



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.

(Top 25 Runners)

Back From last Year's Top 25

2012 Top Class

Freshman – Rachel Ludwikowski (Suffern)

Sophomore – Kate Zendell (Suffern)

Junior – Kelly Hayes (Pearl River)

Senior – Megan Young (Nanuet)

Kate Zendell (Suff) JR

(2012) Times

Suffern Invit. - **18:36.47** Bear Mountain Park / Warwick Big Purple – **19:13.4** Warwick HS
Paul Short (5K) – **19:07** Lehigh University / Week of 9/30/12 – **DNR**
Manhattan: - **15:13.3** Van Cortland Park / League 4A: **18:18.74 (2nd Place)** Bear Mountain Park
Coaches (5K): - **DNR** Bowdoin Park / County: - **18:01.18 (3rd Place)** Bear Mountain Park
Sections (5K): Class A - **18:55.11 (3rd)** Bowdoin Park / State Meet: Class A – **18:51.9 (30th Place)**
Federation Meet: **18:50.7 (10th Place)** Bowdoin Park
NXN Regional's: **19:01.7 (21st Place)** Bowdoin Park

Kelly Hayes (PR) SR

(2012) Times

Briarwood Invit (5K) - **18:54.60** Belmont Plateau, Pa. / Darlington Invit (5K) - **18:30** Darlington, NJ
Six Flags Wild Safari (5K) – **17:49** Six Flags, NJ / Fordham Prep (4K) – **15:28.81** Van Cortland Park
Manhattan: - **14:40.6** Van Cortland Park / League 4B: - **17:31.91 (1st Place)** Bear Mountain Park
Coaches (5K): - **19:31.63** Bowdoin Park / County: - **17:56.27 (2nd Place)** Bear Mountain Park
Sections (5K): Class B - **19:02.08 (2nd)** Bowdoin Park / State Meet: Class B – **20:46.7 (84th Place)**
Federation Meet: **19:34.8 (45th Place)** Bowdoin Park

Erin Jaskot (TZ) SR

(2012) Times

Suffern Invit. - **18:59.54** Bear Mountain Park / Queensbury Invit. (5K) – **19:00.82** Queensbury HS
Suffolk Coaches (5K) – **19:43.7** Sunken Meadow / Week of 9/30/12 – **DNR**
Manhattan: - **14:57.6** Van Cortland Park / League 4B: - **18:09.78 (3rd Place)** Bear Mountain Park
Coaches (5K): - **19:37.58** Bowdoin Park / County: - **18:01.39 (4th Place)** Bear Mountain Park
Sections (5K): Class B – **19:09.64 (3rd)** Bowdoin Park / State Meet: Class B – **18:40.0 (9th Place)**
Federation Meet: - **19:07.5 (17th Place)** Bowdoin Park
NXN Regional's: - **19:09.5 (27th place)** Bowdoin Park

Mary Katie O'Meara (Nan) SR

(2012) Times

Suffern Invit. – **DNR** Bear Mountain Park / Red Raider Run (5K) – **DNR** Anthony Wayne Park
EJ Herrman Invit – **21:10.5** Proctor Park, Utica, NY / Brewster Classic (5K) – **20:02** Brewster NY
Manhattan: – **15:29.4** Van Cortland Park / League 4B: - **18:43.29 (4th Place)** Bear Mountain Park
Coaches (5K): – **19:40.21** Bowdoin Park / County: – **18:41.91 (8th Place)** Bear Mountain Park
Sections (5K): Class B - **19:37.11 (5th)** Bowdoin Park / State Meet: Class B – **19:03.5 (25th Place)**
Federation Meet: **19:41.0 (52nd Place)** Bowdoin Park
NXN Regional's: **19:30.5 (40th Place)** Bowdoin Park

Rachel Ludwikowski (Suff) FR

(2012) Times

Suffern Invit. - 20:07.81 Bear Mountain Park / **Warwick Big Purple – 19:50.0** Warwick HS

Paul Short (5K) – 18:57 Lehigh University / **Week of 9/30/12 – DNR**

Manhattan: – 15:21.5 Van Cortland Park / **League 4A: - 18:18.14 (1st Place)** Bear Mountain Park

Coaches (5K): – DNR Bowdoin Park / **County: – 18:24.57 (5th Place)** Bear Mountain Park

Sections (5K): Class A- 20:24.82 (12th) Bowdoin Park / **State Meet: Class A – 19:23.7 (48th Place)**

Federation Meet: - 20:35.4 (108th Place) Bowdoin Park

NXN Regional's: - 19:57.0 (62nd Place) Bowdoin Park

Catherine Rayward (PR) JR

(2012) Times

Briarwood Invit (5K) - 20:43.60 Belmont Plateau, Pa / **Darlington Invit (5K) - 20:04** Darlington, NJ

Six Flags Wild Safari (5K) – 19:31 Six Flags, NJ / **Fordham Prep (4K) – 16:50.88** Van Cortland Park

Manhattan: - 15:37.4 Van Cortland Park / **League 4B: - 18:59.87 (6th Place)** Bear Mountain Park

Coaches (5K): - 20:03.79 Bowdoin Park / **County: - 18:33.41 (7th Place)** Bear Mountain Park

Sections (5K): Class B – 19:51.57 (6th) Bowdoin Park / **State Meet: Class B – 19:44.7 (51st Place)**

Federation Meet: - 19:48.5 (60th Place) Bowdoin Park

Brooke Madry (Nan) JR

(2012) Times

Suffern Invit. – DNR Bear Mountain Park / **Red Raider Run (5K) – 20:12.14** Anthony Wayne Park

EJ Herrman Invit – 20:03.6 Proctor Park, Utica, NY / **Brewster Classic (5K) – 19:33** Brewster NY

Manhattan: – 15:36.7 Van Cortland Park / **League 4B: - 18:59.87 (5th Place)** Bear Mountain Park

Coaches (5K): – 20:01.53 Bowdoin Park / **County: – 18:27.89 (6th Place)** Bear Mountain Park

Sections (5K): Class B – 20:16.83 (7th) Bowdoin Park / **State Meet: Class B – 19:40.1 (50th Place)**

Federation Meet: - 20:28.5 (104th Place) Bowdoin Park / **NXN Regional's: -**

Lauren Fernandez (Nan) SR

(2012) Times

Suffern Invit. – 19:25.70 Bear Mountain Park / **Red Raider Run (5K) – 20:13.75** Anthony Wayne Park

EJ Herrman Invit – 20:41.8 Proctor Park, Utica, NY / **Brewster Classic (5K) – 20:08** Brewster NY

Manhattan: - 16:21.5 Van Cortland Park / **League 4B: - 19:10.99 (7th Place)** Bear Mountain Park

Coaches (5K): - 20:34.69 Bowdoin Park / **County: - 18:56.39 (10th Place)** Bear Mountain Park

Sections (5K): Class B - 20:33.98 (13th) Bowdoin Park / **State Meet: Class B – 20:20.1 (70th Place)**

Federation Meet: 20:51.3 (125th Place) Bowdoin Park / **NXN Regional's:**

Madison Goldrick (TZ) SR

(2012) Times

Suffern Invit. – **21:04.15** Bear Mountain Park / Queensbury Invit. (5K) – **20:28.94** Queensbury HS

Suffolk Coaches (5K) – **21:14.4** Sunken Meadow / Week of 9/30/12 – **DNR**

Manhattan: – **16:14.9** Van Cortland Park / League 4B: - **19:31.84 (11th Place)** Bear Mountain Park

Coaches (5K): – **20:44.66** Bowdoin Park / County: – **19:26.71 (13th Place)** Bear Mountain Park

Sections (5K): Class B - **20:49.43 (15th)** Bowdoin Park / State Meet: Class B – **DNR**

Federation Meet: **DNR**

Deidre Rizzo (TZ) SR

(2012) Times

Suffern Invit. – **20:06.03** Bear Mountain Park / Queensbury Invit. (5K) – **20:10.79** Queensbury HS

Suffolk Coaches (5K) – **20:53.6** Sunken Meadow / Week of 9/30/12 – **DNR**

Manhattan: - **16:01.5** Van Cortland Park / League 4B: - **19:34.58 (12th Place)** Bear Mountain Park

Coaches (5K): - **21:18.12** Bowdoin Park / County: - **19:33.59 (16th Place)** Bear Mountain Park

Sections (5K): Class B - **20:26.72 (10th)** Bowdoin Park / State Meet: Class B - **DNR**

Federation Meet: **DNR**

Kaitlyn Harding (PR) FR

(2012) Times

Briarwood Invit (5K) - **21:35.20** Belmont Plateau, Pa / Darlington Invit (5K) - **21:19** Darlington, NJ

Six Flags Wild Safari (5K) – **19:48** Six Flags, NJ / Fordham Prep (2500m) – **10:17.94** Van Cortland Park

Manhattan: – **15:55.5** Van Cortland Park / League 4B: - **19:46.00 (15th Place)** Bear Mountain Park

Coaches (5K): – **21:32.99** Bowdoin Park / County: – **19:29.30 (14th Place)** Bear Mountain Park

Sections (5K): Class B – **20:27.49 (11th)** Bowdoin Park / State Meet: Class B - **DNR**

Federation Meet: - **21:03.9 (140th Place)** Bowdoin Park

Kristian Carbone (Nan) SO

(2012) Times

Suffern Invit. – **DNR** Bear Mountain Park / Red Raider Run (5K) – **DNR** Anthony Wayne Park

EJ Herrman Invit – **22:11.8** Proctor Park, Utica, NY / Brewster Classic (2500m) – **9:58** Brewster NY

Manhattan: – **16:41.6** Van Cortland Park / League 4B: - **19:16.22 (8th Place)** Bear Mountain Park

Coaches (5K): – **20:53.64** Bowdoin Park / County: – **19:14.96 (12th Place)** Bear Mountain Park

Sections (5K): Class B - **20:55.77 (18th)** Bowdoin Park / State Meet: Class B – **20:19.3 (69th Place)**

Federation Meet: - **21:18.4 (156th Place)** Bowdoin Park /

NXN Regional's: - **21:01.5 (113th Place)** Bowdoin Park

Kassidy Ayres (TZ) JR

(2012) Times

Suffern Invit. – 20:34.80 Bear Mountain Park / **Queensbury Invit. (5K) – 20:24.38** Queensbury HS

Suffolk Coaches (5K) – 21:02.6 Sunken Meadow / Week of 9/30/12 – **DNR**

Manhattan: – 15:59.7 Van Cortland Park / **League 4B: - 19:25.83 (10th Place)** Bear Mountain Park

Coaches (5K): – 21:03.59 Bowdoin Park / **County: – 19:38.23 (17th Place)** Bear Mountain Park

Sections (5K): Class B – 20:30.03 (12th) Bowdoin Park / **State Meet: Class B - DNR**

Federation Meet: DNR

Laura Cooper (PR) SR

(2012) Times

Briarwood Invit (5K) - 20:51.20 Belmont Plateau, Pa / **Darlington Invit (5K) - 19:40** Darlington, NJ

Six Flags Wild Safari (5K) – 19:13 Six Flags, NJ / **Fordham Prep (4K) – 16:29.45** Van Cortland Park

Manhattan: – 15:45.7 Van Cortland Park / **League 4B: - 19:21.69 (9th Place)** Bear Mountain Park

Coaches (5K): – DNR Bowdoin Park / **County: – 19:53.52 (22nd Place)** Bear Mountain Park

Sections (5K): Class B – 20:34.84 (14th) Bowdoin Park / **State Meet: Class B - DNR**

Federation Meet: - 21:02.5 (137th Place) Bowdoin Park

Kamryn McIntosh (Suff) FR

(2012) Times

Suffern Invit. (FR Race) – 11:40.87 Bear Mountain Park /

Warwick Big Purple (FR Race) – 8:48.7 Warwick HS / **Paul Short (5K) – 21:11** Lehigh University

Week of 9/30/12 – **DNR** / Week of 10/14/12 - **DNR**

Manhattan: – 15:55.9 Van Cortland Park / **League 4A: - 20:02.18 (8th Place)** Bear Mountain Park

Coaches (5K): – DNR Bowdoin Park / **County: – 19:31.42 (15th Place)** Bear Mountain Park

Sections (5K): Class A- 20:42.96 (15th) Bowdoin Park / **State Meet: Class A – 20:35.7 (86th Place)**

Federation Meet: - 20:01.1 (75th Place) Bowdoin Park /

NXN Regional's: -20:27.3 (87th Place) Bowdoin Park

Anna Breton (Suff) JR

(2012) Times

Suffern Invit. – 20:13.59 Bear Mountain Park / **Warwick Big Purple – 21:22.2** Warwick HS

Paul Short (5K) – 21:10 Lehigh University / Week of 9/30/12 – **DNR**

Manhattan: – 16:21.4 Van Cortland Park / **League 4A: - 19:42.94 (4th Place)** Bear Mountain Park

Coaches (5K): – DNR Bowdoin Park / **County: – 19:05.80 (11th Place)** Bear Mountain Park

Sections (5K): Class A - 21:16.62 (24th) Bowdoin Park / **State Meet: Class A – 20:50.7 (92nd Place)**

Federation Meet: - 21:25.7 (165th Place) Bowdoin Park

NXN Regional's: - 21:18.8 (117th Place) Bowdoin Park

Angelica Matwiejczuk (Suff) SR

(2012) Times

Suffern Invit. – **21:13.43** Bear Mountain Park / Warwick Big Purple – **22:11.1** Warwick HS

Paul Short (5K) – **20:37** Lehigh University / Week of 9/30/12 – **DNR**

Manhattan: – **16:39.2** Van Cortland Park / League 4A: - **21:30.10 (31st Place)** Bear Mountain Park

Coaches (5K): – **DNR** Bowdoin Park / County: – **19:37.07 (JV Race)** Bear Mountain Park

Sections (5K): Class A - **20:48.68 (17th)** Bowdoin Park / State Meet: Class B – **20:16.1 (76th Place)**

Federation Meet: - **20:44.8 (118th Place)** Bowdoin Park

NXN Regional's: - **20:32.5 (90th Place)** Bowdoin Park

Caitlin Hartnett (TZ) SO

(2012) Times

Suffern Invit. – **20:34.01** Bear Mountain Park / Queensbury Invit. (5K) – **20:58.93** Queensbury HS

Suffolk Coaches (5K) – **21:02.9** Sunken Meadow / Week of 9/30/12 – **DNR**

Manhattan: – **16:46.2** Van Cortland Park / League 4B: - **19:35.81 (13th Place)** Bear Mountain Park

Coaches (5K): – **21:32.26** Bowdoin Park / County: - **19:59.24 (23rd Place)** Bear Mountain Park

Sections (5K): Class B – **20:53.90 (17th)** Bowdoin Park / State Meet: Class B – **DNR**

Federation Meet: - **DNR**

Elina Breton (Suff) JR

(2012) Times

Suffern Invit. – **20:36.78** Bear Mountain Park / Warwick Big Purple – **21:30.6** Warwick HS

Paul Short (5K) – **20:42** Lehigh University / Week of 9/30/12 – **DNR**

Manhattan: - **16:08.0** Van Cortland Park / League 4A: - **19:54.13 (6th Place)** Bear Mountain Park

Coaches (5K): - **DNR** Bowdoin Park / County: - **19:48.76 (20th Place)** Bear Mountain Park

Sections (5K): Class A - **20:55.79 (19th)** Bowdoin Park / State Meet: Class A – **20:40.2 (90th Place)**

Federation Meet: - **21:18.6 (159th Place)** Bowdoin Park

NXN Regional's: - **21:14.8 (115th Place)** Bowdoin Park

Ailish Durcan (PR) FR

(2012) Times

Briarwood Invit (FR Race) - **11:49.20** Belmont Plateau Pa / Darlington Invit (5K) – **20:30** Darlington, NJ

Six Flags Wild Safari (5K) – **19:54** Six Flags, NJ /

Fordham Prep (2500m) – **10:46.61** Van Cortland Park / Manhattan: – **16:31.3** Van Cortland Park

League 4B: - **20:06.89 (19th Place)** Bear Mountain Park / Coaches (5K): – **21:39.46** Bowdoin Park

County: – **19:46.21 (19th Place)** Bear Mountain Park /

Sections (5K): Class B – **21:31.87 (25th)** Bowdoin Park / State Meet: Class B – **DNR**

Federation Meet: - **21:11.8 (149th Place)** Bowdoin Park

Emma Haley (PR) SR

(2012) Times

Briarwood Invit (5K) - **21:17.10** Belmont Plateau, Pa / Darlington Invit (5K) - **20:05** Darlington, NJ
Week of 9/22/12 - **DNR** / Fordham Prep (4K) - **DNR** Van Cortland Park
Manhattan: - **17:33.8** Van Cortland Park / League 4B: - **19:43.81 (14th Place)** Bear Mountain Park
Coaches (5K): - **DNR** Bowdoin Park / County: - **20:42.11 (33rd Place)** Bear Mountain Park
Sections (5K): Class B - **21:10.70 (22nd)** Bowdoin Park / State Meet: Class B - **DNR**
Federation Meet: - **22:05.3 (192nd Place)** Bowdoin Park

Emily Betts (CN) SR

(2012) Times

Suffern Invit. - **20:34.40** Bear Mountain Park / Red Raider Run (5K) - **20:57.00** Anthony Wayne Park
Fred Gressier - **21:02.77** White Plains HS / Brewster Classic (5K) - **20:06** Brewster NY
Bobcat Run (5K) - **20:46.2** Byram Hills HS / League 4A: - **20:10.54 (11th Place)** Bear Mountain Park
Coaches (5K): - **21:10.9** Bowdoin Park / County: - **19:42.27 (18th Place)** Bear Mountain Park
Sections (5K): Class A - **21:30.05 (32nd)** Bowdoin Park / State Meet: Class A - **DNR**
Federation Meet: - **DNR**

Kara Santa-Teresa (CS) SR

(2012) Times

Suffern Invit. - **20:18.63** Bear Mountain Park / Red Raider Run (5K) - **20:47.09** Anthony Wayne Park
Week of 9/22/12 - **DNR** / Brewster Classic (5K) - **21:06** Brewster NY
Bobcat Run (5K) - **20:48.6** Byram Hills HS / League 4A: - **20:01.46 (7th Place)** Bear Mountain Park
Coaches (5K): - **20:59.98** Bowdoin Park / County: - **20:27.81 (29th Place)** Bear Mountain Park
Sections (5K): Class A - **21:40.92 (36th)** Bowdoin Park / State Meet: Class A - **DNR**
Federation Meet: - **DNR**

2012 Honorable Mention

Claire Brennan (PR) SO

(2012) Times

Briarwood Invit (5K) - **22:08.70** Belmont Plateau, Pa / Darlington Invit (FR Race) - **10:17** Darlington, NJ
Six Flags Wild Safari (5K) - **20:47** Six Flags, NJ / Fordham Prep (2500m) - **10:42.03** Van Cortland Park
Manhattan (1.25miles) - **7:27.0** Van Cortland Park / League 4B: - **19:52.30 (17th Place)** Bear Mountain Park
Coaches (5K): - **22:30.88** Bowdoin Park / County: - **19:53.74 (JV Race)** Bear Mountain Park
Sections (5K): Class B - **22:51.76 (22nd)** Bowdoin Park / State Meet: Class B - **DNR**
Federation Meet: **DNR**

Kristien Dibari (NR) JR

(2012) Times

Suffern Invit. – 20:41.32 Bear Mountain Park / **Red Raider Run (5K) – 20:40.70** Anthony Wayne Park

Week of 9/22/12 – DNR / Week of 9/30/12 – DNR

Manhattan: - 16:52.5 Van Cortland Park / **League 4A: - 20:20.51 (14th Place)** Bear Mountain Park

Coaches (5K): - 21:25.94 Bowdoin Park / **County: - 20:08.90 (26th Place)** Bear Mountain Park

Sections (5K): Class A - 22:26.63 (55th) Bowdoin Park / **State Meet: Class A - DNR**

Federation Meet: - DNR

Kaitlin O’Riordan (PR) SR

(2012) Times

Briarwood Invit (5K) - 21:08.80 Belmont Plateau, Pa / **Darlington Invit (5K) – 20:45** Darlington, NJ

Six Flags Wild Safari (5K) – 20:00 Six Flags, NJ / **Fordham Prep (4K) – 17:18.06** Van Cortland Park

Manhattan: – 16:37.2 Van Cortland Park / **League 4B: - 19:51.33 (16th Place)** Bear Mountain Park

Coaches (5K): – 21:40.76 Bowdoin Park / **County: – 20:50.29 (35th Place)** Bear Mountain Park

Sections (5K): Class B – DNR Bowdoin Park / **State Meet: Class B - DNR**

Federation Meet: - 22:28.5 (209th Place) Bowdoin Park