

SOUTH JERSEY SECTIONAL CROSS-COUNTRY CHAMPIONSHIPS

By Ed Grant (New Jersey Track, 101 Greenwich Court, Madison, NJ 07940)

GROUP IV BOYS

Year	Winning Team	Pts	Individual Winner, School	Time
1965	Vineland	33	Leon Nocito, Vineland	12:17.2
1866	Vineland	69	Joe Pluta, Vineland	12:51.2
1967	Trenton	37	Bob Bayley, Long Branch	12:20.9
1968	Brick	64	Kevin McGorty, Brick	12:56.8
1969	Pennsauken	60	Steve Schoenwald, Wilson	12:50.5
1970	Cherry Hill East	78	Larry Woolf, Cherry Hill West	13:20.8
1971	Cinnaminson	31	Gary Noa, Cinnaminson	13:03.5
1972	Cherry Hill East	87	Mark Roddy, Lenape	12:24.9
1973	Tom River South	51	Jay Vickery, Cherry Hill West	15:13.4
1974	Cherry Hill West	48	Marty Ludwikowski, Cherry Hill Wt	15:10.4
1975	Toms River South	68	Henry Englehardt, Willingboro	15:33.7
1976	Toms River North	42	Jim Flynn, Toms River North	15:45.4
1977	Brick	42	Chris Likes, Toms River South	15:28.7
1978	Brick	33	Steve Thompson, Brick	14:55.9
1979	Tom River South	58	Jerry Andrews, Highland	16:09.0
1980	Central Ocean	73	Carlos Hanze, Central Ocean	16:18.0
1981	Brick	81	Bruce Miller, Cherry Hill East	16:25.0
1982	Brick	67	Chris Koerner, Toms River North	15:09.0
1983	Shawnee	62	Bill Stewart, Cherry Hill East	14:58.0
1984	Cherry Hill East	70	Jeff Davis, Cumberland	15:45.0
1985	Cherry Hill East	92	Jeff Koerner, Toms River North	16:04.0
1986	Tom River North	47	Jeff Koerner, Toms River North	16:04.0
1987	Brick	59	Mike Flett, Toms River East	16:17.0
1988	Cherokee	52	Ken McNamara, Brick	16:40.0
1989	Shawnee	80	Albert Donawa, Camden	15:45.0
1990	Tom River North	63	Pat Hennigan, Brick	16:26.0
1991	Shawnee	82	Peter Fixter, Vineland	16:38.0
1992	Shawnee	69	Rich Morris, Jackson	16:31.0
1993	Highland	76	Rich Morris, Jackson	15:12.0
1994	Highland	39	Jay Wassell, Highland	15:40.0
1995	Tom River East	70	Jay Wassell, Highland	15:32.0
1996	Tom River East	94	Karl Savage, Eastern	15:25.0
1997	Cherokee	80	Murad Campbell, Overbrook	15:28.0
1998	Cherokee	61	Murad Campbell, Overbrook	15:10.0
1999	Cherokee	55	Mike Myers, Eastern	15:49.0
2000	Cherokee	47	Mike Myers, Eastern	15:40.0
2001	Toms River North	42	Mark Pelerin, Cherokee	15:26.0
2002	Toms River North	34	Peter Hess, Toms River North	15:18.0
2003	Mainland	25	Gregory Hughes, Mainland	15:22.0
2004	Toms River North	46	Anthony Kelhowee, Lenape	15:44.0
2005	Washington Twp	63	Alex Yersak, Cherokee	16:14.0
2006	Toms River East	74	Alex Yersak, Cherokee	15:59.0
2007	Cherokee	52	Alex Yersak, Cherokee	16:02.0
2008	Toms River North	98	Joe Kotran, Toms River North	16:03.0

Boys Three-time Sectional Champions

Mike Butynnes, Sterling (1969-71)
 Jim Smith, Haddonfield (1977-79)
 Dan Gough, Haddonfield (1984-86)
 Chris Platt, Haddonfield (2000-02)
 Alex Yersak, Cherokee (2005-07)

GROUP III BOYS

Year	Winning Team	Pts	Individual Winner, School	Time
1965	Haddon Heights	53	Carl Metzradt, Audubon	12:42.8
1966	Deptford	71	George Dilenno, Triton Blue	12:27.2
1967	Haddonfield	59	Bob Peterson, Haddonfield	12:19.5
1968	Haddon Twp	55	Keft Medlin, Haddon Twp.	12:44.9
1969	Sterling/Deptford	44	Mike Butynnes, Sterling	13:04.3
1970	Sterling	79	Mike Butynnes, Sterling	12:52.6
1971	Moorestown	88	Mike Butynnes, Sterling	12:24.0
1972	Overbrook	60	Dean Matthews, Lakewood	12:48.0
1973	Cinnaminson	73	Rod Sandmeyer, Haddon Heights	15:45.8
1974	Cinnaminson	67	Dennis Driscoll, No. Burlington	15:40.4
1975	Eastern	38	Paul Friedman, Moorestown,	15:45.0
1976	Eastern	68	Mark Libert, Eastern	15:52.3
1977	Collingswood	37	Bob Rimkis, Washington Twp	15:34.1
1978	Eastern	37	Terry Delaney, Moorestown	15:35.6
1979	Eastern	95	Don Deckert, Oakcrest	16:42.0
1980	Toms River South	66	Dan Owens, Absegami	16:33.0
1981	Lakewood	69	Ken Hicks Jr., Lakewood	16:16.9
1982	Cinnaminson	67	Rich Rizzuto, Lakewood	15:03.0
1983	Brick Memorial	100	Bill Shea, Eastern	15:28.4
1984	Eastern	37	Herb Williams, Lakewood	16:03.0
1985	Willingboro	62	Mike Clayton, Rancocas Valley	15:58.0
1986	Cinnaminson	101	Ron Welcer, Absegami	16:10.0
1987	Bridgeton	70	Urie Ridgeway, Bridgeton	15:45.0
1988	Highland	27	Urie Ridgeway, Bridgeton	16:06.0
1989	Highland	23	Ray Beyer, Absegami	16:08.0
1990	Bridgeton	61	Ray Beyer, Absegami	16:36.0
1991	Mainland	90	David Cox, Woodrow Wilson	17:15.0
1992	Mainland	87	Jason Capelli, Rancocas Valley	16:47.0
1993	Toms River South	54	Geoff Wayton, Mainland	15:32.0
1994	Toms River South	96	Eamon Blanchard, Lacey	15:07.0
1995	Toms River South	99	Sean McCafferty, Central Ocean	15:11.0
1996	Brick	51	Ed Letts, Middle Twp	15:42.0
1997	Delsea	50	Bill Carroll, Mainland	16:00.0
1998	Egg Harbor Twp	87	Jason Andrews, Lakewood	15:37.0
1999	Mainland	63	Joseph Lacovara-Switzer, Egg HT	16:09.0
2000	Mainland	46	Robert Cannon, Toms River So	16:21.0
2001	Mainland	30	John Richardson, Ocean City	15:56.0
2002	Mainland	32	John Richardson, Ocean City	15:39.0
2003	Highland Regional	57	Jim Kavaliauskas, Highland Regional	15:30.0
2004	Ocean City	37	Jim Kavaliauskas, Highland Regional	15:58.0
2005	Moorestown	50	Ozzie Huerta, Kingsway	16:18.0
2006	Kingsway	64	John Fennekohl, Ocean City	15:58.0
2007	Ocean City	63	Brett Johnson, Ocean City	15:57.0
2008	Ocean City	56	Brett Johnson, Ocean City	15:38.0

Boys Most Team Titles

Haddonfield	28
Cinnaminson	11*
Haddon Township	10
Brick Township	7
Mainland	7
Maple Shade	7
Toms River North	7
Cherokee	6
Eastern	6
Toms River South	6
Highland Regional	5
Williamstown	5
Bordentown	4
Cherry Hill East	4
Overbrook	4
Shawnee	4
Burlington Township	3
Haddon Heights	3
Moorestown	3
Ocean City	3
Toms River East	3

*Includes 2008 title won in Central Section

SOUTH JERSEY SECTIONAL CROSS-COUNTRY CHAMPIONSHIPS

By Ed Grant (New Jersey Track, 101 Greenwich Court, Madison, NJ 07940)

GROUP II BOYS

Year	Winning Team	Pts	Individual Winner, School	Time
1965	Clearview	26	Don Morgan, Clearview	12:24.5
1966	Overbrook	31	Charles Roden, Overbrook	12:47.8
1967	Overbrook	45	Larry Rush, Overbrook	12:06.6
1968	Overbrook	27	Larry Schemelis, Gloucester	12:18.2
1969	Gloucester	82	Larry Schemelis, Gloucester	12:41.7
1970	Haddon Twp	47	Bill Boyce, Riverside	13:02.5
1971	Haddon Twp	17	Jim Doherty, Dan Matousch & Mike Elder, Haddon Twp	12:54.5
1972	Haddon Twp	33	Greg Stremmel, Gateway	12:43.5
1973	Gateway	88	Greg Stremmel, Gateway	15:08.4
1974	Eastern	73	Bob Marino, Williamstown	15:44.8
1975	Haddon Twp	54	Mike Scythes, Ocean City	16:07.1
1976	Haddon Twp	45	Jeff Lane, Haddon Twp	15:59.7
1977	Haddonfield	73	Jim Smith, Haddonfield	15:27.8
1978	Haddonfield	42	Jim Smith, Haddonfield	14:52.2
1979	Haddonfield	63	Jim Smith, Haddonfield	16:42.0
1980	Haddonfield	38	Rich Aukstikalnis, Delran	16:52.0
1981	Clearview	70	Carlos Hanze, Central Reg.	15:52.0
1982	Delsea	74	Bill Dunn, Haddon Hts.	16:07.0
1983	Collingswood	49	Tim Gallagher, Haddon Twp	15:39.0
1984	Pinelands	72	Paul Greenhalph, Gateway	16:29.0
1985	Haddon Twp	60	Pat Fogarty, Collingswood	16:38.0
1986	Haddon Twp	36	Pat Fogarty, Collingswood	16:00.0
1987	Cinnaminson	52	Rex Myers, Delran	16:10.0
1988	Buena	65	Rex Myers, Delran	16:18.0
1989	Cinnaminson	45	Chris Lopez, Cinnaminson	16:25.0
1990	Cinnaminson	59	John Keevey, Cinnaminson	16:32.0
1991	Cinnaminson	49	Terence Fagan, Pt. Pleasant Boro	16:44.0
1992	Cinnaminson	72	Terence Fagan, Pt. Pleasant Boro	16:45.0
1993	Delran	54	Matt Feeley, Cinnaminson	16:13.0
1994	Pinelands	86	Nitesh Kadakla, Delran	15:45.0
1995	Haddonfield	56	Eric Bonnette, Haddonfield	15:44.0
1996	Haddonfield	57	Eric Bonnette, Haddonfield	15:53.0
1997	Manchester Twp	81	Ian Hahn, Manchester Twp	15:36.0
1998	Moorestown	66	Bill Mason, Cinnaminson	15:39.0
1999	Haddonfield	51	Adian Cline, Haddon Twp.	16:31.0
2000	Haddonfield	57	Chris Platt, Haddonfield	16:37.0
2001	Haddonfield	27	Chris Platt, Haddonfield	15:38.0
2002	Haddonfield	33	Chris Platt, Haddonfield	15:24.0
2003	Cinnaminson	29	Jon Anderson, Cinnaminson	15:51.0
2004	Haddonfield	51	Mike Burke, Haddonfield	16:27.0
2005	Haddonfield	55	Steve Grabowski, Cinnaminson	15:57.0
2006	Haddonfield	33	Brian Tetreault, Cinnaminson	16:00.0
2007	Haddonfield	35	Jonathan Vitez, Haddonfield	16:13.0
2008	Haddonfield	16	Jonathan Vitez, Haddonfield	15:41.0

Girls Four-time Sectional Champions

Erin Donohue, Haddonfield (1997-2000)
 Allyson Krayl, Pt. Pleasant Beach (1999-02)
 Vanessa Wright, Haddonfield (2002-05)

Girls Three-time Sectional Champions

Monique Purcell, Holy Spirit (1975-78)
 Eva Marie Berardi, Williamstown (1977-79)
 Mindy Rowand, Sterling (1983-86)
 Liz Moore, Shawnee (1992-94)
 Brittany McCann, Delsea (1999-01)
 Brittany Sedberry, Ocean City (2002-04)
 Danielle Tauro, Southern Reg. (2004-06)
 Marielle Hall, Haddonfield (2006-08)

GROUP I BOYS

Year	Winning Team	Pts	Individual Winner, School	Time
1966	Burlington Twp	26	Rick Jacques, Burlington Twp	12:27.1
1967	Burlington Twp	27	Rick Jacques, Burlington Twp	12:11.0
1968	Burlington Twp	29	Carl Dillich, Eastern	13:08.5
1969	Williamstown	32	Randy Breignan, Burlington Twp	13:30.2
1970	Williamstown	39	Joe Ritchie, Gloucester	13:25.5
1971	Williamstown	29	Joe Siedlecki & Willie Marino, Wmst	12:57.5
1972	Williamstown	35	Joe Siedlecki, Williamstown	12:45.5
1973	Williamstown	60	Bob Marino, Williamstown	15:45.0
1974	Bordentown	44	Art Milak, Bordentown	15:53.4
1975	Bordentown	80	John Williams, Buena	16:28.0
1976	Pt. Plea. Beach	64	Ken Hildebrandt, Pt. Pleasant Be	16:06.4
1977	Hammonton	50	Mark Deloison, Hammonton	16:01.4
1978	Audubon	37	Mark Adams, Florence	15:49.5
1979	Bordentown	55	Mike Porter, Hammonton	17:12.0
1980	Bordentown	44	Mark Milhlebach, Kingsway	17:12.0
1981	Glassboro	70	Bob Douglas, Audubon	17:00.0
1982	Haddonfield	38	Blair Murphy, Haddonfield	15:25.0
1983	Haddonfield	50	Ted Taylor, Maple Shade	15:54.6
1984	Haddonfield	57	Dan Gough, Haddonfield	16:32.0
1985	Haddonfield	32	Dan Gough, Haddonfield	16:07.0
1986	Haddonfield	47	Dan Gough, Haddonfield	15:57.0
1987	Haddonfield	53	Joe Shanahan, Haddonfield	15:59.0
1988	Haddon Twp	27	Joe Shanahan, Haddonfield	16:11.0
1989	Haddonfield	43	Tim Shanahan, Haddonfield	15:43.0
1990	Haddonfield	47	Kirk Earney, Haddon Twp	16:25.0
1991	Haddon Hts.	61	Kevin Schilling, Pitman	17:00.0
1992	Haddon Hts.	50	John Salisbury, Haddon Hts.	16:47.0
1993	Maple Shade	58	Tom Horne, Glassboro	15:51.0
1994	Pt. Plea. Beach	46	Tom Horne, Glassboro	15:41.0
1995	Maple Shade	40	Pat Ryan, Glassboro	16:16.0
1996	Haddon Twp	49	Mike Fulton, Maple Shade	15:57.0
1998	Haddonfield	42	Adrian Cline, Haddon Twp	16:17.0
1999	Riverside	47	Michael Lucke, Pt. Pleasant Be	17:23.0
2000	Pennsville	55	Pat Curran, Pennsville	17:11.0
2001	Maple Shade	65	Brian Kayser, Pt. Pleasant Beach	17:04.0
2002	Maple Shade	33	Tim Rose, Maple Shade	16:50.0
2003	Maple Shade	30	Rick Hall, Maple Shade	16:46.0
2004	Maple Shade	62	Kevin Hart, Point Pleasant Beach	16:21.0
2005	Maple Shade	38	James Buinicky, Maple Shade	16:16.0
2006	Pennsville	20	Mark Kearney, Pennsville	16:51.0
2007	Haddon Heights	35	Josh Black, Haddon Heights	16:18.0
2008	Haddon Township	32	Josh Black, Haddon Heights	16:37.0

Girls Most Team Titles

Haddonfield	17
Shawnee	14
Brick Township	8
Ocean City	7
Pt. Pleasant Boro	7
Haddon Township	7
Moorestown	6
Kingsway	5
Toms River East	5
Toms River North	6
Bishop Eustace	4
Gloucester City	4
Paul VI	4
Pt. Pleasant Beach	4
St. Joe's TR	4
Egg Harbor	3
Holy Cross	3

SOUTH JERSEY SECTIONAL CROSS-COUNTRY CHAMPIONSHIPS

By Ed Grant (New Jersey Track, 101 Greenwich Court, Madison, NJ 07940)

GROUP IV GIRLS

Year Winning Team	Pts	Individual Winner, School	Time
1976 Toms River North	35	Janet Flood, Toms River North	12:10.8
1977 Toms River North	28	Sharon White, Toms River North	18:51.0
1978 Brick	27	Jeanne Fox, Brick	18:06.6
1979 Toms River North	36	Rive Gensib, Cherry Hill West	19:36.0
1980 Toms River East	46	Lisa Szymanski, Toms River East	19:26.0
1981 Toms River East	56	Michelle Rowen, Washington Twp	18:28.0
1982 Toms River East	44	Michelle Rowen, Washington Twp	16:35.0
1993 Shawnee	32	Lori Watson, Cherry Hill East	17:42.0
1984 Tom River East	28	Kelly McDonnell, Toms River East	19:21.0
1985 Brick	30	Deanne Germano, Shawnee	18:57.0
1986 Brick	31	Sandy Wright, Paul VI	18:59.0
1987 Brick	21	Mary Hoernlein, Brick	18:45.0
1988 Brick	37	Erin Carmody, Paul VI	19:45.0
1989 Paul VI	40	Sandy Wright, Paul VI	19:38.0
1990 Shawnee	42	Julia Goldstein, Shawnee	20:30.0
1991 Shawnee	40	Krista Ferrara, Vineland	20:15.0
1992 Shawnee	55	Liz Moore, Shawnee	19:40.0
1993 Shawnee	33	Liz Moore, Shawnee	17:51.0
1994 Shawnee	24	Liz Moore, Shawnee	18:31.0
1995 Shawnee	37	Jen Peace, Toms River North	17:57.0
1996 Shawnee	43	Abbey Hartman, Ocean City	17:49.0
1997 Shawnee	66	K.C. Mehan, Brick	18:07.0
1998 Shawnee	55	Leyna Williams, Triton	18:29.0
1999 Shawnee	67	Claudine Evangelista, Triton	18:49.0
2000 Shawnee	50	Courtney Fiorovanti, Toms R. No.	19:39.0
2001 Shawnee	35	Kathryn Wardenski, Southern Reg	19:04.0
2002 Toms River East	46	Jennifer Clausen, Jackson	18:55.0
2003 Cherokee	63	Lisa Burkholder, Cherokee	18:50.0
2004 Toms River North	65	Danielle Tauro, Southern Reg.	18:32.0
2005 Cherry Hill East	87	Danielle Tauro, Southern Reg.	18:22.0
2006 Cherry Hill East	58	Danielle Tauro, Southern Reg.	17:51.0
2007 Toms River North	71	Jillian Smith, Southern Reg.	18:00.0
2008 Toms River North	70	Jillian Smith, Southern Reg.	18:26.0

GROUP III GIRLS

Year Winning Team	Pts	Individual Winner, School	Time
1976 Pt. Pleasant Boro	44	Monique Purcell, Holy Spirit	11:44.4
1977 Paul VI	37	Monique Purcell, Holy Spirit	18:30.4
1978 Holy Cross	44	Monique Purcell, Holy Spirit	17:44.0
1979 Holy Cross	62	Nancy Staudt, Lakewood	19:39.0
1980 Holy Cross	39	Karen Fieldshifter, Holy Cross	19:49.0
1981 Mainland	72	Stacy Pierce, Lakewood	20:06.0
1982 Pt. Pleasant Boro	33	Melody Sye, Ocean City	18:13.0
1983 Egg Harbor Twp	54	Mindy Rowand, Sterling	18:00.0
1984 Egg Harbor Twp.	45	Mindy Rowand, Sterling	18:20.0
1985 Cinnaminson	64	Mindy Rowand, Sterling	19:19.0
1986 Ocean City	26	Mary Jo Dougherty, Ocean City	19:47.0
1987 Ocean City	27	Mary Jo Dougherty, Ocean City	19:14.0
1988 Ocean City	19	Kelly Dougherty, Ocean City	20:42.0
1989 Orea City	35	Amy Kilpatrick, Bridgeton	20:03.0
1990 Paul VI	24	Ynette Feliciano, Paul VI	19:53.0
1991 Paul VI	39	Julie Schick, Mainland	20:20.0
1992 Paul VI	61	Megan Hartman, Ocean City	19:52.0
1993 Ocean City	41	Megan Hartman, Ocean City	18:35.0
1994 Brick	34	Michelle Reo, Brick	18:31.0
1995 Brick	59	Abbey Hartman, Ocean City	17:51.0
1996 Brick	54	Lorene Adams, Manchester Twp	18:14.0
1997 Egg Harbor Twp	75	Mia Kassa, Woodrow Wilson	19:19.0
1998 Woodrow Wilson	65	Kathryn Hughes, Central Ocean	18:48.0
1999 Moorestown	46	Brittany McCann, Delsea	19:08.0
2000 Woodrow Wilson	50	Brittany McCann, Delsea	19:41.0
2001 Toms River South	40	Brittany McCann, Delsea	19:17.0
2002 Moorestown	33	Brittany Sedberry, Ocean City	19:06.0
2003 Ocean City	38	Brittany Sedberry, Ocean City	17:55.0
2004 Ocean City	51	Brittany Sedberry, Ocean City	18:04.0
2005 Moorestown	37	Amanda Goetschius, Delsea	18:31.0
2006 Shawnee	70	Amanda Goetschius, Delsea	18:34.0
2007 Seneca	92	Chelsea Ley, Kingsway	17:57.0
2008 Seneca	54	Chelsea Ley, Kingsway	17:23.0

GROUP II GIRLS

Year Winning Team	Pts	Individual Winner, School	Time
1976 Haddon Twp	26	Linda Matousch, Haddon Twp	12:56.9
1977 Pt Pleasant Boro	32	Eva Marie Berardi, Williamstown	19:15.1
1978 Pt. Pleasant Boro	40	Eva Marie Berardi, Williamstown	19:10.8
1979 Haddonfield	48	Eva Marie Berardi, Williamstown	20:19.0
1980 St. Joseph TR	47	Kathy Tisdale, Williamstown	19:52.0
1981 St. Joseph TR	36	Gina McMenamin, Burlington	19:39.0
1982 Delran	29	Lou Ann Merkh, Haddon Twp	17:57.0
1983 Haddon Twp	29	Missy Roller, Haddon Twp	19:58.0
1984 Haddon Twp	28	Toni Batista, Manchester Twp	20:38.0
1985 Pt. Pleasant Boro	30	Lisa Kohan, Manchester Twp	21:00.0
1986 Manchester Twp	41	Michele Owen, Clearview	20:02.0
1987 Kingsway	31	Michele Owen, Clearview	20:03.0
1988 Kingsway	37	Carrie Thompson, Clearview,	20:07.0
1989 Kingsway	34	Michele Owen, Clearview	19:08.0
1990 Kingsway	44	Lori Townsend, Kingsway	19:13.0
1991 Cinnaminson	43	Becky Leon, Cinnaminson	20:21.0
1992 Bishop Eustace	37	Erica More, Kingsway	20:07.0
1993 Kingsway	43	Colleen Sunderland, No. Burlington	19:01.0
1994 Haddonfield	58	Jamie Weisgerber, Woodstown	17:41.0
1995 Haddonfield	58	Amy Beykirch, Pinelands	18:14.0
1996 Pt. Pleasant Boro	37	Amy Beykirch, Pinelands	18:01.0
1997 Pt. Pleasant Boro	36	Jessica Thomas, Pt.Pleasant Boro	18:29.0
1998 Moorestown	46	Jaime Glenn, Pt. Pleasant Boro	18:09.0
1999 Haddonfield	57	Erin Donohue, Haddonfield	18:03.0
2000 Moorestown	25	Erin Donohue, Haddonfield	18:02.0
2001 Moorestown	15	Meghan Hughes, Moorestown	19:11.0
2002 Pinelands	47	Vanessa Wright, Haddonfield	19:45.0
2003 Haddonfield	35	Vanessa Wright, Haddonfield	19:19.0
2004 Haddon Township	75	Vanessa Wright, Haddonfield	18:00.0
2005 Haddonfield	15	Vanessa Wright, Haddonfield	18:51.0
2006 Haddonfield	21	Marielle Hall, Haddonfield	19:34.0
2007 Haddonfield	16	Marielle Hall, Haddonfield	18:25.0
2008 Haddonfield	19	Marielle Hall, Haddonfield	18:30.0

GROUP I GIRLS

Year Winning Team	Pts	Individual Winner, School	Time
1976 St. Joseph's TR	25	Renee DeFeo, Clayton	12:12.5
1977 St. Joseph's TR	24	Renee DeFeo, Clayton	18:56.1
1978 Pt. Pleasant Be	39	Pat Eletto, Manchester Twp	18:54.0
1979 Woodbury	35	Renee DeFeo, Clayton	20:01.0
1980 Manchester Twp	21	Pat Eletto, Manchester Twp	20:33.0
1981 Audubon	56	Joanne Mihlebach, Kingsway	20:36.0
1982 Haddonfield	19	Jenny Gough, Haddonfield	18:35.0
1983 Pt Pleasant Be	42	Michelle Gladden, Pt. Pleasant Bch	18:36.3
1984 Pt. Pleasant Be	41	Ruth Lockbaum, Glassboro	19:05.0
1985 Haddonfield	41	Ruth Lockbaum, Glassboro	18:49.0
1986 Paulsboro	47	Patti Bottiglieri, Kingsway	19:47.0
1987 Bishop Eustace	23	Ann Wiodarczyk, Gloucester Cath	19:52.0
1988 Bishop Eustace	35	Dawn Pfeifer, Bishop Eustace	20:37.0
1989 Bishop Eustace	44	Cheryl Keating, Sacred Heart	19:54.0
1990 Haddonfield	37	Janet Rue, Pitman	19:59.0
1991 Haddonfield	30	Janet Rue, Pitman	20:25.0
1992 Haddonfield	32	Jackie Adams, Paulsboro	21:07.0
1993 Haddonfield	37	Jen Rafferty, Riverside	19:01.0
1994 Maple Shade	35	Mandy Melchior, Kingsway	19:25.0
1995 Maple Shade	38	Amber Hart, Pt. Pleasant Beach	19:34.0
1996 Schalick	49	Sharon Crow, Haddon Twp	20:10.0
1997 Haddonfield	44	Erin Donohue, Haddonfield	18:30.0
1998 Haddonfield	42	Erin Donohue, Haddonfield	17:44.0
1999 Gloucester City	30	Allyson Krayl, Pt. Pleasant Beach	20:17.0
2000 Haddon Twp.	44	Allyson Krayl, Pt. Pleasant Beach	20:00.0
2001 Gloucester City	42	Allyson Krayl, Pt. Pleasant Beach	19:46.0
2002 Pt. Pleasant Be	37	Allyson Krayl, Pt. Pleasant Beach	20:06.0
2003 Gloucester City	35	Lindsey Ritchings, Pt.Pleasant Beach	20:10.0
2004 Gloucester City	51	Lindsey Ritchings, Pt.Pleasant Beach	19:37.0
2005 Pitman	30	Krystal Belcher, Palmyra	20:25.0
2006 Pitman	57	Jessica Culp, Woodstown	20:14.0
2007 Haddon Township	27	Holly Gallagher, Haddon Township	19:37.0
2008 Haddon Township	44	Rachel Greenberg, Pitman	20:26.0

CENTRAL JERSEY SECTIONAL CROSS-COUNTRY CHAMPIONSHIPS

by Ed Grant (*New Jersey Track*, 101 Greenwich Court, Madison, NJ 07940)

Group IV Boys

Year Team	Pts	Individual, School	Time
1965 Edison	83	Curt Jones, Somerville	12:50
1966 Westfield	45	David Calvert, Westfield	12:56
1967 Westfield	64	Charles Zipprich, Edison	12:53
1968 Westfield	62	Charles Zipprich, Edison	12:46
1969 Colonia	78	Dave Reinhart, No. Edison	12:40
1970 Phillipsburg	54	Ron Secord, Watchung Hills	12:36
1971 Middletown	62	Harry Kronick, Franklin	12:19
1972 Middletown	73	Harry Kronick, Franklin	12:23
1973 Watchung Hills	72	Steve McDuffie, Neptune	14:30
1974 Watchung Hills	36	Ed Taylor, Edison	15:05
1975 Watchung Hills	72	Ed Taylor, Edison	15:31
1976 Hunterdon Central	39	Brian Mitchell, Middletown No	15:28
1977 Hunterdon Central	51	George Conner, Raritan	15:25
1978 Hamilton East	93	Jeff Hines, Bridgewater East	15:30
1979 Edison	74	Bob Robinson, Piscataway	16:27
1980 Sayreville	87	Bill Lee, East Brunswick	16:16
1981 Sayreville	47	John Kleman, Sayreville	16:00
1982 East Brunswick	76	Andy Martin, North Hunterdon	15:40
1983 Madison Central	50	Jim Herdman, Hunterdon Cent	15:43
1984 Hightstown	81	Keith Williams, Trenton	15:18
1985 Trenton	75	Tim Blake, Trenton	16:08
1986 Hightstown	50	Tim Black, Trenton	17:16
1987 Hunterdon Central	60	Todd Leutholt, Hunterdon Cent	16:40
1988 North Hunterdon	59	Brian Partlow, No. Hunterdon	16:55
1989 North Hunterdon	38	Scott McGhee, Neptune	17:02
1990 Middletown South	97	Ken Kropac, Manalapan	16:47
1991 Middletown North	61	Shawn Hynes, Edison	16:49
1992 Manalapan	67	Chris Weiss, Manalapan	16:51
1993 Hamilton East	74	Luke Schiavi, Bridgewater	17:15
1994 Hamilton East	69	Kevin Stengle, Old Bridge	16:48
1995 East Brunswick		Wilfredo Rivera, Old Bridge	16:58
1996 Hunt Cent & E Bruns		John Fasulo, Hunterdon Cent	16:47
1997 Bridgewater-Raritan	72	John Fasulo, Hunterdon Cent	16:30
1998 Hunterdon Central	77	John Fasulo, Hunterdon Cent	16:37
1999 Old Bridge	81	Nick Pellegrino, Marlboro	16:26
2000 Old Bridge	43	Ty Jensen, Marlboro	16:42
2001 Old Bridge	33	Jonathan Fox, Hunterdon Cent	16:31
2002 Hunterdon Central	24	Chris Pannone, Hunterdon Cent	16:31
2003 Old Bridge	61	Chris Pannone, Hunterdon Cent	16:21
2004 Old Bridge	56	Brian Dennis, Hillsborough	16:22
2005 Hillsborough	63	Andrew Brodeur, Brick Memorial	16:12
2006 Jackson Memorial	53	Craig Forys, Colts Neck	15:39
2007 Jackson Memorial	66	Brian Leung, W Wind-Pla South	15:29
2008 W Wind-Plains South	52	Robby Andrews, Manalapan	15:56

Group III BOYS

Year Team	Pts	Individual, School	Time
1965 Brick	57	Russ Taintor, Brick	12:53
1966 Brick	41	Russ Taintor, Brick	12:42
1967 Brick	17	Russ Taintor, Brick	12:30
1968 North Hunterdon	63	Ken Haley, Metuchen	12:51
1969 Raritan	75	Joe Deely, Raritan	13:07
1970 Raritan	77	Blair Johnson, South Plainfield	13:00
1971 Raritan	54	Kevin Banks, Raritan	12:49
1972 Phillipsburg	71	Stan Singura, Carteret	12:54
1973 Princeton	62	Ed Brennan, Phillipsburg	15:01
1974 Franklin	38	Chuck Farrell, Manasquan	15:16
1975 North Hunterdon	52	Chuck Farrell, Manasquan	15:17
1976 Franklin	47	Jim Casey, Manalapan	15:02
1977 Manalapan	68	Jon Timmons, Somerville	15:20
1978 Long Branch	71	Bill Wolls, Howell	15:21
1979 Manalapan	53	Kevin Lundy, Long Branch	16:45
1980 Manalapan	68	Tom Fischer, Manalapan	15:57
1981 North Hunterdon	53	Tom Fischer, Manalapan	15:41
1982 Madison Central	51	Brad Hudson, Voorhees	15:51
1983 North Hunterdon	26	Andy Martin, No. Hunterdon	15:18
1984 North Hunterdon	23	Bill Babcock, North Hunterdon	15:12
1985 North Hunterdon	44	Mike Beslanovitz, Raritan	16:21
1986 Princeton	51	Bruce Barrios, Hillsborough	16:56
1987 Hamilton East	34	Aaron Oldfield, Hamilton East	17:09
1988 Cedar Grove	37	Steve Liona, Raritan	16:59
1989 Cedar Grove	38	Clinton Bell, Franklin	16:33
1990 Cedar Grove	45	Brandan Heffernan, No Hunt	16:30
1991 Cedar Grove	47	Brandan Heffernan, No Hunt	16:06
1992 North Hunterdon	62	Brandan Heffernan, No. Hunt	15:44
1993 North Hunterdon	28	John Tillman, No Hunterdon	17:02
1994 North Hunterdon	23	Erik Bertsch, No Hunterdon	16:43
1995 North Hunterdon	24	Chris Robinson, No Hunter	16:49
1996 Ocean Township	81	Nathan Sisco, No Hunterdon	17:02
1997 Ocean Township	64	Nathan Sisco, Nor Hunterdon	16:36
1998 North Hunterdon	75	Stephen Roman, Monroe	16:28
1999 Red Bank Regional	43	Walton Kinsbery Red Bank Reg	16:15
2000 Middletown South	74	Israel Rodriguez, Red Bank Reg.	16:45
2001 Red Bank Regional	42	Rob Dennis, Red Bank Reg.	16:26
2002 Middletown South	69	Rob Dennis, Red Bank Reg.	16:27
2003 Red Bank Regional	42	Rob Dennis, Red Bank Reg.	16:26
2004 Colts Neck	62	Craig Forys, Colts Neck	16:32
2005 Ocean Twp	106	Craig Forys, Colts Neck	16:01
2006 Hopewell Valley	43	Sean McNulty, W Wind P North	16:21
2007 W Wind-Plains North	28	Joseph Rosa, W Wind P North	16:13
2008 W Wind-Plains North	18	Joseph Rosa, W Wind P North	15:37

BOYS

Three-Time Sectional Champions

Russ Taintor, Brick (1965-7)
 Mike Mykytok, Bound Brook. (1985, 87-88)
 Brandon Heffernan, North Hunterdon (1990-2)
 John Fasulo, Hunterdon Central (1996-8)
 Rob Dennis, Red Bank Reg (2001-03)
 Craig Forys, Colts Neck (2004-06)

Most Sectional Team Titles

Bernards	27
North Hunterdon	13
Holmdel	9
Hunterdon Central	7
Henry Hudson	6
Keansburg	5
Old Bridge	5
Asbury Park	4
Cedar Grove	4
Hamilton East	4
Manalapan	4
Metuchen	4
Ridge	4
Somerville	4
Brick Twp	3
Delaware Valley	3
East Brunswick	3
Highland Park	3
Hopewell Valley	3
Middletown South	3
Ocean Township	3
Princeton	3
Raritan	3
Red Bank Reg.	3

CENTRAL JERSEY SECTIONAL CROSS-COUNTRY CHAMPIONSHIPS

by Ed Grant (*New Jersey Track*, 101 Greenwich Court, Madison, NJ 07940)

Group II BOYS

Year Team	Pts	Individual, School	Time
1965 Bernards	37	Mark Vornegen, Bernards	13:00
1966 Highland Park	26	Henry Thomas, Rumson	
1967 Highland Park	30	Bill Criss, Highland Park	
1968 Highland Park	56	Tom Flaney, Dunellen	13:09
1969 South Brunswick	57	Ken Haloy, Metuchen	12:56
1970 Ridge	66	Gary Russo, Middlesex	13:05
1971 Hillsborough	63	Rich Karrh, Asbury Park	12:51
1972 Hillsborough	64	Russ Jones, Rumson	12:42
1973 South Brunswick	95	Dan Suthers, Hopewell Valley	14:52
1974 Princeton	60	Royce Flippin, Princeton	15:29
1975 Delaware Valley	54	Royce Flippin, Princeton	15:32
1976 Somerville	41	Paul Shivers, Hopewell Valley	15:43
1977 Bernards	32	Charles Logan, Bernards	15:55
1978 Ridge	56	John McCarthy, Holmdel	15:20
1979 Holmdel	62	Bill Denver, Rumson	16:55
1980 Holmdel	80	Dave Hall, West Windsor	16:40
1981 Voorhees	32	Dave Hall, West Windsor	16:13
1982 Lawrence	54	James Lauck, Delaware Valley	16:13
1983 Lawrence	26	Doug Soncrant, Lawrence	16:11
1984 Somerville	32	John Barry, Somerville	15:21
1985 Bernards	21	Jeff Friedman, Bernards	16:34
1986 Delaware Valley	52	Mike Nobles, Ridge	17:30
1987 Bernards	40	Frank Klausz, Bernards	17:02
1988 Asbury Park	43	Bryan Spoonire, Asbury Park	16:41
1989 Somerville	45	Craig McDonald, Asbury Park	16:46
1990 Asbury Park	27	Desmond Joyner, Asbury Park	16:47
1991 Asbury Park	33	Desmond Joyner, Asbury Park	16:48
1992 Holmdel	56	Omar Saleh, Holmdel	17:11
1993 Holmdel	69	Randy Latza, Voorhees	17:08
1994 Holmdel	47	Darnell McLean, Asbury Park	16:51
1995 Holmdel	55	Mark Kitz, Carteret	17:10
1996 Somerville	71	Steve Roman, Monroe	16:54
1997 Ridge	66	Ricky Gibson, Ridge	16:45
1998 Hopewell Valley	52	Nick Ricco, Voorhees	16:52
1999 Hopewell Valley	51	Nate Marsh, Hopewell Valley	16:45
2000 Holmdel	92	Joe Davidson, Hopewell Valley	16:55
2001 Holmdel	43	Craig Segal, Holmdel	16:27
2002 Matawan	54	Thomas Walsh, Matawan	16:43
2003 Spotswood	42	Thomas Walsh, Matawan	16:48
2004 Cranford	27	Kevin Brown, Cranford	16:33
2005 Spotswood	46	Owen Boyle, Manasquan	16:45
2006 Matawan	47	Dan Stiles, Somerville	16:33
2007 Holmdel	60	Dan Stiles, Somerville	16:20
2008 Cinnaminson	70	Thomas Bragen, Pt Pleas Boro	16:24

Group I BOYS

Year Team	Pts	Individual, School	Time
1966 Bernards	30	Gene Shirley, Pt. Pleasant Be	12:56
1967 Bernards	33	Ron Rounsaville, Delaware Val	13:12
1968 Bernards	21	Ron Rounsaville, Delaware Val	
1969 Bernards	22	Fred Roliefson, Bernards	
1970 Bernards	41	Chris Schanck, Keyport	
1971 Bernards	28	Rich Axtell, Bernards	12:59
1972 Bernards	16	Rich Axtell, Bernards	12:51
1973 Bernards	37	Matt Leddy, Bound Brook	14:37
1974 Delaware Valley	44	Chris Hallinan, Bernards	14:52
1975 Bernards	19	Chris Hallinan, Bernards	14:52
1976 Bernards	41	Joe Logan, Bernards	15:35
1977 Bernards	33	John McCarthy, Holmdel	15:58
1978 Bernards	20	Charles Logan, Berrarrds	15:03
1979 Bernards	20	Brian Harshman, Montgomery	16:51
1980 Bernards	26	Brian Harshman, Montgomery	16:05
1981 Bernards	15	Paul Stogryn, Bernards	15:59
1982 Bernards	23	John Carlotti, Bernards	15:38
1983 Henry Hudson	44	Jim Nielsen, Bernards	15:33
1984 Bernards	26	Lyle Smith, Bernards	15:55
1985 Henry Hudson	50	Mike Mykytok, Bound Brook	17:07
1986 Bernards	27	Jeff Friedman, Bernards	16:59
1987 Asbury Park	30	Mike Mykytok, Bound Brook	16:40
1988 Bernards	24	Mike Mykytok, Bound Brook	16:11
1989 Henry Hudson	66	Larry Weiss, Metuchen	17:30
1990 Henry Hudson	72	Larry Weiss, Metuchen	17:12
1991 Henry Hudson	63	Kevin Brocklehurst, Bound Brk	17:01
1992 Henry Hudson	42	Steve Jacob, Metuchen	17:40
1993 Metuchen	39	Steve Rukowicz, Spotswood	17:50
1994 Metuchen	29	Noel Zeh, Metuchen	17:23
1995 Bernards	36	Jeff Finucane, Bernards	17:51
1996 Metuchen	40	Jay McGovern, Henry Hudson	17:48
1997 Keansburg	57	Joao Neves, Bound Brook	17:17
1998 Bernards	68	Brad Becker, Spotswood	17:12
1999 Rumson-Fair Haven	39	Israel Payan, Colts Neck	17:11
2000 Colts Neck	34	Israel Payan, Colts Neck	17:05
2001 Shore Regional	58	Sam Hetzel, Metuchen	17:14
2002 Bernards	41	Marc Altenau, Shore	17:06
2003 Keansburg	15	Thomas Gemignami, Keansburg	17:33
2004 Keansburg	31	Andrew Carusotto, Keansburg	17:42
2005 Keansburg	20	Andrew Carusotto, Keansburg	17:37
2006 Keansburg	59	Matt Turlip, Dunellen	16:35
2007 Metuchen	61	Julian Fensterheim, Metuchen	16:41
2008 Robbinsville	52	Nick Lachman, Robbinsville	16:44

GIRLS

Four-Time Sectional Champions

Monal Chokshi, Bridgewater (1979-82)
 Meg Waldron, Bernards (1979-82)
 Janet Smith, North Edison (1980-3)
 Julie Ullmeyer, Shore (2000-03)

Three-Time Sectional Champions

Jodi Bilotta, North Hunterdon (1985-7)
 Autumn Fogg, Hunterdon Central (1993- 5)
 Laura Nann, Bernards (1995-7)
 Lindsey Gallo, Howell (1997-9)
 Lily Thomas, Somerville (1997-9)
 Lindsay Ritchings, Pt. Pleas Be (2003-05)
 Clair Buck, Hopewell Valley (2006-08)

GIRLS

Most Sectional Team Titles

North Hunterdon	14
Hunterdon Central	13
Bernards	12
Mater Dei	8
Red Bank Catholic	7
Colts Neck	5
Delaware Valley	5
Holmdel	5
Hopewell Valley	5
Middletown South	5
Metuchen	4
Ridge	4
Voorhees	4
New Providence	3
Ocean Township	3
Old Bridge	3
Shore	3
Somerville	3

CENTRAL JERSEY SECTIONAL CROSS-COUNTRY CHAMPIONSHIPS

by Ed Grant (*New Jersey Track*, 101 Greenwich Court, Madison, NJ 07940)

Group IV Girls

Year Team	Pts	Individual, School	Time
1976 Hunterdon Central	44	Nancy Fitzgerald, Cedar Ridge	11:41
1977 Hunterdon Central	65	Nancy Fitzgerald, Cedar Ridge	17:53
1978 Hunterdon Central	46	Mary Banks, Raritan	17:33
1979 Hunterdon Central	30	Cricknet Batz, Hunterdon Central	19:29
1980 Hunterdon Central	38	Janet Smith, North Edison	18:29
1981 Hamilton East	32	Janet Smith, North Edison	17:46
1982 North Hunterdon	43	Janet Smith, North Edison	17:49
1983 Madison Central	69	Janet Smith, North Edison	17:04
1984 Manalapan	43	Randi Engle, Marlboro	18:28
1985 Hunterdon Central	31	Justine Doyle, Hunterdon Centr	20:11
1986 Hunterdon Central	38	Chris Baldes, North Hunterdon	20:24
1987 North Hunterdon	52	Jodi Bilotta, North Hunterdon	18:57
1988 North Hunterdon	40	Sandy LaPlaca, No. Hunterdon	20:17
1989 North Hunterdon	50	Monal Chokshi, Bridgewater	19:37
1990 Marlboro	63	Monal Chokshi, Bridgewater	18:39
1991 Marlboro	72	Monal Chokshi, Bridgewater	19:38
1992 Middletown South	53	Monal Chokshi, Bridgewater	19:32
1993 Hunterdon Central	19	Autumn Fogg, Hunterdon Centr	20:06
1994 Hunterdon Central	16	Autumn Fogg, Hunterdon Centr	19:20
1995 Middletown South	43	Autumn Fogg, Hunterdon Centr	19:39
1996 Hunterdon Central	49	Beth Crawford, Hunterdon Cent	19:56
1997 South Brunswick	68	Lindsey Gallo, Howell	20:29
1998 Hunterdon Central	46	Lindsey Gallo, Howell	19:35
1999 Hillsborough	65	Lindsey Gallo, Howell	19:52
2000 Hunterdon Central	28	Shannon Hawrylo, Hunterdon Cen	19:16
2001 Old Bridge	40	Mara McInerney, Old Bridge	19:54
2002 Old Bridge	44	Kellee Hand, Howell	19:56
2003 Old Bridge	66	Jennifer Clausen, Jackson Mem	18:41
2004 Jackson Memorial	63	Jennifer Clausen, Jackson Mem	18:54
2005 Jackson Memorial	63	Amanda Marino, Jackson Mem	18:38
2006 Colts Neck	47	Brianna Jackucewicz, Colts Neck	18:11
2007 Colts Neck	69	Brianna Jackucewicz, Colts Neck	18:14
2008 South Brunswick	61	Katie Kellner, W.Wind-Plain South	18:15

Group III GIRLS

Year Team	Pts	Individual, School	Time
1976 Red Bank Catholic	24	Tracey Van Dyke, Red Bk Cath	12:00
1977 Red Bank Catholic	31	Tracey Van Dyke, Red Bk Cath	18:38
1978 Red Bank Catholic	38	Maura Taylor, Red Bank Cath	18:52
1979 North Hunterdon	35	Marge DeMarrals, No. Hunter	20:59
1980 North Hunterdon	19	Sharon Greene, No. Hunterdon	19:02
1981 North Hunterdon	19	Tracy Bigley, North Hunterdon	18:49
1982 Raritan	41	Chris Bessinger, Raritan	18:57
1983 North Hunterdon	25	Stacy Bilotta, North Hunterdon	17:57
1984 North Hunterdon	16	Jeanne LaPlaca, North Hunter	17:49
1985 North Hunterdon	15	Jodi Bilotta, North Hunterdon	18:32
1986 North Hunterdon	16	Jodi Bilotta, North Hunterdon	18:55
1987 Red Bank Catholic	37	Catriona Logan, Red Bk Cath	20:20
1988 Red Bank Catholic	40	Colleen Kenney, Raritan	21:07
1989 Voorhees	60	Charlene Agar, Red Bk Cath	20:02
1990 Red Bank Catholic	50	Mary Pat Erickson Red Bk C	20:14
1991 Red Bank Catholic	55	Marianne Livingston, Red Bank	19:59
1992 North Hunterdon	59	Colleen Manning, No. Hunter	19:44
1993 Ocean Township	30	Megan Phillips, Ocean Twp	20:09
1994 Ocean Township	50	Laura Meadors, Ocean Twp	19:47
1995 Wall	60	Amala Merritt, Neptune	20:35
1996 Ocean Township	38	Lisa Anderson, No. Hunterdon	20:39
1997 Middletown South	45	Pam Meadors, Ocean Twp-	19:19
1998 North Hunterdon	37	Cate Guiney, Middletown So.	18:00
1999 Middletown South	27	Casie Kerr, Middletown So.	20:48
2000 North Hunterdon	28	Megan Ruane, No. Hunterdon	20:24
2001 North Hunterdon	42	Erin Enderly, Ocean Township	19:34
2002 Middletown South	68	Katy & Amanda Trotter, Red Bank	18:16
2003 Princeton	47	Erin Enderly, Ocean Township	19:23
2004 Colts Neck	47	Ashley Higginson, Colts Neck	19:28
2005 Colts Neck	27	Briana Jackucewicz, Colts Neck	18:56
2006 Hopewell Valley	54	Clare Buck, Hopewell Valley	18:54
2007 Hopewell Valley	54	Clare Buck, Hopewell Valley	18:58
2008 Hopewell Valley	57	Clare Buck, Hopewell Valley	18:23

Group II GIRLS

Year Team	Pts	Individual, School	Time
1976 St. Rose/Del Val	56	Anne Kunze, Metuchen	12:00
1977 Bernards	28	Eve Thompson, Red Bank	18:52
1978 Delaware Valley	47	Beverly Reilly, St. Rose	19:11
1979 Holmdel	42	Ann Marie Martinek, St. John V	19:58
1980 St. John Vianney	23	Fran Coughlin, St. John Vianney	19:51
1981 St. John Vianney	39	Leslie Gale, St. John Vianney	19:02
1982 Holmdel	40	Shelia O'Brien, So. Brunswick	18:55
1983 Holmdel	44	Adele Federico, Holmdel	19:32
1984 Holmdel	59	Beth Starr, Lawrence	17:59
1985 Bernards	27	Karen Ahearn, Bernards	18:27
1986 Ridge	45	Cindy Laury, Ridge	21:00
1987 Delaware Valley	65	Karin Swartz, Princeton	19:46
1988 Delaware Valley	36	Karin Swartz, Princeton	20:10
1989 Delaware Valley	39	Linda Bizzocco, Shore	20:56
1990 Carteret	88	Stacey Hempel, Carteret	20:49
1991 Somerville	64	Creta Norcross, Voorhees	20:42
1992 Somerville	85	Cathy Miller, Somerville	20:51
1993 Wall	67	Heather Perrine, Wall	20:14
1994 Somerville	60	Meghann Ganey, Ridge	20:02
1995 Ridge	40	Claire Nicholas, Ridge	20:48
1996 Ridge	51	Meghann Ganey, Ridge	20:00
1997 Voorhees	29	Lily Thomas, Somerville	20:30
1998 Voorhees	45	Lily Thomas, Somerville	19:55
1999 Hopewell Valley	38	Lily Thomas, Somerville	18:57
2000 Voorhees	47	Julie Ullmeyer, Shore Regional	19:28
2001 Voorhees	25	Chris Planer, Rumson-Fair Haven	19:32
2002 Hopewell Valley	22	Sara Best, Voorhees	19:34
2003 Shore Regional	23	Julie Ullmeyer, Shore Regional	19:55
2004 Rumson-Fair Haven	51	Laura Gallo, Cranford	19:59
2005 Summit	73	Laura Embrey, Shore Regional	19:57
2006 New Providence	74	Christine Altland, Raritan	19:28
2007 Holmdel	41	Julia Mark, Delaware Valley	19:08
2008 A.L. Johnson	64	Julia Mark, Delaware Valley	19:08

Group I GIRLS

Year Team	Pts	Individual, School	Time
1976 Mater Del	32	Meg Fynes, Immaculata	
1977 Mater Dei	24	Jedy Ruff, Highland Park	19:15
1978 Mater Dei	46	Sue Minogue, Mater Del	18:06
1979 Bernards	20	Meg Waldron, Bernards	19:17
1980 Mater Del	33	Meg Waldron, Bernards	18:36
1981 Bernards	15	Meg Waldron, Bernards	17:35
1982 Bernards	19	Meg Waldron, Bernards	18:06
1983 Bernards	15	Jenny Rahn, Bernards	19:07
1984 Bernards	16	Karen Ahearn, Bernards	18:29
1985 Hoffman	23	Beth Lynch, Metuchen	20:56
1986 Bernards	23	Debbie Fordyce, Bernards	20:19
1987 Mater Dei	22	Resie Caffrey, Mater Del	19:57
1988 Bernards	56	Becky Nazario, Pingry	21:11
1989 Mater Del	40	Becky Nazario, Pingry	21:51
1990 Mater Dei	62	Danielle Notarcola, Keyport	21:08
1991 Mater Dei	58	Joni Ambrosia, Henry Hudson	20:27
1992 Pingry	54	Mary Newman, Highland Park	20:35
1993 Bound Brook	42	Joy Bashew, Metuchen	21:47
1994 Bernards	46	Kelsey Barfuss, Bernards	20:32
1995 Bernards		Laura Nann, Bernards	19:58
1996 Metuchen		Laura Nann, Bernards	20:13
1997 Bernards	21	Laura Nann, Bernards	20:43
1998 Keansburg	50	Megan Kayser, Middlesex	21:26
1999 Rumson-Fair Haven	23	Christy Planer, Rumson FH	20:56
2000 Colts Neck	44	Megan Kayser, Middlesex	20:50
2001 Shore Regional	19	Julie Ullmeyer, Shore Regional	20:42
2002 Shore Regional	20	Julie Ullmeyer, Shore Regional	20:05
2003 New Providence	31	Elizabeth Wagner, New Providence	22:10
2004 New Providence	44	Chelsea Fisher, Metuchen	22:01
2005 Metuchen	38	Lindsay Ritchings, Pt. Plea Beach	21:06
2006 Metuchen	19	Fiona Weeks, Metuchen	20:55
2007 Metuchen	37	Elise Brevet, Metuchen	19:49
2008 Robbinsville	32	Megan Flynn, Robbinsville	19:30

NORTH JERSEY 2 SECTIONAL CROSS-COUNTRY CHAMPIONSHIPS

by Ed Grant (*New Jersey Track*, 101 Greenwich Court, Madison, NJ 07940)

GROUP IV BOYS

Year	Winning Team	Pts	Individual Winner, School	Time
1965	Kearny	76	Bob Boglione, Belleville	12:38.5
1966	Morristown	74	Vester Shack, Fast Orange	12:59.0
1967	Morristown	42	Rich Furst, Nutley	12:24.4
1968	Bloomfield	36	Rich Gordon, Morristown	12:33.1
1969	Morristown	25	Rich Gordon, Morristown	12:45.5
1970	Westfield	59	Vince Cartier, Scotch Plains	12:31.5
1971	Westfield	31	Vince Cartier, Scotch plains	12:07.0
1972	Parsippany Hills	60	George Moore, Morris Knolls	12:27.5
1973	Cranford	59	Lou Celebre, Livingston	14:34.7
1974	Westfield	62	Bob Amitrani, Cranford	14:12.7
1975	Westfield	39	Brian Clancey, Westfield	14:37.0
1976	Morristown	45	Mike O'Brien, Westfield	14:25.5
1977	Westfield	32	Dave Miller, Westfield	14:39.0
1978	Morristown	51	Dave Swatland, Columbia	14:12.0
1979	Westfield	46	Cliff Sheehan, Westfield	16:35.0
1980	Westfield	38	Cliff Sheehan, Westfield	15:50.0
1981	Morristown/Westfield	45	J.J. Clark, Columbia	16:09.0
1982	Morristown	50	John Logsdon, Nutley	16:20.0
1993	Newark East Side	38	Andy Jacob, Westfield	16:07.0
1984	Newark East Side	49	Rich Roskilly, Phillipsburg	16:29.0
1985	Newark East Side	43	Eric Sturtevant, Morristown	15:54.0
1986	Morristown	45	Carlos Martins, Newark East Side	16:18.0
1987	Morristown	43	Bill Moran, Morris Knolls	16:38.0
1988	Newark East Side	58	Russ Curley, Columbia	16:47.0
1989	Newark East Side	73	Russ Curley, Columbia	16:27.0
1990	Newark East Side	43	Jason Vigilante, Morristown	16:26.0
1991	Westfield	40	Antonio Oliveira, Newark East Side	16:42.0
1992	Westfield	45	Per Chilstrom, Columbia	16:37.0
1993	Westfield	29	Matt Elmuccio, Westfield	17:00.0
1994	Westfield	34	Matt Elmuccio, Westfield	16:42.0
1995	Westfield	31	Matt Elmuccio, Westfield	16:52.0
1996	Westfield	27	Matt Elmuccio, Westfield	16:32.0
1997	Randolph	38	Gordon Kaslusk, Westfield	16:56.0
1998	Randolph	39	Feder Estelus, Elizabeth	16:29.0
1999	Columbia	76	Colin Brown, Columbia	16:56.0
2000	Morristown	66	Gary Reinhard, Morristown	16:44.0
2001	Morristown	41	Gary Reinhard, Morristown	16:40.0
2002	Morristown	49	Jacob Nettleton, Columbia	17:09.0
2003	Bridgewater-Raritan	21	Mike Zecca, Bridgewater-Raritan	16:51.0
2004	Westfield	43	Jeffrey Perrella, Westfield	16:34.0
2005	Phillipsburg	37	Jeffrey Perrella, Westfield	16:13.0
2006	Phillipsburg	39	Christian Gonzalez, Franklin	16:26.0
2007	Hunterdon Central	48	Jermaine Coore, Franklin	16:09.0
2008	Ridge	96	Chris Banafato, Bridgewater-Raritan	16:48.0

Boys – Most Sectional Titles

Morristown	15
Westfield	15
*Morris Hills	14
Whippany Park	12
Chatham	10
Kinnelon	9
Jefferson Township	8
Cranford	6
East Side	6
Dover	5
Millburn	5
New Providence	5
Parsippany	5
Hanover Park	4
Hillside	4

GROUP II BOYS

Year	Winning Team	Pts	Individual Winner, School	Time
1965	Randolph	47	Ed Cross, New Providence	13:07.0
1966	Morris Knolls	46	Ed Cross, New Providence	12:57.0
1967	Warren Hills	53	Tim Steele, Morris Knolls	12:26.9
1968	Kinnelon	46	Jack Webb, Randolph	12:52.5
1969	Springfield	42	Norm Reinhardt, Springfield	12:31.5
1970	Kinnelon	46	Norm Reinhardt, Springfield	12:33.0
1971	Butter	75	Don Harivel, New Providence	12:37.5
1972	Hillside	48	John Rosas, Hillside	12:37.8
1973	Randolph	69	Mark Hagelgans, Whippany Park	14:26.6
1974	Randolph	85	Bob Siehl, Montville	14:35.3
1975	Randolph	50	Neil Kozlowski, Randolph	14:59.0
1976	Dover	44	Bob Hanion, New Providence	15:03.6
1977	Dover	53	David Thomson, Dover	14:46.0
1978	Dover	58	David Thomson, Dover	14:14.0
1979	Hillside	49	Roy Von Dvke, Jefferson Twp	17:37.0
1980	Springfield	89	Ken Loren, Dover	16:58.0
1981	Butler	59	Steve Noctor, Warren Hills	16:53.0
1982	Dover	40	Matt Krumholz, West Orange	16:48.0
1983	Dover	50	David Greenblatt, Dover	16:44.0
1984	Jefferson Twp	81	Andy Ball, Pequannock	16:37.0
1985	Jefferson Twp	47	Andy Ball, Pequannock	16:06.0
1986	Caldwell	40	John Chichester, Caldwell	16:45.0
1987	Millburn	56	Troy Johnson, West Side,	16:56.0
1988	Millburn	78	Daryl Slocum, Madison Boro	17:26.0
1989	Chatham	59	Brian Walsh, Chatham	16:51.0
1990	Millburn	53	Brian Walsh, Chatham	16:27.0
1991	Millburn	53	Brian Walsh, Chatham	16:12.0
1992	Whippany Park	35	Josh Keena, Whippany Park	16:30.0
1993	Morris Hills	59	John Korch, Hanover Park	17:16.0
1994	Jefferson Twp	42	Steve Seebach, Jefferson Twp	16:51.0
1995	Morris Hills	34	Adam Van Antwerp, Jefferson Twp	17:22.0
1996	Jefferson Twp	48	Adam Van Antwerp, Jefferson Twp	17:12.0
1997	Morris Hills	36	John Mackey, Morris Hills	17:06.0
1998	Chatham	33	Mark Bahnnuk, Hackettstown	17:02.0
1999	Summit	58	Matt Van Antwerp, Jefferson	17:18.0
2000	Hanover Park	39	Lou Albano, Pequannock	17:03.0
2001	Hanover Park	45	David Webster, Summit	17:00.0
2002	Hanover Park	30	Shawn Shokry, Hanover Park	16:53.0
2003	Cranford	23	Hany Abdallah, Madison	17:15.0
2004	Chatham	38	Ben Massam, Chatham	16:48.0
2005	Bernards	33	Ben Massam, Chatham	16:13.0
2006	Chatham	44	James Grimes, Chatham	16:18.0
2007	Summit	52	Thomas Lavelle, Chatham	16:56.0
2008	Chatham	45	Christopher Johnson, Gov Livingston	16:48.0

Mount Olive	4
Mountain Lakes	4
Phillipsburg	4
Bernards	3
Glen Ridge	3
Parsippany Hills	3
Randolph	3

Boys Four-Time Winners

Matt Elmuccio, Westfield (1993-96)
Steve Slattery, Mt. Olive (1994-97)

Boys Three-Time Winners

Brian Walsh, Chatham (1989-91)
Anthony DeBenedictis, Roselle Park (92-94)
Brian Saliter, Whippany Park (1995-97)

NORTH JERSEY 2 SECTIONAL CROSS-COUNTRY CHAMPIONSHIPS

By Ed Grant (*New Jersey Track*, 101 Greenwich Court, Madison, NJ 07940)

GROUP III BOYS

Year Winning Team	Pts	Individual Winner, School	Time
1965 Parsippany	43	Greg Lattig, Mountain	12:51.5
1966 Hillside	62	Greg Lattig, Mountain	12:53.0
1967 West Side	39	Bruce Syme, Millburn	12:55.7
1968 Hillside	60	Al Nittolo, Millburn	12:51.9
1969 West Morris	55	John Lee, Berkeley Heights	13:07.0
1970 Parsippany Hills	54	Phil Brunquill, West Essex	13:08.0
1971 Morris Hills	39	Frank Fonseca, Morris Hills	12:29.7
1972 Morris Hills	53	Reno Stirrat, Morris Hills	12:41.0
1973 Morris Hills	46	Kevin Bird, Morris Knolls	14:55.2
1974 Parsippany Hills	49	Frank Verdon, Parsippany	14:46.8
1975 Morris Hills	47	Steve O'Connell, Millburn	14:30.6
1976 Parsippany	35	Bob Stehl, Morris Hills	14:15.0
1977 Morris Hills	45	Bill Wheatley, Morris Hills	14:46.0
1978 Morris Hills	93	Ken Smalley, Parsippany Hills	14:23.0
1979 Randolph	91	Stu Bacha, Hanover Park	16:34.0
1980 Parsippany	61	Mike Palmer, Caldwell	16:32.0
1981 Parsippany	27	Mike Palmer, Caldwell	16:25.0
1982 Parsippany	42	Tim Mulligan, Parsippany	16:39.0
1983 Cranford	45	John Hayes, Randolph	16:06.0
1984 Morris Hills	52	John Hayes, Randolph	16:17.0
1985 Morris Hills	85	Joe Livorsi, Morris Hills	16:32.0
1986 Cranford	62	Ray Pugsley, West Morris Mendham	17:02.0
1987 Hanover Park	71	John Mangler, Morris Hills	16:53.0
1988 Phillipsburg	69	Brian Norwell, West Morris Mendham	16:52.0
1989 W. Morris Mendham	51	Brian Norwell, West Morris Mendham	16:37.0
1990 Morris Hills	65	Chad Beer, Morris Hills	16:45.0
1991 Mount Olive	56	Scott Wolckenhauer, West Morris	16:47.0
1992 West Morris	34	Scott Wolckenhauer, West Morris	16:41.0
1993 Mount Olive	61	Scott McDonnell, Mount Olive	17:04.0
1994 Morris Knolls	52	Steve Slattery, Mount Olive	16:47.0
1995 Mount Olive	41	Steve Slattery, Mount Olive	17:14.0
1996 Morristown	29	Steve Slattery, Mount Olive	16:10.0
1997 Morristown	29	Steve Slattery, Mount Olive	16:07.0
1998 Morris Hills	47	Tim Styler, Cranford	16:14.0
1999 Morristown	72	Mark Baunach, Hackettstown	16:32.0
2000 Cranford	55	Brian Boyette, Parsippany Hills	16:26.0
2001 Mount Olive	54	Robert Walden, Scotch Plains-Fan	16:37.0
2002 Cranford	37	Jeremy Zagorski, Parsippany Hills	16:48.0
2003 Phillipsburg	61	Kyle Alpaugh, Voorhees	16:58.0
2004 Holmdel	48	Dale Taylor, North Hunterdon	16:45.0
2005 Ridge	70	Chris Southwick, Voorhees	16:23.0
2006 Ridge	64	Chris Southwick, Voorhees	16:27.0
2007 Millburn	25	Peter Murphy, Millburn	16:08.0
2008 W. Morris Mendham	42	Tyler Udland, Millburn	16:10.0

GROUP I BOYS

Year Winning Team	Pts	Individual Winner, School	Time
1966 Kinnelon	28	Bruce Langenkamp, Randolph	13:08.0
1967 Kinnelon	24	Kevin Dunn, Kinnelon	12:47.7
1968 Jefferson Twp	24	Chris Sands, Jefferson Twp	13:23.5
1969 Kinnelon	33	Tom Stapler, Kinnelon	12:45.0
1970 Glen Ridge	34	Bob Hahn, Roselle Park	13:05.0
1971 Jefferson Twp	42	Dan Slobodzian, Jefferson Twp	12:59.0
1972 Whippany Park, & Glen Ridge, Jefferson Twp	56	Mark Hagelgans, Whippany Park	12:54.0
1973 Jefferson Twp	30	John Copensky, Jefferson Twp	15:13.0
1974 Glen Ridge	61	Dave Morris, Chatham Twp	15:12.8
1975 Mountain Lakes	53	Dave Gsell, Glen Ridge	15:16.0
1976 Kinnelon	56	Bill Agee, Kinnelon	14:54.4
1977 Chatham Twp	42	Bill Agee, Kinnelon	14:50.0
1978 Kinnelon	48	Bob Gibson, Mountain Lakes	14:32.0
1979 Mountain Lakes	35	Pete Columbia, Kinnelon	17:10.0
1980 Mountain Lakes	39	Joe Gibson, Mountain Lakes	17:05.0
1981 Verona/Kinnelon	52	Rich Osifchin, Kinnelon	17:19.4
1982 Mountain Lakes	30	Terry Barone, Cedar Grove	17:11.0
1983 Chatham Twp	42	Jim Gibson, Mountain Lakes	16:38.0
1984 Chatham Twp	23	Jeff Bowne, Chatham Twp	17:10.0
1985 Chatham Twp	22	Dan O'Connell, Chatham Twp	17:31.0
1986 Chatham Twp	32	Peter Rovick, Chatham Twp	17:40.0
1987 Kinnelon	55	Alex Fernandez, Newark Science	17:31.0
1988 Whippany Park	48	Alex Fernandez, Newark Science	17:19.0
1989 Whippany Park	42	Everette Gray, Newark Arts	17:27.0
1990 Whippany Park	26	Everette Gray, Newark Arts	17:28.0
1991 Whippany Park	15	Jush Keens, Whippany Park	17:12.0
1992 Newark Science	36	Anthony DeBenedictis, Roselle Park	16:55.0
1993 Whippany Park	37	Anthony DeBenedictis, Roselle Park	16:32.0
1994 Newark Science	42	Anthony DeBenedictis, Roselle Park	16:10.0
1995 Whippany Park	40	John Nesgoda, Pequannock	17:43.0
1996 Whippany Park	36	Brian Saliter, Whippany Park	17:03.0
1997 Whippany Park	49	Brian Saliter, Whippany Park	16:42.0
1998 Whippany Park	31	Brian Saliter, Whippany Park	16:56.0
1999 New Providence	69	Joe Jacobs, Butler	17:54.0
2000 New Providence	63	Joe Jacobs, Butler	16:59.0
2001 New Providence	37	Matt McMickle, New Providence	17:10.0
2002 New Providence	52	William Meier, Butler	18:23.0
2003 Bernards	27	Evan Geilich, Bernards	17:15.0
2004 Bernards	23	Bob Kein, Henry Becton	17:07.0
2005 Secaucus	42	Matt Turlip, Dunellen	17:19.0
2006 Whippany Park	32	Tanqeer Qazi, McNair Academic	17:30.0
2007 New Providence	46	Benjamin Singleton, University Acad	17:38.0
2008 Verona	54	Dave Oster, Verona	17:04.0

Girls – Most Sectional Titles

Mount Olive	11
Morristown	9
Kinnelon	6
Morris Knolls	6
Randolph	6
Westfield	6
New Providence	5
Voorhees	5
Chatham	4
Phillipsburg	4
Arts	3
Boonton	3
Caldwell	3
Columbia	3
Dover	3
McNair	3

Morris Hills	3
Mountain Lakes	3
Pequannock	3
Summit	3
West Morris	3
Whippany Park	3

Girls – Four-Time Winners

Melanie Thompson, Voorhees (2005-8)

Girls Three-Time Winners

Joetta Clark, Columbia (1977-79)
 Theresa Gachwind, Summit (1979-81)
 Lori Carpenter, New Providence (1984-86)
 Jen Schenberg, Kinnelon (1987-89)
 Jackie Coscia, Mt. Olive (1992-94)
 Stephanie Snyder, Randolph (95, 97-98)

NORTH JERSEY 2 SECTIONAL CROSS-COUNTRY CHAMPIONSHIPS

By Ed Grant (*New Jersey Track*, 101 Greenwich Court, Madison, NJ 07940)

GROUP IV GIRLS

Year	Winning Team	Pts	Individual Winner, School	Time
1977	Morristown	33	Joetta Clark, Columbia	17:46.0
1978	Morristown	30	Joetta Clark, Columbia	16:43.0
1979	Morristown	40	Joetta Clark, Columbia	19:30.0
1980	Plainfield	32	Linda King, Roxbury	19:51.0
1981	Plainfield	28	Lisa St. Clair, Plainfield	20:09.0
1982	Morristown	52	Lisa St. Clair, Plainfield	19:42.0
1983	Morristown	44	Rose Domingues, Newark East Side	19:57.0
1984	Newark East Side	41	Ross Domingues, Newark East Side	19:24.0
1985	Phillipsburg	49	Christine Grant, Columbia	19:34.0
1986	Phillipsburg	39	Elaine Doherty, Morristown	20:02.0
1987	Newark East Side	35	Elaine Doherty, Morristown	19:22.0
1988	Morristown	45	Paula Vagueiro, Newark East Side	19:59.0
1989	Morris Knolls	32	Jan Blake, Morris Knolls	20:11.0
1990	Morris Knolls	42	Danielle Gelsomino, Roxbury	19:59.0
1991	Westfield	68	Heather Bury, West Orange	20:00.0
1992	Randolph	44	Heather Bury, West Orange	19:35.0
1993	Columbia	39	Hazel Clark, Columbia	20:28.0
1994	Westfield	42	Hazel Clark, Columbia	19:41.0
1995	Westfield	52	Stephanie Snyder, Randolph	20:00.0
1996	Randolph	41	Catherine Casey, Columbia	20:14.0
1997	Columbia	32	Stephanie Snyder, Randolph	19:19.0
1998	Roxbury	33	Stephanie Snyder, Randolph	19:24.0
1999	Columbia	55	Stephanie Last, Roxbury	19:29.0
2000	Westfield	64	Courtney Epps, Columbia	19:37.0
2001	Morris Knolls	61	Courtney Epps, Columbia	19:45.0
2002	Morristown	47	Jenn Ennis, Roxbury	19:48.0
2003	Westfield	53	Erin Higgins, Union	20:11.0
2004	Westfield	53	Jahlisa Smith, Plainfield	20:17.0
2005	Bridgewater-Rar	30	Jahlisa Smith, Plainfield	19:49.0
2006	Bridgewater-Rar	67	Danica Krivanos, Bridgewater-Rar	19:31.0
2007	Hunterdon Central	33	Rashmi Singh, Hunterdon Central	19:42.0
2008	Ridge	26	Danna Guglielmo, Ridge	19:42.0

GROUP II GIRLS

Year	Winning Team	Pts	Individual Winner, School	Time
1977	Butler	57	Caroline McCoy, Caldwell	18:30.0
1978	Mount Olive	45	Karen Flanagan, Jefferson Twp	17:44.0
1979	Mount Olive	36	Sue Hollister, Jefferson Twp	21:04.0
1980	Mount Olive	47	Melinda Holm, W. Morris Mendham	19:20.0
1981	Mount Olive	49	Melinda Holm, W. Morris Mendham	18:56.0
1982	Springfield	69	Bobble McGee, West Side	18:54.0
1983	Springfield	60	Madeline Nagy, Caldwell	19:12.0
1984	Boonton	61	Madeline Nagy, Caldwell	18:51.0
1985	Dover	47	Tracy Biber, Springfield	19:37.0
1986	Dover	48	Yolanda Santana, Dover	20:31.0
1987	Hackettstown	43	Gwen Nagy, Caldwell	20:29.0
1988	Millburn	76	Jen Nesbitt, Caldwell	20:15.0
1989	Caldwell	54	Jen Nesbitt, Caldwell	20:23.0
1990	Boonton	68	Melissa Zobel, Chatham	20:11.0
1991	Boonton	46	Melissa Zobel, Chatham	20:22.0
1992	Dover	57	Lauren Whitehead, W.M. Mendham	21:01.0
1993	W. Morris Mendham	37	Lauren Whitehead, W.M. Mendham	20:27.0
1994	Chatham	43	Laura Wissolik, Chatham	19:54.0
1995	Jefferson Twp	49	Lauren Kelly, Morris Hills	20:36.0
1996	Morris Hills	56	Cheryl Bauer, Morris Hills	19:41.0
1997	Morris Hills	22	Erin Wyble, Morris Hills	20:42.0
1998	Caldwell	58	Kym Hyde, Jefferson Twp	20:52.0
1999	Caldwell	51	Kerry Maybaum, West Essex	20:43.0
2000	Montville	25	Ashley Wolf, Montville	20:45.0
2001	Montville	25	Christina Scherer, Montville	19:59.0
2002	Summit	67	Megs Didario, Gov. Livingston	20:05.0
2003	Cranford	59	Mallory Harlin, Cranford	20:24.0
2004	Chatham	48	Alexis Weiner, Caldwell	19:58.0
2005	Chatham	32	Alexis Weiner, Caldwell	19:37.0
2006	Summit	48	Abby Hinds, Mountain Lake	19:09.0
2007	Chatham	48	Kat Grimes, Chatham	19:46.0
2008	Summit	67	Mallory Anderson, Madison	19:39.0

GROUP III GIRLS

Year	Winning Team	Pts	Individual Winner, School	Time
1977	Pequanock	33	Nancy Seeger, Roxbury	16:54.0
1978	Pequanock	27	Nancy Gallagher, Morris Hills	17:45.0
1979	Pequanock	17	Theresa Gachwind, Summit	19:16.0
1980	Randolph	55	Theresa Gachwind, Summit	18:47.0
1981	Randolph	50	Theresa Gachwind, Summit	18:26.0
1982	Randolph	39	Noel LeFrancis, West Morris	19:21.0
1983	West Morris	29	Noel LeFrancis, West Morris	18:48.0
1984	Randolph	53	Terry Reinman, W. Morris Mendham	19:22.0
1985	West Morris	55	Meghan Lee, West Morris	19:26.0
1986	Morris Hills	43	Kris Opdyke, West Morris	20:40.0
1987	Mount Olive	55	Gina Willoughby, Randolph	19:51.0
1988	Phillipsburg	32	Kristen Hall, West Morris	19:36.0
1989	Mount Olive	42	Nicki Willett, Morris Hills	19:16.0
1990	Phillipsburg	35	Christine Engel, Mount Olive	19:22.0
1991	Morris Knolls	46	Christine Engel, Mount Olive	19:46.0
1992	West Morris	46	Jackie Coscia, Mount Olive	20:05.0
1993	Mount Olive	41	Jackie Coscia, Mount Olive	19:49.0
1994	Mount Olive	49	Jackie Coscia, Mount Olive	18:54.0
1995	Mount Olive	15	Kim Primavera, Mount Olive	20:15.0
1996	Roxbury	35	Kim Primavera, Mount Olive	20:00.0
1997	Morristown	39	Megan Schwartz, Morristown	20:08.0
1998	Westfield	57	Cheryl Bauer, Morris Hills	18:49.0
1999	Morristown	66	Marianne Herbst, Mt. Olive	19:32.0
2000	Parsippany	82	Kim Pereira, Parsippany	19:36.0
2001	Mount Olive	46	Sarah Founds, W. Morris Mendham	19:52.0
2002	Morris Knolls	34	Ashley Wolf, Montville	19:43.0
2003	Voorhees	35	Becky Crossin, North Hunterdon	19:32.0
2004	Voorhees	60	Kathleen Henry, Ridge	19:26.0
2005	Ridge	44	Melanie Thompson, Voorhees	19:05.0
2006	Voorhees	53	Melanie Thompson, Voorhees	18:29.0
2007	Voorhees	20	Melanie Thompson, Voorhees	18:36.0
2008	Voorhees	28	Melanie Thompson, Voorhees	18:32.0

GROUP I GIRLS

Year	Winning Team	Pts	Individual Winner, School	Time
1977	Mount Olive	34	Nancy Schmidt, Kinnelon	18:13.0
1978	Morris Catholic	35	Ann Gladuc, Bayley-Ellard	16:26.0
1979	Kinnelon	33	Ann Gladuc, Bayley-Ellard	20:19.0
1980	Kinnelon	30	Kelly O'Hara, Verona	20:14.0
1981	Kinnelon	42	Roxanne Polo, Whippany Park	19:49.0
1982	Whippany Park	24	Sharon Leddy, Whippany Park	20:15.0
1983	Kinnelon	18	Sandy Smith, Kinnelon	21:10.0
1984	Kinnelon	21	Lori Carpenter, New Providence	20:47.0
1985	New Providence	15	Lori Carpenter, New Providence	20:45.0
1986	Morris Catholic	43	Lori Carpenter, New Providence	20:55.0
1987	Kinnelon	34	Jen Schenberg, Kinnelon	20:40.0
1988	Kinnelon	35	Jen Schenberg, Kinnelon	20:21.0
1989	Newark Arts	33	Jen Schenberg, Kinnelon	19:49.0
1990	Newark Arts	24	Akhirs Ismail, Newark Arts	20:52.0
1991	Newark Arts	20	Cathy O'Brien, Morris Catholic	20:46.0
1992	Morris Catholic	36	Cathy O'Brien, Morris Catholic	20:25.0
1993	Whippany Park	34	Kelly Carpenter, Mountain Lakes	21:19.0
1994	Kinnelon	67	Kelly Carpenter, Mountain Lakes	20:32.0
1995	Newark Science	69	Bethany Sands, Pequannock	21:58.0
1996	Whippany Park	52	Sanita Ittoop, Kinnelon	21:28.0
1997	New Providence	41	Sherry White, Newark Science	21:51.0
1998	New Providence	49	Laura Perry, Whippany Park	20:40.0
1999	Verona	44	Christine Dobrosky, Mountain Lakes	21:44.0
2000	Mountain Lakes	42	Christine Dobrosky, Mountain Lakes	21:52.0
2001	Mountain Lakes	44	Katie Chambers, Mountain Lakes	21:06.0
2002	Mountain Lakes	33	Katie Chambers, Mountain Lakes	21:09.0
2003	Palisades Park	66	Caitlin Walsh, Verona	20:55.0
2004	Verona	44	Katherine Deleon, Palisades Park	20:47.0
2005	McNair	47	Quiauna Smith, McNair	22:18.0
2006	McNair	59	Ewelina Marut, Becton	21:31.0
2007	New Providence	36	Olivia Clyde, New Providence	20:11.0
2008	McNair	40	Rachel Murray, Dayton	21:17.0

NORTH JERSEY 1 SECTIONAL CROSS-COUNTRY CHAMPIONSHIPS

By Ed Grant (*New Jersey Track*, 101 Greenwich Court, Madison, NJ 07940)

GROUP IV BOYS

Year Winning Team	Pts	Individual Winner, School	Time
1965 Passaic Valley	77	Phil Papa, Dickinson	12:20.0
1966 North Bergen	44	Dan Truflicante, North Bergen	12:30.0
1967 Dickinson	53	Mike Von Halle, Hackensack	12:17.5
1968 Hackensack	60	Chris Elliot, Ramapo	12:48.5
1969 Ramapo	43	Ron Speirs, Paramus	12:18.0
1970 Hackensack	58	Kevin Conheency, Hackensack	12:28.5
1971 Fair Lawn	79	Jeff Miller, Clifton	12:18.8
1972 Hackensack	83	Dave Wall, Dickinson	12:28.5
1973 Hackensack	88	Rich Stukey, Teaneck	15:37.5
1974 North Bergen	42	Sal Vega, Memorial	15:13.8
1975 Memorial	53	Henry Lenz, Memorial	15:21.5
1976 Memorial	23	Henry Lenz, Memorial	14:59.0
1977 Memorial	30	Estoquio Gonzalez, Memorial	14:50.0
1978 Memorial	47	Al Solano, Memorial	14:25.0
1979 Memorial	51	Paul Wright, Paterson Kennedy	15:02.0
1980 Ridgewood	95	Tom Hughes, Ridgewood	16:01.0
1981 Hackensack	69	Jeff Van Horn, Wayne Valley	16:06.0
1982 Hackensack	62	Tony Williams, Paterson Kennedy.	15:43.0
1983 Kearny	56	Wesley Coke, Paterson Kennedy	16:13.0
1984 Ridgewood	30	David Greenblatt, Teaneck	16:00.0
1985 Memorial	82	David Greenblatt, Teaneck	16:16.0
1986 Ridgewood	57	Art Almeida, Kearny	16:29.0
1987 Clifton	60	Art Almeida, Kearny	16:00.0
1988 Vernon	41	Kevin McCabe, Ridgewood	16:59.0
1989 Ridgewood	65	Eric Boucher, Ridgewood	17:10.0
1990 Ridgewood	55	Eric Boucher, Ridgewood	16:31.0
1991 Ridgewood	33	Bob Keino, Ridgewood	16:36.0
1992 Ridgewood	47	Bob Keino, Ridgewood	15:35.0
1993 North Bergen	73	Bob Keino, Ridgewood	15:32.0
1994 North Bergen	62	Roger Munoz, Kearny	16:27.0
1995 Ridgewood	34	Roger Munoz, Kearny	16:57.0
1996 Ridgewood	63	Roger Munoz, Kearny	16:17.0
1997 Ridgewood	54	Aurello Saladrigas, Memorial	16:43.0
1998 Hackensack	37	Tom Baldwin, Hackensack	16:16.0
1999 Memorial	60	Frank Browne, Hackensack	16:46.0
2000 Memorial	42	William Cannon, Memorial	16:33.0
2001 West Milford	70	Chris Johnson, Vernon	16:26.0
2002 Ridgewood	40	Mohamed Khadraoui, JFK-Pat	15:52.0
2003 Ridgewood	32	Mohamed Khadraoui, JFK-Pat	15:58.0
2004 Ridgewood	35	Michael Cator, Ridgewood	16:15.0
2005 Ridgewood	39	Michael Cator, Ridgewood	16:28.0
2006 Ridgewood	55	Daniel Emont, Ridgewood	16:08.0
2007 Ridgewood	68	Mike Mitchell, Bergen Tech	16:06.0
2008 Randolph	73	Taro Shigenobu, Ridgewood	15:46.0

GROUP II BOYS

Year Winning Team	Pts	Individual Winner, School	Time
1965 Mahwah	36	Ken Asp, Mahwah	12:31.0
1966 Northern Highlands	58	Glenn Johnston, Bogota	12:26.0
1967 Northern Highlands	48	Phil Miles, Tenafly	12:50.0
1968 Indian Hills	44	Mike Meagher, Indian Hills	13:25.0
1969 Tenafly	75	Phil Miles, Tenafly	12:42.0
1970 Indian Hills/ No. High.	62	Greg Miller, No. Highlands	12:27.5
1971 Ramsey	38	Mike Richards, Sparta	12:36.5
1972 Pascack Valley	38	Mike Richards, Sparta	12:26.0
1973 Saddle Brook	48	Tim Chambers, Ramsey	15:58.3
1974 Saddle Brook	62	Mark Jaeckel, Saddle Brook	15:37.0
1975 Mahwah	52	Tony Mann, Mahwah	15:46.0
1976 Tenafly	50	Rick Bolline, Saddle Brook	15:02.0
1977 Saddle Brook	43	Scott Sarnoski, Bergen Tech	14:42.5
1978 Sparta	57	Tony Fitzgerald, Tenafly	15:13.0
1979 Sparta	56	Steve Grube, Vernon	15:36.0
1980 Kittatinny	86	Wilton Adams, Fort Lee	16:48.0
1981 Hopatcong	52	Yves Lettenier, Manchester	16:04.0
1982 Kittatinny	54	Pierre Letennier, Manchester	16:26.0
1983 Sparta	85	Pierre Letennier, Manchester	16:04.0
1984 Mahwah	31	Pierre Letennier, Manchester	15:54.0
1985 Dumont	64	Art Almeida, Harrison	16:41.0
1986 Dumont	59	Will Koslow, Fort Lee	17:14.0
1987 Dumont	50	Steve Samouhos, Fort Lce	16:24.0
1988 Rutherford	49	Craig Masker, Mahwah	17:15.0
1989 Rutherford	92	Craig Masker, Mahwah	16:55.0
1990 Pascack Hills	73	Jim Lame, Wallkill Valley	16:49.0
1991 Kittatinny	48	Brian Visconti, Kittatinny	16:37.0
1992 Englewood	79	Brian Visconti, Kittatinny	16:09.0
1993 Mahwah	69	Eric Castillo, Ridgefield Park	16:39.0
1994 Westwood	46	Chris White, No Highlands	16:36.0
1995 Newton	31	Ray Biersbach, Newton	16:51.0
1996 Westwood	52	Russ Giancola, New Milford	16:50.0
1997 Westwood	64	Matt Coporaletti, Westwood	17:02.0
1998 Rutherford	47	Matt Collins, Ramsey	17:12.0
1999 Rutherford	47	Matt Collins, Ramsey	16:52.0
2000 Wallkill Valley	63	Cole Dailey, Rutherford	16:36.0
2001 Kittatinny	59	Matt Klypka, Indian Hills	17:00.0
2002 Indian Hills	40	Matt Klypka, Indian Hills	16:25.0
2003 Morris Hills	37	Mike Burghoffer, Wallkill Valley	16:24.0
2004 Hopatcong	69	Mike Crum, Hopatcong	16:31.0
2005 Hopatcong	60	Mawell Bruno, Indian Hills	16:31.0
2006 Tenafly	95	Jerome Perkins, Indian Hills	16:29.0
2007 Indian Hills	59	Jerome Perkins, Indian Hills	16:12.0
2008 Wallkill Valley	63	Rob Albano, Pequanock	16:15.0

Boys

Three-Time Sectional Champions

Phil Miles, Tenafly (1967-9)
 Greg Miller, No. Highlands (1970-2)
 Art Almeida, Harrison, Kearny (85-7)
 Ken Flynn, Ramsey (1988-90)
 Pierre Letennier, Manchester (82-4)
 Bob Keino, Ridgewood (1991-3)
 Roger Munoz, Kearny (1994-6)

Boys

Most Team Sectional Titles

Ridgewood	16
Palisades Park	10
Mahwah	9
Ramsey	9
Dumont	8
Memorial	8
Bogota	7
Hackensack	7
Morris Hills	6
No. Valley @ Demarest	6
No. Valley @ Old Tappan	5
Northern Highlands	5
Hopatcong	4
Indian Hills	4
Kittatinny	4
North Bergen	4
Park Ridge	4
Pascack Valley	4
Rutherford	4
Tenafly	3
Westwood	3

NORTH JERSEY 1 SECTIONAL CROSS-COUNTRY CHAMPIONSHIPS

By Ed Grant (*New Jersey Track*, 101 Greenwich Court, Madison, NJ 07940)

GROUP III BOYS

Year	Winning Team	Pts	Individual Winner, School	Time
1965	Demarest	44	Klaus Schubert, Dumont	12:45.0
1966	Glen Rock	25	Everett Schenck, Glen Rock	12:46.0
1967	Dumont	62	Gary Martinsen, Elmwood Park	12:18.7
1968	Dumont	63	Phil Miles, Tenafly	13:11.0
1969	Dumont	51	John Tanner, Demarest	12:50.0
1970	Dumont	59	George Clefft, Morris Hills	12:27.0
1971	Dumont	75	Greg Miller, No. Highlands	12:14.5
1972	Northern Highlands	71	Greg Miller, No. Highlands	12:10.5
1973	Pascack Valley	49	Sal Vega, Memorial	15:27.5
1974	Pascack Valley	57	Andy Zucaro, Pascack Valley	15:31.0
1975	Ramsey	59	Roger Jones, Ramsey	15:17.0
1976	Ramsey	38	Roger Jones, Ramsey	14:37.0
1977	Old Tappan	37	Ed O'Neill, Ramsey	15:01.8
1978	Ramsey	40	Vin Loiacano, Ridgefield Park	15:12.0
1979	Ramsey	52	John Nelson, Old Tappan	15:03.0
1980	Emerson (UC)	64	Sergio De La Vaga, Emerson (UC)	16:15.0
1981	Emerson (UC)	52	Rich Byrne, Ridgefield Park	15:58.0
1982	Old Tappan	63	Steve Schadler, Bergenfield	15:59.0
1983	Vernon	60	Steve Schadler, Bergenfield	15:52.0
1984	Old Tappan	63	Ralph Nicki, Old Tappan	16:27.0
1985	Ramsey	47	Cesar Gaudin, Union Hill	16:16.0
1986	Ramey	53	Cesar Gaudin, Union Hill	16:37.0
1987	Union Hill	48	Rich Falcone, Vernon	16:08.0
1988	Ramsey	54	Ken Flynn, Ramsey	17:17.0
1989	Paramus	55	Ken Flynn, Ramsey	16:31.0
1990	Ramsey	69	Ken Flynn, Ramsey	16:09.0
1991	Northern Highlands	76	Rob Reeder, No. Highlands	16:28.8
1992	Pascack Valley	45	Bill Grogan, Bergenfield	16:24.0
1993	Wayne Hills	85	Geoff Ryan, Pascack Valley	16:29.0
1994	Old Tappan	69	Julio Ortiz, Hoboken	16:15.0
1995	Demarest	84	Andrew Knight, Ramapo	16:53.0
1996	Demarest	65	Cary Snyder, Demarest	16:34.0
1997	Demarest	48	Cary Snyder, Demarest	16:45.0
1998	Lakeland	60	Andres Cordero, Passaic Valley	16:24.0
1999	River Dell	81	Mike Rogers, Garfield	17:05.0
2000	Demarest	36	Joshua Robinson, River Dell	16:53.0
2001	Demarest	49	Dane Garlaseo, Demarest	16:46.0
2002	Old Tappan	97	Dana Garlasco, Demarest	16:38.0
2003	Wayne Valley	73	Jeffrey Klatsky, Nutley	16:05.0
2004	Morris Hills	42	Korey Edwards, Parsippany Hills	16:12.0
2005	Morris Hills	18	Kyle Soloff, Morris Hills	16:02.0
2006	Morris Hills	79	Tony Salvatore, Wayne Valley	16:10.0
2007	Morris Hills	29	Sean Pohorence, Morris Hills	16:19.0
2008	Morris Hills	26	Sean Pohorence, Morris Hills	16:13.0

GROUP I BOYS

Year	Winning Team	Pts	Individual Winner, School	Time
1966	Mahwah	21	Bob Llipham, Mahwah	13:12.0
1967	Bogota	21	Glenn Johnston, Bogota	12:21.5
1968	Cresskill	51	Joe Mele, Cresskill	13:42.0
1969	Bogota	36	Keith Kurtz, Pompton Lakes	12:47.7
1970	Park Ridge	46	Dale Thompson, Hasbrouck Ht	12:55.0
1971	Park Ridge	37	Steve Crymble, Pompton Lakes	12:50.6
1972	Park Ridge	36	Stan Gilewicz, Pompton Lakes	12:51.5
1973	Park Ridge	43	Ken Marzan, Park Ridge	15:47.5
1974	Hasbrouck Heights	58	Paid Marzan, Park Ridge	15:39.9
1975	Hopatcong	56	Paid Marzan, Park Ridge	15:28.8
1976	Palisades Park	56	Mike Fitzgerald, Bogota	15:23.0
1977	Bogota	59	Bill Austin, Hopatcong	15:09.0
1978	Bogota	45	Ian Leavesley, Mahwah	15:19.0
1979	Leonia	59	Ian Leavesley, Mahwah	15:05.0
1980	Mahwah	42	Don Neubert, Ridgefield	17:00.7
1981	Mahwah	44	John Mueller, Midland Park	16:49.0
1982	Mahwah	36	Frank Lamberti, Mahwah	16:28.0
1983	Pompton Lakes	54	Rich Alashian, Leonia	17:16.0
1984	Pompton Lakes	43	Mike Ryan, Palisades Park	16:53.0
1985	Mahwah	55	Russ Montevecchi, Mahwah	16:30.0
1986	Saddle Brook	54	Chris Moore, Emerson Boro	16:53.0
1987	Palisades Park	46	Rich Wisse, Saddle Brook	16:51.0
1988	Bogota	48	Rich Wisse, Saddle Brook	17:49.0
1989	Waldwick	41	Paul Capuzzo, Emerson Boro	17:55.0
1990	Becton	54	Kyle Alessi, Waldwick	17:31.0
1991	Waldwick	61	Mark Lambert, Park Ridge	17:34.0
1992	Bogota	108	Danny Schuman, Saddle Brook	17:09.0
1993	Bogota	70	David Ledgerwood, Park Ridge	17:04.0
1994	Palisades Park	62	Felix Olivo, Secaucus	16:30.0
1995	Palisades Park	34	Peter Startz, Waldwick	17:09.0
1996	Palisades Park	20	Jeff Clark, Bogota	16:56.0
1997	Palisades Park	48	Jeff Clark, Bogota	17:04.0
1998	Palisades Park	58	Danny Chaves, Secaucus	17:12.0
1999	Palisades Park	40	Danny Chaves, Secaucus	16:28.0
2000	Palisades Park	28	Nick Harris, Palisades Park	17:20.0
2001	Glen Rock	73	Steve Begley, Cresskill	17:01.0
2002	Palisades Park	64	Steve Begley, Cresskill	17:17.0
2003	Midland Park	38	Chris Guerriero, Saddle Brook	16:41.0
2004	Kinnelon	66	Chris Guerriero, Saddle Brook	16:26.0
2005	Kinnelon	56	Michael Soroko, Kinnelon	16:41.0
2006	Kinnelon	49	Ryan Van Alstine, Midland Pk	16:22.0
2007	Verona	51	Dave Oster, Verona	16:27.0
2008	North Warren	63	Victor Lopez, Leonia	16:16.0

Girls

Four-time Sectional Champions

Mary Ellen Mileski, Ridgewood (1979-82)

Three-Time Sectional Champions

Lisa Pakutkis, Hopatcong (1979-81)

Toni Ann Angione, Bergenfield (1982-4)

Christi Constanti, Kittatinny (1986-8)

Amy Mizzone, Wayne Valley (1992-4)

Christine Mendoza, Hudson Tech (97-9)

Melissa Conway, Ramsey (1998-2000)

Jesse Mizzone, Passaic Valley (2000-2)

Amy Van Alstine, Mid Pk (2002,04-05)

Aimee Chegwidden, Wallkill Valley (2004-06)

Girls

Most Team Sectional Titles

Ridgewood	18
Kittatinny	12
Wayne Valley	9
Ramsey	8
Saddle Brook	8
Northern Highlands	7
No. Valley @ Old Tappan	6
Bogota	5
Kearny	5
Palisades Park	5
Indian Hills	4
North Warren	4
Roxbury	4
Glen Rock	3
Hopatcong	3
Mountain Lakew	3
Pascack Valley	3
Sparta	3

NORTH JERSEY 1 SECTIONAL CROSS-COUNTRY CHAMPIONSHIPS

By Ed Grant (*New Jersey Track*, 101 Greenwich Court, Madison, NJ 07940)

GROUP IV GIRLS

Year Winning Team	Pts	Individual Winner, School	Time
1976 Memorial	58	Nina Zollo, Wayne Hills	11:43.0
1977 Kearny	46	Nina Zollo, Wayne Hills	18:03.3
1978 Bergenfield	69	Barbara Remmers, Ridgewood	17:48.0
1979 Ridgewood	44	Mary Ellen Mileski, Ridgewood	18:02.0
1980 Ptdgewood	16	Mary Ellen Mileski, Ridgewood	18:51.0
1981 Ridgewood	42	Mary Ellen & Patti Mlleski.Rdgdw	18:21.5
1982 Ridgewood	45	Patti Mileski, Ridgewood	18:15.0
1983 Paterson Kennedy	35	Margaret Scutro, Ridgewood	19:01.0
1984 Ridgewood	38	Margaret Scutro, Ridgewood	18:32.0
1985 Clifton	47	Jasmin Jones, Hackensack	18:40.0
1986 Clifton	50	Jasmin Jones, Hackensack	19:11.0
1987 Kearny	37	Liz Duarte, Kearny	19:20.0
1988 Kearny	33	Liz Duarte, Kearny	20:23.0
1989 Kearny	28	Liz Figlar, Ridgewood	20:18.0
1990 Ridgewood	43	Liz Figlar, Ridgewood	19:36.0
1991 Keamy	59	Vanessa McClure, Paterson Ken	19:35.0
1992 Ridgewood	38	Regina Gonzales, Holy Angels	19:34.0
1993 Ridgewood	32	Jenna Rogers, Ridgewood	19:28.0
1994 Ridgewood	25	Jackie Martin, Hackensack	19:28.0
1995 Ridgewood	66	Amy Smith, Ridgewood	20:14.0
1996 Ridgewood	33	Celeste Sedo, Ridgewood	19:24.0
1997 Ridgewood	35	Celeste Sedo, Ridgewood	19:08.0
1998 Ridgewood	28	Beth Androski, Hackensack	19:54.0
1999 Ridgewood	28	Beth Androski, Hackensack	19:01.0
2000 Ridgewood	52	Clair Nowakowski, Ridgewood	19:59.0
2001 Ridgewood	20	Clair Nowakowski, Ridgewood	19:30.0
2002 Ridgewood	36	Justine Lupo, Ridgewood	19:43.0
2003 Ridgewood	45	Justine Lupo, Ridgewood	19:19.0
2004 Roxbury	32	Ali Caruana, Roxbury	18:47.0
2005 Roxbury	21	Jenn Ennis, Roxbury	18:56.0
2006 Roxbury	50	Lauren Penny, Roxbury	18:38.0
2007 Randolph	43	Collins Taylor, Livingston	18:40.0
2008 Randolph	33	Joelle Amaral, Randolph	18:45.0

GROUP III GIRLS

Year Winning Team	Pts	Individual Winner, School	Time
1976 Roxbury	54	Lucy Sheldrick, Union Hill	16:38.0
1977 Ramsey	44	Michelle Guido, Parsmus Catholic	17:44.2
1978 Old Tappan	38	Mary Ellen McGowan, Pascack V.	17:46.0
1979 Old Tappan	29	Mary Ellen McCowan, Pascack V.	16:45.0
1980 Pascack Valley	72	Patti McCluskey, Dumont	19:11.0
1981 Pascack Valley	56	Laura Reibold, Lakeland	18:58.8
1982 Old Tappan	48	Toni Ann Angione, Bergenfield	18:49.0
1983 Wayne Valley	66	Toni Ann Angione, Bergenfield	18:10.5
1984 Wayne Valley	30	Toni Ann Angione, Bergenfield	18:00.4
1985 Wayne Valley	42	Jen Van Horn, Wayne Valley	19:06.0
1986 Wayne Valley	27	Jen Mizzone, Wayne Valley	20:11.0
1987 Wayne Valley	41	Laura Drake, Wayne Valley	19:47.0
1988 Wayne Valley	50	Cathy Feeney, Wayne Valley	19:29.0
1989 Wayne Valley	54	Stephanie Andrask, Newton	19:50.0
1990 Northern Highlands	44	Jen Mackey, Sparta	19:34.0
1991 Northern Highlands	37	Caroline Preece, No. Highlands	19:53.7
1992 Wayne Valley	43	Amy Mizzone, Wayne Valley	19:46.0
1993 Ramsey	64	Amy Mizzone, Wayne Valley	19:24.0
1994 Wayne Valley	52	Amy Mizzone, Wayne Valley	19:34.0
1995 Northern Highlands	63	Jen Meighan, No. Highlands	20:30.0
1996 Northern Highlands	91	Jen Cannistra, Sparta	19:36.0
1997 Indian Hills	68	Aisha Alexander, Passaic Valley	20:16.0
1998 Old Tappan	72	Stacey Gallagher, Sparta	20:35.0
1999 Old Tappan	69	Shahnaz Iqbal, Bergenfield	20:11.0
2000 Indian Hills	52	Jesse Mizzone, Passaic Valley	19:25.0
2001 Pascack Valley	69	Jesse Mizzone, Passaic Valley	18:11.0
2002 Old Tappan	58	Jesse Mizzone, Passaic Valley	19:14.0
2003 Morris Knolls	46	Lauren Berard, Morris Knolls	19:21.0
2004 Mount Olive	96	Cheyenne Ogletree, Garfield	18:52.0
2005 Northern Highlands	78	Christina Valerio, West Milford	19:17.0
2006 Northern Highlands	86	Kesley Ramsey, Ramapo	18:57.0
2007 Roxbury	25	Lauren Penny, Roxbury	18:38.0
2008 High Point	93	Tori Berard, Morris Knolls	18:46.0

GROUP II GIRLS

Year Winning Team	Pts	Individual Winner, School	Time
1976 Saddle Brook	52	Penny Fales, Hackettstown	12:04.0
1977 Saddle Brook	27	Cathy Stone, Vernon	18:08.8
1978 Saddle Brook	59	Cathy Stone, Vernon	17:51.0
1979 Hopatcong	52	Lisa Pakutks, Hopatcong	17:42.0
1980 Hopatcong	73	Lisa Pakutks, Hopatcong	18:37.8
1981 DePaul	45	Lisa Pakutks, Hopatcong	18:10.6
1982 Tenafly	57	Laura McKenna, Tenafly	19:50.0
1983 Kittatinny	40	Diana Rose, High Point	20:24.0
1984 Dumont	49	Michele Forzani, Dumont	20:07.0
1985 Kittatinny	27	Jennifer Narr, Rutherford	20:01.0
1986 Kittatinny	42	Carli Constantin, Kittatinny	20:09.0
1987 Kittatinny	57	Christi Constantin, Kittatinny	17:59.0
1988 Kittatinny	47	Christi Constantin, Kittatinny	18:41.0
1989 Kittatinny	40	Patty Miller, Kittatinny	20:49.0
1990 Newton	33	Carli Gallo, Mahwah	19:50.0
1991 Kittatinny/Newton	36	Stephanie Andrasck, Newton	20:30.0
1992 Kittatinny	32	Carli Gallo, Mahwah	20:04.0
1993 Northern Highlands	47	Cara Madzy, Sparta	19:56.0
1994 Kittatinny	42	Kara Senkier, Kittatinny	20:11.0
1995 Ramsey	30	Dana Satir, Ramsey	20:13.0
1996 Ramsey	33	Dana Satir, Ramsey	19:05.0
1997 Ramsey	34	Tracy Kirk, Ramsey	20:13.0
1998 Ramsey	76	Melissa Conway, Ramsey	18:54.0
1999 Ramsey	44	Melissa Conway, Ramsey	19:35.0
2000 Ramsey	44	Melissa Conway, Ramsey	18:52.0
2001 Kittatinny	64	Jenna Bauberger, Indian Hills	19:56.0
2002 Kittatinny	50	Meghan Gaffney, Pompton Lakes	20:12.0
2003 Indian Hills	55	Meghan Gaffney, Pompton Lakes	19:21.0
2004 Kittatinny	64	Aimee Chegwidden, Walkkill Valley	19:33.0
2005 North Warren	63	Aimee Chegwidden, Walkkill Valley	19:58.0
2006 North Warren	62	Aimee Chegwidden, Walkkill Valley	19:39.0
2007 North Warren	63	Kaitlin Chegwidden, Walkkill Valley	19:38.0
2008 Indian Hills	60	Kaitlin Chegwidden, Walkkill Valley	19:31.0

GROUP I GIRLS

Year Winning Team	Pts	Individual Winner, School	Time
1976 Bayley-Ellard	19	Stephanie Bruschi, Kinnelon	12:19.0
1977 Hopatcong	34	Debreen Conklin, Hopatcong	19:08.0
1978 Paul VI (Clifton)	66	Pam Farinella, Paul VI Clifton	18:49.0
1979 Cresskill	41	Simone Mele, Cresskill	19:00.5
1980 Midland Park	59	Joan Profita, Paul VI Clifton	20:16.0
1981 Cresskill	56	Tricia Madden, Cresskill	20:27.0
1982 Saddle Brook	30	Michelle Berardo, Palisades Park	20:28.0
1983 Saddle Brook	24	Vicki Gusciora, Saddle Brook	20:34.0
1984 Saddle Brook	46	Vicki Gusciora, Saddle Brook	20:31.0
1985 Mahwah	44	Sue Kowalski, Mahwah	20:57.0
1986 Mahwah	32	Dec Keough, Mahwah	21:15.0
1987 Saddle Brook	29	Cathy Acevedo, Saddle Brook	20:26.0
1988 Palisades Park	41	Jen Carlin, Cresskill	21:49.0
1989 Palisades Park	31	Ann Sourek, Palisades Park	21:24.0
1990 Palisades Park	47	Jessica Grieco, Emerson Boro	21:13.0
1991 Palisades Park	25	Kerry Moore, Midland Park	20:25.0
1992 Palisades Park	61	Karen Goers, Palisades Park	21:12.0
1993 Midland Park	38	Kerry Moore, Midland Park	19:51.0
1994 Bogota	34	Kirsten LaFond, Bogota	20:31.0
1995 Bogota	47	Erica Cesarlo, Bogota	21:06.0
1996 Bogota	28	Tracy Della Torre, Glen Rock	20:51.0
1997 Bogota	32	Christine Mendoza, Hudson Tech	20:48.0
1998 Bogota	28	Christina Mendoza, Hudson Tech	20:05.0
1999 Ridgefield Memorial	57	Christina Mendoza, Hudson Tech	19:48.0
2000 Saddle Brook	54	Erin Henry, Glen Rock	20:33.0
2001 Glen Rock	32	Erin Henry, Glen Rock	19:40.0
2002 Glen Rock	47	Amy Van Alstine, Midland Park	20:40.0
2003 Glen Rock	54	Abby Hinds, Mountain Lakes	19:33.0
2004 Mountain Lakes	52	Amy Van Alstine, Midland Park	18:54.0
2005 Mountain Lakes	30	Amy Van Alstine, Midland Park	18:59.0
2006 Verona	72	Katherine DeLeon, Palisades Pk	20:45.0
2007 Mountain Lakes	40	Kristen Landry, Mountain Lakes	20:10.0
2008 North Warren	54	Kristen Landry, Mountain Lakes	19:26.0