



**IN ROCKLAND COUNTY  
BOYS**

**2019 Top 10 Runners  
in Each Class**

(Senior, Junior, Sophomore, Freshman, 8th Grade)

**Three Sites everybody has run this year.**  
(Bear Mountain, Van Cortlandt, Bowdoin Park)

# ROCKLAND COUNTY

## 2019 Runner of The Year

**(1) Daniel Shephard (NR) SR**

Date	Meet	Dist.	Race/Place	Time	Place
9/6/19	Red Raider Run	3M	V. /1st	15:39.80	Bear Mountain Park, NY
9/14/19		—	—	—	—
9/21/19	Suffern Invitational	3M	V.C/1st	15:49.20	Bear Mountain, NY
9/28/19	Six Flag Invitational	5K	V.A/4th	16:20.00	Jackson, NJ
10/4/19	Scarsdale Invitational	3M	V./2nd	15:15.70	Croton Harmon, NY
10/12/19	Manhattan Invitational	2.5	V.C/2nd	12:51.60	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5k	V.2/1st	16:19.40	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./1st	15:34.20	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.A/1st	16:21.30	Bowdoin Park, NY
11/16/19	New York State Meet	4500	V.A/4th	14:46.30	Plattsburgh, NY
11/23/19	NY Federation Championships	5K			Bowdoin Park, NY
11/30/19					

### Bear Mountain (3 Miles)

Red Raider Run

15:39.80

Suffern Invt.

15:49.20

Rockland County Championships

15:34.20

### Bowdoin Park (5K)

Section One Coaches

16:19.40

Section One Championships

16:21.30

### Van Cortlandt Park (2.5M)

Manhattan Invt.

12:51.60

### State Meet (2.8m)

14:46.30

### Top In Class

Freshman Eduardo Nava (NR)

Sophomore John Fontanez (NAN)

Junior Travis Delaney (SUF)

Senior Daniel Shephard (NR)

## **(2) Bryan Onody (NR) SR**

### **Best Times This Year.**

<b>Bear Mountain State Park</b>	<b>15:59.80 PR</b>	<b>Suffern Invitational</b>
<b>Van Cortlandt Park</b>	<b>12:53.80 PR</b>	<b>Manhattan Invitational</b>
<b>Bowdoin State Park</b>	<b>16:38.80 PR</b>	<b>Section One Coaches</b>

## **(3) Aidan OConnell (SUF) SR**

### **Best Times This Year.**

<b>Bear Mountain State Park</b>	<b>16:54.10 PR</b>	<b>Suffern Invitational</b>
<b>Van Cortlandt Park</b>	<b>13:56.20 PR</b>	<b>Manhattan Invitational</b>
<b>Bowdoin State Park</b>	<b>17:48.10 PR</b>	<b>Section One Championships</b>

## **(4) Jack Balk (SUF) SR**

### **Best Times This Year.**

<b>Bear Mountain State Park</b>	<b>16:03.00 PR</b>	<b>Suffern Invitational</b>
<b>Van Cortlandt Park</b>	<b>14:03.70 PR</b>	<b>Manhattan Invitational</b>
<b>Bowdoin State Park</b>	<b>17:23.10 PR</b>	<b>Section One Coaches</b>

## **(5) Andrew Kolesar (NR) SR**

### **Best Times This Year.**

<b>Bear Mountain State Park</b>	<b>17:14.90</b>	<b>Rockland County Championships</b>
<b>Van Cortlandt Park</b>	<b>14:21.70 PR</b>	<b>Manhattan Invitational</b>
<b>Bowdoin State Park</b>	<b>17:50.40 PR</b>	<b>Section One Championships</b>

# **(6) Krankie McKiernan (PR) SR**

## **Best Times This Year.**

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

**16:56.80 PR  
14:53.10 PR  
17:56.00 PR**

**Rockland County Championships  
Manhattan Invitational  
Section One Championships**

# **(7) Alex Chamak (CN) SR**

## **Best Times This Year.**

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

**17:14.50 PR  
14:14.10 PR  
18:10.00 PR**

**Suffern Invitational  
Manhattan Invitational  
Section One Championships**

# **(8) Ryan Giardina (SUF) SR**

## **Best Times This Year.**

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

**17:06.20  
14:29.20  
18:27.10**

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

# **(9) Kyle McGovern (CN) SR**

## **Best Times This Year.**

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

**17:35.10 PR  
14:22.40 PR  
19:08.60**

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

# **(10) Ryan McCarvill (PR) SR**

## **Best Times This Year.**

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

**17:35.40**  
**15:10.90**  
**18:38.90**

**Section One League**  
**Manhattan Invitational**  
**Section One Championships**