdoin Park
11/30/13 NXN Regional's (5K):	20:22.1 (Varsity, 73rd)	Bowdoin Park

(16) Elina Breton (Suff) SR

Weeks in top 25: 10/12(19th), 10/19(NC), 10/26(17thU), 11/2(NC), 11/9(NC), 11/17(16thU), 12/2(NC)

Dual Meet Results (She Beat): 9/10 (2.5m) W1 No Results (Clarkstown North), 9/17 (3m) W2 Arajuo (Clarkstown South), 9/24 W3 Kailee Stephens (North Rockland),

10/8/13 League 4A (3m):	19:39.99 (6th)	Bear Mountain Park
10/12/13 Manhattan (2 ½m):	16:07.0 (Varsity D, 19th)	Van Cortland Park
10/19/13	NO MEET	
10/24/13 Rockland County (3m):	19:17.50 (Varsity, 16th)	Bear Mountain Park
11/1/13 Sections: Class A (5K):	20:59.39 (Class A, 17th)	Bowdoin Park
11/9/13 State Meet: Class A (5K):	19:37.6 (Class A, 71st)	Queensbury, NY
11/16/13 Federation Meet (5K):	20:23.60 (Varsity, 86th)	Bowdoin Park
11/30/13 NXN Regional's (5K):	20:31.0 (Varsity, 79th)	Bowdoin Park

(19) Brooke Madry (Nan) SR

Weeks in top 25: 10/12(16th), 10/19(NC), 10/26(20th D), 11/2(19thU), 11/9(20thD), 11/17(19thU), 12/2(NC)

Dual Meet Results (She Beat): 9/10 (5K) W1 Celia Hutchins (Nyack), 9/17 (2.5m) W2 Deidre Rizzo (Tappan Zee), 9/24 (5K) W3 Catherine Rayward (Pearl River), Erin Clinton (Pearl River),

10/8/13 League 4B (3m):	19:29.71 (13th)	Bear Mountain Park
10/12/13 Manhattan (2 ½m):	16:13.1 (Varsity E, 26th)	Van Cortland Park
10/19/13 Coaches (5K):	19:56.32 (Varsity 3, 3rd)	Bowdoin Park
10/24/13 Rockland County (3m):	19:24.64 (Varsity, 20th)	Bear Mountain Park
11/1/13 Sections: Class B (5K):	20:52.48 (Class B, 18th)	Bowdoin Park
11/9/13 State Meet: Class B (5K):	DNR	Queensbury, NY
11/16/13 Federation Meet (5K):	DNR	Bowdoin Park
11/30/13 NXN Regional's (5K):	DNR	Bowdoin Park

(23) Caitlin Hartnett (TZ) JR

Weeks in top 25: 10/12(21st), 10/19(22nd D), 10/26(NC), 11/2(NC), 11/9(21stU), 11/17(NC), 12/2(23rdD)

Dual Meet Results (She Beat): 9/10 (5K) W1 Claire Brennan (Pearl River), Emily Auld (Albertus Magnus),
9/17 (2.5m) W2 Kristen Carbone (Nanuet), 9/24 (2.5m) W3 Louise Jones (Nyack),

10/8/13 League 4B (3m):	19:46.57 (16th)	Bear Mountain Park
10/12/13 Manhattan (2 ½m):	16:37.0 (Varsity A, 31st)	Van Cortland Park
10/19/13 Coaches (5K):	21:17.21 (Varsity 1, 8th)	Bowdoin Park
10/24/13 Rockland County (3m):	19:24.71 (Varsity, 19th)	Bear Mountain Park
11/1/13 Sections: Class B (5K):	20:56.21 (Class B, 19th)	Bowdoin Park
11/9/13 State Meet: Class B (5K):	DNR	Queensbury, NY
11/16/13 Federation Meet (5K):	DNR	Bowdoin Park
11/30/13 NXN Regional's (5K):	DNR	Bowdoin Park

(24) Ann McCormack (PR) FR

Weeks in top 25: 10/12(22nd), 10/19(21stU), 10/26(NC), 11/2(20thU), 11/9(22ndD), 11/17(23rdD), 12/2(24thD)

Dual Meet Results (She Beat): 9/10 (5K) W1 DNR (Tappan Zee), (Albertus Magnus), 9/17 W2 No Meet,
9/24 (5K) W3 Kristin Carbone (Nanuet), 10/1 W4 (5K) Celia Hutchins (Nyack),

10/8/13 League 4B (3m):	19:35.21 (15th)	Bear Mountain Park
10/12/13 Manhattan (2 ½m):	16:49.3 (JV D, 1st)	Van Cortland Park
10/19/13 Coaches (5K):	20:37.97 (Varsity 2, 12th)	Bowdoin Park
10/24/13 Rockland County (3m):	19:41.06 (Varsity, 22nd)	Bear Mountain Park
11/1/13 Sections: Class B (5K):	21:09.36 (JV 2nd)	Bowdoin Park
11/9/13 State Meet: Class B (5K):	DNR	Queensbury, NY
11/16/13 Federation Meet (5K):	DNR	Bowdoin Park
11/30/13 NXN Regional's (5K):	DNR	Bowdoin Park

(25) Kristian Carbone (Nan) JR

Weeks in top 25: 10/12(23rd), 10/19(NC), 10/26(NC), 11/2(NC), 11/9(NC), 11/17(24thD), 12/2(25thD)

Dual Meet Results (She Beat): 9/10 (5K) W1 Celia Hutchins (Nyack),
9/17 (2.5m), W2 Erin Van Dollen (Tappan Zee), 9/24 (5K) W3 Grace Raffa (Pearl River),

10/8/13 League 4B (3m):	19:50.82 (17th)	Bear Mountain Park
10/12/13 Manhattan (2 ½m):	16:51.3 (Varsity E, 55th)	Van Cortland Park
10/19/13 Coaches (5K):	21:04.78 (Varsity3, 16th)	Bowdoin Park
10/24/13 Rockland County (3m):	19:23.69 (Varsity, 18th)	Bear Mountain Park
11/1/13 Sections: Class B (5K):	21:29.34 (Class B, 26th)	Bowdoin Park
11/9/13 State Meet: Class B (5K):	DNR	Queensbury, NY
11/16/13 Federation Meet (5K):	DNR	Bowdoin Park
11/30/13 NXN Regional's (5K):	DNR	Bowdoin Park