



# Top Runners 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 November 2nd**

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

# (1) Rachel Ludwikowski (Suff) SOPH

Weeks in top 25: 10/11 1st, 10/18 NC, 10/23 NC, 11/1 NC, 11/8, 11/15, 11/30

Dual Meet Results (She Beat): 9/9 W1 No Meet, W2 9/16 (5K) Alex Harris (NR), W3 9/23 No Results, W4, 9/30 No Results

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	Washingtonville Invitational	5K	DNR	-----	Washingtonville, NY
9/13/14	NO MEET	----	-----	-----	-----
9/20/14	Suffern Invitational (New Course)	3M	Var. /1st	17:59.60	Bear Mountain Park, NY
9/27/14	Ocean State Invitational	5K	Var. / 2nd	18:44.72	Warwick, R.I.
10/4/14	NO MEET	----	-----	-----	-----
10/7/14	League Meet	3M	Var. /1st	17:52.98	Bear Mountain Park, NY
10/11/14	Manhattan Invitational (4000m)		Var. F/1st	14:41.80	Van Cortlandt Park, NY
10/18/14	Coaches Invitational	5K	Var. 1/1st	18:53.18	Bowdoin Park, NY
10/23/14	Rockland County Championships	3M	Var. /1st	17:48.10	Bear Mountain Park, NY
11/1/14	Section 1 Championship (Class A)	5K	Var. /3rd	19:10.14	Bowdoin Park, NY
11/8/14	State Meet (Class A)	5K	Var. /14th	18:47.20	SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

# (2) Mary Hennelly (SUF) 7th

Weeks in top 25: 10/11 4th, 10/18 NC, 10/23 2nd U, 11/1 NC, 11/7, 11/15, 11/30

Dual Meet Results (She Beat): 9/6 W1 No Meet, 9/9 W2 No Results

9/16 (5K) W3 Farrell (CS), Sayre (NR), 9/23 W4 No Results, 9/30 W5 No Results

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	Washingtonville Invitational		Frosh/2nd	8:34.90	Washingtonville, NY
9/13/14	NO MEET	----	-----	-----	-----
9/20/14	Suffern Invitational (2400m)		Frosh/1st	10:54.40	Bear Mountain Park, NY
9/27/14	Ocean State Invitational	5K	Var. 53rd/	21:00.13	Warwick, R.I.
10/4/14	NO MEET	----	-----	-----	-----
10/7/14	League Meet	3M	Var. /3rd	18:49.19	Bear Mountain Park, NY
10/11/14	Manhattan Invitational (1.25m)		Frosh D/1st	6:46.70	Van Cortlandt Park
10/18/14	Coaches Invitational	5K	Var. 1/3rd	19:33.92	Bowdoin Park, NY
10/23/14	Rockland County Championships	3M	Var. /2nd	18:11.66	Bear Mountain Park
11/1/14	Section 1 Championship (Class A)	5K	Var. /4th	19:10.39	Bowdoin Park, NY
11/8/14	State Meet (Class A)	5K	Var. /15th	18:48.20	SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

### (3) Kate Zendell (Suff) SR

Weeks in top 25: 10/11 6th, 10/18 NC, 10/23 5th U, 11/1 NC, 11/8 3rd U, 11/15, 11/30

Dual Meet Results (She Beat): 9/6 No Meet, 9/9 W2 No Results

9/16 (5K) W3 Harris (NR) Farrell (CS), 9/23 W4 No Results, 9/30 W5 No Results

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	Washingtonville Invitational	5K	DNR	-----	Washingtonville, NY
9/13/14	NO MEET	----	-----	-----	-----
9/20/14	Suffern Invitational (New Course)	3M	Var. / 2nd	18:25.30	Bear Mountain Park, NY
9/27/14	Ocean State Invitational	5K	DNR	-----	Warwick, R.I.
10/4/14	NO MEET	----	-----	-----	-----
10/7/14	League Meet	3M	Var. /4th	19:13.70	Bear Mountain Park, NY
10/11/14	Manhattan Invitational (4000m)		DNR	-----	Van Cortlandt Park, NY
10/18/14	Coaches Invitational	5K	Var. 1/6th	20:03.59	Bowdoin Park, NY
10/23/14	Rockland County Championships	3M	Var. /4th	18:31.76	Bear Mountain Park, NY
11/1/14	Section 1 Championship (Class A)	5K	Var. /5th	19:13.01	Bowdoin Park, NY
11/8/14	State Meet (Class A)	5K	Var. /17th	18:48.90	SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

### (4) Alex Harris (NR) SOPH

Weeks in top 25: 10/11 2nd, 10/18 NC, 10/23 3rd D, 11/1 NC, 11/8 4th D, 11/15, 11/30

Dual Meet Results (She Beat): 9/9 W1 No Meet, W2 9/16 (5K) Hennelly (SUF), Farrell (CS),

W3 9/23 No Results, W4, 9/30 No Results

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	NO MEET	----	-----	-----	-----
9/13/14	Red Raider Run	5K	Var. 2/2nd	19:12.95	Anthony Wayne Park, NY
9/20/14	Suffern Invitational (New Course)	3M	Var. B / 2nd	18:21.50	Bear Mountain Park
9/27/14	Bowdoin XC CLassic	5K	Var.2/2nd	19:37.00	Bowdoin Park, NY
10/4/14	Grout Invitational (4500m)		Var.2/1st	15:42.71	Schenectady, NY
10/7/14	League Meet	3M	Var. /2nd	18:30.38	Bear Mountain Park
10/11/14	Manhattan Invitational (4000m)		Var. C/4th	15:07.80	Van Cortlandt Park
10/18/14	Coaches Invitational	5K	DNR	-----	Bowdoin Park, NY
10/23/14	Rockland County Championships	3M	Var. /5th	18:32.54	Bear Mountain Park
11/1/14	Section 1 Championship (Class A)	5K	Var. /6th	19:21.68	Bowdoin Park, NY
11/8/14	State Meet (Class A)	5K	Var. /23rd	19:02.80	SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

## (5) Mary Borkoski (PR) 8th

*Weeks in top 25: 10/11 5th, 10/18 NC, 10/23 4th U, 11/1 NC, 11/8 5th D, 11/15, 11/30*

**Dual Meet Results (She Beat): 9/9 W1 DNR,**

**9/16 W2 (2.5m) Kassidy Ayres (TZ), Andrea Nardore (AM), 9/23 W3 No Meet, 9/30 W4 DNR.**

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	<b>NO MEET</b>	----	-----	-----	-----
9/13/14	Luke Parlatore Invit. (2400m)	----	Frosh / 1st	<b>8:52.00</b>	Clover Lake Park, NY
9/20/14	Maroon Invitational (2 mile Run)	----	Frosh1/1st	<b>12:00.00</b>	Woodland Park, NJ
9/27/14	Six Flags Safari	<b>5K</b>	Var. / 3rd	<b>19:25.00</b>	Jackson, NJ
10/4/14	FIRunners.com Invitational	<b>5K</b>	Var. / 1st	<b>19:29.36</b>	Titusville. FLA.
10/7/14	League Meet	<b>3M</b>	Var. /2nd	<b>18:59.15</b>	Bear Mountain Park, NY
10/11/14	Manhattan Invitational (4000m)		Var. D/11th	<b>15:41.00</b>	Van Cortlandt Park, NY
10/18/14	Coaches Invitational	<b>5K</b>	Var.3 /2nd	<b>19:29.42</b>	Bowdoin Park, NY
10/23/14	Rockland County Championships	<b>3M</b>	Var. /3rd	<b>18:20.61</b>	Bear Mountain Park, NY
11/1/14	Section 1 Championship (Class B)	<b>5K</b>	Var. /2nd	<b>19:25.98</b>	Bowdoin Park, NY
11/8/14	State Meet (Class B)	<b>5K</b>	Var. /20th	<b>19:26.60</b>	SUNY Canton, NY
11/15/14	Federation Meet (5K)	<b>5K</b>			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	<b>5K</b>			Bowdoin Park, NY

## (6) Kassidy Ayres (TZ) SR

*Weeks in top 25: 10/11 3rd, 10/18 NC, 10/23 6th D, 11/1 NC, 11/8 NC, 11/15, 11/30*

**Dual Meet Results (She Beat): 9/9 W1 No Meet, 9/16 W2 Kaitlyn Harding (PR), Andrea Nardore (AM),  
9/23 W3 (5K) Brooke Madry (NAN), 9/30 W4 No Meet**

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	<b>NO MEET</b>	---	-----	-----	-----
9/13/14	Jim Smith XC Invitational	<b>5K</b>	<b>DNR</b>	-----	Sunken Meadow Park, NY
9/20/14	Suffern Invitational (New Course)	<b>3M</b>	Var. B/ 3rd	<b>18:27.80</b>	Bear Mountain Park, NY
9/27/14	Six Flags Safari	<b>5K</b>	Var. C/2nd	<b>19:11.00</b>	Jackson, NJ
10/4/14	<b>NO MEET</b>	---	-----	-----	-----
10/7/14	League Meet	<b>3M</b>	Var. /1st	<b>18:42.70</b>	Bear Mountain Park, NY
10/11/14	Manhattan Invitational (4000m)		Var. C/10th	<b>15:31.40</b>	Van Cortlandt Park, NY
10/18/14	Coaches Invitational	<b>5K</b>	Var. 1/8th	<b>20:16.73</b>	Bowdoin Park, NY
10/23/14	Rockland County Championships	<b>3M</b>	Var. /6th	<b>18:39.23</b>	Bear Mountain Park, NY
11/1/14	Section 1 Championship (Class B)	<b>5K</b>	Var. /3rd	<b>19:31.66</b>	Bowdoin Park, NY
11/8/14	State Meet (Class B)	<b>5K</b>	Var. /11th	<b>19:03.00</b>	SUNY Canton, NY
11/15/14	Federation Meet (5K)	<b>5K</b>			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	<b>5K</b>			Bowdoin Park, NY

## (7) Andrea Nardone (AM) JR

*Weeks in top 25: 10/11 13th, 10/18 NC, 10/23 8th U, 11/1 7th U, 11/8 NC, 11/15, 11/30*

**Dual Meet Results (She Beat): 9/6 No Meet, 9/9 W2 DNR,  
9/16 (5K) W3, 9/23 (2.5m) W4, 9/30 (2.5m) W5**

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	<b>NO MEET</b>	----	-----	-----	-----
9/13/14	<b>Red Raider Run</b>	5K	Var.2/7th	<b>20:34.89</b>	<b>Anthony Wayne Park, NY</b>
9/20/14	<b>Villa Bears Invitational (2.5M)</b>		Var. /18th	<b>16:11.70</b>	<b>Van Cortlandt Park, NY</b>
9/27/14	<b>Fred Gressler Invitational</b>	5K	Var.1/1st	<b>20:43.74</b>	<b>White Plains HS, NY</b>
10/4/14	<b>NO MEET</b>	----	-----	-----	<b>Bear Mountain Park, NY</b>
10/7/14	<b>League Meet</b>	3M	Var. /6th	<b>19:30.38</b>	<b>Van Cortlandt Park, NY</b>
10/11/14	<b>Manhattan Invitational (4000m)</b>		Var. B/17th	<b>15:43.50</b>	<b>Bowdoin Park, NY</b>
10/18/14	<b>Coaches Invitational</b>	5K	Var. 2/16th	<b>20:42.66</b>	<b>Bear Mountain Park, NY</b>
10/23/14	<b>Rockland County Championships</b>	3M	Var. /7th	<b>18:44.85</b>	<b>Bowdoin Park, NY</b>
11/1/14	<b>Section 1 Championship (Class C)</b>	5K	Var. /3rd	<b>19:32.92</b>	<b>SUNY Canton, NY</b>
11/8/14	<b>State Meet (Class C)</b>	5K	Var. /14th	<b>19:35.20</b>	<b>Bowdoin Park, NY</b>
11/15/14	<b>Federation Meet (5K)</b>	5K			<b>Bowdoin Park, NY</b>
11/30/13	<b>NXN Regional's (5K)</b>	5K			

## (8) Sara Rotundo (PR) SR

*Weeks in top 25: 10/11 11th, 10/18 NC, 10/23 7th U, 11/1 8th D, 11/8 NC, 11/15, 11/30*

**Dual Meet Results (She Beat): 9/6 No Meet, 9/9 W2 No Meet,  
9/16 (5K) W3 Andrea Nardore (AM) Caitlin Harnett (TZ), 9/23 W4 No Meet, 9/30 (5K) W5 Brooke Madry (NAN)**

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	<b>NO MEET</b>	----	-----	-----	-----
9/13/14	<b>Luke Parlatore Invitational</b>	5K	Var. / 4th	<b>20:20.00</b>	<b>Clover Lake Park, NY</b>
9/20/14	<b>Maroon Invitational</b>	5K	DNR	-----	<b>Woodland Park, NJ</b>
9/27/14	<b>Six Flags Safari</b>	5K	Var. / 13th	<b>20:37.00</b>	<b>Jackson, NJ</b>
10/4/14	<b>Flrunners.com Invitational</b>	5K	Var. /7th	<b>20:27.39</b>	<b>Titusville, Fla.</b>
10/7/14	<b>League Meet</b>	3M	Var. /5th	<b>19:26.89</b>	<b>Bear Mountain Park, NY</b>
10/11/14	<b>Manhattan Invitational (4000m)</b>		Var. D/18th	<b>16:04.10</b>	<b>Van Cortlandt Park, NY</b>
10/18/14	<b>Coaches Invitational</b>	5K	Var. 3/10th	<b>20:33.39</b>	<b>Bowdoin Park, NY</b>
10/23/14	<b>Rockland County Championships</b>	3M	Var. /8th	<b>18:45.24</b>	<b>Bear Mountain Park, NY</b>
11/1/14	<b>Section 1 Championship (Class B)</b>	5K	Var. /7th	<b>19:59.23</b>	<b>Bowdoin Park, NY</b>
11/8/14	<b>State Meet (Class B)</b>	5K	Var. /57th	<b>20:15.40</b>	<b>SUNY Canton, NY</b>
11/15/14	<b>Federation Meet (5K)</b>	5K			<b>Bowdoin Park, NY</b>
11/30/13	<b>NXN Regional's (5K)</b>	5K			<b>Bowdoin Park, NY</b>

## (9) Kaitlyn Harding (PR) SOPH

Weeks in top 25: 10/11 10th, 10/18 NC, 10/23 9th U, 11/1 NC, 11/8 NC, 11/15, 11/30

Dual Meet Results (She Beat): 9/6, 9/9 W2 No Meet,  
9/16 (5K) W3 Andrea Nardore (AM) Caitlin Hardnett (TZ), 9/23 W4 No Meet, 9/30 W5 DNR

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	<b>NO MEET</b>	----	-----	-----	-----
9/13/14	Luke Parlatore Invitational	5K	Var. / 5th	20:26.00	Clover Lakes Park, NY
9/20/14	Maroon Invitational	5K	Var. 1/2nd	20:06.00	Woodland Park, NJ
9/27/14	Six Flags Safari	5K	Var. D/6th	19:36.00	Jackson, NJ
10/4/14	Flrunners.com Invitational	5K	Var. / 2nd	19:56.42	Titusville, Fla.
10/7/14	League Meet	3M	Var. /4th	19:25.58	Bear Mountain Park
10/11/14	Manhattan Invitational (4000m)		Var. D/12th	15:45.30	Van Cortlandt Park
10/18/14	Coaches Invitational	5K	Var. 3/6th	20:05.52	Bowdoin Park, NY
10/23/14	Rockland County Championships	3M	Var. /12th	19:16.80	Bear Mountain Park
11/1/14	Section 1 Championship (Class B)	5K	Var. /11th	20:18.53	Bowdoin Park, NY
11/8/14	State Meet (Class B)	5K	Var. /81st	21:04.40	SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

## (10) Elina Breton (Suff) SR

Weeks in top 25: 10/11 12th, 10/18 NC, 10/23 10th U, 11/1 NC, 11/8 NC, 11/15, 11/30

Dual Meet Results (She Beat): 9/6 No Meet, 9/9 W2 No Results,  
9/16 (5K) W3, 9/23 W4 No Results, 9/30 W5 No Results

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	Washingtonville Invitational	5K	Var. /11th	21:28.68	Washingtonville, NY
9/13/14	<b>NO MEET</b>	----	-----	-----	-----
9/20/14	Suffern Invitational	3M	Var. / 9th	19:26.20	Bear Mountain Park, NY
9/27/14	Ocean State Invitational	5K	Var. / 33rd	20:20.92	Warwick, RI
10/4/14	<b>NO MEET</b>	----	-----	-----	-----
10/7/14	League Meet	3M	Var. /7th	19:27.55	Bear Mountain Park, NY
10/11/14	Manhattan Invitational (4000m)		Var. F/18th	15:40.10	Van Cortlandt Park, NY
10/18/14	Coaches Invitational	5K	Var. 1/9th	20:23.05	Bowdoin Park, NY
10/23/14	Rockland County Championships	3M	Var. /10th	18:59.22	Bear Mountain Park, NY
11/1/14	Section 1 Championship (Class A)	5K	Var. /13th	20:21.33	Bowdoin Park, NY
11/8/14	State Meet (Class A)	5K	Var. /64th	20:01.20	SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

## (11) Maggie Kyle (NY) SR

*Weeks in top 25: 10/11 14th, 10/18 NC, 10/23 13th U, 11/1 12th U, 11/8 11th U, 11/15, 11/30*

*Dual Meet Results (She Beat): 9/6 No Meet, 9/9 (5K) W2 Catherine Rayward (PR),*

*9/16 (5K) W3 Kristen Carbone (NAN), 9/23 (5K) W4 Emily Alud (AM), 9/30 W5 No Meet*

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	NO MEET	----	-----	-----	-----
9/13/14	Somers Big Red Invitational	5K	DNR	-----	Somers HS, NY
9/20/14	Suffern Invitational (New Course)	3M	Var. / 6th	19:17.80	Bear Mountain Park, NY
9/27/14	Bowdoin XC Classic	5K	Var.1/10th	20:50.90	Bowdoin Park, NY
10/4/14	NO MEET	----	-----	-----	-----
10/7/14	League Meet	3M	Var. /7th	19:30.92	Bear Mountain Park, NY
10/11/14	Manhattan Invitational (4000m)		Var. D/13th	15:51.20	Van Cortlandt Park, NY
10/18/14	Coaches Invitational	5K	Var. 1/10th	20:31.31	Bowdoin Park, NY
10/23/14	Rockland County Championships	3M	Var. /14th	19:22.31	Bear Mountain Park, NY
11/1/14	Section 1 Championship (Class B)	5K	Var. /8th	20:00.11	Bowdoin Park, NY
11/8/14	State Meet (Class B)	5K	Var. /39th	19:53.70	SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

## (12) Ann McCormack (PR) FR

*Weeks in top 25: 10/11 8th, 10/18 NC, 10/23 14th D, 11/1 13th U, 11/8 12th U, 11/15, 11/30*

*Dual Meet Results (She Beat): 9/6 No Meet, 9/9 W2 DNR,*

*9/16 (5K) W3 Andrea Nardore (AM) Caitlin Hartnett (TZ), 9/23 W4 No Meet, 9/30 (5K) W5 DNR*

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	NO MEET	----	-----	-----	-----
9/13/14	Luke Parlatore Invit. (2400m)	----	Frosh / 2nd	9:08.00	Clover Lakes Park, NY
9/20/14	Maroon Invitational (2 mile Run)	----	Frosh1/2nd	12:25.00	Woodland Park, NJ
9/27/14	Six Flags Safari (2 mile Run)	----	Frosh B/1st	12:58.00	Jackson, NJ
10/4/14	Flrunners.com Invitational	5K	Var. / 12th	21:10.64	Titusville, Fla.
10/7/14	League Meet	3M	Var. /3rd	19:19.41	Bear Mountain Park, NY
10/11/14	Manhattan Invitational (4000m)		Var. D/20th	16:05.40	Van Cortlandt Park, NY
10/18/14	Coaches Invitational	5K	Var. 3/ 12th	20:36.88	Bowdoin Park, NY
10/23/14	Rockland County Championships	3M	Var. /18th	19:38.04	Bear Mountain Park, NY
11/1/14	Section 1 Championship (Class B)	5K	Var. /6th	19:58.55	Bowdoin Park, NY
11/8/14	State Meet (Class B)	5K	Var. /47th	20:01.20	SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

## (13) Anna Breton (Suff) SR

*Weeks in top 25: 10/11 7th, 10/18 NC, 10/23 12th D, 11/1 11th U, 11/8 13th D, 11/15, 11/30*  
**Dual Meet Results (She Beat): 9/6 No Meet, 9/9 W2 No Results, 9/16 (5K) W3 Tantillo (NR) Farrell (CS),**  
**9/23 W4 No Results, 9/30 W5 No Results**

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	Washingtonville Invitational	5K	Var. /8th	20:53.68	Washingtonville, NY
9/13/14	NO MEET	----	-----	-----	-----
9/20/14	Suffern Invitational	3M	Var. / 8th	19:24.10	Bear Mountain Park, NY
9/27/14	Ocean State Invitational	5K	Var. / 31st	20:18.80	Warwick, R I
10/4/14	NO MEET	----	-----	-----	-----
10/7/14	League Meet	3M	Var. /5th	19:16.55	Bear Mountain Park, NY
10/11/14	Manhattan Invitational (4000m)		Var. F/19th	15:41.20	Van Cortlandt Park, NY
10/18/14	Coaches Invitational	5K	Var. /12th	20:55.82	Bowdoin Park, NY
10/23/14	Rockland County Championships	3M	Var. /11th	19:02.80	Bear Mountain Park, NY
11/1/14	Section 1 Championship (Class A)	5K	Var. /10th	20:01.42	Bowdoin Park, NY
11/8/14	State Meet (Class A)	5K	Var. /68th	20:06.70	SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

## (14) Catherine Rayward (PR) SR

*Weeks in top 25: 10/11 15th, 10/18 NC, 10/23 11th U, 11/1 14th D, 11/8 NC, 11/15, 11/30*

**Dual Meet Results (She Beat): 9/6 No Meet, 9/9 W2 (5K) Louise Junes (NY),**  
**9/16 (5K) W3 DNR, 9/23 W4 No Meet, 9/30 (5K) W5 Kristen Carbone (NAN)**

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	NO MEET	----	-----	-----	-----
9/13/14	Luke Parlatore Invitational	5K	Var. / 7th	20:45.00	Clover Lakes Park, NY
9/20/14	Maroon Invitational	5K	Var.1/6th	20:44.00	Woodland Park, NJ
9/27/14	Six Flags Safari	5K	Var. / 8th	20:08.00	Jackson, NJ
10/4/14	Frunners.com Invitational	5K	Var. / 13th	21:11.84	Titusville, Fla.
10/7/14	League Meet	3M	Var. /8th	19:38.63	Bear Mountain Park
10/11/14	Manhattan Invitational (4000m)		Var. D/27th	16:17.00	Van Cortlandt Park
10/18/14	Coaches Invitational	5K	JV 2/1st	20:35.41	Bowdoin Park, NY
10/23/14	Rockland County Championships	3M	Var. /9th	18:54.71	Bear Mountain Park
11/1/14	Section 1 Championship (Class B)	5K	Var. /12th	20:36.44	Bowdoin Park, NY
11/8/14	State Meet (Class B)	5K	Var. /59th	20:17.10	SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY



## (15) Kamryn McIntosh (Suff) SOPH

Weeks in top 25: 10/11 9th, 10/18 NC, 10/23 15th D, 11/1 16th D, 11/8 15th U, 11/15, 11/30

Dual Meet Results (She Beat): 9/6 No Meet, 9/9 W2 No Results,  
9/16 (5K) W3 DNR, 9/23 W4 No Results, 9/30 W5 No Results

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	Washingtonville Invitational	5K	Var. /1st	19:37.78	Washingtonville, NY
9/13/14	NO MEET	----	-----	-----	-----
9/20/14	Suffern Invitational	3M	Var. / 10th	19:26.80	Bear Mountain Park, NY
9/27/14	Ocean State Invitational	5K	Var. / 28th	20:12.50	Warwick, RI
10/4/14	NO MEET	----	-----	-----	-----
10/7/14	League Meet	3M	Var. /6th	19:25.26	Bear Mountain Park, NY
10/11/14	Manhattan Invitational (4000m)		Var. F/36th	16:28.50	Van Cortlandt Park, NY
10/18/14	Coaches Invitational	5K	Var. 1/11th	20:50.56	Bowdoin Park, NY
10/23/14	Rockland County Championships	3M	DNF	-----	Bear Mountain Park, NY
11/1/14	Section 1 Championship (Class A)	5K	DNR	-----	Bowdoin Park, NY
11/8/14	State Meet (Class A)	5K	Var. /72nd	20:19.20	SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

## (16) Erin Clinton (PR) FR

Weeks in top 25: 10/11 HM, 10/18 HM, 10/23 HM, 11/1 23rd U, 11/8 16th U, 11/15, 11/30

Dual Meet Results (She Beat): 9/6 No Meet, 9/9 (5K) W2 Kaitilyn Palacois (NY),  
9/16 (5K) W3 DNR, 9/23 W4 No Meet, 9/30 (5K) W5 Kristen Carbone (NAN)

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	NO MEET	----	-----	-----	-----
9/13/14	Luke Parlatore Invit. (2400m)	K	Frosh/ 5th	9:59.00	Clover Lakes Park, NY
9/20/14	Maroon Invitational	5K	DNR	-----	Woodland Park, NJ
9/27/14	Six Flags Safari (2 Mile Run)	5K	Frosh B/3rd	13:37.00	Jackson, NJ
10/4/14	Flrunner.com Invitational	5K	JV/3rd	21:33.09	Titusville, Fla.
10/7/14	League Meet	3M	Var. /16th	20:28.17	Bear Mountain Park
10/11/14	Manhattan Invitational (1.25m)		Frosh A/1st	7:15.40	Van Cortlandt Park
10/18/14	Coaches Invitational	5K	Var. 3/19th	21:03.02	Bowdoin Park, NY
10/23/14	Rockland County Championships	3M	JV /3rd	19:50.04	Bear Mountain Park
11/1/14	Section 1 Championship (Class B)	5K	JV/1st	20:31.15	Bowdoin Park, NY
11/8/14	State Meet (Class B)	5K	Var. /74th	20:52.70	SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

## (17) Jesse McCarthy (PR) SOPH

Weeks in top 25: 10/11 16th, 10/18 NC, 10/23 16th NC, 11/1 15th U, 11/8 17th D, 11/15, 11/30

Dual Meet Results (She Beat): 9/6 No Meet, 9/9 W2 DNR,  
9/16 (5K) W3 DNR, 9/23 W4 No Meet, 9/30 W5 DNR

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	NO MEET	----	-----	-----	-----
9/13/14	Luke Parlatore Invitational				Clover Lake Park, NY
9/20/14	Maroon Invitational	5K	JV 1/1st	21:25.00	Woodland Park, NJ
9/27/14	Six Flags Safari	5K	JV C/1st	20:34.00	Jackson, NJ
10/4/14	Flrunners.com Invitational	5K	Var. / 10th	20:57.27	Titusville, Fla.
10/7/14	League Meet	3M	Var. /9th	19:43.63	Bear Mountain Park, NY
10/11/14	Manhattan Invitational (4000m)		Var. /31st	16:22.70	Van Cortlandt Park, NY
10/18/14	Coaches Invitational	5K	Var. 3/17th	20:55.63	Bowdoin Park, NY
10/23/14	Rockland County Championships	3M	Var. /13th	19:20.59	Bear Mountain Park, NY
11/1/14	Section 1 Championship (Class B)	5K	Var. /17th	21:00.94	Bowdoin Park, NY
11/8/14	State Meet (Class B)	5K	DNQ	-----	SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

## (18) Claire Tantillo (NR) JR

Weeks in top 25: 10/11 17th, 10/18 NC, 10/23 17th NC, 11/1 NC, 11/8 18th D, 11/15, 11/30

Dual Meet Results (She Beat): 9/6, 9/9 W2 No Meet,  
9/16 (5K) W3 Becker (SUF) Farrell (CS), 9/23 W4 No Results, 9/30 W5 No Results

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	NO MEET	----	-----	-----	-----
9/13/14	Red Raider Run	5K	Var.2/6th	20:24.69	Anthony Wayne Park, NY
9/20/14	Suffern Invitational (New Course)	3M	Var. B/ 9th	19:42.60	Bear Mountain Park, NY
9/27/14	Bowdoin XC Classic	5K	Var.2/22nd	21:12.00	Bowdoin Park, NY
10/4/14	Grout Invitational (4500m)	---	Var.3/8th	16:37.97	Schenectady, NY
10/7/14	League Meet	3M	Var. /8th	19:47.71	Bear Mountain Park, NY
10/11/14	Manhattan Invitational (4000m)		Var. C/20th	16:01.30	Van Cortlandt Park, NY
10/18/14	Coaches Invitational	5K	DNR	-----	Bowdoin Park, NY
10/23/14	Rockland County Championships	3M	Var. /16th	19:30.31	Bear Mountain Park, NY
11/1/14	Section 1 Championship (Class A)	5K	Var. /17th	20:38.60	Bowdoin Park, NY
11/8/14	State Meet (Class A)	5K	DNQ	-----	SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

## (19) Jessica McDermott (PR) 8th

Weeks in top 25: 10/11 23rd, 10/18 NC, 10/23 21st U, 11/1 NC, 11/8 19th U, 11/15, 11/30

Dual Meet Results (She Beat): 9/6 No Meet, 9/9 (5K) W2 DNR,  
9/16 (5K) W3 Emily Alud (AM) Caitlin Hartnett (TZ), 9/23 W4 No Meet, 9/30 (5K) W5 DNR

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	<b>NO MEET</b>	----	-----	-----	-----
9/13/14	Luke Parlatore Invitational (2400)		Frosh /3rd	<b>9:19.00</b>	Clover Lake Park, NY
9/20/14	Maroon Invitational (2Mile)		Frosh /3rd	<b>13:04.00</b>	Woodland Park, NJ
9/27/14	Six Flags Safari	5K	DNR	-----	Jackson, NJ
10/4/14	Flrunners.com Invitational	5K	JV /4th	<b>21:34.14</b>	Titusville. Fla.
10/7/14	League Meet	3M	Var. /14th	<b>20:05.23</b>	Bear Mountain Park, NY
10/11/14	Manhattan Invitational (4000m)		JV.C/5th	<b>16:47.90</b>	Van Cortlandt Park, NY
10/18/14	Coaches Invitational (3K)		Frosh 1/2nd	<b>11:51.71</b>	Bowdoin Park, NY
10/23/14	Rockland County Championships	3M	JV /1st	<b>19:32.38</b>	Bear Mountain Park, NY
11/1/14	Section 1 Championship (Class B)	5K	Var. /14th	<b>20:51.16</b>	Bowdoin Park, NY
11/8/14	State Meet (Class B)	5K	Var. /75th	<b>20:53.50</b>	SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

## (20) Emily Auld (AM) JR

Weeks in top 25: 10/11 20th, 10/18 NC, 10/23 NC, 11/1 18th U, 11/8 20th D, 11/15, 11/30

Dual Meet Results (She Beat): 9/6 No Meet, 9/9 W2 No Meet,  
9/16 (5K) W3 Caitlin Hartnett (PR) Erin Vondollen (TZ), 9/23 (5K) W4 Louise Junes (NY), 9/30 W5 No Meet

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	<b>NO MEET</b>	----	-----	-----	-----
9/13/14	Red Raider Run	5K	Var.2/6th	<b>20:33.40</b>	Anthony Wayne Park, NY
9/20/14	Villa Bears Invitational (2.5M)		Var. /21st	<b>16:16.90</b>	Van Cortlandt Park, NY
9/27/14	Fred Gressler Invitational	5K	Var.1/5th	<b>21:13.17</b>	White Plains HS, NY
10/4/14					
10/7/14	League Meet	3M	Var. /12th	<b>19:58.14</b>	Bear Mountain Park, NY
10/11/14	Manhattan Invitational (4000m)		Var. B/29th	<b>16:19.20</b>	Van Cortlandt Park, NY
10/18/14	Coaches Invitational	5K	Var. 2/23rd	<b>21:11.11</b>	Bowdoin Park, NY
10/23/14	Rockland County Championships	3M	Var. /21st	<b>19:50.14</b>	Bear Mountain Park, NY
11/1/14	Section 1 Championship (Class C)	5K	Var. /15th	<b>20:53.43</b>	Bowdoin Park, NY
11/8/14	State Meet (Class C)	5K	DNQ	-----	SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

## (21) Grace Raffa (PR) Soph

Weeks in top 25: 10/11 18th, 10/18 NC, 10/23 18th NC, 11/1 19th D, 11/8 21st D, 11/15, 11/30

Dual Meet Results (She Beat): 9/6 No Meet, 9/9 (5K) W2 DNR,  
9/16 (5K) W3 Trinity Lundemo (TZ) Alison Tierney (AM), 9/23 W4 No Meet, 9/30 W5 DNR

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	<b>NO MEET</b>	----	-----	-----	-----
9/13/14	Luke Parlatore Invitational	5K	Var. / 8th	20:57.00	Clover Lake Park, NY
9/20/14	Maroon Invitational	5K	Var.1/9th	21:08.00	Woodland Park, NJ
9/27/14	Six Flags Safari	5K	Var. / 11th	20:32.00	Jackson, NJ
10/4/14	Flrunners.com Invitational	5K	JV/1st	20:47.28	Titusville, Fla.
10/7/14	League Meet	3M	Var. /10th	19:48.70	Bear Mountain Park, NY
10/11/14	Manhattan Invitational (4000m)		JV.C/3rd	16:35.40	Van Cortlandt Park, NY
10/18/14	Coaches Invitational	5K	Var. 3/22nd	21:14.00	Bowdoin Park, NY
10/23/14	Rockland County Championships	3M	JV /2nd	19:42.13	Bear Mountain Park, NY
11/1/14	Section 1 Championship (Class B)	5K	JV/4th	20:55.65	Bowdoin Park, NY
11/8/14	State Meet (Class B)	5K	DNQ	-----	SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

## (22) Jackie Becker (Suff) SOPH

Weeks in top 25:10/11 HM, 10/18 HM, 10/23 HM, 11/1 HM, 11/8 22nd U, 11/15, 11/30

Dual Meet Results (She Beat): 9/9 W1 No Meet, W2 9/16 (5K) Alex Harris (NR), W3 9/23 No Results,  
W4, 9/30 No Results

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	Washingtonville Invitational	5K	Var. /19th	21:54.02	Washingtonville, NY
9/13/14	<b>NO MEET</b>	----	-----	-----	-----
9/20/14	Suffern Invitational (New Course)	3M	Var. /38th	21:11.50	Bear Mountain Park, NY
9/27/14	Ocean State Invitational	5K	Var. / 89th	22:46.26	Warwick, R.I.
10/4/14	<b>NO MEET</b>	----	-----	-----	-----
10/7/14	League Meet	3M	Var. /12th	20:42.20	Bear Mountain Park, NY
10/11/14	Manhattan Invitational (4000m)		Var. F/78th	17:30.60	Van Cortlandt Park, NY
10/18/14	Coaches Invitational	5K	Var. /12th	20:42.20	Bowdoin Park, NY
10/23/14	Rockland County Championships	3M	Var. /20th	19:49.44	Bear Mountain Park, NY
11/1/14	Section 1 Championship (Class A)	5K	Var. /30th	21:11.04	Bowdoin Park, NY
11/8/14	State Meet (Class A)	5K	Var. /105th	21:43.80	SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

## (23) Caitlin Hartnett (TZ) JR

Weeks in top 25: 10/11 19th, 10/18 NC, 10/23 20th D, 11/1 NC, 11/8 23rd D, 11/15, 11/30

Dual Meet Results (She Beat): 9/6 No Meet, 9/9 W2 No Meet,

9/16 (5K) W3 Grace Raffa (PR) Alison Tierney (AM), 9/23 (5K) W4 Kristen Carbone (NAN), 9/30 W5 No Meet

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	NO MEET	---	-----	-----	-----
9/13/14	Jim Smith XC Invitational	5K	12th	22:16.39	Sunken Meadow Park
9/20/14	Suffern Invitational (New Course)	3M	Var. B/13th	19:58.80	Bear Mountain Park
9/27/14	Six Flags Safari	5K	Var. C/12th	21:01.00	Jackson, NJ
10/4/14	NO MEET	---	-----	-----	-----
10/7/14	League Meet	3M	Var. /11th	19:49.84	Bear Mountain Park
10/11/14	Manhattan Invitational (4000m)		Var. C/40th	16:29.60	Van Cortlandt Park
10/18/14	Coaches Invitational	5K	Var. 1/21st	21:35.34	Bowdoin Park, NY
10/23/14	Rockland County Championships	3M	Var. /23rd	20:00.78	Bear Mountain Park
11/1/14	Section 1 Championship (Class B)	5K	Var. /26th	21:27.34	Bowdoin Park, NY
11/8/14	State Meet (Class B)	5K	DNQ	-----	SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

## (24) Kristian Carbone (Nan) JR

Weeks in top 25: 10/11 HM, 10/18 NC, 10/23 23rd U, 11/1 NC, 11/8 24th D, 11/15, 11/30

Dual Meet Results (She Beat): 9/6 No Meet, 9/9 W2 No Meet,

9/16 (5K) W3 Olivia Nikac (NY), 9/23 W4 Erin Von Dollen (TZ), 9/30 (5K) W5 Kaitlyn Lavan (PR)

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	NO MEET	---	-----	-----	-----
9/13/14	Somers Big Red Invitational	5K	Var.2/6th	20:55.71	Somers HS, NY
9/20/14	Suffern Invitational (New Course)	3M	Var. / 12th	19:30.60	Bear Mountain Park
9/27/14	Fred Gressler Invitational	5K	Var.2/5th	21:15.72	White Plains HS, NY
10/4/14	NO MEET	---	-----	-----	-----
10/7/14	League Meet	3M	Var. /19th	20:44.42	Bear Mountain Park
10/11/14	Manhattan Invitational (4000m)		Var. B/38th	16:26.50	Van Cortlandt Park
10/18/14	Coaches Invitational	5K	Var. 3/21st	21:08.56	Bowdoin Park, NY
10/23/14	Rockland County Championships	3M	Var. /19th	19:47.47	Bear Mountain Park
11/1/14	Section 1 Championship (Class B)	5K	Var. /19th	21:05.72	Bowdoin Park, NY
11/8/14	State Meet (Class B)	5K	DNQ	-----	SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

## (25) Lauren O'Brien (PR) JR

Weeks in top 25: 10/11 24th, 10/18 NC, 10/23 25th D, 11/1 24th U, 11/8 25th D, 11/15, 11/30

Dual Meet Results (She Beat): 9/6 No Meet, 9/9 (5K) W2 Louise Junes (NY),  
9/16 (5K) W3 DNR, 9/23 W4 No Meet, 9/30 (5K) W5 DNR

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	NO MEET	----	-----	-----	-----
9/13/14	Luke Parlatore Invitational	5K	DNR	-----	Clover Lake Park, NY
9/20/14	Maroon Invitational	5K	Var.1/7th	20:56.00	Woodland Park, NJ
9/27/14	Six Flags Safari	5K	Var. / 21st	20:55.00	Jackson, NJ
10/4/14	Flrunners.com Invitational	5K	JV/2nd	21:23.06	Titusville, Fla.
10/7/14	League Meet	3M	Var. /15th	20:09.24	Bear Mountain Park, NY
10/11/14	Manhattan Invitational (4000m)		JV.C/1st	16:17.60	Van Cortlandt Park, NY
10/18/14	Coaches Invitational	5K	JV 2/18th	22:53.18	Bowdoin Park, NY
10/23/14	Rockland County Championships	3M	JV /4th	19:51.74	Bear Mountain Park, NY
11/1/14	Section 1 Championship (Class B)	5K	JV/3rd	20:53.35	Bowdoin Park, NY
11/8/14	State Meet (Class B)	5K	DNQ	-----	SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

# Honorable Mention

## O Brooke Madry (Nan) SR

Weeks in top 25: 10/11 HM, 10/18 NC, 10/23 25th U, 11/1 NC, 11/8, 11/15, 11/30

Dual Meet Results (She Beat): 9/6 No Meet, 9/9 W2 No Meet,  
9/16 (5K) W3 Maggie Kyle (NY), 9/23 W4 Caitlin Hardnett (TZ), 9/30 (5K) W5 Catherine Rayward (PR)

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	NO MEET	----	-----	-----	-----
9/13/14	Somers Big Red Invitational	5K	Var.2/3rd	19:55.80	Somers HS, NY
9/20/14	Suffern Invitational (New Course)	3M	Var. / 4th	19:00.20	Bear Mountain Park
9/27/14	Fred Gressler Invitational	5K	Var.2/2nd	20:03.89	White Plains HS, NY
10/4/14	NO MEET	----	-----	-----	-----
10/7/14	League Meet	3M	DNR	-----	Bear Mountain Park
10/11/14	Manhattan Invitational (4000m)		Var. B/37th	16:26.10	Van Cortlandt Park
10/18/14	Coaches Invitational	5K	DNR	-----	Bowdoin Park, NY
10/23/14	Rockland County Championships	3M	Var. /15th	19:24.66	Bear Mountain Park
11/1/14	Section 1 Championship (Class B)	5K	Var. 18th	21:05.23	Bowdoin Park, NY
11/8/14	State Meet (Class B)	5K	DNQ	-----	SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

## O Kailee Stephens (NR) SOPH

*Weeks in top 25: 10/11 25th, 10/18 NC, 10/23 24th U, 11/1, 11/8, 11/15, 11/30*

**Dual Meet Results (She Beat): 9/6, 9/9 W2 No Meet,**  
**9/16 (5K) W3 Becker (SUF) Farrell (CS), 9/23 W4 No Results, 9/30 W5 No Results**

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	<b>NO MEET</b>	---	-----	-----	-----
9/13/14	Red Raider Run	5K	Var.2 /4th	20:14.78	Anthony Wayne Park, NY
9/20/14	Suffern Invitational (New Course)	3M	Var. B/20th	20:00.00	Bear Mountain Park, NY
9/27/14	Bowdoin XC CLassic	5K	Var.2 /43rd	22:42.10	Bowdoin Park, NY
10/4/14	Grout Invitational (4500m)	---	Var.2 /13th	16:50.70	Schenectady, NY
10/7/14	League Meet	3M	Var. /10th	20:10.40	Bear Mountain Park, NY
10/11/14	Manhattan Invitational (4000m)		Var. C/86th	17:27.80	Van Cortlandt Park, NY
10/18/14	Coaches Invitational	5K	DNR	-----	Bowdoin Park, NY
10/23/14	Rockland County Championships	3M	Var. /17th	19:36.99	Bear Mountain Park, NY
11/1/14	Section 1 Championship (Class A)	5K	Var. /70th	23:14.89	Bowdoin Park, NY
11/8/14	State Meet (Class A)	5K	DNQ	-----	SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

## O Jenna Borenkoff (SUF) JR

*Weeks in top 25: 10/11 21st, 10/18 NC, 10/23, 11/1, 11/8, 11/15, 11/30*

**Dual Meet Results (She Beat): 9/6 No Meet, 9/9 W2 No Results,**  
**9/16 (5K) W3 Tantillo (NR) Farrell (CS), 9/23 W4 No Results, 9/30 W5 No Results**

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	Washingtonville Invitational	5K	Var. /15th	21:36.30	Washingtonville, NY
9/13/14	<b>NO MEET</b>	---	-----	-----	-----
9/20/14	Suffern Invitational (New Course)	3M	Var.A/16th	19:54.30	Bear Mountain Park, NY
9/27/14	Ocean State Invitational	5K	Var. /50th	20:55.05	Warwick, R.I.
10/4/14	<b>NO MEET</b>	---	-----	-----	-----
10/7/14	League Meet	3M	Var. /9th	19:59.72	Bear Mountain Park, NY
10/11/14	Manhattan Invitational (4000m)		Var. F/32nd	16:19.10	Van Cortlandt Park, NY
10/18/14	Coaches Invitational	5K	Var. 1/ 15th	21:08.55	Bowdoin Park, NY
10/23/14	Rockland County Championships	3M	DNR	-----	Bear Mountain Park, NY
11/1/14	Section 1 Championship (Class A)	5K	DNR	-----	Bowdoin Park, NY
11/8/14	State Meet (Class A)	5K	DNQ	-----	SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

## O Katie Parnow (PR) JR

*Weeks in top 25: 10/11 22nd, 10/18 NC, 10/23, 11/1, 11/8, 11/15, 11/30*

**Dual Meet Results (She Beat):** 9/6 **No Meet**, 9/9 (5K) W2 Kaitilyn Palacios (NY),  
9/16 (5K) W3 **DNR**, 9/23 W4 **No Meet**, 9/30 (5K) W5 **DNR**

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	<b>NO MEET</b>	----	-----	-----	-----
9/13/14	Luke Parlatore Invitational	5K	JV /2nd	<b>21:24.00</b>	Clover Lake Park, NY
9/20/14	Maroon Invitational	3M	Var. /16th	<b>21:27.00</b>	Woodland Park, NJ
9/27/14	Six Flags Safari	5K	JV /3rd	<b>21:15.00</b>	Jackson, NJ
10/4/14	Flrunners.com Invitational	5K	JV /8th	<b>22:28.91</b>	Titusville. Fla.
10/7/14	League Meet	3M	Var. /13th	<b>20:04.34</b>	Bear Mountain Park, NY
10/11/14	Manhattan Invitational (4000m)		JV.C/6th	<b>16:57.60</b>	Van Cortlandt Park, NY
10/18/14	Coaches Invitational	5K	JV 2/2nd	<b>21:10.54</b>	Bowdoin Park, NY
10/23/14	Rockland County Championships	3M	JV /18th	<b>21:13.68</b>	Bear Mountain Park, NY
11/1/14	Section 1 Championship (Class B)	5K	JV/2nd	<b>20:52.77</b>	Bowdoin Park, NY
11/8/14	State Meet (Class A)	5K	DNQ	-----	SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

## O Breena Farrell (CS) SR

*Weeks in top 25: 10/11, 10/18, 10/23, 11/1, 11/8, 11/15, 11/30*

**Dual Meet Results (She Beat):** 9/6 **No Results**, 9/9 W2 **No Results**,  
9/16 (5K) W3 O'Grady (NR) Becker (SUF), 9/23 W4 **No Results**, 9/30 W5 **No Results**,

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	<b>NO MEET</b>	----	-----	-----	-----
9/13/14	Red Raider Run	5K	Var.2/17th	<b>21:21.37</b>	Anthony Wayne Park, NY
9/20/14					
9/27/14	Fred Gressler Invitational	5K	Var. 1/7th	<b>21:45.70</b>	White Plains HS, NY
10/4/14	<b>NO MEET</b>	----	-----	-----	-----
10/7/14	League Meet	3M	Var. /11th	<b>20:14.08</b>	Bear Mountain Park, NY
10/11/14	Bobcat Run	5K	DNR	-----	Byram Hills, NY
10/18/14	Coaches Invitational	5K	DNR	-----	Bowdoin Park, NY
10/23/14	Rockland County Championships	3M	Var. /24th	<b>20:05.97</b>	Bear Mountain Park, NY
11/1/14	Section 1 Championship (Class A)	5K	Var. /34th	<b>21:26.16</b>	Bowdoin Park, NY
11/8/14	State Meet (Class A)	5K	DNQ	-----	SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY



## O Ailish Durcan (PR) SOPH

*Weeks in top 25: 10/11, 10/18, 10/23, 11/1, 11/8, 11/15, 11/30*

**Dual Meet Results (She Beat): 9/6 No Meet, 9/9 (5K) W2 DNR,**

**9/16 (5K) W3 Andrea Nardore (AM) Caitlin Hardnett (TZ), 9/23 W4 No Meet, 9/30 (5K) W5 Brooke Madry (NAN)**

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	<b>NO MEET</b>	----	-----	-----	-----
9/13/14	Luke Parlatore Invitational	5K	Var. / 3rd	20:20.00	Clover Lakes Park, NY
9/20/14	Maroon Invitational	5K	Var.1/3rd	20:14.00	Woodland Park, NJ
9/27/14	Six Flags Safari	5K	Var. / 4th	19:30.00	Jackson, NJ
10/4/14	Flrunners.com Invitational	5K	Var. / 5th	20:06.78	Titusville, Fla.
10/7/14	League Meet	3M	DNR	-----	Bear Mountain Park, NY
10/11/14	Manhattan Invitational (4000m)		Var. D/25th	16:15.80	Van Cortlandt Park, NY
10/18/14	Coaches Invitational	5K	Var. 3/11th	20:34.55	Bowdoin Park, NY
10/23/14	Rockland County Championships	3M	Var. /22nd	20:00.10	Bear Mountain Park, NY
11/1/14	Section 1 Championship (Class B)	5K	JV/8th	21:14.68	Bowdoin Park, NY
11/8/14	State Meet (Class B)	5K	DNQ	-----	SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY

## O Ailis Daly (CN) Fresh

*Weeks in top 25: 10/11, 10/18, 10/23, 11/1, 11/8, 11/15, 11/30*

**Dual Meet Results (She Beat): 9/6, 9/9 W2 No Meet,**

**9/16 (5K) W3, 9/23 (2.5m) W4, 9/30 (2.5m) W5**

Date	Meet	Dist.	Race/Place	Time	Place
9/6/14	Washingtonville Invitational	5K	Frosh/12th	9:49.65	Washingtonville, NY
9/13/14	Red Raider Run	5K	Var.1/21st	22:33.83	Anthony Wayne Park, NY
9/20/14	Suffern Invitational (New Course)	3M	Var.B/37th	21:34.80	Bear Mountain Park
9/27/14					
10/4/14	<b>NO MEET</b>		-----	-----	-----
10/7/14	League Meet	3M	Var. /16th	20:53.19	Bear Mountain Park, NY
10/11/14	Bobcat Run	5K	Frosh/1st	10:03.10	Byram Hills, NY
10/18/14	Coaches Invitational	5K	Var. 1/32nd	22:10.78	Bowdoin Park, NY
10/23/14	Rockland County Championships	3M	Var. /31st	20:23.30	Bear Mountain Park, NY
11/1/14	Section 1 Championship (Class A)	5K	Var. /55th	22:22.79	Bowdoin Park, NY
11/8/14	State Meet (Class A)	5K	DNQ	-----	SUNY Canton, NY
11/15/14	Federation Meet (5K)	5K			Bowdoin Park, NY
11/30/13	NXN Regional's (5K)	5K			Bowdoin Park, NY