

Keogh sets mark in State X-country

Mike Keogh, brilliant Essex Catholic senior athlete, predictably stole the individual spotlight in the state school-boy cross-country championships yesterday when he raced to a course record on Garret Mountain in West Paterson.

It was the final scholastic run for the gifted 18-year-old youth, who won the Parochial A race by about 150 yards in 11:57, by far the fastest time in the six races which settled as many championships.

As a matter of fact, the second best time of the day was negotiated by Mark

Herko of Bergen Catholic, who finished second to Keogh in 12:22.

Keogh, however, couldn't get the team title for Essex Catholic. It went, instead, to defending champion Roselle Catholic with 60 points. Christian Brothers, with 67, took second place, and Essex Catholic was third with 91.

In the other team events, Ramapo won in Group 4, Raritan prevailed in Group 3, Lakeland was the Group 2 winner, Bernards was on top again in Group 1, and St. Rose of Belmar took Parochial B.

Keogh lagged behind Chris

Condon of Christian Brothers for the first mile and a half, then took command and made it a one-man show to the finish line.

Keogh headed for Manhattan College, had previously won the New Jersey Catholic Track Conference title, the Passaic County Invitational Seton Hall Spiked Shoe and Roselle Catholic's Turkey Trot. He was beaten, but finished up close, only in two New York Invitational meets.

ONLY 120 POUNDS

Keogh, 5-8, 120 pounds, is the state indoor and outdoor two-mile champion and the only boy ever to run the Warinanco Park course, Elizabeth, under 12 minutes (11:59).

Ramapo ran away from the Group 4 field with its first five point-scorers in the first 17, although the individual title went to Steve Schoenwald of Camden Wilson in 12:25.7 over Richie Gordon of Morristown. Ramapo had 53 points to 111 for second-place Morristown.

Raritan was led in Group 3 by Bob Gordon, who finished sixth. Raritan scored 113 points to West Morris' 146. Mike Butynes, a Sterling sophomore gave South Jersey another individual victory in 12:41.6. John Tanner of Demarest pushed Butynes until the last half mile, when Butynes pulled out to win by 40 yards.

Ken Medlin of Haddon Township was the third South Jersey to win an individual title when he took the Group 2 run in 12:23.8, but the team title went to Lakeland's 158 points. Indian Hills was next with 166 and favored Springfield third with 177. Bernards won the Group 1 title for the fourth time in the last five years, including the individual with Fred Rollesen. The latter won in 12:35.2 as Bernards finished with 68 points to 90 for Kinnelon.

The Parochial schools provided the day's keenest competition. Roselle Catholic, finishing its second year unbeaten, was able to stave off Christian Brothers by only seven points in Parochial A.

In the B Class, St. Rose's margin of victory over Queen of Peace was just 10 points, 76 to 86. Jack Conheoney of Paramus Catholic took the individual in 12:39.6 by 40 yards over Steve Riley of Queen of Peace. Kevin Pindar, fifth, and Mike Looney, sixth, led St. Rose.

Track summaries

GROUP 4

TEAM SCORES

Ramapo 53, Morristown 111, Hackensack 139, Westfield 131, Colonia 193, North Edison 278, Clifton 260, Bloomfield 284, Jefferson 302, Union 323, Nutley 342, Fair Lawn 348, Middletown 368, Bergen 378, Columbia and Woodrow Wilson 377, Brick 409, Pennsauken 433, Phillipsburg 452, Lenoex 474.

INDIVIDUAL

1—Steve Schoenwald, Woodrow Wilson (12:25.7); 2—Richie Gordon, Morristown; 3—Chris Elliot, Ramapo; 4—Dave Reinhardt, North Edison; 5—Doug Cousé, Farmingdale; 6—Chris Stoveken, Fair Lawn; 7—Richie Groel, Union; 8—Vince Carter, Scotch Plains; 9—Phil Collins, Lenape; 10—Kevin Conheoney, Hackensack; 11—Rick Calvert, Westfield; 12—Mark Cleari, hie, Ramapo; 13—Dennis Kuntz, Colonia; 14—Don Anderson, Morristown; 15—Rich Yuriciasm, North Edison; 16—Rich Ikker, Ramapo; 17—John Slarka, Ramapo; 18—Tom Markey, Morristown; 19—Joe Triolo, Clifton; 20—Dave Kuntz, Colonia.

GROUP 3

TEAM SCORES

Raritan 113, West Morris 146, Somerville 159, Hillside 185, Dumont 198, Passaic Hills and Bridgewater-Raritan 208, 212, Deptford 239, South Plainfield 252, Demarest 290, Sterling 306, Westwood and Morris Hills 309, Rancocas Valley 320, Berkeley Heights 343, Wayne Valley 351, Triton 370, Hillburn 428, Long Branch 477, Mainland 511.

INDIVIDUAL

1—Mike Butynes, Sterling (12:41.6); 2—John Tanner, Demarest; 3—Bob De Young, Wayne Valley; 4—Ed Ebert, Passaic Hills; 5—Fred Bldon, South Plainfield; 6—Bob Gordon, Raritan; 7—Rubb Lucas, West Morris; 8—Blair Johnson, South Plainfield; 9—Ed Donovan, Dumont; 10—John Lee, Berkeley Heights; 11—Steve Mikalay, Hillside; 12—Tom Lanzara, West Morris; 13—Jim Lynch, Westwood; 14—Bob Cooper, Deptford; 15—Kevin Banks, Raritan; 16—Bruce Tyrnbul, Dumont; 17—Tom Kulgan, Hillside; 18—Tom Hoffman, West Orange; 19—Larry Milet, Bridgewater-Raritan East; 20—Frank Fonseca, Morris Hills.

GROUP 2

TEAM SCORES

Lakeland 158, Indian Hills 166, Springfield 177, South Brunswick 191, Saddle Brook 209, Haddon Township 234, Tenafly 255, Ramsey 268, Metuchen 277, Verona 291, Shore 304, Gloucester 319, Gateway 326, Cinneminnon and Hopewell Valley 345, Butler 390, Dover 406, Morris Knolls 438, Ridge 443, Haddonfield 509.

INDIVIDUAL

1—Ken Medlin, Haddon Township (12:23.8); 2—Larry Schemella, Gloucester; 3—Ken Haley, Metuchen; 4—Norm Rainhardt, Springfield; 5—Andy Pawlowski, Saddle Brook; 6—Mike Gill, West Milford; 7—Rick Bonnette, Highland; 8—Bill Garrison, Lakeland; 9—A. Bernier, Lakeland; 10—Don Vanneman, Gateway; 11—Charles Patti, Butler; 12—Brian Kenny, Rumson; 13—Keith Rasmussen, South Brunswick; 14—Mike Hooper, Indian Hills; 15—Marly Joseph, Springfield; 16—Bob LaViolette, Saddle Brook; 17—Dennis Dondora, Lakeland; 18—Rich Barrett, Verona; 19—Rich Karth, Tenafly; 20—Tom Ryan, South Brunswick.

GROUP 1

TEAM SCORES

Bernards 68, Kinnelon 90, Bogota 147, Pompton Lakes 150, Randolph 158, Williamstown 212, Pott Pleasant Beach 225, Burlington Township 237, Park Ridge 264, Roselle Park 272, Jefferson Township 285, Delaware Valley 301, Chatham 330, Hasbrouck Heights 336, Bound Brook 348, Hancheater 369, Paulsboro 420.

INDIVIDUAL

1—Fred Rollesen, Bernards (12:35.2); 2—Keith Kurtz, Pompton Lakes; 3—

Randy Breigan, Burlington Township 4; Ed Forte, Bogota; 5—Tom Stepler, Kinnelon; 6—Gary Guzman, Kinnelon; 7—John Kovack, Park Ridge; 8—Bob Hahn, Roselle Park; 9—Vin Marino, Williamstown; 10—Steve Brown, Delaware Valley; 11—Barry Bilinkas, Randolph; 12—John Logon, Bernards; 13—Dale Thompson, Hasbrouck Heights; 14—Bob Hildebrandt, Point Pleasant; 15—Al Mix, Bogota; 16—Chuck Richard, 20; 17—Mark Weisman, Bernards; 18—Rick Gehle, Kinnelon; 19—Jim Miklavic, Williamstown; 20—Billi Frederick, Kinnelon.

PAROCHIAL A

TEAM SCORES

Roselle Catholic 60, Christian Brothers 67, Essex Catholic 91, Bergen Catholic 96, St. Joseph's (Montvale) 105, Pope Paul VI 160, St. Joseph's (Metuchen) 161, Mariat 199, Don Bosco 222.

INDIVIDUAL

1—Mike Keogh (11:57); 2—Mark Herko, Bergen Catholic; 3—Joe Savano, Roselle Catholic; 4—Fred Gei'v, Roselle Catholic; 5—Chris Condon, Christian Brothers; 6—Paul Casaprande, Christian Brothers; 7—Bill Mahon, Bergen Catholic; 8—Rick Neal, Essex Catholic; 9—Mike Sullivan, Christian Brothers; 10—Wall Kopy, Roselle Catholic; 11—Tim O'Mara, Christian Brothers; 12—Bill Reiner, St. Joseph's (Montvale); 13—Chris Zoller, St. Joseph's (Montvale); 14—Paul Donno, Seton Hall; 15—Tim Lee, Essex Catholic; 16—Dan Kowalski, Mariat; 17—Ken Bender, St. Joseph's (Montvale); 18—Jim Kilker, St. Joseph's (Metuchen); 19—Jim Migliorini, Roselle Catholic; 20—John Buttl, Pope Paul VI.

PAROCHIAL B

TEAM SCORES

St. Rose 76, Queen of Peace 86, Don Bosco Tech 81, Red Bank Catholic 99, Paramus Catholic 111, St. Peter's 170, St. Mary's (North Amboy) 200, DuPaul 213, Morris Catholic 215, Mater Dei 232, Immaculate Conception 248.

INDIVIDUAL

1—Jack Conheoney, Paramus Catholic (12:39.6); 2—Steve Riley, Queen of Peace; 3—Fran Sullivan, Red Bank Catholic; 4—Joe O'Shea, Don Bosco Tech; 5—Kevin Pindar, St. Rose; 6—Mike Looney, St. Rose; 7—Jim Fogarty, Queen of Peace; 8—Frank Moffatt, Bishop Guertin; 9—John Franch, Morris Catholic; 10—Frank Dillon, Don Bosco Tech; 11—Sal Todaro, Don Bosco Tech; 12—Ed Antczak, Red Bank Catholic; 13—Jim Doyle, Red Bank Catholic; 14—Chris Smith, St. Mary's; 15—Ralph Dames, Queen of Peace; 16—Dave Williamson, St. Peter's; 17—Dick Shaw, St. Peter's; 18—Tom Clark, Mater Dei; 19—Jim Pindar, St. Rose; 20—Bob Colon, St. Mary's.

Upsala has dep

By JIM HITCHCOCK

If depth wins basketball games, move the Upsala College team to the head of the class.

Entering his third year as Viking coach, Richie Bucklew feels he has one of the better balanced teams in the area.

"This is one of those years

the season with optimism.

"Nobody is going to run us out of the gym," the personable mentor continued. "We have experience and poise at two of the key spots — guard and center — and I think we're going to surprise a few teams who have been taking us lightly the last couple of years."

Senior co-captain Greg Eshew, whom Bucklew calls