

ROCKLAND COUNTY

2019

Sophomore

Runner of The Year

(1) John Fontanez (NAN) SOPH

Date	Meet	Dist.	Race/Place	Time	Place
9/6/19	Somers Big Red Invitational	5K	V. / 4th	17:29.30	Lincolndale, NY
9/14/19	Big Purple XC Wave	5K	V.1/ 14th	16:49.10	Warwick, NY
9/21/19	Suffern Invitational	3M	V.C/7th	16:42.20	Bear Mountain, NY
9/28/19	Six Flag Invitational	5K	V.D/5th	16:59.00	Jackson, NJ
10/5/19	League 2A Championships	3M	V./3rd	16:31.46	Bear Mountain, NY
10/12/19	Manhattan Invitational	2.5	V.D/16th	13:43.20	Van Cortlandts Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V.3/4th	17:29.60	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./5th	16:17.40	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.B/4th	17:21.20	Bowdoin Park, NY
11/16/19	New York State Meet	4500	V.B/52nd	15:52.40	Plattsburgh, NY
11/23/19	NY Federation Championships				Bowdoin Park, NY
11/30/19	Foot Locker Northeast Regional	5K	FrSo/15th	17:19.10	Van Cortlandt Park, NY

Bear Mountain (3 Miles)

Suffern Invit.

16:42.20

League Meet

16:31.46

Rockland County Championships

16:17.40

Bowdoin Park (5K)

Section One Coaches

17:29.60

Section One Championships

17:021.20

Van Cortlandt Park (2.5M).

Manhattan Invit.

13:43.20

State Meet (2.8m)

15:52.40

F.L.NE. Regional (5K)

17:19.10

(2) Kieran Dudek (CS) SOPH

Best Times This Year.

Bear Mountain State Park	16:40.80	PR	Suffern Invitational
Van Cortlandt Park	13:51.10	PR	Manhattan Invitational
Bowdoin State Park	17:05.90	PR	Section One Coaches

(3) Neil Datero (SUFF) SOPH

Best Times This Year.

Bear Mountain State Park	16:38.30	PR	Rockland County Championships
Van Cortlandt Park	14:13.70	PR	Manhattan Invitational
Bowdoin State Park	17:56.70	PR	Section One Coaches

(4) Remy Moreno (CS) SOPH

Best Times This Year.

Bear Mountain State Park	16:56.40	PR	Suffern Invitational
Van Cortlandt Park	14:20.50	PR	Manhattan Invitational
Bowdoin State Park	17:59.30	PR	Section One Coaches

(5) Michael Niero (NR) SOPH

Best Times This Year.

Bear Mountain State Park	17:22.50	PR	Rockland county Championships
Van Cortlandt Park	14:44.50	PR	Manhattan Invitational
Bowdoin State Park	17:54.30	PR	Section One Championships

(6) Ephraim Luba (NY) SOPH

Best Times This Year.

Bear Mountain State Park	17:18.66	PR	League Meet
Van Cortlandt Park	14:44.60	PR	Manhattan Invitational
Bowdoin State Park	18:12.90	PR	Section One Championships

(7) Austin Holmes (TZ) JR

Best Times This Year.

Bear Mountain State Park	17:30.90	PR	Rockland county Championships
Van Cortlandt Park	14:55.20	PR	Manhattan Invitational
Bowdoin State Park	18:21.30	PR	Section One Championships

(8) Joe Varisco (TZ) SOPH

Best Times This Year.

Bear Mountain State Park	17:37.30	PR	Rockland county Championships
Van Cortlandt Park	14:44.30	PR	Manhattan Invitational
Bowdoin State Park	18:28.90	PR	Section One Championships

(9) Robert Royston (NY) SOPH

Best Times This Year.

Bear Mountain State Park	17:47.20	PR	Rockland county Championships
Van Cortlandt Park	14:58.50	PR	Manhattan Invitational
Bowdoin State Park	18:33.90	PR	Section One Coaches

(10) Dylan Tobin (TZ) SOPH

Best Times This Year.

**Bear Mountain State Park
Van Cortlandt Park
Bowdoin State Park**

**17:50.80 PR
18:25.10 PR**

**Rockland county Championships
Manhattan Invitational
Section One Coaches**