

ROCKLAND COUNTY

2019 Junior Runner of The Year

(1) Travis Delaney (SUFF) JR

Date	Meet	Dist.	Race/Place	Time	Place
9/7/19	Washingtonville Invitational	3M	V. /4th	16:14.8	Washingtonville, NY
9/14/19	Jim Smith Invitational	5K	V.Jr/3rd	17:34.27	Sunken Meadow, NY
9/21/19	Suffern Invitational	3M	V.A/7th	16:32.70	Bear Mountain, NY
9/28/19	Herrmann Invitational	5K	V.2/4th	17:14.10	Utica, NY
10/5/19	-----	---	-----	-----	-----
10/12/19	Manhattan Invitational	2.5	V.A/7th	13:15.10	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V.4/3rd	17:01.10	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./2nd	16:03.30	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.A/8th	17:05.90	Bowdoin Park, NY
11/16/19	New York State Meet	4500			Plattsburgh, NY
11/23/19	NY Federation Championships				Bowdoin Park, NY

Bear Mountain (3 Miles)

Suffern Invit.

16:32.70

Rockland County Championships 16:03.30

Bowdoin Park (5K)

Section One Coaches

17:01.10

Section One Championships

17:05.90

Van Cortlandt Park (2.5M)

Manhattan Invit.

13:15.10

(2) Oisín Selby (PR) JR

Best Times This Year.

Bear Mountain State Park	16:16.80	PR	Rockland county Championships
Van Cortlandt Park	13:35.70	PR	Manhattan Invitational
Bowdoin State Park	17:10.00	PR	Section One Coaches

(3) Cliff Carty (PR) JR

Best Times This Year.

Bear Mountain State Park	16:22.70	PR	Suffern Invitational
Van Cortlandt Park	13:53.60	PR	Manhattan Invitational
Bowdoin State Park	17:34.90	PR	Section One Championships

(4) Jack Gulak (NR) JR

Best Times This Year.

Bear Mountain State Park	16:34.90	PR	Rockland County Championships
Van Cortlandt Park	13:54.10	PR	Manhattan Invitational
Bowdoin State Park	17:11.50	PR	Section One Championships

(5) Jack Dowd (PR) JR

Best Times This Year.

Bear Mountain State Park	16:39.84	PR	League Championships
Van Cortlandt Park	13:52.70	PR	Manhattan Invitational
Bowdoin State Park	17:44.00	PR	Section One Championships

(6) Scott Brophy (NR) JR

Best Times This Year.

Bear Mountain State Park
Van Cortlandt Park
Bowdoin State Park

16:46.20 PR
13:52.20 PR
17:28.30 PR

Suffern Invitational
Manhattan Invitational
Section One Championships

(7) Dylan McMorro (TZ) JR

Best Times This Year.

Bear Mountain State Park
Van Cortlandt Park
Bowdoin State Park

16:55.66 PR
14:10.90 PR
17:53.60 PR

League Championships
Manhattan Invitational
Section One Championships

(8) Ryan McDonagh (NAN) JR

Best Times This Year.

Bear Mountain State Park
Van Cortlandt Park
Bowdoin State Park

16:49.10 PR
14:30.60 PR
18:17.40 PR

Rockland County Championships
Manhattan Invitational
Section One Championships

(9) James Hughes (PR) JR

Best Times This Year.

Bear Mountain State Park
Van Cortlandt Park
Bowdoin State Park

17:13.40 PR
14:50.10 PR
18:03.70 PR

Rockland County Championships
Manhattan Invitational
Section One Championships

(10) Curran Skogland (SUF) JR

Best Times This Year.

Bear Mountain State Park

17:17.50 PR

Rockland County Championships

Van Cortlandt Park

PR

Manhattan Invitational

Bowdoin State Park

17:55.20 PR

Section One Championships