



# 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)**

**Week of October 11th**

No Change – **NC**, Up- **U**, Down - **D**, Honorable Mention – **HM**, Not Listed – **NL**,

## (1) Rachel Ludwikowski (Suff) SOPH

Weeks in top 25: 10/11 1st, 1018, 10/23, 10/27, 11/1, 11/7, 11/15, 11/30

Dual Meet Results (She Beat): 9/9 W1 No Meet, W2 9/16 (5K) Alex Harris (NR), W3 9/23 No Results, W4, 9/30 No Results

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	Washingtonville Invitational	5K	DNR	-----	Washingtonville, NY
9/13/14	NO MEET	----	-----	-----	-----
9/20/14	Suffern Invitational (New Course)	3M	Var. /1st	17:59.60	Bear Mountain Park, NY
9/27/14	Ocean State Invitational	5K	Var. / 2nd	18:44.72	Warwick, R.I.
10/4/14	NO MEET	----	-----	-----	-----
10/7/14	League Meet	3M	Var. /1st	17:52.98	Bear Mountain Park, NY
10/11/14	Manhattan Invitational (4000m)		Var. F/1st	14:41.80	Van Cortlandt Park, NY
10/18/14	Coaches Invitational	5K			Bowdoin Park, NY
10/23/14	Rockland County Championships	3M			Bear Mountain Park, NY
11/1/14	Section 1 Championships	5K			Bowdoin Park, NY
11/8/14	State Meet (5K)	5K			SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

## (2) Alex Harris (NR) SOPH

Weeks in top 25: 10/11 2nd, 1018, 10/23, 10/27, 11/1, 11/7, 11/15, 11/30

Dual Meet Results (She Beat): 9/9 W1 No Meet, W2 9/16 (5K) Hennelly (SUF), Farrell (CS), W3 9/23 No Results, W4, 9/30 No Results

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	NO MEET	----	-----	-----	-----
9/13/14	Red Raider Run	5K	Var. 2/2nd	19:12.95	Anthony Wayne Park, NY
9/20/14	Suffern Invitational (New Course)	3M	Var. B / 2nd	18:21.50	Bear Mountain Park
9/27/14	Bowdoin XC CLassic	5K	Var.2/2nd	19:37.00	Bowdoin Park, NY
10/4/14	Grout Invitational (4500m)	---	Var.2/1st	15:42.71	Schenectady, NY
10/7/14	League Meet	3M	Var. /2nd	18:30.38	Bear Mountain Park
10/11/14	Manhattan Invitational (4000m)		Var. C/4th	15:07.80	Van Cortlandt Park
10/18/14	Coaches Invitational	5K			Bowdoin Park, NY
10/23/14	Rockland County Championships	3M			Bear Mountain Park
11/1/14	Section 1 Championships	5K			Bowdoin Park, NY
11/8/14	State Meet (5K)	5K			SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

### (3) Kassidy Ayres (TZ) SR

Weeks in top 25: 10/11 3rd, 1018, 10/23, 10/27, 11/1, 11/7, 11/15, 11/30

Dual Meet Results (She Beat): 9/9 W1 No Meet, 9/16 W2 Kaitlyn Harding (PR), Andrea Nardore (AM),  
9/23 W3 (5K) Brooke Madry (NAN), 9/30 W4 No Meet

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	NO MEET	---	-----	-----	-----
9/13/14	Jim Smith XC Invitational	5K	DNR	-----	Sunken Meadow Park, NY
9/20/14	Suffern Invitational (New Course)	3M	Var. B/ 3rd	18:27.80	Bear Mountain Park, NY
9/27/14	Six Flags Safari	5K	Var. C/2nd	19:11.00	Jackson, NJ
10/4/14	NO MEET	---	-----	-----	-----
10/7/14	League Meet	3M	Var. /1st	18:42.70	Bear Mountain Park, NY
10/11/14	Manhattan Invitational (4000m)		Var. C/10th	15:31.40	Van Cortlandt Park, NY
10/18/14	Coaches Invitational	5K			Bowdoin Park, NY
10/23/14	Rockland County Championships	3M			Bear Mountain Park, NY
11/1/14	Section 1 Championships	5K			Bowdoin Park, NY
11/8/14	State Meet (5K)	5K			SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

### (4) Mary Hennelly (SUF) 7th

Weeks in top 25: 10/11 4th, 1018, 10/23, 10/27, 11/1, 11/7, 11/15, 11/30

Dual Meet Results (She Beat): 9/6 W1 No Meet, 9/9 W2 No Results  
9/16 (5K) W3 Farrell (CS), Sayre (NR), 9/23 W4 No Results, 9/30 W5 No Results

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	Washingtonville Invitational		Frosh/2nd	8:34.90	Washingtonville, NY
9/13/14	NO MEET	----	-----	-----	-----
9/20/14	Suffern Invitational (2400m)		Frosh/1st	10:54.40	Bear Mountain Park, NY
9/27/14	Ocean State Invitational	5K	Var. 53rd/	21:00.13	Warwick, R.I.
10/4/14	NO MEET	----	-----	-----	-----
10/7/14	League Meet	3M	Var. /3rd	18:49.19	Bear Mountain Park, NY
10/11/14	Manhattan Invitational (1.25m)		Frosh D/1st	6:46.70	Van Cortlandt Park
10/18/14	Coaches Invitational	5K			Bowdoin Park, NY
10/23/14	Rockland County Championships	3M			Bear Mountain Park
11/1/14	Section 1 Championships	5K			Bowdoin Park, NY
11/8/14	State Meet (5K)	5K			SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

## (5) Mary Borkoski (PR) 8th

Weeks in top 25: 10/11 5th, 1018, 10/23, 10/27, 11/1, 11/7, 11/15, 11/30

Dual Meet Results (She Beat): 9/9 W1 DNR,

9/16 W2 (2.5m) Kassidy Ayres (TZ), Andrea Nardore (AM), 9/23 W3 No Meet, 9/30 W4 DNR.

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	NO MEET	----	-----	-----	-----
9/13/14	Luke Parlatore Invit. (2400m)	----	Frosh / 1st	8:52.00	Clover Lake Park, NY
9/20/14	Maroon Invitational (2 mile Run)	----	Frosh1/1st	12:00.00	Woodland Park, NJ
9/27/14	Six Flags Safari	5K	Var. / 3rd	19:25.00	Jackson, NJ
10/4/14	FIRunners.com Invitational	5K	Var. / 1st	19:29.36	Titusville. FLA.
10/7/14	League Meet	3M	Var. /2nd	18:59.15	Bear Mountain Park, NY
10/11/14	Manhattan Invitational (4000m)		Var. D/11th	15:41.00	Van Cortlandt Park, NY
10/18/14	Coaches Invitational	5K			Bowdoin Park, NY
10/23/14	Rockland County Championships	3M			Bear Mountain Park, NY
11/1/14	Section 1 Championships	5K			Bowdoin Park, NY
11/8/14	State Meet (5K)	5K			SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

## (6) Kate Zendell (Suff) SR

Weeks in top 25: 10/11 6th, 1018, 10/23, 10/27, 11/1, 11/7, 11/15, 11/30

Dual Meet Results (She Beat): 9/6 No Meet, 9/9 W2 No Results

9/16 (5K) W3 Harris (NR) Farrell (CS), 9/23 W4 No Results, 9/30 W5 No Results

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	Washingtonville Invitational	5K	DNR	-----	Washingtonville, NY
9/13/14	NO MEET	----	-----	-----	-----
9/20/14	Suffern Invitational (New Course)	3M	Var. / 2nd	18:25.30	Bear Mountain Park, NY
9/27/14	Ocean State Invitational	5K	DNR	-----	Warwick, R.I.
10/4/14	NO MEET	----	-----	-----	-----
10/7/14	League Meet	3M	Var. /4th	19:13.70	Bear Mountain Park, NY
10/11/14	Manhattan Invitational (4000m)		DNR	-----	Van Cortlandt Park, NY
10/18/14	Coaches Invitational	5K			Bowdoin Park, NY
10/23/14	Rockland County Championships	3M			Bear Mountain Park, NY
11/1/14	Section 1 Championships	5K			Bowdoin Park, NY
11/8/14	State Meet (5K)	5K			SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

## (7) Anna Breton (Suff) SR

Weeks in top 25: 10/11 7th, 1018, 10/23, 10/27, 11/1, 11/7, 11/15, 11/30

Dual Meet Results (She Beat): 9/6 No Meet, 9/9 W2 No Results

9/16 (5K) W3 Tantillo (NR) Farrell (CS), 9/23 W4 No Results, 9/30 W5 No Results

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	Washingtonville Invitational	5K	Var. /8th	20:53.68	Washingtonville, NY
9/13/14	NO MEET	----	-----	-----	-----
9/20/14	Suffern Invitational	3M	Var. / 8th	19:24.10	Bear Mountain Park, NY
9/27/14	Ocean State Invitational	5K	Var. / 31st	20:18.80	Warwick, R I
10/4/14	NO MEET	----	-----	-----	-----
10/7/14	League Meet	3M	Var. /5th	19:16.55	Bear Mountain Park, NY
10/11/14	Manhattan Invitational (4000m)		Var. F/19th	15:41.20	Van Cortlandt Park, NY
10/18/14	Coaches Invitational	5K			Bowdoin Park, NY
10/23/14	Rockland County Championships	3M			Bear Mountain Park, NY
11/1/14	Section 1 Championships	5K			Bowdoin Park, NY
11/8/14	State Meet (5K)	5K			SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

## (8) Ann McCormack (PR) FR

Weeks in top 25: 10/11 8th, 1018, 10/23, 10/27, 11/1, 11/7, 11/15, 11/30

Dual Meet Results (She Beat): 9/6 No Meet, 9/9 W2 DNR,

9/16 (5K) W3 Andrea Nardore (AM) Caitlin Hartnett (TZ), 9/23 W4 No Meet, 9/30 (5K) W5 DNR

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	NO MEET	----	-----	-----	-----
9/13/14	Luke Parlatore Invit. (2400m)	----	Frosh / 2nd	9:08.00	Clover Lakes Park, NY
9/20/14	Maroon Invitational (2 mile Run)	----	Frosh1/2nd	12:25.00	Woodland Park, NJ
9/27/14	Six Flags Safari (2 mile Run)	----	Frosh B/1st	12:58.00	Jackson, NJ
10/4/14	Flrunners.com Invitational	5K	Var. / 12th	21:10.64	Titusville, Fla.
10/7/14	League Meet	3M	Var. /3rd	19:19.41	Bear Mountain Park, NY
10/11/14	Manhattan Invitational (4000m)		Var. D/20th	16:05.40	Van Cortlandt Park, NY
10/18/14	Coaches Invitational	5K			Bowdoin Park, NY
10/23/14	Rockland County Championships	3M			Bear Mountain Park, NY
11/1/14	Section 1 Championships	5K			Bowdoin Park, NY
11/8/14	State Meet (5K)	5K			SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

## (9) Kamryn McIntosh (Suff) SOPH

Weeks in top 25: 10/11 9th, 1018, 10/23, 10/27, 11/1, 11/7, 11/15, 11/30

Dual Meet Results (She Beat): 9/6 No Meet, 9/9 W2 No Results,

9/16 (5K) W3 DNR, 9/23 W4 No Results, 9/30 W5 No Results

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	Washingtonville Invitational	5K	Var. /1st	19:37.78	Washingtonville, NY
9/13/14	NO MEET	---	-----	-----	-----
9/20/14	Suffern Invitational	3M	Var. / 10th	19:26.80	Bear Mountain Park, NY
9/27/14	Ocean State Invitational	5K	Var. / 28th	20:12.50	Warwick, RI
10/4/14	NO MEET	---	-----	-----	-----
10/7/14	League Meet	3M	Var. /6th	19:25.26	Bear Mountain Park, NY
10/11/14	Manhattan Invitational (4000m)		Var. F/36th	16:28.50	Van Cortlandt Park, NY
10/18/14	Coaches Invitational	5K			Bowdoin Park, NY
10/23/14	Rockland County Championships	3M			Bear Mountain Park, NY
11/1/14	Section 1 Championships	5K			Bowdoin Park, NY
11/8/14	State Meet (5K)	5K			SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

## (10) Kaitlyn Harding (PR) SOPH

Weeks in top 25: 10/11 10th, 1018, 10/23, 10/27, 11/1, 11/7, 11/15, 11/30

Dual Meet Results (She Beat): 9/6, 9/9 W2 No Meet,

9/16 (5K) W3 Andrea Nardore (AM) Caitlin Hardnett (TZ), 9/23 W4 No Meet, 9/30 W5 DNR

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	NO MEET	---	-----	-----	-----
9/13/14	Luke Parlatore Invitational	5K	Var. / 5th	20:26.00	Clover Lakes Park, NY
9/20/14	Maroon Invitational	5K	Var. 1/2nd	20:06.00	Woodland Park, NJ
9/27/14	Six Flags Safari	5K	Var. D/6th	19:36.00	Jackson, NJ
10/4/14	Flrunners.com Invitational	5K	Var. / 2nd	19:56.42	Titusville, Fla.
10/7/14	League Meet	3M	Var. /4th	19:25.58	Bear Mountain Park
10/11/14	Manhattan Invitational (4000m)		Var. D/12th	15:45.30	Van Cortlandt Park
10/18/14	Coaches Invitational	5K			Bowdoin Park, NY
10/23/14	Rockland County Championships	3M			Bear Mountain Park
11/1/14	Section 1 Championships	5K			Bowdoin Park, NY
11/8/14	State Meet (5K)	5K			SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

## (11) Sara Rotundo (PR) SR

Weeks in top 25: 10/11 11th, 1018, 10/23, 10/27, 11/1, 11/7, 11/15, 11/30

Dual Meet Results (She Beat): 9/6 No Meet, 9/9 W2 No Meet,

9/16 (5K) W3 Andrea Nardore (AM) Caitlin Harnett (TZ), 9/23 W4 No Meet, 9/30 (5K) W5 Brooke Madry (NAN)

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	NO MEET	----	-----	-----	-----
9/13/14	Luke Parlatore Invitational	5K	Var. / 4th	20:20.00	Clover Lake Park, NY
9/20/14	Maroon Invitational	5K	DNR	----	Woodland Park, NJ
9/27/14	Six Flags Safari	5K	Var. / 13th	20:37.00	Jackson, NJ
10/4/14	Flrunners.com Invitational	5K	Var. /7th	20:27.39	Titusville, Fla.
10/7/14	League Meet	3M	Var. /5th	19:26.89	Bear Mountain Park, NY
10/11/14	Manhattan Invitational (4000m)		Var. D/18th	16:04.10	Van Cortlandt Park, NY
10/18/14	Coaches Invitational	5K			Bowdoin Park, NY
10/23/14	Rockland County Championships	3M			Bear Mountain Park, NY
11/1/14	Section 1 Championships	5K			Bowdoin Park, NY
11/8/14	State Meet (5K)	5K			SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

## (12) Elina Breton (Suff) SR

Weeks in top 25: 10/11 12th, 1018, 10/23, 10/27, 11/1, 11/7, 11/15, 11/30

Dual Meet Results (She Beat): 9/6 No Meet, 9/9 W2 No Results,

9/16 (5K) W3, 9/23 W4 No Results, 9/30 W5 No Results

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	Washingtonville Invitational	5K	Var. /11th	21:28.68	Washingtonville, NY
9/13/14	NO MEET	----	-----	-----	-----
9/20/14	Suffern Invitational	3M	Var. / 9th	19:26.20	Bear Mountain Park, NY
9/27/14	Ocean State Invitational	5K	Var. / 33rd	20:20.92	Warwick, RI
10/4/14	NO MEET	----	-----	-----	-----
10/7/14	League Meet	3M	Var. /7th	19:27.55	Bear Mountain Park, NY
10/11/14	Manhattan Invitational (4000m)		Var. F/18th	15:40.10	Van Cortlandt Park, NY
10/18/14	Coaches Invitational	5K			Bowdoin Park, NY
10/23/14	Rockland County Championships	3M			Bear Mountain Park, NY
11/1/14	Section 1 Championships	5K			Bowdoin Park, NY
11/8/14	State Meet (5K)	5K			SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY



## (13) Andrea Nardone (AM) JR

Weeks in top 25: 10/11 13th, 1018, 10/23, 10/27, 11/1, 11/7, 11/15, 11/30

Dual Meet Results (She Beat): 9/6 No Meet, 9/9 W2 DNR,

9/16 (5K) W3, 9/23 (2.5m) W4, 9/30 (2.5m) W5

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	NO MEET	----	-----	-----	-----
9/13/14	Red Raider Run	5K	Var.2/7th	20:34.89	Anthony Wayne Park, NY
9/20/14	Villa Bears Invitational (2.5M)		Var. /18th	16:11.70	Van Cortlandt Park, NY
9/27/14	Fred Gressler Invitational	5K	Var.1/1st	20:43.74	White Plains HS, NY
10/4/14	NO MEET	----	-----	-----	Bear Mountain Park, NY
10/7/14	League Meet	3M	Var. /6th	19:30.38	Van Cortlandt Park, NY
10/11/14	Manhattan Invitational (4000m)		Var. B/17th	15:43.50	Bowdoin Park, NY
10/18/14	Coaches Invitational	5K			Bear Mountain Park, NY
10/23/14	Rockland County Championships	3M			Bowdoin Park, NY
11/1/14	Section 1 Championships	5K			SUNY Canton, NY
11/8/14	State Meet (5K)	5K			Bowdoin Park, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			

## (14) Maggie Kyle (NY) SR

Weeks in top 25: 10/11 14th, 1018, 10/23, 10/27, 11/1, 11/7, 11/15, 11/30

Dual Meet Results (She Beat): 9/6 No Meet, 9/9 (5K) W2 Catherine Rayward (PR),

9/16 (5K) W3 Kristen Carbone (NAN), 9/23 (5K) W4 Emily Alud (AM), 9/30 W5 No Meet

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	NO MEET	----	-----	-----	-----
9/13/14	Somers Big Red Invitational	5K	DNR	-----	Somers HS, NY
9/20/14	Suffern Invitational (New Course)	3M	Var. / 6th	19:17.80	Bear Mountain Park, NY
9/27/14	Bowdoin XC Classic	5K	Var.1/10th	20:50.90	Bowdoin Park, NY
10/4/14	NO MEET	----	-----	-----	-----
10/7/14	League Meet	3M	Var. /7th	19:30.92	Bear Mountain Park, NY
10/11/14	Manhattan Invitational (4000m)		Var. D/13th	15:51.20	Van Cortlandt Park, NY
10/18/14	Coaches Invitational	5K			Bowdoin Park, NY
10/23/14	Rockland County Championships	3M			Bear Mountain Park, NY
11/1/14	Section 1 Championships	5K			Bowdoin Park, NY
11/8/14	State Meet (5K)	5K			SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY



## (15) Catherine Rayward (PR) SR

Weeks in top 25: 10/11 15th, 1018, 10/23, 10/27, 11/1, 11/7, 11/15, 11/30

Dual Meet Results (She Beat): 9/6 No Meet, 9/9 W2 (5K) Louise Junes (NY),  
9/16 (5K) W3 DNR, 9/23 W4 No Meet, 9/30 (5K) W5 Kristen Carbone (NAN)

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	NO MEET	----	-----	-----	-----
9/13/14	Luke Parlatore Invitational	5K	Var. / 7th	20:45.00	Clover Lakes Park, NY
9/20/14	Maroon Invitational	5K	Var.1/6th	20:44.00	Woodland Park, NJ
9/27/14	Six Flags Safari	5K	Var. / 8th	20:08.00	Jackson, NJ
10/4/14	Flrunners.com Invitational	5K	Var. / 13th	21:11.84	Titusville, Fla.
10/7/14	League Meet	3M	Var. /8th	19:38.63	Bear Mountain Park
10/11/14	Manhattan Invitational (4000m)		Var. D/27th	16:17.00	Van Cortlandt Park
10/18/14	Coaches Invitational	5K			Bowdoin Park, NY
10/23/14	Rockland County Championships	3M			Bear Mountain Park
11/1/14	Section 1 Championships	5K			Bowdoin Park, NY
11/8/14	State Meet (5K)	5K			SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

## (16) Jesse McCarthy (PR) SOPH

Weeks in top 25: 10/11 16th, 1018, 10/23, 10/27, 11/1, 11/7, 11/15, 11/30

Dual Meet Results (She Beat): 9/6 No Meet, 9/9 W2 DNR,  
9/16 (5K) W3 DNR, 9/23 W4 No Meet, 9/30 W5 DNR

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	NO MEET	----	-----	-----	-----
9/13/14	Luke Parlatore Invitational				Clover Lake Park, NY
9/20/14	Maroon Invitational	5K	JV 1/1st	21:25.00	Woodland Park, NJ
9/27/14	Six Flags Safari	5K	JV C/1st	20:34.00	Jackson, NJ
10/4/14	Flrunners.com Invitational	5K	Var. / 10th	20:57.27	Titusville, Fla.
10/7/14	League Meet	3M	Var. /9th	19:43.63	Bear Mountain Park, NY
10/11/14	Manhattan Invitational (4000m)		Var. /31st	16:22.70	Van Cortlandt Park, NY
10/18/14	Coaches Invitational	5K			Bowdoin Park, NY
10/23/14	Rockland County Championships	3M			Bear Mountain Park, NY
11/1/14	Section 1 Championships	5K			Bowdoin Park, NY
11/8/14	State Meet (5K)	5K			SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

## (17) Claire Tantillo (NR) JR

Weeks in top 25: 10/11 17th, 1018, 10/23, 10/27, 11/1, 11/7, 11/15, 11/30

Dual Meet Results (She Beat): 9/6, 9/9 W2 No Meet,  
9/16 (5K) W3 Becker (SUF) Farrell (CS), 9/23 W4 No Results, 9/30 W5 No Results

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	NO MEET	----	-----	-----	-----
9/13/14	Red Raider Run	5K	Var.2/6th	20:24.69	Anthony Wayne Park, NY
9/20/14	Suffern Invitational (New Course)	3M	Var. B/ 9th	19:42.60	Bear Mountain Park, NY
9/27/14	Bowdoin XC Classic	5K	Var.2/22nd	21:12.00	Bowdoin Park, NY
10/4/14	Grout Invitational (4500m)	---	Var.3/8th	16:37.97	Schenectady, NY
10/7/14	League Meet	3M	Var. /8th	19:47.71	Bear Mountain Park, NY
10/11/14	Manhattan Invitational (4000m)		Var. C/20th	16:01.30	Van Cortlandt Park, NY
10/18/14	Coaches Invitational	5K			Bowdoin Park, NY
10/23/14	Rockland County Championships	3M			Bear Mountain Park, NY
11/1/14	Section 1 Championships	5K			Bowdoin Park, NY
11/8/14	State Meet (5K)	5K			SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

## (18) Grace Raffa (PR) Soph

Weeks in top 25: 10/11 18th, 1018, 10/23, 10/27, 11/1, 11/7, 11/15, 11/30

Dual Meet Results (She Beat): 9/6 No Meet, 9/9 (5K) W2 DNR,  
9/16 (5K) W3 Trinity Lundemo (TZ) Alison Tierney (AM), 9/23 W4 No Meet, 9/30 W5 DNR

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	NO MEET	----	-----	-----	-----
9/13/14	Luke Parlatore Invitational	5K	Var. / 8th	20:57.00	Clover Lake Park, NY
9/20/14	Maroon Invitational	5K	Var.1/9th	21:08.00	Woodland Park, NJ
9/27/14	Six Flags Safari	5K	Var. / 11th	20:32.00	Jackson, NJ
10/4/14	Flrunners.com Invitational	5K	JV/1st	20:47.28	Titusville, Fla.
10/7/14	League Meet	3M	Var. /10th	19:48.70	Bear Mountain Park, NY
10/11/14	Manhattan Invitational (4000m)		JV.C/3rd	16:35.40	Van Cortlandt Park, NY
10/18/14	Coaches Invitational	5K			Bowdoin Park, NY
10/23/14	Rockland County Championships	3M			Bear Mountain Park, NY
11/1/14	Section 1 Championships	5K			
11/8/14	State Meet (5K)	5K			Bowdoin Park, NY
11/15/14	Federation Meet (5K)	5K			SUNY Canton, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

## (19) Caitlin Hartnett (TZ) JR

Weeks in top 25: 10/11 19th, 1018, 10/23, 10/27, 11/1, 11/7, 11/15, 11/30

Dual Meet Results (She Beat): 9/6 No Meet, 9/9 W2 No Meet,

9/16 (5K) W3 Grace Raffa (PR) Alison Tierney (AM), 9/23 (5K) W4 Kristen Carbone (NAN), 9/30 W5 No Meet

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	NO MEET	---	-----	-----	-----
9/13/14	Jim Smith XC Invitational	5K	12th	22:16.39	Sunken Meadow Park
9/20/14	Suffern Invitational (New Course)	3M	Var. B/13th	19:58.80	Bear Mountain Park
9/27/14	Six Flags Safari	5K	Var. C/12th	21:01.00	Jackson, NJ
10/4/14	NO MEET	---	-----	-----	-----
10/7/14	League Meet	3M	Var. /11th	19:49.84	Bear Mountain Park
10/11/14	Manhattan Invitational (4000m)		Var. C/40th	16:29.60	Van Cortlandt Park
10/18/14	Coaches Invitational	5K			Bowdoin Park, NY
10/23/14	Rockland County Championships	3M			Bear Mountain Park
11/1/14	Section 1 Championships	5K			Bowdoin Park, NY
11/8/14	State Meet (5K)	5K			SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

## (20) Emily Auld (AM) JR

Weeks in top 25: 10/11 20th, 1018, 10/23, 10/27, 11/1, 11/7, 11/15, 11/30

Dual Meet Results (She Beat): 9/6 No Meet, 9/9 W2 No Meet,

9/16 (5K) W3 Caitlin Hartnett (PR) Erin Vondollen (TZ), 9/23 (5K) W4 Louise Junes (NY), 9/30 W5 No Meet

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	NO MEET	----	-----	-----	-----
9/13/14	Red Raider Run	5K	Var.2/6th	20:33.40	Anthony Wayne Park, NY
9/20/14	Villa Bears Invitational (2.5M)		Var. /21st	16:16.90	Van Cortlandt Park, NY
9/27/14	Fred Gressler Invitational	5K	Var.1/5th	21:13.17	White Plains HS, NY
10/4/14					
10/7/14	League Meet	3M	Var. /12th	19:58.14	Bear Mountain Park, NY
10/11/14	Manhattan Invitational (4000m)		Var. B/29th	16:19.20	Van Cortlandt Park, NY
10/18/14	Coaches Invitational	5K			Bowdoin Park, NY
10/23/14	Rockland County Championships	3M			Bear Mountain Park, NY
11/1/14	Section 1 Championships	5K			Bowdoin Park, NY
11/8/14	State Meet (5K)	5K			SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

## (21) Jenna Borenkoff (SUF) JR

Weeks in top 25: 10/11 21st, 1018, 10/23, 10/27, 11/1, 11/7, 11/15, 11/30

Dual Meet Results (She Beat): 9/6 No Meet, 9/9 W2 No Results,  
9/16 (5K) W3 Tantillo (NR) Farrell (CS), 9/23 W4 No Results, 9/30 W5 No Results

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	Washingtonville Invitational	5K	Var. /15th	21:36.30	Washingtonville, NY
9/13/14	NO MEET	----	-----	-----	-----
9/20/14	Suffern Invitational (New Course)	3M	Var.A/16th	19:54.30	Bear Mountain Park, NY
9/27/14	Ocean State Invitational	5K	Var. /50th	20:55.05	Warwick, R.I.
10/4/14	NO MEET	----	-----	-----	-----
10/7/14	League Meet	3M	Var. /9th	19:59.72	Bear Mountain Park, NY
10/11/14	Manhattan Invitational (4000m)		Var. F/32nd	16:19.10	Van Cortlandt Park, NY
10/18/14	Coaches Invitational	5K			Bowdoin Park, NY
10/23/14	Rockland County Championships	3M			Bear Mountain Park, NY
11/1/14	Section 1 Championships	5K			Bowdoin Park, NY
11/8/14	State Meet (5K)	5K			SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

## (22) Katie Parnow (PR) JR

Weeks in top 25: 10/11 22nd, 1018, 10/23, 10/27, 11/1, 11/7, 11/15, 11/30

Dual Meet Results (She Beat): 9/6 No Meet, 9/9 (5K) W2 Kaitilyn Palacios (NY),  
9/16 (5K) W3 DNR, 9/23 W4 No Meet, 9/30 (5K) W5 DNR

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	NO MEET	----	-----	-----	-----
9/13/14	Luke Parlatore Invitational	5K			Clover Lake Park, NY
9/20/14	Maroon Invitational	3M			Woodland Park, NJ
9/27/14	Six Flags Safari	5K			Jackson, NJ
10/4/14	Flrunners.com Invitational	5K			Titusville. Fla.
10/7/14	League Meet	3M	Var. /13th	20:04.34	Bear Mountain Park, NY
10/11/14	Manhattan Invitational (4000m)		JV.C/6th	16:57.60	Van Cortlandt Park, NY
10/18/14	Coaches Invitational	5K			Bowdoin Park, NY
10/23/14	Rockland County Championships	3M			Bear Mountain Park, NY
11/1/14	Section 1 Championships	5K			Bowdoin Park, NY
11/8/14	State Meet (5K)	5K			SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

## (23) Jessica McDermott (PR) 8th

Weeks in top 25: 10/11 23rd, 1018, 10/23, 10/27, 11/1, 11/7, 11/15, 11/30

Dual Meet Results (She Beat): 9/6 No Meet, 9/9 (5K) W2 DNR,  
9/16 (5K) W3 Emily Alud (AM) Caitlin Hartnett (TZ), 9/23 W4 No Meet, 9/30 (5K) W5 DNR

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	NO MEET	----	-----	-----	-----
9/13/14	Luke Parlatore Invitational	5K			Clover Lake Park, NY
9/20/14	Maroon Invitational	3M			Woodland Park, NJ
9/27/14	Six Flags Safari	5K			Jackson, NJ
10/4/14	Flrunners.com Invitational	5K			Titusville, Fla.
10/7/14	League Meet	3M	Var. /14th	20:05.23	Bear Mountain Park, NY
10/11/14	Manhattan Invitational (4000m)		JV.C/5th	16:47.90	Van Cortlandt Park, NY
10/18/14	Coaches Invitational	5K			Bowdoin Park, NY
10/23/14	Rockland County Championships	3M			Bear Mountain Park, NY
11/1/14	Section 1 Championships	5K			Bowdoin Park, NY
11/8/14	State Meet (5K)	5K			SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

## (24) Lauren O'Brien (PR) JR

Weeks in top 25: 10/11 24th, 1018, 10/23, 10/27, 11/1, 11/7, 11/15, 11/30

Dual Meet Results (She Beat): 9/6 No Meet, 9/9 (5K) W2 Louise Junes (NY),  
9/16 (5K) W3 DNR, 9/23 W4 No Meet, 9/30 (5K) W5 DNR

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	NO MEET	----	-----	-----	-----
9/13/14	Luke Parlatore Invitational	5K	DNR	-----	Clover Lake Park, NY
9/20/14	Maroon Invitational	5K	Var.1/7th	20:56.00	Woodland Park, NJ
9/27/14	Six Flags Safari	5K	Var. / 21st	20:55.00	Jackson, NJ
10/4/14	Flrunners.com Invitational	5K	JV/2nd	21:23.06	Titusville, Fla.
10/7/14	League Meet	3M	Var. /15th	20:09.24	Bear Mountain Park, NY
10/11/14	Manhattan Invitational (4000m)		JV.C/1st	16:17.60	Van Cortlandt Park, NY
10/18/14	Coaches Invitational	5K			Bowdoin Park, NY
10/23/14	Rockland County Championships	3M			Bear Mountain Park, NY
11/1/14	Section 1 Championships	5K			Bowdoin Park, NY
11/8/14	State Meet (5K)	5K			SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

## (25) Kailee Stephens (NR) SOPH

Weeks in top 25: 10/11 25th, 1018, 10/23, 10/27, 11/1, 11/7, 11/15, 11/30

Dual Meet Results (She Beat): 9/6, 9/9 W2 No Meet,  
9/16 (5K) W3 Becker (SUF) Farrell (CS), 9/23 W4 No Results, 9/30 W5 No Results

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	NO MEET	----	-----	-----	-----
9/13/14	Red Raider Run	5K	Var.2/4th	20:14.78	Anthony Wayne Park, NY
9/20/14	Suffern Invitational (New Course)	3M	Var.B/20th	20:00.00	Bear Mountain Park, NY
9/27/14	Bowdoin XC CLassic	5K	Var.2/43rd	22:42.10	Bowdoin Park, NY
10/4/14	Grout Invitational (4500m)	---	Var.2/13th	16:50.70	Schenectady, NY
10/7/14	League Meet	3M	Var. /10th	20:10.40	Bear Mountain Park, NY
10/11/14	Manhattan Invitational (4000m)		Var. C/86th	17:27.80	Van Cortlandt Park, NY
10/18/14	Coaches Invitational	5K			Bowdoin Park, NY
10/23/14	Rockland County Championships	3M			Bear Mountain Park, NY
11/1/14	Section 1 Championships	5K			Bowdoin Park, NY
11/8/14	State Meet (5K)	5K			SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

# Honorable Mention

## O Breena Farrell (CS) SR

Weeks in top 25: 10/11, 1018, 10/23, 10/27, 11/1, 11/7, 11/15, 11/30

Dual Meet Results (She Beat): 9/6 No Results, 9/9 W2 No Results,  
9/16 (5K) W3 O'Grady (NR) Becker (SUF), 9/23 W4 No Results, 9/30 W5 No Results,

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	NO MEET	----	-----	-----	-----
9/13/14	Red Raider Run	5K	Var.2/17th	21:21.37	Anthony Wayne Park, NY
9/20/14					
9/27/14	Fred Gressler Invitational	5K	Var. 1/7th	21:45.70	White Plains HS, NY
10/4/14	NO MEET	----	-----	-----	-----
10/7/14	League Meet	3M	Var. /11th	20:14.08	Bear Mountain Park, NY
10/11/14	Bobcat Run	5K	DNR	-----	Byram Hills, NY
10/18/14	Coaches Invitational	5K			Bowdoin Park, NY
10/23/14	Rockland County Championships	3M			Bear Mountain Park, NY
11/1/14	Section 1 Championships	5K			Bowdoin Park, NY
11/8/14	State Meet (5K)	5K			SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY



## Ailish Durcan (PR) SOPH

Weeks in top 25: 10/11, 1018, 10/23, 10/27, 11/1, 11/7, 11/15, 11/30

Dual Meet Results (She Beat): 9/6 No Meet, 9/9 (5K) W2 DNR,

9/16 (5K) W3 Andrea Nardore (AM) Caitlin Hardnett (TZ), 9/23 W4 No Meet, 9/30 (5K) W5 Brooke Madry (NAN)

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	NO MEET	----	-----	-----	-----
9/13/14	Luke Parlatore Invitational	5K	Var. / 3rd	20:20.00	Clover Lakes Park, NY
9/20/14	Maroon Invitational	5K	Var.1/3rd	20:14.00	Woodland Park, NJ
9/27/14	Six Flags Safari	5K	Var. / 4th	19:30.00	Jackson, NJ
10/4/14	Flrunners.com Invitational	5K	Var. / 5th	20:06.78	Titusville, Fla.
10/7/14	League Meet	3M	DNR	-----	Bear Mountain Park, NY
10/11/14	Manhattan Invitational (4000m)		Var. D/25th	16:15.80	Van Cortlandt Park, NY
10/18/14	Coaches Invitational	5K			Bowdoin Park, NY
10/23/14	Rockland County Championships	3M			Bear Mountain Park, NY
11/1/14	Section 1 Championships	5K			Bowdoin Park, NY
11/8/14	State Meet (5K)	5K			SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

## Erin Clinton (PR) FR

Weeks in top 25: 10/11, 1018, 10/23, 10/27, 11/1, 11/7, 11/15, 11/30

Dual Meet Results (She Beat): 9/6 No Meet, 9/9 (5K) W2 Kaitilyn Palacois (NY),

9/16 (5K) W3 DNR, 9/23 W4 No Meet, 9/30 (5K) W5 Kristen Carbone (NAN)

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	NO MEET	----	-----	-----	-----
9/13/14	Luke Parlatore Invit. (2400m)	K	Frosh/ 5th	9:59.00	Clover Lakes Park, NY
9/20/14	Maroon Invitational	5K	DNR	-----	Woodland Park, NJ
9/27/14	Six Flags Safari (2 Mile Run)	5K	Frosh B/3rd	13:37.00	Jackson, NJ
10/4/14	Flrunner.com Invitational	5K	JV/3rd	21:33.09	Titusville, Fla.
10/7/14	League Meet	3M	Var. /16th	20:28.17	Bear Mountain Park
10/11/14	Manhattan Invitational (1.25m)		Frosh A/1st	7:15.40	Van Cortlandt Park
10/18/14	Coaches Invitational	5K			Bowdoin Park, NY
10/23/14	Rockland County Championships	3M			Bear Mountain Park
11/1/14	Section 1 Championships	5K			Bowdoin Park, NY
11/8/14	State Meet (5K)	5K			SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

## (12) Brooke Madry (Nan) SR

Weeks in top 25: 10/11, 1018, 10/23, 10/27, 11/1, 11/7, 11/15, 11/30

Dual Meet Results (She Beat): 9/6 No Meet, 9/9 W2 No Meet,

9/16 (5K) W3 Maggie Kyle (NY), 9/23 W4 Caitlin Hardnett (TZ), 9/30 (5K) W5 Catherine Rayward (PR)

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	NO MEET	----	-----	-----	-----
9/13/14	Somers Big Red Invitational	5K	Var.2/3rd	19:55.80	Somers HS, NY
9/20/14	Suffern Invitational (New Course)	3M	Var. / 4th	19:00.20	Bear Mountain Park
9/27/14	Fred Gressler Invitational	5K	Var.2/2nd	20:03.89	White Plains HS, NY
10/4/14	NO MEET	----	-----	-----	-----
10/7/14	League Meet	3M	DNR	-----	Bear Mountain Park
10/11/14	Manhattan Invitational (4000m)		Var. B/37th	16:26.10	Van Cortlandt Park
10/18/14	Coaches Invitational	5K			Bowdoin Park, NY
10/23/14	Rockland County Championships	3M			Bear Mountain Park
11/1/14	Section 1 Championships	5K			Bowdoin Park, NY
11/8/14	State Meet (5K)	5K			SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

## (15) Kristian Carbone (Nan) JR

Weeks in top 25: 10/11, 1018, 10/23, 10/27, 11/1, 11/7, 11/15, 11/30

Dual Meet Results (She Beat): 9/6 No Meet, 9/9 W2 No Meet,

9/16 (5K) W3 Olivia Nikac (NY), 9/23 W4 Erin Von Dollen (TZ), 9/30 (5K) W5 Kaitlyn Lavan (PR)

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	NO MEET	----	-----	-----	-----
9/13/14	Somers Big Red Invitational	5K	Var.2/6th	20:55.71	Somers HS, NY
9/20/14	Suffern Invitational (New Course)	3M	Var. / 12th	19:30.60	Bear Mountain Park
9/27/14	Fred Gressler Invitational	5K	Var.2/5th	21:15.72	White Plains HS, NY
10/4/14	NO MEET	----	-----	-----	-----
10/7/14	League Meet	3M	Var. /19th	20:44.42	Bear Mountain Park
10/11/14	Manhattan Invitational (4000m)		Var. B/38th	16:26.50	Van Cortlandt Park
10/18/14	Coaches Invitational	5K			Bowdoin Park, NY
10/23/14	Rockland County Championships	3M			Bear Mountain Park
11/1/14	Section 1 Championships	5K			Bowdoin Park, NY
11/8/14	State Meet (5K)	5K			SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

# O Ailis Daly (CN) Fresh

Weeks in top 25: 10/11, 1018, 10/23, 10/27, 11/1, 11/7, 11/15, 11/30

Dual Meet Results (She Beat): 9/6, 9/9 W2 No Meet,  
9/16 (5K) W3, 9/23 (2.5m) W4, 9/30 (2.5m) W5

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	Washingtonville Invitational	5K	Frosh/12th	9:49.65	Washingtonville, NY
9/13/14	Red Raider Run	5K	Var.1/21st	22:33.83	Anthony Wayne Park, NY
9/20/14	Suffern Invitational (New Course)	3M	Var.B/37th	21:34.80	Bear Mountain Park
9/27/14		5K			
10/4/14					
10/7/14	League Meet	3M	Var. /16th	20:53.19	Bear Mountain Park, NY
10/11/14	Bobcat Run	5K	Frosh/1st	10:03.10	Byram Hills, NY
10/18/14	Coaches Invitational	5K			Bowdoin Park, NY
10/23/14	Rockland County Championships	3M			Bear Mountain Park, NY
11/1/14	Section 1 Championships	5K			Bowdoin Park, NY
11/8/14	State Meet (5K)	5K			SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY



