

# Keino, Bury run away with X-c titles

By PAUL FABBRI

Ridgewood junior Bob Keino ran a race to make his renowned father proud as he broke away from North Hunterdon senior Brendan Heffernan midway through the race and never looked back to win the 21st NJSIAA cross-country Meet of Champions yesterday at Holmdel Country Park.

Keino, the son of two-time Kenyan Olympic gold medalist Kip Keino, was one of three Bergen County champions to win yesterday — joined by the Don Bosco Prep boys' and the Ridgewood girls' teams.

West Orange senior Heather Bury, the girls' individual champion, prevented a Bergen County sweep.

Keino, the Group 4 champion last week, had been running stride for stride with Heffernan, the Group 3 champion and the Meet of Champions defender, when he attacked the difficult hill coming out of the bowl portion of the course. It was a move that distanced him from Heffernan, who was unable to respond to the surge. Keino finished the course strongly, coming out of the woods to a surprised and cheering crowd before crossing the finish line in 15:52. Heffernan was second in 16:00, while Jackson junior Rich Morris was third in 16:03.

"I made the decision to run with (Heffernan)," Keino said, "but he looked tired climbing the hill and I went."

Said Ridgewood coach Larry Coyle: "I didn't know whether Bob could win or not, but he has such a wonderful sense of a race. That was a classical maneuver, to take someone over the top of a hill."

Heffernan, whose 16:00 effort was a 24-second drop off his performance last week, was gracious in defeat.

"I felt good before the race, but once I got into the woods, I knew it wasn't my day," he said. "He's a good runner and I gave it to him today."

Bury, the Group 4 champion last week, went out early, which she attributed to adrenaline, and immediately assumed the lead. Although she could hear her competition, including Holy Cross sophomore Kari Vigerstol, for the entire race, she was never challenged. She crossed the finish line in 19:15, seven seconds ahead of Vigerstol.

Bury was able to win despite the loss of her hair band about 100 meters from the finish line and the surprise presence of family members, who usually stay home so they don't add to the pressure.

"I'm not happy with the time, not happy with the race I ran, but I'm happy with the win," said Bury, who was 18th at this race a year ago. "At least I held up the family tradition."

Like Keino, Bury is the descendant of a champion. Her grandfather, Harold Bury Sr., was the state 880-yard titlist in 1925 at Orange High.

The Don Bosco Prep boys made their first trip to the Meet of Champions a memorable one when they beat Bergen County neighbor Ridgewood, 120-134, to win the state title. Senior Sean Durkin, normally Don Bosco Prep's second or third runner, stepped up by finishing first for his team and 22d overall in 16:46.

Sophomore Tim Foley may have provided the decisive lift, however, finishing fourth for his team and 61st overall in 17:19. It was the first race for Foley, hobbled all year by a stress fracture, since the Oct. 3 Shore Coaches Invitational.

"This is unbelievable," said Don Bosco Prep coach Tony Monks, whose team endured the loss of four of its top five runners to graduation last

year. "After qualifying for the Meet of Champions, everything else was a bonus."

Also helping Don Bosco Prep, the runner-up to Christian Brothers Academy in last week's Parochial A championship, were junior Martin Hickey, 38th in 17:00, junior Jake Levine, 49th in 17:09, and senior Jay Vior, 69th in 17:23.

Don Bosco Prep's victory ended the two-year reign of CBA, which finished third, and continued the seven-year dominance of parochial champions. CBA won titles in 1986, '87, '90 and '91, while Paul VI won championships in 1988 and '89. CBA was hindered yesterday by the absence of sophomore Sean McCafferty, one of the keys to the victory in the Parochial A race. He was withheld from the race only minutes prior to the start because of an injury.

The Ridgewood girls continued to impress for the third straight week when they held off surprising Ocean Township, 80-89, to win their first state title. Ridgewood first caught the attention of coach Jacob Brown two weeks ago when it overpowered the field to win the Bergen County championships. Last week, its top six runners remarkably finished in under 21:00 in winning the Group 4 championship.

Ridgewood duplicated the feat this week when Claire Blaney and Erin Roach, the team's No. 5 and No. 6 runners, both finished in 20:59. Junior Jenna Rogers again led the charge, finishing 16th in 20:17. Also aiding the Ridgewood cause were Amy Smith, 25th in 20:33; Lauren Stubb, 27th in 20:36; and Jeanne Reilly, 28th in 20:37.

The second-place finish was a sweet one for Ocean Township, which, like Don Bosco Prep, was competing in only its first Meet of Champions. Only three weeks ago, an Ocean team

hindered by illness finished third in the Monmouth County championships. Yesterday, four of its runners finished in under 21:00 as they never shocked Ridgewood.

"We knew we had it in us," said junior Megan Phillips, who, along with her teammates, helped revive a program three years ago that had not fielded a team for the previous six years. "It's nice to do so well in our first trip."

## BOYS

TEAMS: 1-Don Bosco Prep 120, 2-Ridgewood 124, 3-Christian Brothers Academy 124, 4-Paul VI 148, 5-Shawnee 154, 6-North Hunterdon 160, 7-Holmdel 181, 8-West Morris 200, 9-Vineland 214, 10-Wilpursy Park 221, 11-Delbarton 218, 12-Chinminnassee 236, 13-Bridgton 325, 14-Haddon Heights 334, 15-Magle Road 358, 16-Metromont 377, 17-Baers Catholic 443, 18-DePaul 494.

INDIVIDUALS: 1-Bob Keino, Ridgewood 15:52, 2-Brendan Heffernan, North Hunterdon 16:00, 3-Rich Morris, Jackson 16:03, 4-Iverson 16:09, 5-Rich Morris, Jackson 16:09, 6-Tyler Pagan, Point Pleasant Boro 16:13, 7-Jordan Ladis, Paramus Catholic 16:18, 8-Pai Dolan, North Hunterdon 16:19, 9-Tony Barocco, Jersey 16:21, 10-Bryan Hunt, West Morris 16:24, 11-John Bagnary, Haddon Heights 16:27, 12-Paul Mason, Atlantic City 16:27, 13-Aaron Totter-Lancaster 16:34, 14-Good Warner, Mansfield 16:37, 15-Courney Davis, Hackensack 16:40, 16-Matt Feeley, Chaminade 16:41, 17-Jeff Staple, Morris Catholic 16:42, 18-Eric Willis, Notre Dame 16:43, 19-Chris Wilson 16:44, 20-Matt Burke, North Plainfield 16:44, 21-Antonio Oliveira, Newark East Side 16:46, 22-Scott Teske, Shawnee 16:49, 23-Sean Durkin, Don Bosco Prep 16:49, 24-Brian Gallagher, Sterling 16:47, 25-Anthony DeBenedictis, Roselle Park 16:51, 26-Scott Mason, Brick 16:51.

## GIRLS

TEAMS: 1-Ridgewood 80, 3-Ocean Township 80, 3-Paul VI 143, 4-Holmdel 146, 5-Immaculate Heart Academy 156, 6-Shawnee 169, 7-Middletown South 170, 8-Red Bank Catholic 184, 9-North Hunterdon 190, 10-Kittatany 207, 11-Kingsey 211, 12-Morris Catholic 200, 13-Somersville 210, 14-Haddonfield 224, 15-Pingry 243, 16-Mater Dei 248.

INDIVIDUALS: 1-Heather Bury, West Orange 19:15, 2-Kari Vigerstol, Holy Cross 19:22, 3-Regina Gonzales, Holy Angels 19:27, 4-Megan Hartman, Ocean City 19:34, 5-Liz Moore, Shawnee 19:34, 6-Tara Polina, Hamilton North 19:41, 7-Erica More, Kingsey 19:52, 8-Jane Pat Brizson, Red Bank Catholic 19:57, 9-Kateena Jensen, Marlboro 20:01, 10-Colleen Manning, North Hunterdon 20:02, 11-Laura Mendon, Ocean Township 20:02, 12-Jennifer Harris, Paul VI 20:07, 13-Cathy McCutten, Bridgton 20:15, 14-Karen O'Neil, Shawnee 20:14, 15-Amy Mizzone, Wayne Valley 20:16, 16-Terra Rogers, Ridgewood 20:17, 17-Megan Smith, Middletown South 20:17, 18-Cara Madry, Sparta 20:20, 19-Paula Costa, Jersey 20:21, 20-Megan Phillips, Ocean Township 20:21, 21-Martina Brachan, Immaculate Heart 20:27, 22-Cathy O'Brien, Morris Catholic 20:29, 23-Cathy Miller, Somerville 20:29, 24-Julie Sobock, Mainland 20:32, 25-Amy Smith, Ridgewood 20:33.



Photo by Geoff Reed  
Yeah! Bob Keino of Ridgewood celebrates his victory in cross country Meet of Champions yesterday in Holmdel Park



Photo by Geoff Reed  
Heather Bury of West Orange gasps for air after she crosses finish line to win Meet of Champions cross country meet yesterday in Holmdel Park