

Ismael's helms Arts keep title; Kearny's 2-year reign ends

By PAUL FABRRI

Led by sophomore Mary Pat Erickson, Red Bank Catholic beat out Voorhees, the No. 1 team in The Star-Ledger Girls' Cross-Country Top 10, to win the Central Jersey, Group 3 cross-country championship yesterday at Holmdel County Park.

It was one of three victories for Monmouth County teams in Central Jersey.

"We weren't happy with the way we ran our last time out," said Erickson.

Her team had finished third behind Middletown South and Marlboro in the Monmouth County championships.

"We wanted to put that behind us. I guess we did."

Marlboro, on strong efforts from Stella Cino and Karissa Jensen, upset No. 7 Middletown South, 63-80, in Group 4 three days after the Monmouth meet. Mona Chokshi won the race in 18:39, but No. 8 Bridgewater placed fourth with 107 points.

Mater Dei won over Bound Brook, 62-89, in Group 1. The individual winner was Danielle Notavola of Keypoint in 21:08.

Stacey Hempel finished first in 20:49 to lead Carteret to the Group 2 title, 88-97 over Somerville.

Danielle Gelsomino of Roxbury won the North Jersey, Section 2, Group 4 race in 19:59, but No. 3 Morris Knolls won its second consecutive sectional by

outrunning Randolph, 19-41, at Warinanco Park in Elizabeth.

Christine Engel of Mt. Olive led all the way to beat Kristen Hall of West Morris for the first time in four tries in 19:22 to win the Group 3 race. No. 10 Phillipsburg outpointed West Morris, 35-52, for the team title.

"This has been my best run of the year by far," offered Engel. "I usually don't like to start off that quick but I felt good the entire race."

Akhira Ismail of Newark Arts won the Group 1 race in 20:52, leading Arts to a second consecutive championship, 24-80 over Whippany Park.

Melissa Zobel of Chatham won the Group 2 race in 20:41. Bonton edged Summit, 68-78, for the team title.

"I knew Summit would be tough, but my girls never gave up," said Bob Bongo, who has been coaching girls' cross-country at Bonton for seven years. "This has been the best season the team has had since I've been coach, and it will only get better since only one senior — Felicia Stevens — will be leaving us this year."

Bongo credited Jen Cifelli, who finished ninth, Stevens (17th), Kristy Maselli (19th) and Cathy Lozupone (20th), for the team's victory.

Liz Figlar finished first in 19:36 and Jenna Rogers scored in 19:47 to help Ridgewood end Kearny's three-year reign in North Jersey, Section 1,

Group 4 at Garret Mountain in West Paterson. Ridgewood outran Vernon and No. 9 Kearny, 43-69-75.

Jen Mackey of Sparta won the Group 2 race in 19:34 and Northern Highlands beat out Wayne Valley, 44-84, for the team title.

In Group 2, Newton defeated Kittatiny for the team title, 33-50, and Carli Gallo of Mahwah won the race in 19:50. Jessica Grieco of Emerson Borough won the Group 1 race in 21:13, but lost to the title to Palisades Park, 47-86.

In Willingboro in South Jersey, the team champions were No. 2 Shawnee in Group 4, No. 6 Paul VI of Haddon Township in Group 3, Kingsway in Group 2 and Haddonfield in Group 1.

The best winning time was a 19:13 by Lori Townsend of Kingsway.



Danielle Gelsomino of Roxbury crosses finish line as winner of North Jersey, Section 2, Group 4 cross-country race at Warinanco Park yesterday

Photo by George Kindak

Girls' cross-country results

NORTH JERSEY, SECTION 1 GROUP 1 GIRLS

TEAMS: 1-Ridgewood 43, 2-Vernon 68, 3-Kearny 75, 4-Hackensack 80, 5-Cullen 87, 6-West Milford 178, 7-Holy Angels 189, 8-Fair Lawn 201, 9-Immaculate Heart Academy 228, 10-Piscataway 240, 11-Paterson 255, 12-Hoboken 309.
1-Liz Figlar, Ridgewood 19:36, 2-Jenna Rogers, Ridgewood 19:47, 3-Shannon Stragusa, Vernon 19:57, 4-Tracy Pumphrey 20:06, 5-Kerryann Codling, Hackensack 20:08, 6-Eileen Flanagan, Ridgewood 20:16, 7-Alexa Rich, Fair Lawn 20:18, 8-Vanessa McClure, Paterson 20:44, 9-Diana Gafra, West Milford 20:55, 10-Anabella Akrus, Kearny 20:59, 11-Michelle Mueller, West Milford 21:21, 12-Jamie Cowan, Kearny 21:23, 13-Strada Castillo, Memorial (W.N.V.) 21:24, 14-Kathy Schack, Vernon 21:31, 15-Mandy Laville, Keapack 21:42, 16-Lauren Farias, Clifton 21:48, 17-Lisa DeCairo, Ridgewood 21:53, 18-Regina Gonzalez, Holy Angels 21:54, 19-Megan McCabe, Ridgewood 21:55, 20-Karis Morales, Memorial (W.N.V.) 21:56.

GROUP 2 GIRLS

TEAMS: 1-Northern Highlands 41, 2-Wayne Valley 84, 3-Union Hill and Tenafly 134, 4-Sparta 141, 5-Paramus 189, 6-Dumont 188, 7-Ramapo 181, 8-Dominic Academy 196, 10-High Point 220, 11-Passaic Valley 232, 12-Demarest 278.
1-Caroline Preece, Northern Highlands 20:28, 2-Breda McGowan, Herkimer 20:36, 4-Lisa Berkowitz, Wayne Valley 20:57, 5-Danielle Speert, Wayne Valley 21:23, 6-Cherisse Halverson, Northern Highlands 21:28, 7-Karen Hansen, Queen of Peace 21:33, 8-Kate Morris, Northern Highlands 21:38, 9-Marquerita Caraballo, Union Hill 21:40, 10-Diana Doveltran, Dumont 21:44, 11-Stacey Grimm, Tenafly 21:53, 12-Klara Zonkova, Northern Highlands 21:56, 13-Candida Luzano, Union Hill 22:09, 14-Nicole Laverzi, Paramus 22:14, 15-Sarah Schell, Tenafly 22:18, 16-Chris Aquino, Ramsey 22:22, 17-Diana Crenshaw, Wayne Valley 22:25, 18-Melissa Rubel, Ramsey 22:32, 19-Maghan Oesen, Northern Highlands 22:37, 20-Megan Maier, Northern Highlands 22:41.

GROUP 3 GIRLS

TEAMS: 1-Newton 21, 2-Kittatiny 30, 3-Garfield 92, 4-Rutherford 94, 5-Jewettown 144, 6-River Dell 152, 7-Piscataway 153, 8-Walkill Valley 175, 9-Whitfield Park 225.
1-Carli Gallo, Mahwah 19:50, 2-Stephanie Andrasak, Newton 20:20, 3-Diana Auler, Newton 20:37, 4-Eileen Fahy, Rutherford 20:20, 5-Chrisy Muxter, Newton 20:24, 6-Nancy Scott, Garfield 20:47, 7-Dawn Gunther, Kittatiny 20:47, 8-Hollie Foster, Kittatiny 20:59, 9-Patty Miller, Kittatiny 21:09, 10-Dawn Gunther, Kittatiny 21:08, 11-Denise Auler, Newton 21:34, 12-Sarah Davay, Piscataway 21:45, 13-Heather Garsky, Kittatiny 21:46, 14-Mediana Steid, Garfield 21:48, 15-Monica Condi, Kittatiny 21:56, 16-Kathy Rindge, River Dell 22:07, 17-Margalite Heckman, Newton 22:34, 18-Jennifer Tomkinson, Rutherford 22:40, 19-Melissa Pace, Rutherford 22:43, 20-Amber Malinsky, Kittatiny 22:49.

GROUP 4 GIRLS

TEAMS: 1-Palisades Park 47, 2-Emerson Borough 86, 3-Glen Rock 88, 4-North Arlington 91, 5-Hawthorne 94, 6-Becton and Plumptre Lakes 151.
1-DANIELLE NOTAVOLA, Keypoint 21:08, 2-Diana Gafra, Emerson Borough 21:13, 3-Nicole Brien, Palisades Park 21:38, 4-Carol Castrovetro, Academic (J.C.) 21:29, 5-Angela Allegretta, Palisades Park 22:06, 6-Christine Torfiori, North Arlington 22:10, 7-Margalite Heckman, Hawthorne 22:18, 8-Lina Lopez, Becton Lakes 22:34, 9-Tara James, Glen Rock 22:35, 10-Melissa Lindhart, Hawthorne 22:35, 11-Kerry Moore, Becton Lakes 22:55, 12-Melanie Picciano, Palisades Park 22:59, 13-Simone Wall, Plumptre Lakes 23:17, 14-Laura Miller, North Arlington 23:26, 15-ANITA SKRABAL, North Arlington 23:26, 16-ANITA SKRABAL, North Arlington 23:26, 17-ANITA SKRABAL, North Arlington 23:26, 18-ANITA SKRABAL, North Arlington 23:26, 19-ANITA SKRABAL, North Arlington 23:26, 20-KAREN STEVENS, Wadsworth 24:41.

NORTH JERSEY, SECTION 2 GROUP 1 GIRLS

TEAMS: 1-Morris Knolls 47, 2-Randolph 49, 3-Rosbury 74, 4-Morris Knolls 82, 5-Union 116, 6-Westfield 123, 7-Morrisville 152.
1-Akhira Ismail, Newark Arts 20:52, 2-Christine Engel, Mt. Olive 19:22, 3-Kristen Hall, West Morris 20:11, 4-Margaret Morrow, Crawford 20:26, 5-Lauren Mancuso, Phillipsburg 20:40, 6-Heather Conice, Phillipsburg 21:02, 7-Angela McCarthy, Mt. Olive 21:09, 8-Jessica Wilhelm, Phillipsburg 21:13, 9-Tara Bauerle, West Morris 21:33, 10-Donna Schaller, Phillipsburg 21:36, 11-Eileen Kiencke, Parsippany Hills 21:59, 12-Alma Johnson, Phillipsburg 22:05, 13-Meghan Krucman, Phillipsburg 22:31, 14-Caitlin Coleman, Shabazz 22:37, 15-Kacie Iveni, Phillipsburg 22:37, 16-Lisa Livingston, West Essex 22:51, 17-Kacie Fox, Parsippany Hills 22:58, 17-Donna Gavel, Parsippany Hills 22:58, 18-Christina Ciurmadol, Clifford 22:21, 19-Magan O'Brien, West Morris 23:26, 20-Carol Warren, Shabazz 23:32.

GROUP 2 GIRLS

TEAMS: 1-Bonton 68, 2-Summit 78, 3-Hackensack 119, 4-Caldwell 120, 5-Wilburn 125, 6-Hillside 151, 7-Madison Borough 183, 8-DuSoyne Regional 180, 9-Jefferson 188, 10-Dover 194.
1-Melissa Zobel, Chatham 20:41, 2-Eileen Searing, Caldwell 21:14, 3-Kim Heimer, Wilburn 21:54, 4-Cecily DiStasio, Jefferson 22:02, 5-Heather Doda, Dover 22:02, 6-Janet Lido, Caldwell 22:05, 7-Patty Domic, Hanover Park 22:16, 8-Carol Theobald, Dover 22:16, 9-Laura Cullen, Bonton 22:17, 10-Everette Pyle, Madison 22:18, 11-Jill Robinson, Chatham 22:19, 12-Missy Salter, Madison Borough 22:36, 13-Sue Thomas, Hackensack 22:40, 14-Elizabeth Andra, Chatham 22:53, 15-Carol Fisher, Summit 22:58, 17-Felicia Stevens, Bonton 23:03, 18-Mary Berni, Chatham 23:05, 19-Kristy Maselli, Bonton 23:06, 20-Cathy Lozupone, Bonton 23:18.

GROUP 3 GIRLS

TEAMS: 1-Arts 24, 2-Whippany Park 25, 3-Union Lakes 129, 4-Providence 162.
1-Janice Cher, Whippany Park 21:22, 2-Cathy O'Brien, Morris Catholic 21:41, 3-Tina Rouse, Arts 21:56, 4-Sally Mankatula, Verona 22:16, 5-Katie Sha Peltus, Arts 22:18, 6-Laura Camp, Verona 22:21, 7-Lakisha Williams, Arts 23:03, 8-Jenivy Kirby, Arts 23:10, 9-Love Ford, Arts 23:11, 10-Kelly Harter, Mountain Lakes 23:28, 11-Theresa Mooney, Whippany Park 23:33, 12-Amy Anderson, Morris Catholic 23:36, 13-Nichole Barrell, Union Lakes 23:40, 14-Karleen Kemp, Arts 24:14, 15-Michelle Henry, Mountain Lakes 24:16, 16-Jennifer Ward, Kinnelon 24:28, 17-Gail Forschimo, Butler 24:37, 20-Jen McNinch, North Warren 24:44.

CENTRAL JERSEY GROUP 1 GIRLS

TEAMS: 1-Marlboro 63, 2-Middletown South 80, 3-Haddonfield Central 107, 4-Bridgewater 107, 5-Cherry Hill 125, 6-Addiction Central 147, 8-Widewater 150, 11-Edison 162, 11-Woodbridge 295, 12-Piscataway 325, 13-East Brunswick 320, 14-West Windsor 413.
1-Mona Chokshi, Bridgewater 18:39, 2-Stella Cino, Marlboro 20:01, 3-Karissa Jensen, Marlboro 20:08, 4-Joyce Drake, Notre Dame 20:15, 5-Liz Mackey, Notre Dame 20:29, 6-Andale Saldano, Freehold Township 20:49, 7-Marybeth Schaefer, Freehold Central 20:53, 8-Cathy Williams, Watchung Hills 21:06, 9-Ami Puri, Hunterdon Central 21:07, 10-Cathy Ja Willis, Bridgewater 21:12, 11-Melanie Kane, Middletown South 21:21, 12-Laura Williams, Watchung Hills 21:23, 13-Tina Sakowski, Madison Central 21:25, 14-Merin Nolan, Middletown South 21:34, 15-Jana Soliman, Marlboro 21:37, 16-Ann Simonetti, Middletown South 21:37, 17-Chris Willard, Edison 21:47, 18-Alysa Traskowski, Middletown South 21:48, 19-Lisa Badger, Bridgewater 21:49, 20-Veronica Goldmacher, Marlboro 21:53.

GROUP 2 GIRLS

TEAMS: 1-Red Bank Catholic 50, 2-Voorhees 76, 3-North Hunterdon 81, 4-Bishop Ark 146, 5-Red Bank 148, 6-St. John Valley 162, 7-Boonton Township 172, 8-Hillsborough 212, 9-Franklin 220, 10-Wallkill 246, 11-Matswan 274, 12-Cedar Ridge 274, 13-Raritan 376.
1-Mary Pat Erickson, Red Bank Catholic 20:14, 2-Colligan Carson, Red Bank Catholic 20:32, 3-Sarah Montesana, North Hunterdon 20:38, 4-Christina Boyden, North Hunterdon 20:40, 5-Bethann Smith, Bishop Ark 20:44, 6-Suzanne Margher, Colons 20:51, 7-Kim Guevrek, Voorhees 20:55, 8-Elodie Moniviero, Long Branch 21:00, 9-Phillip, Ocean 21:11, 11-Trish Lipani, Voorhees 21:25, 12-Barbara O'Sullivan, Red Bank 21:26, 13-Jennifer Cruz, Hillsborough 21:27, 14-Danna McCarthy, Bishop Ark 21:29, 15-Mi Young Ko, Cedar Ridge 21:30, 16-Tricia McHugh, Red Bank Catholic 21:33, 17-Kristy Colter, Red Bank Catholic 21:34, 18-Eileen Dawson, Red Bank Catholic 19-Karin Stephen, Voorhees 21:36, 20-Bridgette Mayer, Voorhees 21:40.

GROUP 3 GIRLS

TEAMS: 1-Carteret 88, 2-Somerville 97, 3-Manassquan 105, 4-DeLaware Valley 117, 5-Ridge 128, 6-Princeton 139, 7-Freehold Borough 141, 8-Rumson 152, 9-Immaculate 186, 10-St. Rose 223, 11-South Plainfield 260.
1-Stacey Hempel, Carteret 20:49, 2-Linda Seymour, Somerville 21:22, 3-Monica Palesi, South Plainfield 21:32, 4-Sara Beater, Lawrence 21:53, 5-Jacie Covert, Manassquan 21:55, 6-Cathy Miller, Somerville 22:02, 7-Margie Ward, St. Rose 22:05, 8-Christina Graves, Princeton 22:19, 9-Anneke Johnson, Ridge 22:27, 10-Linda Carr, Carteret 22:28, 11-Tanya Seymour, Carteret 22:36, 12-Sadie Ryan, Princeton 22:38, 13-Melanie Della Rocco, Immaculate 22:44, 14-Becky Thurston, Somerville 23:01, 15-Katrin Stummeler, Ruman 23:11, 16-Nicole Justice, Ridge 22:16, 17-Danella Jones, Freehold Borough 22:22, 18-Mandy Martin, Delaware Valley 22:24, 19-Nichelle Bradford, Rumson 23:28, 20-Elizabeth Wilson, Manassquan 23:27.

GROUP 4 GIRLS

TEAMS: 1-Mater Dei 42, 2-Bound Brook 89, 3-Pingry 90, 4-Keypoint 136, 5-Bernards 148, 6-Kearny 157, 7-Montgomery 175, 8-Middletown 207, 9-Henry Hudson 224, 10-Spotswold 231, 11-Dumont 242, 12-Medford 271, 13-Huffman 313, 14-Manville 320.
1-Danielle Notavola, Keypoint 21:08, 2-Toni Ambrosia, Henry Hudson 21:14, 3-Kelly Dobson, Mater Dei 21:26, 4-Jackie Todd, Montgomery 21:25, 5-Kelly Benke, Montgomery 21:27, 6-Wynne Pelt, Pingry 21:40, 7-Kelly McCracken, Mater Dei 22:17, 8-Brianne Hagan, Kearny 22:29, 9-Sitaci Bacskas, St. Mary's 22:30, 10-Heather Berthel, Bernards 22:38, 11-Lynette Huffy, Bound Brook 23:02, 12-Jessica Mackay, Bound Brook 23:02, 13-Kelly Saker, Pingry 23:15, 14-Cindy Mancione, Middletown 23:27, 15-Alex Rodriguez, Bound Brook 23:31, 16-Laura Raubi, Mater Dei 23:37, 17-Sue Barba, Pingry 23:38, 18-Jen Brucki, Mater Dei 23:59, 19-Collien Baker, Bound Brook 24:00, 20-Amy Shah, Pingry 24:04.

SOUTH JERSEY GROUP 1 GIRLS

TEAMS: 1-Shawnee 42, 2-Toms River North 122, 3-Highland 163, 7-Jackson 201, 8-Cherokee 235, 9-Milford 241, 10-Southern Regional 258, 11-Atlantic City 282, 12-Camden 308.
1-Julie Goldstein, Shawnee 19:44, 2-Alice White, Toms River East 20:04, 3-Jennifer Flood, Toms River North 20:19, 4-Janet Danko, Shawnee 20:30, 5-Erika Webb, Millville 20:35, 6-Amber Estok, Toms River North 20:42, 7-Danielle Metrick, Shawnee 20:42, 8-Alyson Leike, Toms River North 20:51, 9-Kim Johnson, Toms River East 20:51, 11-Julie Schrier, Shawnee 21:05, 12-Laura Campbell, Brick 21:06, 13-Cathy Morrey, Brick 21:11, 14-Krista Ferrara, Vineland 21:13, 15-Stephanie Bracco, Jackson 21:16, 16-Erin McKeown, Highland 21:21, 17-Shawn Warner, Toms River East 21:26, 18-Jill Clark, Highland 21:26, 19-Melanie Boyd, Shawnee 21:27, 20-Stacey Paughli, Vineland 23:30.

GROUP 2 GIRLS

TEAMS: Paul VI (Haddon Township) 24, 2-Ocean City 44, 3-Mainland 83, 4-Bridgeton 167, 5-Toms River South 181, 6-Lacey 188, 7-Felix Cross 221, 8-Holy Spirit 245, 9-Camden Catholic 250, 10-Edgewater 261, 11-Cherry Hill West 270, 12-Ashegap 302, 13-Eastern 309.
1-Vivette Feliciano, Paul VI 20:10, 2-Erin Furman, Mainland 19:39, 3-Danielle Rotick, Paul VI 20:07, 4-Miriam Pietersma, Ocean City 20:10, 5-Erin Furman, Mainland 19:39, 6-Kristin Sauter, Paul VI 20:47, 7-Kate Bell, Ocean City 20:48, 8-Ave French, Holy Spirit 20:47, 9-Kelly Reynolds, Paul VI 21:10, 10-Mary Akash, Bridgeton 21:13, 11-Julie Schrier, Mainland 21:17, 12-Debra Daugert, Toms River South 21:17, 13-Margaret Gaffry, Eastern 21:24, 14-Heather Hooper, Ocean City 21:28, 15-Helene McGovern, Paul VI 21:46, 16-Jennifer Ruckelmann, Egg Harbor Township, 17-Michelle Rocco, Lacey 21:49, 18-Jen Bolden, Mainland 21:49, 19-Patty Waldron, Ocean City 21:50, 20-Maryann McKnight, Ocean City 22:04.

GROUP 3 GIRLS

TEAMS: 1-Kingsway 49, 2-Bishop East 49, 3-Cinnaminson 90, 4-Pinebluffs 115, 5-West Deptford 124, 6-Mgr. Donsovan 135, 7-Manchester Township 161, 8-Point Pleasant Boro 188, 9-Buena 210, 10-Northern Burlington 240.
1-Lori Townsend, Kingsway 19:13, 2-Erica More, Kingsway 19:24, 3-Danielle Kinsley, West Deptford 20:06, 4-Jessica Smith, Bishop East 20:15, 5-Scarrie Thompson, Clearview 20:16, 6-Alicia Guilliano, Mgr. Donsovan 20:26, 7-Catherine Kinley, West Deptford 20:24, 8-Tricia Halter, Cinnaminson 20:29, 9-Maria Gutierrez, Bishop East 20:30, 10-Deborah Costa, Clearview 20:35, 11-Lisa Sauter, Bishop East 20:38, 12-Kristin Sauter, Cinnaminson 21:43, 13-Kristin Sauter, Bishop East 21:44, 14-Mary Villalato, Kingsway 21:46, 15-Kristy Strzamski, Clearview 21:47, 16-Marybeth More, Pinebluffs 21:58, 17-Cheryl Matic, Lacey 21:59, 18-Jen Bolden, Mainland 22:00, 19-Ernesta Aron, Deisea 22:01, 20-Megan Meyer, Clearview 22:04.

GROUP 4 GIRLS

TEAMS: 1-Haddonfield 37, 2-Sacred Heart 73, 3-Paulsboro 86, 4-Andon 124, 5-Widwood 135, 6-Plym. Pleasant 137, 7-Franklin 148, 8-Edgemoor 169.
1-Janeet Rich, Sacred Heart 19:39, 2-Cheryl Keating, Sacred Heart 19:24, 3-Alicia Olson, Haddonfield 21:13, 4-Tonia Kemp, Haddonfield 21:16, 5-Caroline Rump, Schick 22:24, 6-Tiffany Goidy, Plym. Pleasant 22:26, 7-Joell Temme, Point Pleasant Beach 22:27, 8-Christa Sawyers, Sacred Heart 22:28, 9-Karyna Baresel, Haddonfield 22:30, 10-Melissa Adams, Andon 22:33, 11-Becky Reynolds, Haddonfield 22:37, 12-Kristi Adams, Andon 22:37, 13-Kelly Giddens, Paulsboro 23:12, 14-Kathy Lehman, Sacred Heart 23:21, 15-Jackie Adams, Paulsboro 23:27, 16-Amy Saker, Paulsboro 23:27, 17-Anne Wilson, Widwood 23:42, 18-Caroline Blake, Haddonfield 23:49, 19-Dawn Baskin, Plym. Pleasant 23:51, 20-Christine Goidy, Schick 24:04.