

Top Runners in Rockland County

Boys

Dual meet Results are used, plus:

Manhattan, Leagues, Coaches, Counties, Sections, States, Federations, National's & Other Invitational's
We can only go by the results I have received. You can always send your results in.

(Top 25 Runners)

Week of November 17th

No Change – NC, Up- U, Down - D, Honorable Mention – NM, Not Listed – NL,

(1) Brian Cook (PR) SR

Weeks in top 25: 10/12(1st), 10/19(NC), 10/26(NC), 11/2(NC), 11/9(NC), 11/17(NC),
Dual Meet Results (He Beat): 9/7 W1 No Meet, 9/10 (5K) W2 Luke Gavigan (Tappan Zee),
9/17 W3 No Meet, 9/24 (5K) W4 No Results (Nanuet),
10/1 W5 David Gates, Ahmed Ahmed (Nyack), Adam Klein (Clarkstown South)
9/21/13 Queensbury Invit. – (5K) 15:17.95 Queensbury, NY /
9/28/13 Fordham Prep #1 (4000m) – DNR Van Cortlandt Park, NY /
10/5/13 NO MEET / 10/8/13 League 4B (3m): - 15:20.55 (1st) Bear Mountain Park /
10/12/13 Manhattan (2 ½m): – 12:34.6 (Varsity A, 2nd) Van Cortland Park /
10/19/13 Coaches (5K): – 15:54.72 (Varsity 3, 1st) Bowdoin Park /
10/24/13 Rockland County (3m): – 15:17.54 (Varsity 1st) Bear Mountain Park /
11/1/13 Sections: Class B (5K): - 16:15.71 (Varsity B, 1st) Bowdoin Park /
11/9/13 State Meet: Class B (5K): – 15:19.8 (Varsity B, 3rd) Queensbury, NY
11/16/13 Federation Meet (5K): - 15:45.20 (Varsity, 1st) Bowdoin Park /
11/30/13 NXN Regional's (5K): - Bowdoin Park

(2) Luke Gavigan (TZ) JR

Weeks in top 25: 10/12(2nd), 10/19(NC), 10/26(NC), 11/2(NC), 11/9(NC), 11/17(NC),
Dual Meet Results (He Beat): 9/7 W1 No Meet, 9/10 (5K) W2 Ben McDermott (Pearl River),
9/17 (2.5m) W3 Kyle Chesterman (Nanuet), 9/24 (2.5m) W4 David Gates (Nyack), Tim Boston (Suffern),
9/21/13 Queensbury Invit. – (5K) 15:38.96 Queensbury, NY /
9/28/13 Six Flags Wild Safari (5K) – 16:05.38 Jackson, NJ
10/5/13 NO MEET / 10/8/13 League 4B (3m): - 15:38.95 (2nd) Bear Mountain Park /
10/12/13 Manhattan (2 ½m): – 12:47.9 (Varsity B 2nd) Van Cortland Park /
10/19/13 Coaches (5K): – 16:30.64 (Varsity 1, 1st) Bowdoin Park /
10/24/13 Rockland County (3m): – 15:23.47 (Varsity 2nd) Bear Mountain Park /
11/1/13 Sections: Class B (5K): - 16:37.40 (Varsity B, 2nd) Bowdoin Park /
11/9/13 State Meet: Class B (5K): – 15:37.0 (Varsity B, 4th) Queensbury, NY
11/16/13 Federation Meet (5K): - 16:19.10 (Varsity, 13th) Bowdoin Park /
11/30/13 NXN Regional's (5K): - Bowdoin Park

(3) Liam Burke (TZ) JR

Weeks in top 25: 10/12(4th), 10/19(NC), 10/26(3th U), 11/2(NC), 11/9(NC), 11/17(NC),
Dual Meet Results (He Beat): 9/7 W1 No Meet, 9/10 (5K) W2 Brandon Ilie (Pearl River),
9/17 (2.5m) W3 Kyle Chesterman (Nanuet), 9/24 (2.5m) W4 David Gates (Nyack), Tim Boston (Suffern),
9/21/13 Queensbury Invit. – (5K) 16:16.84 Queensbury, NY /
9/28/13 Six Flags Wild Safari (5K) – 16:27.17 Jackson, NJ
10/5/13 NO MEET / 10/8/13 League 4B (3m): - 16:00.40 (3rd) Bear Mountain Park /
10/12/13 Manhattan (2 ½m): – 13:08.9 (Varsity B 6th) Van Cortland Park /
10/19/13 Coaches (5K): – 17:03.55 (Varsity 1, 3rd) Bowdoin Park /
10/24/13 Rockland County (3m): – 15:34.11 (Varsity 3rd) Bear Mountain Park /
11/1/13 Sections: Class B (5K): - 16:53.75 (Varsity B, 3rd) Bowdoin Park /
11/9/13 State Meet: Class B (5K): – 16:12.2 (Varsity B, 26th) Queensbury, NY
11/16/13 Federation Meet (5K): - 16:45.00 (Varsity, 45th) Bowdoin Park /
11/30/13 NXN Regional's (5K): - Bowdoin Park

(4) Liam Purdy (NR) SR

Weeks in top 25: 10/12(3rd), 10/19(NC), 10/26(4th D), 11/2 (NC), 11/9(NC), 11/17(NC),
Dual Meet Results (He Beat): 9/7 (3m) W1 No Results (Suffern), 9/10 (5K) W2 DNR,
9/17 (3m) W3 Alex Vignali (Clarkstown North), 9/24 W4 No Meet,
9/21/13 Queensbury Invit. (5K) – 16:04.21 Queensbury, NY/
9/28/13 Red Raider Run (5K): – 16:32.80 Anthony Wayne Park /
10/5/13 Great American XC Festival (5K) – 16:06.9 Cary, North Carolina /
10/8/13 League 4A (3m): - 15:57.97 (1st) Bear Mountain Park /
10/12/13 Manhattan (2 ½m): – 12:59.8 (Varsity E 7th) Van Cortland Park /
10/19/13 Coaches (5K): – DNR Bowdoin Park /
10/24/13 Rockland County (3m): – 15:55.66 (Varsity 4th) Bear Mountain Park /
11/1/13 Sections: Class A (5K): - 16:54.79 (Varsity A, 3rd) Bowdoin Park /
11/9/13 State Meet: Class A (5K): – 16:15.6 (Varsity A, 46th) Queensbury, NY
11/16/13 Federation Meet (5K): - 16:49.70 (Varsity, 50th) Bowdoin Park /
11/30/13 NXN Regional's (5K): - Bowdoin Park

(5) Vinny Vazquez (NR) SR

Weeks in top 25: 10/12(5th), 10/19(NC), 10/26(NC), 11/2(6thD), 11/9(5thU), 11/17(NC),
Dual Meet Results (He Beat): 9/7 (3m) W1 Tim Boston (Suffern), 9/10 (5K) W2 DNR,
9/17 (3m) W3 Alex Vignali (Clarkstown North), 9/24 W4 No Meet,
9/21/13 Queensbury Invit. (5K) – 16:35.49 Queensbury, NY/
9/28/13 Red Raider Run (5K) – 16:27.59 Anthony Wayne Park /
10/5/13 Great American XC Festival (5K) – 16:32.5 Cary, North Carolina /
10/8/13 League 4A (3m): - 16:14.64 (2nd) Bear Mountain Park /
10/12/13 Manhattan (2 ½m): – 13:18.3 (Varsity E 16th) Van Cortland Park /
10/19/13 Coaches (5K): – DNR Bowdoin Park /
10/24/13 Rockland County (3m): – 15:52.41 (Varsity 5th) Bear Mountain Park /
11/1/13 Sections: Class A (5K): - 17:21.70 (Varsity A, 8th) Bowdoin Park /
11/9/13 State Meet: Class A (5K): – 15:39.8 (Varsity A, 18th) Queensbury, NY
11/16/13 Federation Meet (5K): - 17:10.90 (Varsity, 76th) Bowdoin Park /
11/30/13 NXN Regional's (5K): - Bowdoin Park

(6) Kyle Chesterman (Nanuet) SR

Weeks in top 25: 10/12(6th), 10/19(NC), 10/26(NC), 11/2(5thU), 11/9(6thD),
Dual Meet Results (He Beat): 9/7 W1 No Meet, 9/10 (5K) W2 David Gates (Nyack), Ahmed Ahmed (Nyack),
9/17 (2.5m) W3 Flannan Hehier (Tappan Zee), 9/24 (5K) W4 No Results (Nanuet),
9/21/13 Suffern Invit (3m): - 16:04.49 Bear Mountain Park /
9/28/13 Herrmann XC Invit (5K) – 17:11.3 Utica, NY /
10/5/13 NO MEET / 10/8/13 League 4B (3m): - 16:04.53 (4th) Bear Mountain Park /
10/12/13 Manhattan (2 ½m): – 13:31.7 (Varsity F 8th) Van Cortland Park /
10/19/13 Coaches (5K): – 17:01.18 (Varsity 4, 3rd) Bowdoin Park /
10/24/13 Rockland County (3m): – 15:56.56 (Varsity 6th) Bear Mountain Park /
11/1/13 Sections: Class B (5K): - 17:05.91 (Varsity B, 4th) Bowdoin Park /
11/9/13 State Meet: Class B (5K): – 16:26.5 (Varsity B, 47th) Queensbury, NY
11/16/13 Federation Meet (5K): - DNR Bowdoin Park /
11/30/13 NXN Regional's (5K): - Bowdoin Park

(7) David Gates (Nyack) SR

Weeks in top 25: 10/12(10th), 10/19(NC), 10/26(11th D), 11/2(10thU), 11/9(7thU),

Dual Meet Results (He Beat): 9/7 (3m) W1 Tim Boston (Suffern), Richard Stephens (North Rockland),
9/10 (5K) W2 Ryan Brennan (Nanuet), 9/17 (5K) W3 Michael Waldrom (Albertus Magnus),
9/24 (2.5m) W4 Tim Boston (Suffern), Flannan Hehir (Tappan Zee),
10/1 (5K) W5 Brandon Ilie (Pearl River), Adam Klein (Clarkstown South),
9/21/13 Suffern Invit (3m): - 16:17.42 Bear Mountain Park /
9/28/13 Six Flags Wild Safari (5K) – 16:40.31 Jackson, NJ
10/5/13 Bear Classic (5K) – 16:29.0 Brewster NY/
10/8/13 League 4B (3m): - 16:14.71 (6th) Bear Mountain Park /
10/12/13 Manhattan (2 ½m): – DNR Van Cortland Park /
10/19/13 Coaches (5K): – 17:24.50 (Varsity 3, 11th) Bowdoin Park /
10/24/13 Rockland County (3m): – 16:42.21 (Varsity 21st) Bear Mountain Park /
11/1/13 Sections: Class B (5K): - 17:07.67 (Varsity B, 5th) Bowdoin Park /
11/9/13 State Meet: Class B (5K): – 16:15.8 (Varsity B, 31st) Queensbury, NY
11/16/13 Federation Meet (5K): - DNR Bowdoin Park / 11/30/13 NXN Regional's (5K): - Bowdoin Park

(8) Mike Mahoney (PR) JR

Weeks in top 25: 10/12(7th), 10/19(NC), 10/26(NC), 11/2 (NC), 11/9(8thD),

Dual Meet Results (He Beat): 9/7 W1 No Meet, 9/10 (5K) W2 Liam Burke (Tappan Zee),
9/17 W3 No Meet, 9/24 (5K) W4 No Results (Nanuet),
10/1 (5K) W5 David Gates, Ahmed Ahmed (Nyack), Adam Klein (Clarkstown South),
9/21/13 Queensbury Invit – (5K) 16:26.88 Queensbury, NY /
9/28/13 Fordham Prep #1 (4000m) – DNR Van Cortlandt Park, NY /
10/5/13 **NO MEET** / 10/8/13 League 4B (3m): - 16:11.67 (5th) Bear Mountain Park /
10/12/13 Manhattan (2 ½m): – 13:30.2 (Varsity A 18th) Van Cortland Park /
10/19/13 Coaches (5K): – 16:56.48 (Varsity 3, 6th) Bowdoin Park /
10/24/13 Rockland County (3m): – 16:03.98 (Varsity 7th) Bear Mountain Park /
11/1/13 Sections: Class B (5K): - 17:08.23 (Varsity B, 6th) Bowdoin Park /
11/9/13 State Meet: Class B (5K): – 16:18.3 (Varsity B, 35th) Queensbury, NY/
11/16/13 Federation Meet (5K): - DNR Bowdoin Park /
11/30/13 NXN Regional's (5K): - Bowdoin Park

(9) Assad Jeffrey (NR) SR

Weeks in top 25: 10/12(8th), 10/19(NC), 10/26(NC), 11/2(9thD), 11/9(10thD), 11/17(9thU),

Dual Meet Results (He Beat): 9/7 (3m) W1 Tim Boston (Suffern), David Gates (Nyack), Ahmed Ahmed (Nyack),
9/10 (3m) W2 DNR, 9/17 (2.5m) W3 Alex Vignali (Clarkstown North), 9/24 W4 No Meet,
9/21/13 Queensbury Invit. (5K) – 16:36.71 Queensbury, NY/
9/28/13 Red Raider Run (5K) – 16:44.93 Anthony Wayne Park /
10/5/13 Great American XC Festival (5K) – 16:25.70 Cary, North Carolina /
10/8/13 League 4A (3m): - 16:27.25 (3rd) Bear Mountain Park /
10/12/13 Manhattan (2 ½m): – 13:42.4 (Varsity E 37th) Van Cortland Park /
10/19/13 Coaches (5K): – DNR Bowdoin Park /
10/24/13 Rockland County (3m): – 16:16.79 (Varsity 9th) Bear Mountain Park /
11/1/13 Sections: Class A (5K): - 17:31.28 (Varsity A, 14th) Bowdoin Park /
11/9/13 State Meet: Class A (5K): – 16:26.9 (Varsity A, 54th) Queensbury, NY
11/16/13 Federation Meet (5K): - 17:29.10 (Varsity, 109th) Bowdoin Park /
11/30/13 NXN Regional's (5K): - Bowdoin Park

(10) Tim Boston (Suffern) SR

Weeks in top 25: 10/12(11th), 10/19(NC), 10/26(9th U), 11/2(8thU), 11/9(9thD), 11/17(10thD),

Dual Meet Results (He Beat): 9/7 (3m) W1 Richard Stephens (North Rockland), Ahmed Ahmed (Nyack),

9/10 (2.5m) W2 (Clarkstown North), 9/17 (3m) W2 Adam Klein (Clarkstown South),

9/24 (2.5m) W4 Pat Flangan (Tappan Zee), Jamar Ortega (Nyack),

9/21/13 Suffern Invit (3m): - 16:24.06 Bear Mountain Park /

9/28/13 Ocean State Invit (5K) - 16:49.11 Goddard Park, Warwick, Rhode Island /

10/4/13 Paul Short (5K) - Extreme Heat (Cancelled) Lehigh University, Pa /

10/8/13 League 4A (3m): - DNR Bear Mountain Park /

10/12/13 Manhattan (2 ½m): - 13:35.8 (Varsity G, 16th) Van Cortland Park /

10/19/13 Coaches (5K): - 17:32.98 (Varsity 3, 14th) Bowdoin Park /

10/24/13 Rockland County (3m): - 16:14.13 (Varsity 8th) Bear Mountain Park /

11/1/13 Sections: Class A (5K): - 17:30.11 (Varsity A, 13th) Bowdoin Park /

11/9/13 State Meet: Class A (5K): - DNR Queensbury, NY

11/16/13 Federation Meet (5K): - DNR Bowdoin Park / 11/30/13 NXN Regional's (5K): - Bowdoin Park

(11) Patrick Flanagan (TZ) SR

Weeks in top 25: 10/12(14th), 10/19(NC), 10/26(NC), 11/2(NC), 11/9(NC), 11/17(11thU),

Dual Meet Results (He Beat): 9/7 W1 No Meet, 9/10 (5K) W2 Domenic Fortino (Pearl River),

9/17 (2.5m) W3 Ryan Brennan (Nanuet), 9/24 (2.5m) W4 Jeremy Solomon (Suffern), Jamar Ortega (Nyack),

9/21/13 Queensbury Invit. (5K) - 17:00.41 Queensbury, NY /

9/28/13 Six Flags Wild Safari (5K) - 17:07.66 Jackson, NJ

10/5/13 NO MEET / 10/8/13 League 4B (3m): - 16:45.29 (12th) Bear Mountain Park /

10/12/13 Manhattan (2 ½m): - 13:58.8 (Varsity B 42nd) Van Cortland Park /

10/19/13 Coaches (5K): - 17:37.39 (Varsity 1, 7th) Bowdoin Park /

10/24/13 Rockland County (3m): - 16:28.24 (Varsity 13th) Bear Mountain Park /

11/1/13 Sections: Class B (5K): - 17:20.58 (Varsity B, 10th) Bowdoin Park /

11/9/13 State Meet: Class B (5K): - 16:29.3 (Varsity B, 49th) Queensbury, NY

11/16/13 Federation Meet (5K): - 17:23.40 (Varsity, 96th) Bowdoin Park /

11/30/13 NXN Regional's (5K): - Bowdoin Park

(12) James Camillieri (Nanuet) SR

Weeks in top 25: 10/12 (18th), 10/19(NC), 10/26(10th U), 11/2(11thD), 11/9(NC), 11/17(12thD),

Dual Meet Results (He Beat): 9/7 W1 No Meet, 9/10 (5K) W2 James Ortega (Nyack),

9/17 (2.5m) W3 TJ Russell (Tappan Zee), 9/24 (3m) W4 No Results (Nanuet),

9/21/13 Suffern Invit (3m): - 16:37.25 Bear Mountain Park

9/28/13 Herrmann XC Invit (5K): - 17:47.8 Utica, NY /

10/5/13 NO MEET / 10/8/13 League 4B (3m): - 16:33.94 (8th) Bear Mountain Park /

10/12/13 Manhattan (2 ½m): - 13:59.7 (Varsity F, 30th) Van Cortland Park /

10/19/13 Coaches (5K): - 17:31.00 (Varsity 4, 11th) Bowdoin Park /

10/24/13 Rockland County (3m): - 16:19.57 (Varsity 10th) Bear Mountain Park /

11/1/13 Sections: Class B (5K): - 17:36.52 (Varsity B, 16th) Bowdoin Park /

11/9/13 State Meet: Class B (5K): - DNR Queensbury, NY

11/16/13 Federation Meet (5K): - DNR Bowdoin Park /

11/30/13 NXN Regional's (5K): - Bowdoin Park

(13) Brandon Ilie (PR) SR

Weeks in top 25: 10/12(9th), 10/19(NC), 10/26(12th D), 11/2(NC), 11/9(NC), 11/17(13thD),
Dual Meet Results (He Beat): 9/7 W1 No Meet, 9/10 (5K) W2 Ryan Tsang (Tappan Zee),
9/17 W3 No Meet, 9/24 (5K) W4 No Results (Nanuet),
10/1 W5 Ahmed Ahmed (Nyack), Adam Klein (Clarkstown South),
9/21/13 Queensbury Invit. (5K) – **16:47.07** Queensbury, NY/
9/28/13 Fordham Prep #1 (400m) – **DNR** Van Cortlandt Park, NY /
10/5/13 **NO MEET** / 10/8/13 League 4B (3m): - **16:27.01** (7th) Bear Mountain Park /
10/12/13 Manhattan (2 ½m): - **13:49.7** (Varsity A 37th) Van Cortland Park /
10/19/13 Coaches (5K): - **17:36.37** (Varsity 3, 17th) Bowdoin Park /
10/24/13 Rockland County (3m): - **16:20.23** (Varsity 11th) Bear Mountain Park /
11/1/13 Sections: Class B (5K): - **17:40.55** (Varsity B, 17th) Bowdoin Park /
11/9/13 State Meet: Class B (5K): - **DNR** Queensbury, NY
11/16/13 Federation Meet (5K): - **DNR** Bowdoin Park /
11/30/13 NXN Regional's (5K): - Bowdoin Park

(14) Stephen Schnalzer (NR) SR

Weeks in top 25: 10/12(12th), 10/19(NC), 10/26(13th D), 11/2(NC), 11/9(NC), 11/17(14thD),
Dual Meet Results (He Beat): 9/7 (3m) W1 Steven Cho (Suffern), Ahmed Ahmed (Nyack),
9/10 (5K) W2 Adam Klein (Clarkstown South), 9/17 (3m) W3 **DNR** (Clarkstown North), 9/24 W4 No Meet,
9/21/13 Queensbury Invit. (5K) – **17:04.80** Queensbury, NY/
9/28/13 Red Raider Run (5K) – **16:55.68** Anthony Wayne Park /
10/5/13 Great American XC Festival (5K) – **16:44.1** Cary, North Carolina /
10/8/13 League 4A (3m): - **16:37.69** (4th) Bear Mountain Park /
10/12/13 Manhattan (2 ½m): - **13:45.9** (Varsity E 45th) Van Cortland Park /
10/19/13 Coaches (5K): - **DNR** Bowdoin Park /
10/24/13 Rockland County (3m): - **16:23.45** (Varsity 12th) Bear Mountain Park /
11/1/13 Sections: Class A (5K): - **17:53.19** (Varsity A, 23rd) Bowdoin Park /
11/9/13 State Meet: Class A (5K): - **17:17.0** (Varsity A, 101st) Queensbury, NY
11/16/13 Federation Meet (5K): - **18:03.40** (Varsity, 170th) Bowdoin Park /
11/30/13 NXN Regional's (5K): - Bowdoin Park

(15) Flannan Hehir (TZ) SR

Weeks in top 25: 10/12(13th), 10/19(NC), 10/26(NC), 11/9(NC), 11/17(15thD),
Dual Meet Results (He Beat): 9/7 W1 No Meet, 9/10 (5K) W2 Domnic Fortino (Pearl River),
9/17 (2.5m) W3 Ryan Brennan (Nanuet), 9/24 (2.5m) W4 Steve Cho (Suffern), Jamar Ortega (Nyack),
9/21/13 Queensbury Invit. (5K) – **17:25.10** Queensbury, NY/
9/28/13 Six Flags Wild Safari (5K) – **16:49.06** Jackson, NJ
10/5/13 **NO MEET** / 10/8/13 League 4B (3m): - **16:42.74** (11th) Bear Mountain Park /
10/12/13 Manhattan (2 ½m): - **13:38.9** (Varsity B 24th) Van Cortland Park /
10/19/13 Coaches (5K): - **17:42.72** (Varsity 1, 9th) Bowdoin Park /
10/24/13 Rockland County (3m): - **16:33.92** (Varsity 16th) Bear Mountain Park /
11/1/13 Sections: Class B (5K): - **17:37.38** (Varsity B, 17th) Bowdoin Park /
11/9/13 State Meet: Class B (5K): - **17:19.0** (Varsity B, 94th) Queensbury, NY
11/16/13 Federation Meet (5K): - **17:41.50** (Varsity, 133rd) Bowdoin Park /
11/30/13 NXN Regional's (5K): - Bowdoin Park

(16) Richard Stephens (NR) JR

Weeks in top 25: 10/12(19th), 10/19(NC), 10/26(16th U), 11/2(NC), 11/9(NC), 11/17(NC),

Dual Meet Results (He Beat): 9/7 (3m) W1 Jeremy Solomon, Steven Cho (Suffern), Ahmed Ahmed (Nyack),
9/10 (5K) W2 Chris Burrill (Clarkstown South), 9/17 (3m) W3 Alex Vignali (Clarkstown North),
9/21/13 Queensbury Invit (5K): - **16:55.39** Queensbury, NY/
9/28/13 Red Raider Run (5K): -**16:53.31** Anthony Wayne Park /
10/5/13 Great American XC Festival (5K): - **16:44.0** Cary, North Carolina /
10/8/13 League 4A (3m): - **16:46.64** (5th) Bear Mountain Park /
10/12/13 Manhattan (2 ½m): - **13:56.0** (Varsity E 60th) Van Cortland Park /
10/19/13 Coaches (5K): - **DNR** Bowdoin Park /
10/24/13 Rockland County (3m): - **16:33.02** (Varsity 15th) Bear Mountain Park /
11/1/13 Sections: Class A (5K): - **17:51.32** (Varsity A, 20th) Bowdoin Park /
11/9/13 State Meet: Class A (5K): - **16:37.5** (Varsity A, 64th) Queensbury, NY
11/16/13 Federation Meet (5K): - **17:53.60** (Varsity, 152nd) Bowdoin Park /
11/30/13 NXN Regional's (5K): - Bowdoin Park

(17) Liam Mallon (NR) JR

Weeks in top 25: 10/12(15th), 10/19(NC), 10/26(18th D), 11/2(NC), 11/9(17thU), 11/17(NC),

Dual Meet Results (He Beat): 9/01 (3m) W1 Jeremy Solomon, Steven Cho (Suffern), Ahmed Ahmed (Nyack),
9/10 (5K) W2 Adam Klein (Clarkstown South), 9/17 (3m) W3 **DNR** (Clarkstown North),
9/21/13 Queensbury Invit (5K): - **16:54.33** Queensbury, NY/
9/28/13 Red Raider Run (5K): -**17:04.84** Anthony Wayne Park /
10/5/13 Great American XC Festival (5K): - **17:11.0** Cary, North Carolina /
10/8/13 League 4A (3m): - **16:48.85** (6th) Bear Mountain Park /
10/12/13 Manhattan (2 ½m): - **13:54.4** (Varsity E 59th) Van Cortland Park /
10/19/13 Coaches (5K): - **DNR** Bowdoin Park /
10/24/13 Rockland County (3m): - **16:41.42** (Varsity 20th) Bear Mountain Park /
11/1/13 Sections: Class A (5K): - **17:39.96** (Varsity A, 17th) Bowdoin Park /
11/9/13 State Meet: Class A (5K): - **16:51.8** (Varsity A, 81st) Queensbury, NY
11/16/13 Federation Meet (5K): - **17:51.40** (Varsity, 149th) Bowdoin Park /
11/30/13 NXN Regional's (5K): - Bowdoin Park

(18) Jeremy Solomon (Suffern) JR

Weeks in top 25: 10/12(16th), 10/19(NC), 10/26(17th D), 11/2(NC), 11/9(18thD), 11/17(NC),

Dual Meet Results (He Beat): 9/7 (3m) W1 James Feeney (North Rockland), Jamar Ortega (Nyack),
9/10 (2.5m) W2 No Results (Clarkstown North), 9/17 (3m) W3 Adam Klein (Clarkstown South),
9/24 (2.5m) W4 Reubeun Mulholland (Tappan Zee), Jamar Ortega (Nyack),
9/21/13 Suffern Invit (3m): - **16:49.78** Bear Mountain Park
9/28/13 Ocean State Invit (5K) - **17:14.72** Goddard Park, Warwick, Rhode Island /
10/4/13 Paul Short (5K) - **Extreme Heat (Cancelled)** Lehigh University, Pa /
10/8/13 League 4A (3m): - **16:57.25** (7th) Bear Mountain Park /
10/12/13 Manhattan (2 ½m): - **13:54.1** (Varsity G, 35th) Van Cortland Park /
10/19/13 Coaches (5K): - **17:40.69** (Varsity 3, 20th) Bowdoin Park /
10/24/13 Rockland County (3m): - **16:39.04** (Varsity 18th) Bear Mountain Park /
11/1/13 Sections: Class A (5K): - **17:46.98** (Varsity A, 19th) Bowdoin Park /
11/9/13 State Meet: Class A (5K): - **DNR** Queensbury, NY
11/16/13 Federation Meet (5K): - Bowdoin Park / 11/30/13 NXN Regional's (5K): - Bowdoin Park

(19) Reuben Mulholland (TZ) SR

Weeks in top 25: 10/12(22nd), 10/19(NC), 10/26(21st U), 11/2(19thU), 11/9(NC), 11/17(NC),

Dual Meet Results (He Beat): 9/7 W1 No Meet, 9/10 (5K) W2 Aidan Russell (Pearl River),
9/17 (2.5m) W3 James Camillieri (Nanuet), 9/24 (2.5m)

W4 Diego Santory (Suffern), Patrick Hennelly (Suffern), Jamar Ortega (Nyack),

9/21/13 Queensbury Invit. (5K): – DNR Queensbury, NY/

9/28/13 Six Flags Wild Safari (5K): – 17:15.27 Jackson, NJ

10/5/13 **NO MEET** / 10/8/13 League 4B (3m): - 16:55.75 (15th) Bear Mountain Park /

10/12/13 Manhattan (2 ½m): – 14:04.9 (Varsity B 50th) Van Cortland Park /

10/19/13 Coaches (5K): – 17:49.77 (Varsity 1, 12th) Bowdoin Park /

10/24/13 Rockland County (3m): – 16:31.85 (Varsity 14th) Bear Mountain Park /

11/1/13 Sections: Class B (5K): - 18:04.75 (Varsity B, 29th) Bowdoin Park /

11/9/13 State Meet: Class B (5K): – 17:08.8 (Varsity B, 86th) Queensbury, NY

11/16/13 Federation Meet (5K): - 18:03.30 (Varsity, 169th) Bowdoin Park /

11/30/13 NXN Regional's (5K): - Bowdoin Park

(20) Matt LeMoine (NR) JR

Weeks in top 25: 10/12(17th), 10/19(NC), 10/26(19th D), 11/2(20thD), 11/9(NC), 11/17(NC),

Dual Meet Results (He Beat): 9/7 (3m) W1 Steven Cho (Suffern), Ahmed Ahmed (Nyack),
9/10 (5K) W2 Adam Klein (Clarkstown South), 9/17 (3m) W3 DNR (Clarkstown North), 9/24 No Meet,

9/21/13 Queensbury Invit (5K) – 16:54.33 Queensbury, NY/

9/28/13 Red Raider Run (5K) –17:04.83 Anthony Wayne Park /

10/5/13 Great American XC Festival (5K) – 17:30.7 Cary, North Carolina /

10/8/13 League 4A (3m): - 17:05.47 (9th) Bear Mountain Park /

10/12/13 Manhattan (2 ½m): – 13:50.3 (Varsity E 56th) Van Cortland Park /

10/19/13 Coaches (5K): – DNR Bowdoin Park /

10/24/13 Rockland County (3m): – 16:42.93 (Varsity 22nd) Bear Mountain Park /

11/1/13 Sections: Class A (5K): - 18:04.77 (Varsity A, 30th) Bowdoin Park /

11/9/13 State Meet: Class A (5K): – DNR Queensbury, NY

11/16/13 Federation Meet (5K): - 17:59.20 (Varsity, 162nd) Bowdoin Park /

11/30/13 NXN Regional's (5K): - Bowdoin Park

(21) Ryan Brennan (Nanuet) JR

Weeks in top 25: 10/12(20th), 10/19(NC), 10/26(NC), 11/2(21stD), 11/9(NC), 11/17(NC),

Dual Meet Results (He Beat): 9/7 W1 No Meet, 9/10 (5K) W2 James Ortega (Nyack),
9/17 (2.5) W3 Ryan Tsang (Tappan Zee), 9/24 (5K) W4 No Results (Pearl River),

9/21/13 Suffern Invit (3m): - 16:44.98 Bear Mountain Park /

9/28/13 Herrmann XC Invit (5K) – 17:28.3 Utica, NY /

10/5/13 **NO MEET** / 10/8/13 League 4B (3m): - 16:48.58 (13th) Bear Mountain Park /

10/12/13 Manhattan (2 ½m): – 14:00.3 (Varsity F, 31st) Van Cortland Park /

10/19/13 Coaches (5K): – 17:28.27 (Varsity 4, 9th) Bowdoin Park /

10/24/13 Rockland County (3m): – 16:48.06 (Varsity 24th) Bear Mountain Park /

11/1/13 Sections: Class B (5K): - 18:27.96 (Varsity B, 38th) Bowdoin Park /

11/9/13 State Meet: Class B (5K): – DNR Queensbury, NY

11/16/13 Federation Meet (5K): - DNR Bowdoin Park /

11/30/13 NXN Regional's (5K): - Bowdoin Park

(22) Diego Santory (Suffern) JR

Weeks in top 25: 10/12 (NL), 10/19(NL), 10/26(22th), 11/2(NC), 11/9(NC), 11/17(NC),

Dual Meet Results (He Beat): 9/7 (3m) W1 (North Rockland), (Nyack),

9/10 (2.5m) W2 (Clarkstown North), 9/17 (3m) W2 (Clarkstown South),

9/24 (2.5m) W4 (Tappan Zee), (Nyack),

9/21/13 Suffern Invit (3m): - 16:46.02 (Varsity A, 15th) Bear Mountain Park /

9/28/13 Ocean State Invit (5K) – 17:28.46 (26th) Goddard Park, Warwick, Rhode Island /

10/4/13 Paul Short (5K) – Extreme Heat (Cancelled) Lehigh University, Pa /

10/8/13 League 4A (3m): - 17:24.39 (13th) Bear Mountain Park /

10/12/13 Manhattan (2 ½m): – 14:22.9 (Varsity G, 68th) Van Cortland Park /

10/19/13 Coaches (5K): – 17:35.97 (Varsity 3, 16th) Bowdoin Park /

10/24/13 Rockland County (3m): – 16:14.13 (Varsity 8th) Bear Mountain Park /

11/1/13 Sections: Class A (5K): - 17:54.57 (Varsity A, 25th) Bowdoin Park /

11/9/13 State Meet: Class A (5K): – DNR Queensbury, NY

11/16/13 Federation Meet (5K): - DNR Bowdoin Park / 11/30/13 NXN Regional's (5K): - Bowdoin Park

(23) Steven Cho (Suffern) SR

Weeks in top 25: 10/12(21st), 10/19(NC), 10/26(23rdD), 11/9(NC), 11/17(NC),

Dual Meet Results (He Beat): 9/7 (3m) W1 TJ Morales (North Rockland), Ahmed Ahmed (Nyack),

9/10 (2.5m) W2 No Results (Clarkstown North), 9/17 (3m) W3 Adam Klein (Clarkstown South),

9/24 (2.5m) W4 Pat Flangan (Tappan Zee), Jamar Ortega (Nyack),

9/21/13 Suffern Invit (3m): - 16:40.27 Bear Mountain Park

9/28/13 Ocean State Invit (5K) – 17:36.41 Goddard Park, Warwick, Rhode Island /

10/4/13 Paul Short (5K) – Extreme Heat (Cancelled) Lehigh University, Pa /

10/8/13 League 4A (3m): - DNR Bear Mountain Park /

10/12/13 Manhattan (2 ½m): – 14:00.3 (Varsity G, 44th) Van Cortland Park /

10/19/13 Coaches (5K): – 17:38.06 (Varsity 3, 18th) Bowdoin Park /

10/24/13 Rockland County (3m): – 16:52.42 (Varsity 26th) Bear Mountain Park /

11/1/13 Sections: Class A (5K): - 18:08.28 (Varsity A, 32nd) Bowdoin Park /

11/9/13 State Meet: Class A (5K): – DNR Queensbury, NY

11/16/13 Federation Meet (5K): - DNR Bowdoin Park / 11/30/13 NXN Regional's (5K): - Bowdoin Park

(24) Ahmed Ahmed (Nyack) SR

Weeks in top 25: 10/12, 10/19(NC), 10/26(HM), 11/2(24thU), 11/9(NC), 11/17(NC),

Dual Meet Results (He Beat): 9/7 (3m) W1 Dylan Serino (North Rockland), Jeremy Soloman (Suffern),

9/10 (5K) W2 Ryan Brennan (Nanuet), 9/17 (5K) W3 Michael Waldrom (Albertus Magnus),

9/24 (2.5m) W4 DNR (Tappan Zee), (Suffern),

10/1 (5K) W5 Timmy Boyko (Pearl River), Alan Araujo (Clarkstown South),

9/21/13 Suffern Invit. – (3m) 16:31.46 Bear Mountain Park /

9/28/13 Six Flags Wild Safari (5K) – 16:45.17 Jackson, NJ

10/5/13 Bear Classic (5K) – 16:06.0 Brewster NY/

10/8/13 League 4B (3m): - 17:41.33 (21st) Bear Mountain Park /

10/12/13 Manhattan (2 ½m): – DNR Van Cortland Park /

10/19/13 Coaches (5K): – DNR Bowdoin Park /

10/24/13 Rockland County (3m): – DNR Bear Mountain Park /

11/1/13 Sections: Class B (5K): - 17:31.40 (Varsity B, 11th) Bowdoin Park /

11/9/13 State Meet: Class B (5K): – DNR Queensbury, NY

11/16/13 Federation Meet (5K): - DNR Bowdoin Park / 11/30/13 NXN Regional's (5K): - Bowdoin Park

(25) Ben McDermott (PR) JR

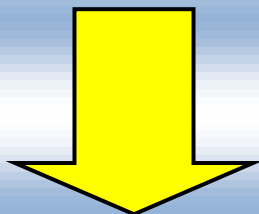
Weeks in top 25: 10/12(NL), 10/19(NL), 10/26(NL), 11/2(25thU), 11/9(NC), 11/17(NC),
Dual Meet Results (He Beat): 9/7 W1 No Meet, 9/10 (5K) W2 Liam Burke (Tappan Zee), 9/17 W3 No Meet,
9/24 (5K) W4 No Results (Nanuet), 10/1 W5 DNR (Nyack),
9/21/13 Queensbury Invit – (5K) **16:26.88** Queensbury, NY /
9/28/13 Fordham Prep #1 (400m) – DNR Van Cortlandt Park, NY /
10/5/13 **NO MEET** / 10/8/13 League 4B (3m): - DNR Bear Mountain Park /
10/12/13 Manhattan (2 ½m): – DNR Van Cortlandt Park /
10/19/13 Coaches (5K): – DNR Bowdoin Park /
10/24/13 Rockland County (3m): – **16:56.57** (JV 2nd) Bear Mountain Park /
11/1/13 Sections: Class B (5K): - **17:35.17** (Varsity B, 14th) Bowdoin Park /
11/9/13 State Meet: Class B (5K): – DNR Queensbury, NY
11/16/13 Federation Meet (5K): - DNR Bowdoin Park /
11/30/13 NXN Regional's (5K): - Bowdoin Park

In the Top 25: Ben McDermott (Pearl River),
Out of Top 25: Patrick Hennelly (Suffern),

Honorable Mention

(0) Patrick Hennelly (Suffern) Soph

Weeks in top 25: 10/12(23rd), 10/19(NC), 10/26(25thD), 11/2(HM),
Dual Meet Results (He Beat): 9/7 (3m) W1 James Feeney (North Rockland), Jamar Ortega (Nyack),
9/10 (2.5m) W2 No Results (Clarkstown North), 9/17 (3m) W3 Adam Klein (Clarkstown South),
9/24 (2.5m) W4 TJ Rusell (Tappan Zee), Jamar Ortega (Nyack),
9/21/13 Suffern Invit (3m): - **17:03.41** Bear Mountain Park
9/28/13 Ocean State Invit (5K) – **17:32.28** Goddard Park, Warwick, Rhode Island /
10/4/13 Paul Short (5K) – **Extreme Heat (Cancelled)** Lehigh University, Pa /
10/8/13 League 4A (3m): - **17:05.27** (8th) Bear Mountain Park /
10/12/13 Manhattan (2 ½m): – **14:02.8** (Varsity G, 47th) Van Cortlandt Park /
10/19/13 Coaches (5K): – **17:52.08** (Varsity 3, 29th) Bowdoin Park /
10/24/13 Rockland County (3m): – **16:40.47** (Varsity 19th) Bear Mountain Park /
11/1/13 Sections: Class A (5K): - DNR Bowdoin Park / 11/9/13
State Meet: Class A (5K): – DNR Queensbury, NY
11/16/13 Federation Meet (5K): - DNR Bowdoin Park / 11/30/13 NXN Regional's (5K): - Bowdoin Park



Jamar Ortega (Nyack) Frosh

Weeks in top 25: 10/12(HM), 10/19(HM), 10/26(HM),

Dual Meet Results (He Beat): 9/7 W1 No Meet, 9/10 (5K) W2 Austin Penate (Nanuet),
9/17 (5K) W3 Michael Waldrin (Albertus Magnus), 9/24 (2.5m) W4 Dan Kheininson (Suffern), TJ Russell (Tappan Zee),
10/1 (5K) W5 Sean Mahoney (Pearl River), Alan Araujo (Clarkstown South),

9/21/13 Suffern Invit (3m): - **16:47.58** Bear Mountain Park /
9/28/13 Six Flags Wild Safari (5K) – **17:22.95** Jackson, NJ / 10/5/13 Bear Classic (5K) – **16:58.0** Brewster NY/
10/8/13 League 4B (3m): - **16:41.97** (10th) Bear Mountain Park /
10/12/13 Manhattan (2 ½m): – **14:10.2** (Varsity F 40th) Van Cortland Park /
10/19/13 Coaches (5K): – **18:39.13** (Varsity 3, 54th) Bowdoin Park /
10/24/13 Rockland County (3m): – **16:51.28** (Varsity 25th) Bear Mountain Park /
11/1/13 Sections: Class B (5K): - **17:49.91** (Varsity B, 25th) Bowdoin Park /
11/9/13 State Meet: Class B (5K): – **DNR** Queensbury, NY
11/16/13 Federation Meet (5K): - **DNR** Bowdoin Park / 11/30/13 NXN Regional's (5K): - Bowdoin Park

Anas Ahmed (Nyack) Soph

Weeks in top 25: 10/12(HM), 10/19(HM),

Dual Meet Results (He Beat): 9/7 W1 (5K) Patrick Tuohy (North Rockland), Luis Santory (Suffern),
9/10 (5K) W2 Austin Penate (Nanuet), 9/17 (5K) W3 Michael Waldrom (Albertus Magnus),
9/24 (2.5m) W4 James Dowd (Suffern), Peter LeWarn (Tappan Zee),
10/1 (5K) W5 Timmy Boyko (Pearl River), Alan Araujo (Clarkstown South),

9/21/13 Suffern Invit (3m): - **17:10.84** Bear Mountain Park /
9/28/13 Six Flags Wild Safari (5K) – **18:34.08** Jackson, NJ
10/5/13 Bear Classic (5K) – **17:09.0** Brewster, NY/
10/8/13 League 4B (3m): - **17:24.93** (19th) Bear Mountain Park /
10/12/13 Manhattan (2 ½m): – **14:13.1** (Varsity F 46th) Van Cortland Park /
10/19/13 Coaches (5K): – **18:13.09** (Varsity 3, 43rd) Bowdoin Park /
10/24/13 Rockland County (3m): – **16:53.90** (Varsity 27th) Bear Mountain Park /
11/1/13 Sections: Class B (5K): - **17:55.64** (Varsity B, 27th) Bowdoin Park /
11/9/13 State Meet: Class B (5K): – **DNR** Queensbury, NY
11/16/13 Federation Meet (5K): - **DNR** Bowdoin Park / 11/30/13 NXN Regional's (5K): - Bowdoin Park

(O) Domenic Fortino (PR) JR

Weeks in top 25: 10/12(NL), 10/19(HM), 10/26(24nd), 11/2(HMD),

Dual Meet Results (He Beat): 9/7 W1 No Meet, 9/10 (5K) W2 Reben Mulholland (Tappan Zee),
9/17 W3 No Meet, 9/24 (5K) W4 No Results (Nanuet),
10/1 (5K) W5 Jamar Ortega (Nyack), Adam Klein (Clarkstown South)

9/21/13 Queensbury Invit. (5K) – **17:30.10** Queensbury, NY/
9/28/13 Fordham Prep #1 (4000m) – **DNR** Van Cortlandt Park, NY /
10/5/13 **NO MEET** / 10/8/13 League 4B (3m): - **16:39.35** (9th) Bear Mountain Park /
10/12/13 Manhattan (2 ½m): – **DNR** Van Cortland Park /
10/19/13 Coaches (5K): – **17:45.69** (Varsity 3, 23rd) Bowdoin Park /
10/24/13 Rockland County (3m): – **16:37.81** (Varsity 17th) Bear Mountain Park /
11/1/13 Sections: Class B (5K): - **18:59.41** (Varsity B, 48th) Bowdoin Park /
11/9/13 State Meet: Class B (5K): – **DNR** Queensbury, NY
11/16/13 Federation Meet (5K): - **DNR** Bowdoin Park / 11/30/13 NXN Regional's (5K): - Bowdoin Park