



**CROSS  
COUNTRY**

**IN ROCKLAND COUNTY  
GIRLS**

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 11/10**

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

# (1) Katelyn Tuohy (NR) JR

Weeks in top 25: Pre Season - 1st, 10/6 NC, 10/18 NC, 10/23 NC, 10/30 NC, 11/4 NC, 11/17 NC,

## Dual Meet Results (She Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/18	Red Raider Run	3M	V. /1st	18:43.90	Bear Mountain Park, NY
9/15/18					
9/22/18	Ocean State Invitational	5K	V./1st	16:06.87	Goddard Park, RI
9/29/18					
10/6/18	New Balance Shore Coaches	5K	V.A/1st	16:21.00	Holmdel Park, NY
10/13/18	Suffolk Officials Invitational	5K	V.1A/1st	16:52.97	Sunken Meadow Park, NY
10/20/18	Section 1 Coaches Invitational	5K	VC.2/1st	16:45.20	Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./1st	15:55.62	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K			Bowden Park, NY
11/10/18	NY State Championships	5K	V.A/1st	17:02.10	Sunken Meadows Park, NY

# (2) Mary Hennelly (SUFF) JR

Weeks in top 25: Pre Season - 2nd, 10/6 D, 10/18 U (3rd), 10/23 D (2nd), 10/30 U (3rd), 11/4 NC, 11/17 NC,

## Dual Meet Results (She Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/18	Washingtonville Invitational	5K	V. /1st	18:01.90	Washingtonville, NY
9/15/18	Suffern Invitational	3M	V.A/1st	18:11.20	Bear Mountain Park, NY
9/22/18	Ocean State Invitational	5K	V. D2/1st	18:33.40	Goddard Park, RI
9/29/18	Wild Safari Invitational	5K	V.A/2nd	18:36.00	Six Flags, Jackson, NJ
10/5/18	St. Anthony's Invitational	5K	V./1st	18:54.35	Sunken Meadows Park, NY
10/13/18	Manhattan Invitational	4K	V.A/1st	14:30.10	Van Cortlandt Park, NY
10/20/18	Section 1 Coaches Invitational				
10/25/18	Rockland County Championships	3M	V./2nd	17:39.58	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.A/1st	19:03.90	Bowden Park, NY
11/10/18	NY State Championships	5K	V.A/7th	18:48.10	Sunken Meadows Park, NY

# (3) Mary Borkoski (PR) SR

Weeks in top 25: Pre Season - 3rd, 10/6 U, 10/18 D (2nd), 10/23 U (3rd), 10/30 D (2nd), 11/4 NC, 11/17 NC,

## Dual Meet Results (She Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/9/18	Luke Parlatore Invitational	3M	V./1st	18:10.00	Staten Island, NY
9/15/18	Briarwood Invitational	5K	V./1st	19:12.00	Philadelphia, PA
9/22/18	Bob Pratt Invitational	5K	V.B/1st	18:55.71	Sunken Meadows, NY
9/29/18	Wild Safari Invitational	5K	V.D/1st	17:54.00	Six Flags, Jackson, NJ
10/5/18	Scarsdale Invitational	5K	V./1st	18:19.90	Croton Point Park, NY
10/9/18	League Meet 2A	3M	V./1st	18:12.00	Bear Mountain Park, NY
10/13/18	Manhattan Invitational	4K	V.F/1st	15:06.70	Van Cortlandt Park, NY
10/20/18	Section 1 Coaches Invitational	5K	V.3/1st	19:07.90	Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./3rd	17:46.39	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.B/	19:22.40	Bowden Park, NY
11/10/18	NY State Championships	5K	V.B/4th	19:00.00	Sunken Meadows Park, NY

# (4) Haleigh Morles (NR) JR

Weeks in top 25: Pre Season - 7th, 10/6 U, 10/18 NC, 10/23 D (4th), 10/30 D (4th), 11/4 NC, 11/17 U (5th),

## Dual Meet Results (She Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/8/18	Red Raider Run	3M	V. /2nd	18:53.90	Bear Mountain Park, NY
9/15/18					
9/22/18	Ocean State Invitational	5K	V./4th	18:30.59	Goddard Park, RI
9/29/18					
10/6/18	New Balance Shore Coaches	5K	V.A/5th	19:09.00	Holmdel Park, NJ
10/13/18	Suffolk Officials Invitational	5K	V.1A/7th	19:29.17	Sunken Meadow Park, NY
10/20/18	Section 1 Coaches Invitational	5K			
10/25/18	Rockland County Championships	3M	V./5th	18:27.52	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.A/2nd	19:34.20	Bowden Park, NY
11/10/18	NY State Championships	5K	V.A/10th	19:02.70	Sunken Meadows Park, NY

# (5) Alex. Thomas (TZ) SR

Weeks in top 25: Pre Season - 4th, 10/6 D, 10/18 U (6th), 10/23 U (5th), 10/30 NC, 11/4 NC, 11/17 D (4th),

## Dual Meet Results (She Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/8/18	CHSAA Practice Meet	4K			
9/15/18	Suffern Invitational	3M	V. C/1st	18:45.60	Bear Mountain Park, NY
9/22/18					
9/29/18	Paul Short Run	5K	V.Br./7th	18:32.00	Bethlehem, PA.
10/6/18	St. Anthony's Invitational	5K	V./2nd	19:27.34	Sunken Meadows Park, NY
10/9/18	League Meet 2A	3M	V./2nd	18:27.00	Bear Mountain Park, NY
10/13/18	Manhattan Invitational	4K	V.E/2nd	14:06.70	Van Cortlandt Park, NY
10/20/18	Section 1 Coaches Invitational	5K	V.2/2nd	19:08.70	Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./4th	18:05.61	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.B/2nd	19:37.20	Bowden Park, NY
11/10/18	NY State Championships	5K	V.B/6th	19:15.30	Sunken Meadows Park, NY

# (6) Una Boylan (PR) FR

Weeks in top 25: Pre Season - 17th, 10/6 U, 10/18 D (5th), 10/23 NC, 10/30 NC, 11/4 D (6th), 11/17 U (7th),

## Dual Meet Results (She Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/8/18	Luke Parlatore Invitational		FR./1st	8:46.00	Staten Island, NY
9/15/18	Briarwood Invitational	5K	V./2nd	19:59.00	Philadelphia, PA
9/22/18	Bob Pratt Invitational	5K	V.B/3rd	19:58.31	Sunken Meadows, NY
9/29/18	Wild Safari Invitational	5K	V.D/2nd	18:46.00	Six Flags, Jackson, NJ
10/5/18	Scarsdale Invitational	5K	V./3rd	19:07.90	Croton Point Park, NY
10/9/18	League Meet 2A	3M	V./3rd	18:50.00	Bear Mountain Park, NY
10/13/18	Manhattan Invitational	4K	V.F/3rd	15:35.00	Van Cortlandt Park, NY
10/20/18	Section 1 Coaches Invitational	5K	V.3/6th	20:05.30	Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./7th	18:36.14	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.B/7th	20:48.70	Bowden Park, NY
11/10/18	NY State Championships	5K	V.B/24th	20:04.00\	Sunken Meadows Park, NY

# (7) Tori Fears (TZ) SR

Weeks in top 25: Pre Season - 8th, 10/6 D, 10/18 NC, 10/23 U (10th), 10/30 U (9th), 11/4 U (7th), 11/17 D (6th),

## Dual Meet Results (She Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/18	CHSAA Practice Meet	4K			
9/15/18	Suffern Invitational	3M	V.C /6th	20:08.40	Bear Mountain Park, NY
9/22/18					
9/29/18	Paul Short Run	5K	V.Br./47th	20:06.00	Bethlehem, PA.
10/6/18	St. Anthony's Invitational	5K	V.1/17th	20:32.18	Sunken Meadows Park, NY
10/9/18	League Meet 2A	3M	V./7th	20:09.00	Bear Mountain Park, NY
10/13/18	Manhattan Invitational	4K	V.E/8th	15:41.10	Van Cortlandt Park, NY
10/20/18	Section 1 Coaches Invitational	5K	V.2/5th	20:12.20	Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./6th	18:31.14	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.B/4th	20:28.10	Bowden Park, NY
11/10/18	NY State Championships	5K	V.B/29th	20:18.30	Sunken Meadows Park, NY

# (8) Kyra Guerci (NAN) SR

Weeks in top 25: Pre Season - 10th, 10/6 D, 10/18 U (9th), 10/23 D (7th), 10/30 NC, 11/4 NC, 11/17 NC,

## Dual Meet Results (She Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/8/18	Somers Big Red Invitational	5K	V.2/8th	20:29.70	Somers HS, Somers, NY
9/15/18	Suffern Invitational	3M	V.A /5th	19:26.30	Bear Mountain Park, NY
9/22/18	Bob Pratt Invitational	5K	V. B/14th	21:15.29	Sunken Meadows, NY
9/29/18	Wild Safari Invitational	5K			Six Flags, Jackson, NJ
10/9/18	League Meet 2A	3M	V./4th	19:30.00	Bear Mountain Park, NY
10/13/18	Manhattan Invitational	4K	V.C/17th	15:49.60	Van Cortlandt Park, NY
10/20/18	Section 1 Coaches Invitational	5K	V.3/10th	20:36.30	Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./9th	18:52.62	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.B/8th	20:51.00	Bowden Park, NY
11/10/18	NY State Championships	5K	V.B/11th	19:37.50	Sunken Meadows Park, NY

# (9) Cath. Ruffino (NR) JR

Weeks in top 25: Pre Season - 13th, 10/6 UC, 10/18 NC, 10/23 U (13th), 10/30 U (12th), 11/4 U (10th), 11/17 NC,

## Dual Meet Results (She Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/18	Red Raider Run	3M	V. /3rd	19:57.80	Bear Mountain Park, NY
9/15/18					
9/22/18	Ocean State Invitational	5K	V./9th	20:10.93	Goddard Park, RI
9/29/18					
10/6/18	New Balance Shore Coaches	5K	V.A/21st	20:08.00	Holmdel, NJ
10/13/18	Suffolk Officials Invitational	5K	V.1A/13th	20:24.16	Sunken Meadow Park, NY
10/20/18	Section 1 Coaches Invitational	5K	V.2/6th	20:18.00	Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./8th	18:47.14	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.A/11th	20:54.50	Bowden Park, NY
11/10/18	NY State Championships	5K	V.A/50th	20:21.70	Sunken Meadows Park, NY

# (10) Cara Fagleman (NR)FR

Weeks in top 25: Pre Season - Not Listed, 10/6, 10/18, 10/23, 10/30 U (NL), 11/4 U (13th), 11/17 U (11th),

## Dual Meet Results (She Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/18	Red Raider Run	3M			Bear Mountain Park, NY
9/15/18					
9/22/18	Ocean State Invitational	4K	FR./2nd	16:25.60	Goddard Park, RI
9/29/18					
10/6/18	New Balance Shore Coaches	5K			Holmdel, NJ
10/13/18	Suffolk Officials Invitational	5K	V./30th	21:03.65	Sunken Meadows Park, NY
10/20/18	Section 1 Coaches Invitational	5K	V.2/9th	20:38.70	Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./13th	19:09.30	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.A/8th	20:42.10	Bowden Park, NY
11/10/18	NY State Championships	5K	V.A/61st	20:33.30	Sunken Meadows Park, NY

# (1 1) B. Pezzementi (NR) SOPH

Weeks in top 25: Pre Season - 5th, 10/6 D, 10/18 NC, 10/23 NC, 10/30 U (14th),  
11/4 U (11th), 11/17 NC, 11/17 D (10th),

## Dual Meet Results (She Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/18	Red Raider Run	3M	V./5th	20:35.90	Bear Mountain Park, NY
9/15/18					
9/22/18	Ocean State Invitational	5K	V./36th	21:47.15	Goddard Park, RI
9/29/18					
10/6/18	New Balance Shore Coaches	5K	V.A/55th	21:09.00	Holmdel, NJ
10/13/18	Suffolk Officials Invitational	5K	V.1A/34th	21:23.09	Sunken Meadow Park, NY
10/20/18	Section 1 Coaches Invitational	5K	V.2/10th	20:42.30	Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./10th	18:59.48	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.A/10th	20:53.00	Bowden Park, NY
11/10/18	NY State Championships	5K	V.A/72nd	20:51.20	Sunken Meadows Park, NY

# (1 2) Niamh Durcan (PR) SOPH

Weeks in top 25: Pre Season - 6th, 10/6 D, 10/18 D (7th), 10/23 U (8th), 10/30 D (7th),  
11/4 D (9th), 11/17 NC,

## Dual Meet Results (She Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/18	Luke Parlatore Invitational	3M	V./2nd	18:10.00	Staten Island, NY
9/15/18	Briarwood Invitational	5K	V./5th	20:58.00	Philadelphia, PA
9/22/18	Bob Pratt Invitational	5K	V. B/5th	20:21.15	Sunken Meadows, NY
9/29/18	Wild Safari Invitational	5K	V.D/6th	19:46.00	Six Flags, Jackson, NJ
10/5/18	Scarsdale Invitational	5K	V./5th	19:17.20	Croton Point Park, NY
10/9/18	League Meet 2A	3M	V./5th	19:42.00	Bear Mountain Park, NY
10/13/18	Manhattan Invitational	4K	V.F/6th	15:51.60	Van Cortlandt Park, NY
10/20/18	Section 1 Coaches Invitational	5K	V.3/7th	20:12.80	Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./16th	19:28.77	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.B/11th	21:05.60	Bowden Park, NY
11/10/18	NY State Championships	5K			Sunken Meadows Park, NY

# (13) Brooke Hirsch (SUFF) FR

Weeks in top 25: Pre Season - 24th, 10/6 U, 10/18 NC, 10/23 U (11th), 10/30 D (10th), 11/4 D (12th), 11/17 NC,

## Dual Meet Results (She Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/18	Washingtonville Invitational	5K	V./11th	20:31.37	Washingtonville, NY
9/15/18	Suffern Invitational	3M	V.A/10th	20:10.10	Bear Mountain Park, NY
9/22/18	Ocean State Invitational	5K	V. D2/49th	20:55.90	Goddard Park, RI
9/29/18	Wild Safari Invitational	5K	V.A/9th	20:16.00	Six Flags, Jackson, NJ
10/5/18	St. Anthony's Invitational	5K	V./33rd	21:06.40	Sunken Meadows Park, NY
10/13/18	Manhattan Invitational	4K	V.A/26th	16:19.80	Van Cortlandt Park,
10/20/18	Section 1 Coaches Invitational	5K	V.4/3rd	20:51.20	Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./11th	19:08.56	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.A/17th	21:22.50	Bowden Park, NY
11/10/18	NY State Championships	5K			Sunken Meadows Park, NY

# (14) G. Dellamedaglia (NR) FR

Weeks in top 25: Pre Season - Not Listed, 10/6, 10/18, 10/23, 10/30 U (NL), 11/4 NC, 11/17 NC,

## Dual Meet Results (She Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/18	Red Raider Run	3M	JV. /4th	23:44.30	Bear Mountain Park, NY
9/15/18					
9/22/18	Ocean State Invitational	5K	V./46th	23:22.96	Goddard Park, RI
9/29/18					
10/6/18	New Balance Shore Coaches	5K			Holmdel, NJ
10/13/18	Suffolk Officials Invitational	5K	V.2/29th	21:03.01	Sunken Meadows Park, NY
10/20/18	Section 1 Coaches Invitational	5K	V./15th	21:02.40	Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./12th	19:08.98	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.A/9th	20:44.20	Bowden Park, NY
11/10/18	NY State Championships	5K	V.A/58th	20:31.30	Sunken Meadows Park, NY



# (15) Rachel Keller (NR) SOPH

Weeks in top 25: Pre Season - 21st, 10/6 U, 10/18 D, 10/23 U (24th), 10/30 D (13th),  
11/4 U (16th), 11/17 NC,

## Dual Meet Results (She Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/18	Red Raider Run	3M	V./4th	20:15.10	Bear Mountain Park, NY
9/15/18		5K			
9/22/18	Ocean State Invitational	5K	V./14th	20:25.92	Goddard Park, RI
9/29/18					
10/6/18	New Balance Shore Coaches	5K	V.A/33rd	20:31.00	Holmdel, NJ
10/13/18	Suffolk Officials Invitational	5K			Sunken Meadows Park, NY
10/20/18	Section 1 Coaches Invitational	5K	V.2/14th	20:58.90	Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./15th	19:20.05	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.A/13th	21:09.70	Bowden Park, NY
11/10/18	NY State Championships	5K	V.A/80th	21:04.80	Sunken Meadows Park, NY

# (16) Ciara Durcan (PR) SOPH

Weeks in top 25: Pre Season - 10th, 10/6 U, 10/18 D (8th), 10/23 D (9th), 10/30 D (11th),  
11/4 D (15th), 11/17 NC,

## Dual Meet Results (She Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/18	Luke Parlatore Invitational	3M	V./5th	19:20.00	Staten Island, NY
9/15/18	Briarwood Invitational	5K	V./4th	20:39.00	Philadelphia, PA
9/22/18	Bob Pratt Invitational	5K	V.B/9th	20:37.83	Sunken Meadows, NY
9/29/18	Wild Safari Invitational	5K	V.D/5th	19:39.00	Six Flags, Jackson, NJ
10/5/18	Scarsdale Invitational	5K			
10/9/18	League Meet 2A	3M	V./6th	19:52.00	Bear Mountain Park, NY
10/13/18	Manhattan Invitational	4K	V.F/18th	16:38.00	Van Cortlandt Park, NY
10/20/18	Section 1 Coaches Invitational	5K	V.3/17th	21:01.40	Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./14th	19:19.77	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.B/36th	22:53.00	Bowden Park, NY
11/10/18	NY State Championships	5K			Sunken Meadows Park, NY

# (17) Deirdre Young (SUFF) JR

Weeks in top 25: Pre Season - 15th, 10/6 D, 10/18 NC, 10/23 U (16th), 10/30 D (15th),  
11/4 NC, 11/17 NC,

## Dual Meet Results (She Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/8/18	Washingtonville Invitational	5K			
9/15/18	Suffern Invitational	3M	V.A /32nd	21:35.10	Bear Mountain Park, NY
9/22/18	Ocean State Invitational	5K	V. D2/40th	20:43.00	Goddard Park, RI
9/29/18	Wild Safari Invitational	5K	V.A/15th	20:51.00	Six Flags , Jackson, NJ
10/5/18	St. Anthony's Invitational	5K	V.1/44th	21:34.32	Sunken Meadows Park, NY
10/13/18	Manhattan Invitational	4K	V.A/42nd	16:42.90	Van Cortlandt Park, NY
10/20/18	Section 1 Coaches Invitational	5K	V.4/10th	21:27.40	Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./17th	19:37.25	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.A/19th	21:29.30	Bowden Park, NY
11/10/18	NY State Championships	5K			Sunken Meadows Park, NY

# (18) Gabby Shea (TZ) JR

Weeks in top 25: Pre Season - Not Listed, 10/6 U, 10/18 U, 10/23 U (23rd), 10/30 D (19th),  
11/4 NC, 11/17 NC,

## Dual Meet Results (She Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/8/18	CHSAA Practice Meet	4K	V./5th	17:37.66	Van Cortlandt Park, NY
9/15/18	Suffern Invitational	3M	V.C/20th	21:39.80	Bear Mountain Park, NY
9/22/18					
9/29/18	Paul Short Run	5K			Bethlehem, PA.
10/6/18	St. Anthony's Invitational	5K	V.1/41st	21:31.63	Sunken Meadows Park, NY
10/9/18	League Meet 2A	3M	V./9th	20:29.00	Bear Mountain Park, NY
10/13/18	Manhattan Invitational	4K	V.E/30th	16:38.80	Van Cortlandt Park, NY
10/20/18	Section 1 Coaches Invitational	5K	V.2/18th	21:23.90	Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./19th	19:42.30	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.B/19th	21:42.50	Bowden Park, NY
11/10/18	NY State Championships	5K			Sunken Meadows Park, NY

# (19) Julia Fears (TZ) SR

Weeks in top 25: Pre Season - Not Listed, 10/6 U, 10/18 U, 10/23 U (21st), 10/30 NC, 11/4 U (20th), 11/17 NC,

## Dual Meet Results (She Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/8/18	CHSAA Practice Meet	4K	V./4th	17:26.21	Van Cortlandt Park, NY
9/15/18	Suffern Invitational	3M	V.C /15th	21:15.20	Bear Mountain Park, NY
9/22/18					
9/29/18	Paul Short Run	5K	V.Br./95th	20:52.00	Bethlehem, PA.
10/6/18	St. Anthony's Invitational	5K	V.1/53rd	21:42.77	Sunken Meadow Park, NY
10/9/18	League Meet 2A	3M	V./12th	20:46.00	Bear Mountain Park, NY
10/13/18	Manhattan Invitational	4K	V.E/39th	16:46.50	Van Cortlandt Park, NY
10/20/18	Section 1 Coaches Invitational	5K	V.2/19th	21:34.20	Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./21st	19:45.42	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.B/22nd	21:59.40	Bowden Park, NY
11/10/18	NY State Championships	5K			Sunken Meadows Park, NY

# (20) Kelly Gilligan (PR) SOPH

Weeks in top 25: Pre Season - Not Listed, 10/6 NL , 10/18 U, 10/23 U (17th), 10/30 (16th), 11/4 D (19th), 11/17 NC,

## Dual Meet Results (She Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/18	Luke Parlatore Invitational	3M	JV./2nd	21:03.00	Staten Island, NY
9/15/18	Briarwood Invitational	3K	JV./5th	23:15.00	Philadelphia, PA
9/22/18	Bob Pratt Invitational	5K	JV./3rd	23:04.52	Sunken Meadows, NY
9/29/18	Wild Safari Invitational	5K	JV.C/2nd	21:00.00	Six Flags, Jackson, NJ
10/5/18	Scarsdale Invitational	5K	V.D/10th	20:18.10	Croton Point Park, NY
10/9/18	League Meet 2A	3M	V./11th	20:38.00	Bear Mountain Park, NY
10/13/18	Manhattan Invitational	4K	V.C/16th	16:34.10	Van Cortlandt Park, NY
10/20/18	Section 1 Coaches Invitational	5K	V.3/28th	21:38.40	Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./22nd	19:53.89	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.B/31st	22:31.60	Bowden Park, NY
11/10/18	NY State Championships	5K			Sunken Meadows Park, NY

# (21) J. McDermott (PR) SR

Weeks in top 25: Pre Season - 12th, 10/6 UC, 10/18 NC, 10/23 D (12th), 10/30 D (22nd),  
11/4 NC, 11/17 NC,

## Dual Meet Results (She Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/7/18	Luke Parlatore Invitational	3M	V./6th	19:44.00	Staten Island, NY
9/15/18	Briarwood Invitational	5K	V./8th	21:46.00	Philadelphia, PA
9/22/18	Bob Pratt Invitational	5K	V.B/19th	21:29.61	Sunken Meadows, NY
9/29/18	Wild Safari Invitational	5K	V.D/18th	20:33.00	Six Flags, Jackson, NJ
10/5/18	Scarsdale Invitational	5K			
10/9/18	League Meet 2A	3M	V./13th	20:49.00	Bear Mountain Park, NY
10/13/18	Manhattan Invitational	4K	V.F/19th	16:38.60	Van Cortlandt Park, NY
10/20/18	Section 1 Coaches Invitational	5K	V.3/32nd	22:05.90	Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./20th	19:44.18	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.B/30th	22:28.60	Bowden Park, NY
11/10/18	NY State Championships	5K			Sunken Meadows Park, NY

# (22) Alex Tomasello (TZ) FR

Weeks in top 25: Pre Season - 19th, 10/6 D, 10/18 U, 10/23 U (19th), 10/30 D (17th),  
11/4 NC, 11/17 NC,

## Dual Meet Results (She Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/8/18	CHSAA Practice Meet	4K	V./6th	17:46.69	Van Cortlandt Park, NY
9/15/18					
9/22/18					
9/29/18	Paul Short Run	5K	V.Br./115th	21:04.00	Bethlehem, PA.
10/6/18	St. Anthony's Invitational	5K	V.1/51st	21:41.77	Sunken Meadows Park, NY
10/9/18	League Meet 2A	3M	V./14th	21:14.00	Bear Mountain Park, NY
10/13/18	Manhattan Invitational	4K	V.E/46th	17:00.90	Van Cortlandt Park, NY
10/20/18	Section 1 Coaches Invitational	5K	V.2/20th	21:35.10	Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./26th	20:06.88	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.B/24th	22:02.40	Bowden Park, NY
11/10/18	NY State Championships	5K			Sunken Meadows Park, NY

# (23) Catie Horan (PR) FR

Weeks in top 25: Pre Season - 18th, 10/6 NC, 10/18 NC, 10/23 D (18th), 10/30 NC, 11/4 NC, 11/17 NC,

## Dual Meet Results (She Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/9/18	Luke Parlatore Invitational		FR./3rd	9:46.00	Staten Island, NY
9/15/18	Briarwood Invitational	3K	FR./4th	12:22.00	Philadelphia, PA
9/22/18	Bob Pratt Invitational	5K	V.B/42nd	22:38.53	Sunken Meadows, NY
9/29/18	Wild Safari Invitational	5K	JV.C/1st	20:59.00	Six Flags, Jackson, NJ
10/5/18	Scarsdale Invitational	5K	V./12th	20:36.40	Croton Point Park, NY
10/9/18	League Meet 2A	3M	V./8th	20:24.00	Bear Mountain Park, NY
10/13/18	Manhattan Invitational	4K	V.F/31st	17:06.80	Van Cortlandt Park, NY
10/20/18	Section 1 Coaches Invitational	5K	V.3/31st	22:00.10	Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./18th	19:41.64	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.B/15th	21:33.10	Bowden Park, NY
11/10/18	NY State Championships	5K			Sunken Meadows Park, NY

# (24) Jessica Korman (SUFF) SO

Weeks in top 25: Pre Season - Not Listed, 10/6 , 10/18 , 10/23, 10/30, 11/4 NL, 11/17 NC,

## Dual Meet Results (She Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/8/18	Washingtonville Invitational	5K	V./13th	20:42.46	Washingtonville, NY
9/15/18	Suffern Invitational	3M	V.A /15th	20:30.90	Bear Mountain Park, NY
9/22/18	Ocean State Invitational	5K	V. D2/38th	20:42.00	Goddard Park, RI
9/29/18	Wild Safari Invitational	5K	V.A/18th	21:01.00	Six Flags , Jackson, NJ
10/5/18	St. Anthony's Invitational	5K	V.1/55th	21:43.57	Sunken Meadows Park, NY
10/13/18	Manhattan Invitational	4K	V.A/39th	16:38.30	Van Cortlandt Park, NY
10/20/18	Section 1 Coaches Invitational	5K			Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./25th	20:05.32	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.A/18th	21:23.80	Bowden Park, NY
11/10/18	NY State Championships	5K			Sunken Meadows Park, NY

# (25) Josette Audi (SUFF) SOPH

Weeks in top 25: Pre Season - Not Listed, 10/6 , 10/18 , 10/23 U (NL), 10/30 D (21st),  
11/4 D (24th), 11/17 NC,

## Dual Meet Results (She Beat):

Date	Meet	Dist.	Race/Place	Time	Place
9/8/18	Washingtonville Invitational	5K	V./20th	21:37.93	Washingtonville, NY
9/15/18	Suffern Invitational	3M	V.A /32nd	21:35.10	Bear Mountain Park, NY
9/22/18	Ocean State Invitational	5K	V. D2/89th	21:56.14	Goddard Park, RI
9/29/18	Wild Safari Invitational	5K	V.A/24th	21:30.00	Six Flags , Jackson, NJ
10/5/18	St. Anthony's Invitational	5K	V.1/65th	22:06.35	Sunken Meadows Park, NY
10/13/18	Manhattan Invitational	4K	V.A/46th	16:50.20	Van Cortlandt Park, NY
10/20/18	Section 1 Coaches Invitational	5K	V.4/17th	21:50.80	Bowden Park, NY
10/25/18	Rockland County Championships	3M	V./23rd	19:54.27	Bear Mountain Park, NY
11/3/18	Section 1 State Qualifier	5K	V.A/43rd	22:41.30	Bowden Park, NY
11/10/18	NY State Championships	5K			Sunken Meadows Park, NY

## Drop From the List:

### Week 1:

Emily Grall (North Rockland), Danielle Perez (Tappan Zee), Brielle Italiano (North Rockland),

### Week 2:

Olivia Flynn (Pearl River), Lin. Braunfoter (Suffern),

### Week 3:

Rebecca Mitlof (Clarkstown North), Rachel Keller (North Rockland),  
Molly McCormack (Pearl River),

### Week 4:

Sarah Hayes (Pearl River), Daniella Cambrea (Tappan Zee),

### Week 5:

Maddy Roth (Tappan Zee),

### Week 6:

No Drops















