



**IN ROCKLAND COUNTY
GIRLS**

**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) Katelyn Tuohy (NR) SR

Date	Meet	Dist.	Race/Place	Time	Place
9/6/19	Red Raider Run	3M	V. / 1st	19:21.40	Bear Mountain Park, NY
9/14/19	_____	---	---	---	_____
9/21/19	_____	---	---	---	_____
9/28/19	_____	---	---	---	_____
10/5/19	Great American Race	5K	V./1st	16:22.80	Wake Park, N. Carolina
10/12/19	Manhattan Invitational	2.5	V.ES/1st	13:33.20	Van Cortlandt Park, NY
10/19/19	Section 1 Coaches Invitational	5K	V.1/1st	17:22.10	Bowdoin Park, NY
10/29/19	Rockland County Championships	3M	V./1st	16:08.30	Bear Mountain, NY
11/9/19	Section 1 Championships	5K	V.A/1st	17:13.70	Bowdoin Park, NY
11/16/19	New York State Meet	4500	V.A/1st	15:36.50	Plattsburgh, NY
11/23/19	NY Federation Championships	5K	V./1st	17:02.50	Bowdoin Park, NY
11/30/19	Nationals New York Regional	5K	V./1st	17:06.60	Bowdoin Park, NY

Bear Mountain (3 Miles)

Red Raider Run

19:21.40

Rockland County Championships

16:08.30

Bowdoin Park (5K)

Section One Coaches

17:22.10

Section One Championships

17:13.70

Van Cortlandt Park (2.5M)

Manhattan Inuit.

13:33.20

State Meet (2.8m)

15:36.50

NE NY Regionals

17:06.60

Nike Nationals

17:06.60 1st (Three Time Winner)

(2) Haliegh Morales (NR) SR

Best Times This Year.

Bear Mountain State Park	18:16.30 PR	Rockland County Championships
Van Cortlandt Park	15:06.10 PR	Manhattan Invitational
Bowdoin State Park	18:37.70 PR	Nike NY Regionals

(3) Mary Hennelly (SUF) SR

Best Times This Year.

Bear Mountain State Park	17:50.30	Rockland County Championships
Van Cortlandt Park	15:16.30	Manhattan Invitational
Bowdoin State Park	18:47.80	Foot Locker Regionals

(4) Cath. Ruffino (NR) SR

Best Times This Year.

Bear Mountain State Park	18:57.00	Rockland County Championships
Van Cortlandt Park	16:01.90 PR	Manhattan Invitational
Bowdoin State Park	19:59.30 PR	Nike NY Regionals

(5) Daniella Cambrea (TZ) SR

Best Times This Year.

Bear Mountain State Park	19:220.10 PR	Rockland County Championships
Van Cortlandt Park	16:16.90 PR	Manhattan Invitational
Bowdoin State Park	120:14.30 PR	Section One Championships

(6) Gabby Shea (TZ) SR

Best Times This Year.

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

**19:30.50 PR
16:31.00 PR
20:46.80 PR**

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

(7) Deirdre Young (SUF) SR

Best Times This Year.

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

**20:10.00 PR
21:31.00 PR**

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

(8) Paige Hennigan (AM) SR

Best Times This Year.

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

**20:15.20 PR
17:06.90 PR
21:33.00 PR**

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

(9) Mia Giaever (TZ) SR

Best Times This Year.

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

**20:18.30 PR
17:05.60 PR
22:25.90 PR**

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

(10) Jan Frazia (NR) SR

Best Times This Year.

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

**21:36.40
18:38.80 PR
23:00.60**

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

