

# Heffernan alone at end for easy Group 3 X-c title

By PAUL FABBRI

Brendan Heffernan, tired of the waiting, wanted a big race yesterday. But the defending state champion from North Hunterdon got more of the loneliness of the long-distance runner when he won the Group 3 race easily in 15:36 in the NJSIAA boys' group cross-country championships at Holmdel County Park.

Heffernan will have to hold out until Saturday's Meet of Champions for the much anticipated showdown with Ridgewood junior Bob Keino, who won the Group 4 race in 15:55.

Heffernan and Keino were the only two runners to go faster than 16:00 yesterday at Holmdel, but it was Heffernan, motivated by Keino's earlier effort, who ran the better race. He fell just five seconds short of his personal-best 15:31 at Holmdel, the second best time in the 13-year history of the course, in the 1991 Meet of Champions.

"I would have liked to run against him today," said Heffernan, who won despite a slight ankle sprain. "When he ran his race, it took a little pressure off me, because I knew I could beat the time. But I'd rather not leave any questions."

Keino, who has been battling a hip strain for the past two weeks, was nonetheless overpowering in his race. He pulled away from last year's champion, Jackson's Rich Morris, and Kearny's Tony Barocco heading into the difficult bob portion of the course. He, like Heffernan, said he felt less than perfect.

Both Heffernan and Keino were part of team championships, too. Pat Dolan finished second to his team-

mate, Heffernan, in 16:19, the third-fastest time of the day, and freshman Jonathan Tillman was 26th in 17:38 to help North Hunterdon, No. 10 in The Star-Ledger Boys' Cross-Country Top 10, to its fifth Group 3 title, the first since 1985. North Hunterdon beat eighth-ranked West Morris, 76-135, in the team race.

"Dolan's performance knocks me out," said North Hunterdon coach Bob O'Rourke, whose team finished a distant fifth in the B race at the Shore Coaches Invitational early last month. "I don't think even he knows how well he's running right now. This was big and it puts us right in the hunt at the Meet of Champions."

No. 3 Ridgewood, beaten by Don Bosco Prep last week at the Bergen County championship, drew on its senior leadership to win a second straight Group 4 title. It beat No. 4 Shawnee, 90-109. Backing Keino were seniors Josh Fronefield, 14th in 17:08; Sadek Alsaiddi, 17th in 17:11, and Jason Lahti, 20th in 17:19. Fifth runner Tom Rickart, a junior, cemented the victory passing more than a dozen runners in the last half-mile to finish 53d in 18:05.

"We've been pretty rotten over the last two weeks," Ridgewood coach Larry Coyle said. "The great irony today is that our depth was the difference, something we haven't had all year."

No. 1 Christian Brothers Academy, lackluster in victories at the Catholic Track Conference and Shore Conference championships in recent weeks, responded impressively by outrunning Don Bosco Prep, 69-73, to win its second consecutive Parochial A crown. For CBA, winner of the last

two state championships, it was the performances of junior Chris Chiaro and freshman Sean McCafferty which keyed the victory. Chiaro, who normally runs anywhere between the second and fourth runner for his team, led CBA with a seventh-place finish in 17:08. McCafferty, the grandson of a former Massachusetts state cross-country champion and the son of a Villanova half-miler, ran third for CBA, finishing 15th in 17:23.

Paramus Catholic senior Regan Ladisic took control of the A race midway through the bowl and cruised to a victory in 16:28.

No. 6 Whippany Park, the Group 1 champion a year ago, made a seamless move up when it won the Group 2 title. Senior Josh Keenz rebounded from a subpar sixth-place finish at last week's Morris County championships by finishing second in 16:21. Teammate Ralph Russomano ran valiantly despite a painful left knee to clinch the victory. He finished 53d, fifth for Whippany Park, in 18:34. Keena, who credited a more relaxed approach for his improved performance, actually had the lead deep into the race. But he was overtaken on the final trail — a half-mile from the finish line — by Point Pleasant Boro senior Terence Fagan, the defending champion. Fagan, who labored for much of the race, had enough of a kick to win his second straight title in 16:20.

John Salisbury won the Group 1 race in 16:31 to help Haddon Heights to its first Group 1 title. Salisbury was 15 seconds better than second-place finisher Anthony DeBenedictis, a Roselle Park sophomore.

Morris Catholic's Jeff Staple, with more than a minute improvement over his performance a year ago,

won the Parochial B race in 16:44. Mike Conboy was second in 17:21 and Mike Harty was fifth in 17:36 to help Delbarton to the Parochial B title.

#### BOYS' GROUP 4

TEAMS: 1-Ridgewood 90, 2-Shawnee 109, 3-Holmdel 143, 4-Highland 162, 5-Eastern 202, 6-Hackensack 218, 7-North Bergen 221, 8-Manalapan 239, 9-Westfield 240, 10-Northern Central 251, 11-Newark East Side 256, 12-Lincoln Hill 283, 13-Memorial (W.N.Y.) 294, 14-Madison Central 302, 15-Jackson 346, 16-Middletown South 368, 17-Roxbury 414, 18-West Orange 434.  
INDIVIDUALS: 1-Bob Keino, Ridgewood 15:36, 2-Rich Morris, Jackson 16:23, 3-Tony Barocco, Kearny 16:25, 4-Antonio Oliveira, East Side 16:42, 5-Aaron Totten-Lancaster, Shawnee 16:44, 6-Pat Magee, Atlantic City 16:50, 7-Courtesy Davis, Hackensack 16:51, 8-Pat Nocito, Vineland 16:51, 9-Chris Wick, Manalapan 16:52, 10-Seon Muoo, Brick 16:52, 11-Pat Chilton, Columbia 16:56, 12-Mike Andino, Memorial (W.N.Y.) 16:58, 13-Brian Wilkowski, Hunterdon Central 17:04, 14-John Fronefield, Ridgewood 17:08, 15-Sadek Alsaiddi, Ridgewood 17:11, 16-Andy Dyer, Highland 17:12, 17-Brian Torres, Clifton 17:13, 18-Mike Pfaff, Hackensack 17:13, 19-Jeff Luma, Vineland 17:14, 20-Jason Lahti, Ridgewood 17:19.

#### BOYS' GROUP 3

TEAMS: 1-North Hunterdon 76, 2-West Morris 108, 3-Holmdel 169, 4-Hamilton East 212, 5-Ocean City 231, 7-South Brunswick 231, 8-Haddon North 274, 9-Wall 280, 10-Bergenfield 284, 11-Abseggen 295, 12-Mt. Olive 295, 13-Phillipsburg 297, 14-Wayne Hills 298, 15-Toms River South 270, 16-Ramapo 300, 17-Pascack Valley 340, 18-West Essex 356, 19-Ramapo 433, 20-Morris Knolls 481.  
INDIVIDUALS: 1-Brendan Heffernan, North Hunterdon 15:36, 2-Pat Dolan, North Hunterdon 16:19, 3-Scott Wolkenhauser, West Morris 16:20, 4-Bill Gragan, Bergenfield 16:31, 5-David Cox, Camden Wilson 16:36, 6-Geoff Wayton, Mansfield 16:37, 7-Kurt Weyton, Mansfield 16:48, 8-Bryan Hunt, West Morris 16:54, 9-Jason Capelli, Haddon Valley 16:57, 10-Scott Meguire, Hamilton North 17:01, 11-Jay Hagerman, Wall 17:02, 12-Poly Sinton, Abseggen 17:08, 13-Romane Lewis, Bridgeton 17:10, 14-Chris Lindbeck, Delaware 17:10, 15-Misha Simmons, Dumont 17:11, 16-Geoff Ryan, Pascack Valley 17:13, 17-Roberto Perez, Bridgeton 17:15, 18-Greg McGivern, Ocean Twp. 17:18, 19-Joe Oliver, Northern Highlands 17:21, 20-Zac Case, Ocean City 17:27.

#### BOYS' GROUP 2

TEAMS: 1-Whippany Park 90, 2-Holmdel 122, 3-Climax 141, 4-Somerville 188, 5-Princeton 186, 6-Haddon Township 224, 7-Delaware Valley 233, 8-Sterling 237, 9-Delan 261, 10-Point Pleasant Boro 278, 11-Chatham 280, 12-Morris Hills 321, 13-Hackettstown 327, 14-Kittanning 327, 15-Mahwah 336, 16-Hopatcong 346, 17-Rosewood 368, 18-Dover 390, 19-Wallkill Valley 443.  
INDIVIDUALS: 1-Terence Fagan, Point Pleasant Boro 16:20, 2-John Keena, Whippany Park 16:21, 3-Matt Buro, Commack 16:56, 4-Brian Vasconi, Kittanning 17:01, 5-Randy Latza, Voorhees 17:02, 6-Matt Buro, North Fairfield 17:05, 7-Adam Devine, Hopatcong 17:06, 8-Brian Gallagher, Sterling 17:08, 9-Matt Bell, Sterling 17:08, 10-Eric Paras, Holmdel 17:10, 11-Rob Wisnolki, Chatham 17:13, 12-Pat Bean, Hackettstown 17:13, 13-James Weinberg, Whippany Park 17:17, 14-Ryan MacNaughton, Whippany Park 17:17, 15-Lev Kutman, Holmdel 17:19, 16-Zach Price, Princeton 17:20, 17-Dan Tavares, Delran 17:27, 18-Brent Conly, Delaware Valley 17:33, 19-Damian Gonzalez, Carteret 17:34, 20-Matt Hammill, Moorestown.

#### BOYS' GROUP 1

TEAMS: 1-Haddon Heights 63, 2-Maple Shade 118, 3-Matthew 131, 4-Newark Science 167, 5-Henry Hudson 162, 6-Roseville Park 167, 7-Middlesex 169, 8-Madison Borough 213, 9-Haddonfield 251, 10-Point Pleasant Beach 262, 11-New Milford 266, 12-Dayton Regional 254, 13-Palmdale Park 356, 14-Boyd 358, 15-Newark Arts 376, 16-Fairbourn 384, 17-Walpack 409, 18-Highland Park 438, 19-Spotwood 441, 20-Park Ridge 448.  
INDIVIDUALS: 1-John Salisbury, Haddon Heights 16:31, 2-Anthony DeBenedictis, Roselle Park 16:46, 3-Peter Kapp, Point Pleasant Beach 17:00, 4-Tom Horne, Glassboro 17:23, 5-Jason Newcome, Paulsboro 17:25, 6-Stevie Jacob, Matthews 17:30, 7-Danny Schuman, Saddle Brook 17:30, 8-Chuck Nott, Maple Shade 17:35, 9-Brian Shuff, New Milford 17:36, 10-Danica Koska, Crosskill 17:37, 11-Justin Torrento, Walpack 17:45, 12-Ted Geogagia, Madison 17:46, 13-Mike Bender, Haddon Heights 17:48, 14-Tony Tavaras, Newark Science 17:59, 16-Kevin Wisnauer, Kinnelon 18:04, 17-Andrew Basista, Middletown 18:09, 18-Tom Phillips, Henry Hudson 18:12, 19-Carl Egert, Haddon Heights 18:14, 20-Adam Biygas, Metuchen 18:15.



Photo by Geoff Reed  
Ridgewood's Bob Keino strides across line to win Group 4 championship yesterday at Holmdel Park

#### BOYS' PAROCHIAL A

TEAMS: 1-Christian Brothers 69, 2-Don Bosco Prep 71, 3-Paul VI 93, 4-Bergen Catholic 170, 5-Mike Dime 191, 6-Rod Blank Catholic 205, 7-Paramus Catholic 227, 8-Holy Cross 259, 9-Immaculate 278, 10-St. Joseph 282, 11-Holy Spirit 323, 14-St. Joseph (Montvale) 346, 15-Mtg. Donovan 356, 16-St. John Vianney 378, 17-St. Peter's Prep 384, 18-Bishop Ahr 420, 19-Camden Catholic 453, 20-McCormick 641.  
INDIVIDUALS: 1-Regan Ladisic, Paramus Catholic 16:28, 2-Eric Willis, Notre Dame 16:49, 3-Michael Robertson, Holy Cross 16:51, 4-Tom Shaw, Holy Cross 16:57, 5-Mike Matos, Queen of Peace 16:57, 6-Martin Hickey, Don Bosco Prep 17:02, 7-Chris Chiara, Christian Brothers 17:08, 8-Jake Levine, Don Bosco Prep 17:09, 9-Chuck Crosso, Christian Brothers 17:08, 10-Joe DiGiugno, Paul VI 17:10, 11-Mike O'Connor, Seton Hall Prep 17:10, 12-Brian Zink, Christian Brothers Prep 17:15, 13-Sean Durkin, Don Bosco Prep 17:15, 14-Dennis Dougherty, Paul VI 17:22, 15-Sean McCafferty, Christian Brothers 17:23, 16-Brian Gilman, Bergen Catholic 17:25, 17-Mike Previti, Holy Spirit 17:25, 18-Orry Brown, Bergen Catholic 17:41, 19-Frank Monks, Don Bosco Prep 17:32, 20-Sean McCarty, Rod Blank Catholic 17:34.

#### BOYS' PAROCHIAL B

TEAMS: 1-Delbarton 73, 2-Baex Catholic 106, 3-DePaul 135, 4-Sacred Heart 139, 5-Psary 177, 6-Pope John 178, 7-Mater Dei 232, 8-St. Joseph (Hampton) 260, 9-Don Bosco Tech 268, 10-St. Rose 282, 11-Widwood Catholic 286, 12-St. Mary's 294, 13-Eastern Christian 305, 14-St. Augustine 323, 15-Bishop Eastace 321, 16-Good Counsel 392, 17-Morris Catholic 405, 18-Oratory Prep 489, 19-Newark Academy 501, 20-Union Catholic 512, 21-St. James 532.  
INDIVIDUALS: 1-Jeff Staple, Morris Catholic 16:44, 2-Mike Conboy, Delbarton 17:21, 3-John Pili, Mater Dei 17:30, 4-Jon Spages, DePaul 17:33, 5-Mike Harty, Delbarton 17:36, 6-Ryan Harrison, Mater Dei 17:38, 7-Jason Ladd, Sacred Heart 17:51, 8-Ed Coen, DePaul 17:56, 9-Chris Cooke, Essex Catholic 18:02, 10-Dominic Ward, Essex Catholic 18:04, 11-Bill O'Keefe, DePaul 18:07, 12-James Evoy, Essex Catholic 18:08, 13-John Krowicki, Delbarton 18:18, 14-Juan Waucopoma, Don Bosco 18:17, 15-Bill Gragg, Widwood Catholic 18:19, 16-George Martin, St. Joseph (Hampton) 18:23, 17-Mark Arena, Eastern Christian 18:24, 18-Adam Nazzario, Pingry 18:26, 19-Doug Cueva, Good Counsel 18:31, 20-Mike Mastrangelo, Sacred Heart 18:32.



Photo by Geoff Reed  
Field for Group 3 championship race leaves starting line yesterday at Holmdel Park. Midland Park's Kerry Moore (third from right) won the title