

## LAKELAND JUNIOR TRACK & FIELD LEAGUE

### BOYS 11 - 12

### GIRLS 11 - 12

<b>1973</b>	<b>75 yd</b>	NA	NA	10.2	NA	NA	10.1
<b>1974</b>		Al Waldron	Randolph	9.3	Leigh Iarussi	Hopatcong	9.8
<b>1975</b>		Mike Mele	Mendham	10.0	Judy Taylor	Mendham	9.8
<b>1976</b>		Andy Hart	Bernards	9.8	Jean Taormina	Denville	9.7
<b>1977</b>		Jami Conlon	Mountain Lakes	9.4	Joan LaChance	Hopatcong	10.1
<b>1978</b>		Nick Gangemi	Randolph	9.4	Kris Loporcaro	Rockaway Twp	10.0
<b>1979</b>		Joe Gangemi	Randolph	9.6	Kai Toomsoo	Mount Olive	9.9
<b>100 m</b>							
<b>1980</b>		Jim Gilmer	Roxbury	13.3	Kim Heil	Roxbury	14.1
<b>1981</b>		Robbie Rosone	Mount Olive	13.7	Barbara Williamson	Mendham	13.6
<b>1982</b>		Rob Goetting	Roxbury	13.3	Dawn Maillard	Roxbury	14.1
<b>1983</b>		Cecil Barrett	Randolph	13.9	Dawn Maillard	Roxbury	14.1
<b>*1984</b>		Peter Jones	Madison	13.9	Kerry Kirkland	Mount Olive	14.2
<b>1985</b>		Mike Strange	Madison	13.9	Nicole Schilling	Denville	14.2
<b>1986</b>		Peter Phan	Madison	13.0	Nicole Schilling	Denville	14.5
<b>1987</b>		Nick Avallone	Parsippany	13.1	Phonencia Fitts	Rockaway Boro	14.4
<b>1988</b>		Chris Cannon	Randolph	14.0	Jennifer Hoffman	Parsippany	14.6
<b>1989</b>		Mat Lobron	Long Valley	14.1	Gina Marisca	Long Valley	14.9
<b>1990</b>		Russell Buckmann	Denville	13.1	Courtney MacDonald	Denville	13.8
<b>1991</b>		Dustin Kimball	Roxbury	14.0	Colby Carrier	Mountain Lakes	13.9
<b>1992</b>		Kevin Vaughn	Mount Olive	13.9	Heather Crawford	Mountain Lakes	13.6
<b>1993</b>		Eric McGory	Long Valley	12.9	Katie Neupert	Randolph	13.7
<b>1994</b>		Mike Lublanecki	Long Valley	13.9	Casey Sullivan	Madison	14.8
<b>1995</b>		Jeremy Agee	Mount Olive	13.6	Amber Williams	Roxbury	13.4
<b>1996</b>		Dave Snell	Madison	13.3	Aisha Barber	Parsippany	13.5
<b>1997</b>		Lance Lynch	Long Valley	13.7	<b>Eniola Fageyinbo</b>	<b>Parsippany</b>	<b>13.54</b>
<b>1998</b>		Raheem Oshodi	Rockaway Twp	13.80	Bimpe Fageyinbo	Parsippany	14.09
<b>1999</b>		Oliver Casson-Gary	Randolph	14.58	Bimpe Fageyinbo	Parsippany	14.06
<b>2000</b>		Oliver Casson-Gary	Randolph	13.71	Celeste Holder	Parsippany	13.69
<b>2001</b>		Joe Martinek	Hopatcong	13.63	Gia Modestino	Randolph	13.85
<b>2002</b>		Justin Taylor	Randolph	14.33	Erin Moore	Stanhope	14.23
<b>2003</b>		Darell Williams	Rockaway Twp	14.01	Isabella Cucchi	Madison	14.54
<b>2004</b>		Frances Mancho	Mount Olive	14.36	Amber Simmons	Rockaway Twp	14.40
<b>2005</b>		AJ Garcia	Randolph	13.88	Taylor Jozwiak	Rockaway Boro	14.65
<b>2006</b>		<b>Kieran Kenny</b>	<b>Mendham</b>	<b>13.02</b>	Allysa Johansen	Montville	14.20
<b>2007</b>		Steve DeLosa	Denville	13.21	Maryem Sencar	Montville	13.67
<b>2008</b>		Lionel Chambers	Parsippany	13.80	Bria Saunders	Parsippany	14.19
<b>2009</b>		Najee Smith	Parsippany	14.08	Maegaret Wadley	Mendham	13.95
<b>2010</b>		Jeffrey Okudah	Parsippany	13.33	Erin Fulmore	Parsippany	14.29
<b>2011</b>		Jeramie Simmons	Randolph	13.21	Lanie Seijas	Mountain Lakes	13.93
<b>2012</b>		Anthony Holmes	Dover	13.67	Nakira Chavis	Roxbury	14.47
<b>2013</b>		Nana Agyemang	Parsippany	13.50	Kyara Escobar	Parsippany	14.07
<b>2014</b>		Gary Dong	Randolph	13.57	Evelyn Swayze	Randolph	13.90
<b>2015</b>		Christopher Keaney	Randolph	13.15	Kelly McGreal	Mendham	13.67
<b>2016</b>		Kevin Dolan	Denville	13.30	Emma Kosiarowski	Denville	13.73
<b>2017</b>		Robert Boesgaard	Mendham	13.08	Melanie Linton	Randolph	14.11
<b>2018</b>		Brandon Morales	Roxbury	13.50	Adrianna Cacciacarne	Randolph	13.91
<b>2019</b>		Harrison Edwards	Montville	13.28	Amanda dean	Parsippany	13.93
<b>2021</b>		Nicholas Wong	Denville	13.17	Ashlyn Schmelz	Hackettstown	14.27
<b>2022</b>		Jordan Dixon	Randolph	13.79	Olivia Akpan	Roxbury	13.66

## LAKELAND JUNIOR TRACK & FIELD LEAGUE

### BOYS 11 - 12

### GIRLS 11 - 12

<b>1973</b>	<b>220 yd</b>	NA	NA	29.5	NA	NA	
<b>1974</b>		Paul Constanzo	Roxbury	28.5	Debbie Farbanish	Randolph	30.2
<b>1975</b>		Mike Strazza	Bernards	28.5	Judy Taylor	Mendham	28.8
<b>1976</b>		Andy Hart	Bernards	29.7	Jeanne Taormina	Denville	28.9
<b>1977</b>		Jami Conlon	Mountain Lake	27.1	Nancy Lagrenne	Bernards	30.0
<b>1978</b>		Nick Gangemi	Randolph	27.5	Kai Toomsoo	Mount Olive	29.7
<b>1979</b>		Glen Hoffman	Mountain Lakes	28.2	Kai Toomsoo	Mount Olive	28.8
<b>200 m</b>							
<b>1980</b>		Jim Gilmer	Roxbury	27.6	Barbara Williamson	Mendham	29.0
<b>1981</b>		Alex Wolfe	Mountain Lakes	28.0	Barbara Williamson	Mendham	29.1
<b>1982</b>		Chris Passenti	Roxbury	28.0	Dawn Maillard	Roxbury	29.3
<b>1983</b>		Alex MacLachlan	Randolph	27.5	Michele Moroney	Hopatcong	28.7
<b>*1984</b>		Peter Jones	Madison	28.6	Kerry Kirkland	Mount Olive	30.3
<b>1985</b>		Steve Miller	Roxbury	28.7	Stephanie Neumann	Randolph	30.5
<b>1986</b>		Peter Phan	Madison	28.4	Amy Grabow	Mountain Lakes	29.5
<b>1987</b>		Nick Avallone	Parsippany	27.8	Amy Grabow	Mountain Lakes	28.5
<b>1988</b>		Chris Cannon	Randolph	29.0	Jennifer Hoffman	Parsippany	30.1
<b>1989</b>		Mat Lobron	Long Valley	28.6	Gina Marisca	Long Valley	31.1
<b>1990</b>		Russell Buckmann	Denville	28.6	Colby Carrier	Mountain Lakes	30.3
<b>1991</b>		Kevin Speicher	Long Valley	29.0	Lauren Waters	Randolph	28.6
<b>1992</b>		Kevin Vaughn	Mount Olive	28.9	Heather Crawford	Mountain Lakes	29.2
<b>1993</b>		Eric McGory	Long Valley	27.0	Katie Neupert	Randolph	29.0
<b>1994</b>		Jeremy Agee	Mount Olive	29.3	Amber Williams	Roxbury	28.1
<b>1995</b>		Jeremy Agee	Mount Olive	27.9	Amber Williams	Roxbury	27.7
<b>1996</b>		Mike Watts	Randolph	29.2	Aisha Barber	Parsippany	28.8
<b>1997</b>		Justin Wilson	Morris Twp.	27.6	Jillian Warner	Long Valley	29.0
<b>1998</b>		Michael Gordon	Rockaway Twp	28.82	Abolore Oshodi	Rockaway Twp	30.66
<b>1999</b>		Brigham Farrand	Rockaway Twp	29.14	Cara Hessels	Long Valley	30.36
<b>2000</b>		Oliver Casson-Gary	Randolph	29.19	Samantha Chilton	Rockaway twp	29.43
<b>2001</b>		Arthur Pomiecinski,	Randolph	29.03	Gia Modestino	Randolph	29.62
<b>2002</b>		Justin Taylor	Randolph	29.48	Erin Moore	Stanhope	30.38
<b>2003</b>		Matthew Pesci	Montville	31.69	Courtney Alpaugh	Randolph	30.88
<b>2004</b>		Sam Knopka	Roxbury	29.41	Amber Simmons	Rockaway Twp	29.70
<b>2005</b>		AJ Garcia	Randolph	28.97	Jackie Mosca	Rockaway Boro	29.57
<b>2006</b>		Kieran Kenny	Mendham	27.51	Julia Rizio	Montville	30.57
<b>2007</b>		<b>Steven DeLosa</b>	<b>Denville</b>	<b>26.99</b>	Afrika Clemons	Randolph	30.64
<b>2008</b>		Lionel Chambers	Parsippany	28.85	Bria Saunders	Parsippany	28.81
<b>2009</b>		Ethan Damiano	Randolph	29.76	Kayla Kroll	Rockaway Twp	28.68
<b>2010</b>		Jeffrey Okudah	Parsippany	27.18	McKenzie Kenny	Mendham	29.70
<b>2011</b>		Garrett Petrucci	Mendham	27.36	Lanie Seijas	Mountain Lakes	28.92
<b>2012</b>		Noah Rathfon	Rockaway Boro	28.21	Aaliyah Goldberry	Roxbury	30.40
<b>2013</b>		Nana Agyemang	Parsippany	28.14	Naya Vialva	Mount Olive	28.45
<b>2014</b>		Trey Effner	Denville	27.14	Julia Sheppell	Mountain Lakes	29.01
<b>2015</b>		Domenick Wallace	Rockaway Twp	27.05	Lucie Antonius	Mendham	29.66
<b>2016</b>		Tommy Post	Chester	27.61	Emma Kosiarowski	Denville	29.19
<b>2017</b>		Robert Boesgaard	Mendham	27.41	Sydney Dugan	Mount Olive	30.67
<b>2018</b>		Joe Williams	Mount Olive	28.34	Sydney Dugan	Mount Olive	28.72
<b>2019</b>		Matthew Cifuentes	Hackettstown	28.10	Amanda Dean	Parsippany	28.81
<b>2021</b>		Nicholas Wong	Denville	27.76	Ashlyn Schmelz	Hackettstown	30.73
<b>2022</b>		Kelly Maxwell	Roxbury	27.50	<b>Olivia Akpan</b>	<b>Roxbury</b>	<b>27.21</b>

## LAKELAND JUNIOR TRACK & FIELD LEAGUE

### BOYS 11 - 12

### GIRLS 11 - 12

1973				NA	NA	73.1	
1974				Leigh Iarussi	Hopatcong	67.8	
1975				Kathy Paige	Randolph	70.5	
1976	<b>440 yd</b>	Steve Swenski	Mendham	66.6	Joan LaChance	Hopatcong	68.0
1977		Dave Smith	Denville	63.7	Joan LaChance	Hopatcong	66.3
1978		Mackey Pendergast	Mendham	63.4	Lisa Ellis	Randolph	68.7
1979		Tom Beckworth	Bernards	64.3	Tanya Smolin	Randolph	65.4
<b>400 m</b>							
1980		Tim Bennett	Randolph	64.1	Lisa Manganello	Denville	65.7
1981		Mark Ruffolo	Hopatcong	61.2	Kris Pull	Mount Olive	68.5
1982		Rob Goetting	Roxbury	62.4	Natalie Adams	Mountain Lakes	67.3
1983		Paul Mattioli	Roxbury	63.4	Ellen Draegret	Madison	68.1
*1984		Steve Tobin	Randolph	67.2	Shannon Lawrence	Randolph	68.1
1985		Chris Williams	Randolph	67.1	Tracy Kirkland	Mount Olive	69.0
1986		Dave Mitchell	Randolph	65.5	Amy Grabow	Mountain Lakes	67.6
1987		Rich Roff	Roxbury	65.4	<b>Amy Grabow</b>	<b>Mountain Lakes 62.54</b>	
1988		John Rifenberg	Roxbury	66.4	Chris Burghardt	Rockaway Twp	69.3
1989		Elliot Williams	Roxbury	67.6	Kristin Sheaves	Rockaway Twp	65.0
1990		Elliot Williams	Roxbury	66.5	Courtney Mac Donald	Denville	68.2
1991		Mike Fitzpatrick	Rockaway Twp	67.2	Jamie Reilly	Long Valley	69.6
1992		Bill Engel	Mount Olive	64.1	Dari Magyar	Mountain Lakes	68.9
1993		Tom Cecere	Roxbury	63.7	Beth Jones	Randolph	68.1
1994		Casey Cribbin	Roxbury	66.1	Amy Griegal	Randolph	68.2
1995		Dave Snell	Madison	66.0	Shari Cromartie	Roxbury	66.2
1996		Dave Snell	Madison	61.5	Kristina Keyser	Parsippany	67.4
1997		Justin Wilson	Morris Twp.	62.7	Eniola Fageyinbo	Parsippany	66.4
1998		Todd Boertzel	Mountain Lakes	66.24	Bimpe Fageyinbo	Parsippany	66.30
1999		Brigham Farrand	Rockaway Twp	66.57	Bimpe Fageyinbo	Parsippany	65.19
2000		Istvan Kolossvary	Madison	64.05	Celeste Holder	Parsippany	63.07
2001		Andrew Main	Rockaway Twp	66.24	Kimberly Standridge	Randolph	66.23
2002		Ray Weir	Mount Olive	64.03	Nicole Binns	Rockaway Twp	64.83
2003		Brian Bublitz	Mount Olive	67.52	Shamika Alston	Mount Olive	69.61
2004		Sam Knopka	Roxbury	66.96	Nikki Varcadipane	Roxbury	68.00
2005		Julian Aiken	Randolph	65.46	Allison Calvelli	Long Valley	1:01.65
2006		Gerald Gorman	Mendham	65.23	Hope Forrester	Long Valley	67.02
2007		Paul Farrelly	Denville	67.40	Andrea Bush	Rockaway Twp	68.08
2008		Christian Kidal-Brandt	Mendham	64.37	Kelly Keating	Mendham	67.23
2009		Greg Stickle	Randolph	64.22	Kayla Kroll	Rockaway Twp	66.02
2010		Steven Rizio	Montville	66.19	Adrianna Leonardo	Montville	67.70
2011		Kwaku Agyemang	Parsippany	63.26	Anjali Pai	Rockaway Boro	66.53
2012		Michael Quinn	Madison	64.60	Sierra Lore	Mountain Lakes	67.20
2013		Brendan Kovar	Rockaway Twp	65.25	Nia Stanford	Rockaway Twp	65.97
2014		Gary Dong	Randolph	64.00	Julia Sheppell	Mountain Lakes	65.01
2015		<b>Domenick Wallace</b>	<b>Rockaway Twp</b>	<b>60.57</b>	Kelly McGreal	Mendham	64.11
2016		Jake Fortuna	Chatham	62.47	Kelly Rostiac	Mendham	68.19
2017		Michael Villalobos	Denville	67.34	Morgan Summer	Mount Olive	66.97
2018		Ryan Donnelly	Roxbury	68.51	Caroline Tsang	Mountain Lakes	68.74
2019		Justin Bullock	Mount Olive	64.88	Kira Chebishev	Parsippany	66.53
2021		Patrick Dell'Aglio	Randolph	63.75	Casey Carney	Hackettstown	1:10.01
2022		Joseph Pangallo	Hackettstown	63.21	Casey Carney	Hackettstown	64.15

LAKELAND JUNIOR TRACK & FIELD LEAGUE

BOYS 11 - 12

GIRLS 11 - 12

1973	880 yd	NA	NA	2:30.9			
1974		Joe Gibson	Mountain Lakes	2:26.0			
1975		Greg Noll	Denville	2:33.3			
1979		Mike Morris	Harding	2:28.5	Jodi McCain	Bernards	2:40.1
				<b>800 m</b>			
1980		John Hayes	Randolph	2:28.8	Grace Sax	Hopatcong	2:38.2
1981		Kevin Cooper	Mount Olive	2:31.1	Sheri Higgin	Hopatcong	2:38.0
1982		John Garie	Randolph	2:35.1	Natalie Adams	Mountain Lakes	2:40.7
1983		Eric Ostergren	Mount Olive	2:32.6	Pam Hoover	Roxbury	2:43.3
*1984		Chris Clemmer	Mount Olive	2:42.5	Christine Feneck	Roxbury	2:49.5
1985		Jim Boudreau	Roxbury	2:34.9	Nicole Schilling	Denville	2:47.3
1986		Brian Passenti	Roxbury	2:30.8	Chris Engel	Mount Olive	2:42.2
1987		Rich Roff	Roxbury	2:35.8	Bethany Blankley	Long Valley	2:40.0
1988		Mike Randall	Long Valley	2:37.5	Jodi Dixon	Rockaway Twp	2:44.7
1989		Chris Seifert	Rockaway B	2:23.9	Kristin Sheaves	Rockaway Twp	2:32.4
1990		Charlie Larsen	Hopatcong	2:30.7	Patsy Cors	Mountain Lakes	2:41.3
1991		Bill Engel	Mount Olive	2:21.8	Rebecca Long	Parsippany	2:33.2
1992		Steve Slattery	Mount Olive	2:20.1	Beth Jones	Randolph	2:33.4
1993		Adam Carman	Randolph	2:27.7	Lauren Avallone	Long Valley	2:35.0
1994		Steve Dovey	Madison	2:30.4	Amber Williams	Roxbury	2:33.0
1995		Justin Gutknecht	Rockaway Twp	2:31.6	Jacklyn Pangallo	Rockaway Boro	2:35.7
1996		Rickey Medina	Long Valley	2:30.1	Kristina Keyser	Parsippany	2:36.3
1997		John Hesse	Parsippany	2:26.1	Kristin Standridge	Randolph	2:37.1
1998		Korey Edwards	Parsippany	2:33.15	Val Zoller	Long Valley	2:39.35
1999		Korey Edwards	Parsippany	2:34.68	Ena Leufroy	Randolph	2:29.96
2000		Jason Apwah	Hopatcong	2:28.62	Jennifer Ennis	Roxbury	2:36.20
2001		Jason Apwah	Hopatcong	2:23.43	Kimberly Standridge	Randolph	2:29.06
2002		Ray Weir	Mount Olive	2:29.35	Ashley Cromartie	Roxbury	2:30.68
2003		Andrew Bednarsky	Chester	2:31.09	Molly Higgins	Randolph	2:38.46
2004		Steven Fisher	Hopatcong	2:31.65	Joelle Amaral	Randolph	2:32.34
2005		Steven Wagner	Mount Olive	2:35.71	Jackie Mosca	Rockaway Boro	2:40.92
2006		Gerald Gorman	Mendham	2:30.74	Jennifer Zachowski	Randolph	2:41.59
2007		Jordan Knapp	Randolph	2:26.32	Nicole Walthour	Hopatcong	2:41.04
2008		Michael Higgins	Montville	2:23.28	Marisa Lansing	Randolph	2:39.02
2009		Greg Stickle	Randolph	2:27.38	Michelle Golowko	Montville	2:31.46
2010		Joey DeFeo	Randolph	2:29.37	<b>Michelle Golowko</b>	<b>Montville</b>	<b>2:28.94</b>
2011		Felix Anderson	Mendham	2:27.74	Hope Tiboni	Mendham	2:29.62
2012		Michael Quinn	Madison	2:26.98	Abby Loveys	Randolph	2:36.38
2013		Matt Morena	Rockaway Boro	2:30.27	Abby Loveys	Randolph	2:35.46
2014		Thomas Carney IV	Denville	2:23.80	Amanda Houston	Randolph	2:37.28
2015		<b>Thomas Carney IV</b>	<b>Denville</b>	<b>2:19.64</b>	Nicole Nash	Denville	2:32.14
2016		Gavin Timoney	Mendham	2:22.24	Amanda Hoffman	Parsippany	2:37.80
2017		Kevin King	Mendham	2:33.81	Libby Masterson	Long Valley	2:40.18
2018		Kennan Byers	Randolph	2:27.56	Krista Purnell	Mountain Lakes	2:43.11
2019		Kennan Byers	Randolph	2:23.18	Nanditha Hegde	Hackettstown	2:41.84
2021		Russell Goldstein	Randolph	2:28.59	Gabriella Pelov	Montville	2:33.44
2022		Joseph Pangallo	Hackettstown	2:22.91	Casey Carney	Hackettstown	2:29.41

LAKELAND JUNIOR TRACK & FIELD LEAGUE

BOYS 11 - 12

GIRLS 11 - 12

			Mile			
1974	Al Waldron	Randolph	5:33.8	Mary Holman	Hopatcong	6:28.8
1975	Mike Miller	Denville	5:32.0	Kathy Hoadley	Mendham	6:10.7
1976	Dan Homan	Hopatcong	5:30.5	Meg Waldron	Bernards	5:57.6
1977	Andy O'Donnell	Hopatcong	5:32.1	Meg Waldron	Bernards	5:46.9
1978	Andy O'Donnell	Hopatcong	5:22.0	Lisa Ellis	Randolph	5:33.0
1979	John Hayes	Randolph	5:23.4	Jennifer Ellis	Randolph	5:45.9
1980	John Hayes	Randolph	5:15.5	Grace Sax	Hopatcong	5:44.7
1981	Jeffrey Friedman	Mountain Lakes	5:25.2	Sheri Higgins	Hopatcong	5:44.8
1982	Jeffrey Friedman	Mountain Lakes	5:13.7	Denise Dean	Denville	5:53.6
1983	Eric Ostergren	Mount Olive	5:26.6	Pam Hoover	Roxbury	5:54.8
*1984	Tim Mulrooney	Long Valley	5:45.6	Christine Feneck	Roxbury	6:06.2
1985	Brian Passenti	Roxbury	5:25.9	Kathy Moran	Rockaway Twp	6:05.1
1986	Brian Passenti	Roxbury	5:37.0	Chris Engel	Mount Olive	5:43.8
1987	Tim O'Leary	Rockaway Boro	5:45.1	Jodi Dixon	Rockaway Twp	6:04.1
1988	Tim O'Leary	Rockaway Boro	5:43.9	Jodi Dixon	Rockaway Twp	6:07.1
1989	Chris Seifert	Rockaway Boro	5:38.3	Heather Armstrong	Hopatcong	6:16.3
1990	Charlie Larsen	Hopatcong	5:42.4	Sue Hutchins	Randolph	6:08.2
1991	Bill Engel	Mount Olive	5:14.1	Rebecca Long	Parsippany	5:56.6
1992	Steve Slattery	Mount Olive	5:14.2	Stephanie Snyder	Randolph	5:42.4
1993	Ken Goglas	Randolph	5:27.9	Beth Jones	Randolph	5:28.7
1994	Brian Boyett	Parsippany	5:27.7	Marianne Herbst	Mount Olive	5:48.0
1995	Mike Dovey	Madison	5:38.2	Heather Drymon	Roxbury	5:52.8
1996	Mike Dovey	Madison	5:32.1	Nessie Costa	Parsippany	5:50.5
1997	Jeremy Zagorski	Parsippany	5:26.7	Nessie Costa	Parsippany	5:48.1
1998	Korey Edwards	Parsippany	5:48.57	Val Zoller	Long Valley	5:54.74
1999	Korey Edwards	Parsippany	5:40.26	Ena Leufroy	Randolph	5:35.74
2000	Jason Apwah	Hopatcong	5:26.17	Jennifer Ennis	Roxbury	5:46.85
2001	Jason Apwah	Hopatcong	5:14.55	Kerry-Ann Downer	Rockaway Twp	5:44.41
2002	Daniel West	Hopatcong	5:36.87	Ashley Cromartie	Roxbury	5:43.20
2003	Andrew Bednarsky	Chester	5:27.94	Molly Higgins	Randolph	6:00.76
2004	Steven Fisher	Hopatcong	5:27.73	Joelle Amaral	Randolph	5:34.34
2005	Brandon Cochran	Parsippany	5:50.88	Joelle Amaral	Randolph	5:42.67
2006	Jordan Knapp	Randolph	5:31.76	Nicole Walthour	Hopatcong	6:27.09
2007	Jordan Knapp	Randolph	5:22.11	Nicole Walthour	Hopatcong	6:01.11
2008	Michael Higgins	Montville	5:34.24	Carole Harsch	Randolph	5:46.93
2009	Joey DeFeo	Randolph	5:39.81	Michelle Golowko	Montville	5:36.64
2010	Joey DeFeo	Randolph	5:32.57	Michelle Golowko	Montville	5:43.71
2011	Mathieu Petit	Randolph	5:37.26	Hope Tiboni	Mendham	5:41.18
2012	Liam McSorley	Randolph	5:27.43	Hope Tiboni	Mendham	5:31.04
2013	Brian Daqua-Hendrickson	Randolph	5:30.83	Abby Loveys	Randolph	5:39.75
2014	Luke Luskin	Long Valley	5:13.83	Meredith Finley	Randolph	5:37.77
2015	Thomas Carney IV	Denville	5:20.05	Jamie Habib	Madison	5:44.81
2016	Gavin Timoney	Mendham	5:16.49	Grace Vives	Mendham	5:53.97
2017	Santiago Saienz	Mount Olive	5:39.83	Gabriella Daskalova	Roxbury	5:50.03
2018	Kennan Byers	Randolph	5:27.12	Krista Purnell	Mountain Lakes	5:55.78
2019	<b>Kennan Byers</b>	<b>Randolph</b>	<b>5:10.05</b>	Nanditha Hegde	Hackettstown	5:52.83
2021	Russell Goldstein	Randolph	5:51.05	Violet Paige	Mountain Lakes	5:40.01
2022	Christopher Smith	Montville	5:29.28	<b>Gabriella Pelov</b>	<b>Montville</b>	<b>5:25.96</b>

## LAKELAND JUNIOR TRACK & FIELD LEAGUE

### BOYS 11 - 12

### GIRLS 11 - 12

1973	Medley(220-110-220-440)	NA	2:13.0
1974		Mountain Lakes	2:04.7
1975		Bernards	2:06.9
1976		Bernards	2:05.0
1977		Mendham	2:02.8
1978		Mendham	2:01.4
1979		Randolph	1:58.9
1980	Medley(220-100-100-400)	Randolph	1:58.2
1981		Hopatcong	1:58.0
1982		Roxbury	1:55.0
1983		Roxbury	1:59.0
*1984		Madison	2:05.5

Hopatcong	2:18.8
Bernards	2:14.2
Denville	2:05.6
Bernards	2:04.4
Randolph	2:09.0
Randolph	2:03.9
Denville	2:04.0
Mount Olive	2:04.8
Roxbury	2:05.8
Roxbury	2:04.7
Randolph	2:10.2

### 4 x 100 m

1985	Roxbury	57.8
1986	Madison	56.9
1987	Parsippany	56.5
1988	Roxbury	57.4
1989	Roxbury	57.5
1990	Parsippany	57.4
1991	Randolph	57.3
1992	Mount Olive	57.8
1993	Mount Olive	56.9
1994	Hopatcong	57.0
1995	Randolph	56.2
1996	Parsippany	56.14
1997	Parsippany	58.00
1998	Rockaway Twp	56.20
1999	Rockaway Twp	57.25
2000	Randolph	56.70
2001	Randolph	57.42
2002	Randolph	56.05
2003	Rockaway Twp	56.36
2004	Mount Olive	56.75
2005	Rockaway Twp	56.55
2006	Mendham	55.13
2007	Denville	55.48
2008	Montville	55.37
2009	Randolph	57.97
2010	Parsippany	55.15
2011	Parsippany	55.58
2012	Rockaway Boro	56.59
2013	Randolph	56.52
2014	Randolph	53.87
2015	<b>Randolph</b>	<b>53.65</b>
2016	Randolph	56.23
2017	Randolph	56.94
2018	Mendham	58.90
2019	Mount Olive	56.27
2021	Randolph	58.62
2022	Randolph	57.74

Long Valley	58.3
Denville	57.5
Mountain Lakes	58.2
Long Valley	59.0
Long Valley	57.7
Randolph	58.7
Randolph	55.5
Randolph	55.5
Randolph	55.9
Roxbury	58.5
Roxbury	57.5
<b>Parsippany</b>	<b>55.54</b>
Parsippany	56.6
Rockaway Twp	58.51
Randolph	58.56
Parsippany	57.57
Parsippany	57.33
Randolph	58.34
Randolph	57.59
Rockaway Twp	58.75
Montville	58.18
Montville	57.58
Montville	56.34
Randolph	57.90
Mendham	56.86
Mendham	57.05
Mountain Lakes	59.21
Denville	59.10
Parsippany	56.49
Randolph	57.57
Mendham	58.18
Parsippany	58.20
Mount Olive	57.38
Randolph	58.65
Hackettstown	59.82
Hackettstown	59.60
Hackettstown	56.69

## LAKELAND JUNIOR TRACK & FIELD LEAGUE

### BOYS 11 - 12

### GIRLS 11 - 12

#### Long Jump

1973	NA		13-11 <sup>3</sup> / <sub>4</sub>	Linda MacDonald	Randolph	12-7
1974	Mike Flores	Hopatcong	14-8	Jeanette Rohn	Randolph	12-7
1975	Mike Strazza	Bernards	14-11 <sup>3</sup> / <sub>4</sub>	Judy Taylor	Mendham	13-9
1976	Daryl Aiken	Randolph	13-6	Rena Antanelis	Randolph	13-2 <sup>1</sup> / <sub>2</sub>
1977	Daryl Aiken	Randolph	15-10 <sup>1</sup> / <sub>4</sub>	Joan LaChance	Hopatcong	13-11 <sup>3</sup> / <sub>4</sub>
1978	Rob Bentley	Mendham	15-5	Ilze Gobins	Randolph	13-7 <sup>1</sup> / <sub>4</sub>
1979	Joe Gangemi	Randolph	14-10 <sup>1</sup> / <sub>2</sub>	Tanya Smolin	Randolph	14-1
1980	Tim Bennett	Randolph	14-4	Ann Muetterties	Mountain Lakes	13-3 <sup>1</sup> / <sub>4</sub>
1981	Alex Wolfe	Mountain Lakes	14-10 <sup>1</sup> / <sub>2</sub>	Diane Frendak	Roxbury	13-11
1982	Jamauh Winston	Randolph	15-0 <sup>1</sup> / <sub>2</sub>	Diane Frendak	Roxbury	14-0 <sup>1</sup> / <sub>4</sub>
1983	Cecil Barrett	Randolph	14-9	Stephanie Mortenson	Mountain Lakes	12-9 <sup>3</sup> / <sub>4</sub>
*1984	Don Simon	Madison	13-6 <sup>1</sup> / <sub>2</sub>	Carla DeBasi	Roxbury	13-8
1985	Chris Williams	Randolph	13-8	Stephanie Neumann	Randolph	12-5
1986	Rocky Clark	Madison	14-3 <sup>3</sup> / <sub>4</sub>	Amy Grabow	Mountain Lakes	12-7 <sup>1</sup> / <sub>2</sub>
1987	Ben Lowell	Denville	14-2	Amy Grabow	Mountain Lakes	13-0
1988	Ben Lowell	Denville	13-9 <sup>1</sup> / <sub>2</sub>	Jennifer Hoffman	Parsippany	12-10 <sup>1</sup> / <sub>4</sub>
1989	Paul Kiesche	Roxbury	14-1 <sup>1</sup> / <sub>4</sub>	Erica Magliaro	Rockaway Twp	13-0 <sup>3</sup> / <sub>4</sub>
1990	Joe Ippolito	Rockaway Twp	14-4 <sup>3</sup> / <sub>4</sub>	Mary Ellen Casse	Mount Olive	12-5 <sup>1</sup> / <sub>4</sub>
1991	Joe Ippolito	Rockaway Twp	14-5 <sup>1</sup> / <sub>4</sub>	Melinda Strange	Madison	13-7 <sup>1</sup> / <sub>2</sub>
1992	Ken Edwards	Parsippany	13-5	Pam Sobieski	Long Valley	13-3 <sup>1</sup> / <sub>2</sub>
1993	Tom Cecere	Roxbury	14-3	Katie Neupert	Randolph	14-3 <sup>1</sup> / <sub>2</sub>
1994	Chad Araki	Roxbury	13-2 <sup>1</sup> / <sub>4</sub>	Amber Williams	Roxbury	13-8
1995	Dave Snell	Madison	13-10 <sup>3</sup> / <sub>4</sub>	Shari Cromartie	Roxbury	13-4
1996	David Gilbert	Hopatcong	14-4 <sup>3</sup> / <sub>4</sub>	Lee Ann Fascia	Randolph	13-7
1997	Andy Pursell	Parsippany	13-9	Kim Lavin	Denville	12-0 <sup>3</sup> / <sub>4</sub>
1998	Shawn Bolcarovic	Rockaway Twp	14-6	Cara Hessels	Long Valley	13-6 <sup>3</sup> / <sub>4</sub>
1999	Shawn Bolcarovic	Rockaway Twp	15-1 <sup>1</sup> / <sub>2</sub>	Bimpe Fageyinbo	Parsippany	13-7
2000	Ryan Bingham	Randolph	14-6 <sup>1</sup> / <sub>2</sub>	<b>Celeste Holder</b>	<b>Parsippany</b>	<b>15-2</b>
2001	Joe Martinek	Hopatcong	14-3	Lauren Bariexca	Long Valley	13-3
2002	Angelo Handy	Rockaway Twp	15-1	Breanne Palmieri	Madison	14-2
2003	Bob Duncan	Hopatcong	14-6	Alex Reo	Parsippany	14-4 <sup>1</sup> / <sub>4</sub>
2004	Julian Aiken	Randolph	14-4	Amber Simmons	Rockaway Twp	14-2
2005	Julian Aiken	Randolph	13-10	Jackie Ohn	Randolph	13-6 <sup>3</sup> / <sub>4</sub>
2006	Marcus Morris	Roxbury	15-6 <sup>1</sup> / <sub>4</sub>	Hope Forrester	Long Valley	13-10
2007	Johonn Lara	Hopatcong	14-5 <sup>1</sup> / <sub>4</sub>	Tori Miller	Roxbury	12-10 <sup>3</sup> / <sub>4</sub>
2008	Danny Lacey	Mount Olive	14-8	Lauren Catena	Montville	14-6
2009	<b>Greg Stickle</b>	<b>Randolph</b>	<b>16-3</b>	Maegaret Wadley	Mendham	13-10
2010	Ian McNally	Rockaway Boro	14-7 <sup>1</sup> / <sub>2</sub>	Lanie Seijas	Mountain Lakes	13-11 <sup>1</sup> / <sub>2</sub>
2011	Matias Pellegrino	Denville	14-10	Lanie Seijas	Mountain Lakes	14-8 <sup>3</sup> / <sub>4</sub>
2012	Sam Dickens	Mendham	14-10	Kate Simon	Denville	13-3 <sup>1</sup> / <sub>4</sub>
2013	Nana Agyemang	Parsippany	15-1 <sup>1</sup> / <sub>2</sub>	Meaghan DeBenedette	Parsippany	13-4 <sup>3</sup> / <sub>4</sub>
2014	Gary Dong	Randolph	15-11	Julia Shepell	Mountain Lakes	13-2 <sup>1</sup> / <sub>2</sub>
2015	Robert Dong	Randolph	15-4 <sup>3</sup> / <sub>4</sub>	Olivia Mancuso	Randolph	13-6 <sup>1</sup> / <sub>4</sub>
2016	Cameron Holmes	Dover	14-7	Emma Kosiarowski	Denville	14-1 <sup>1</sup> / <sub>2</sub>
2017	Robert Boesgaard	Mendham	15-8 <sup>1</sup> / <sub>2</sub>	Morgan Summer	Mount Olive	13-8 <sup>1</sup> / <sub>4</sub>
2018	Yerial Sastre	Mount Olive	15-6 <sup>1</sup> / <sub>2</sub>	Lucia Ludlam	Parsippany	14-3 <sup>1</sup> / <sub>2</sub>
2019	Justice Truesdale	Rockaway Boro	14-7	Amanda Dean	Parsippany	14-2 <sup>1</sup> / <sub>2</sub>
2021	Nicholas Wong	Denville	16-1	Grce Bohem	Randolph	13-1
2022	Kelly Maxwell	Roxbury	14-9	Olivia Akpan	Roxbury	14-7 <sup>1</sup> / <sub>2</sub>

LAKELAND JUNIOR TRACK & FIELD LEAGUE

BOYS 11 - 12

GIRLS 11 - 12

Shot Put

1973	NA		26-6 ½			
1974	Al Waldron	Randolph	42-10 ½	Denise Schmolke	Dover	32-5
1975	Andy Shaw	Randolph	32-10	Chris Lehr	Randolph	25-9
1976	Bob Nanfield	Bernards	30-7	Rena Antanelis	Randolph	30-8
1977	Jami Conlon	Mountain Lakes	34-3 ¼	Kathy Addison	Denville	27-7 ¾
1978	Nick Gangemi	Randolph	43-2 ½	Sharon Richter	White Meadow	29-0 ¼
1979	Joe Gangemi	Randolph	39-9	Gina Fernandez	Rockaway Twp	31-2
1980	Joe Pascale	Randolph	38-5 ¼	Mary Ann DiRupo	Roxbury	28-5 ¼
1981	Bob Shaw	Long Valley	39-1 ¼	Keri Schindler	Randolph	33-1
1982	Alan Fulton	Mount Olive	39-6	Dawn Maillard	Roxbury	26-9 ¼
1983	Paul Mattioli	Roxbury	35-7	Kris Douglas	Long Valley	31-4
*1984	Mike Westhead	Madison	32-8 ¼	Dana Anderson	Randolph	27-10
1985	Andy Mitchell	Mountain Lakes	27-1	Sue Ritchie	Long Valley	29-0 ¼
1986	Greg Burghardt	Rockaway Twp	29-2 ½	Sue French	Mountain Lakes	32-2 ½
1987	Nick Avallone	Parsippany	35-9	Janice Harrington	Long Valley	26-6
1988	Paul Tullo	Rockaway Boro	30-0 ½	Beckie Ritchie	Long Valley	30-8
1989	Jason Vilardi	Long Valley	30-5 ½	Kim Arentowicz	Long Valley	23-5 ½
1990	Russ Buckmann	Denville	29-10 ½	Maureen Odenwelder	Mountain Lakes	23-9 ¼
1991	Glen Diorio	Parsippany	31-8 ½	Tammy Bohn	Long Valley	26-9 ½
1992	Kevin Long	Parsippany	32-1	Jody Arends	Randolph	32-6 ½
1993	Phil Zayas	Rockaway Boro	33-0	Jody Arends	Randolph	34-4
1994	Matt Maitilasso	Rockaway Twp	34-9	Robin Flora	Parsippany	30-1
1995	Mortie Pertz	Parsippany	32-7 ¾	Amber Williams	Roxbury	29-0 ½
1996	Mortie Pertz	Parsippany	31-10	Aisha Barber	Parsippany	25-1 ¾
1997	Chris Bajek	Long Valley	30-5	Jennifer Simms	Randolph	26-9 ¾
1998	Sergio Moraga	Parsippany	33-6 ¼	Kaitlin Nazario	Rockaway Twp	30-4 ¾
1999	Paul Samuel	Randolph	29-1	Gemma Naclerio	Rockaway Twp	28-8
2000	Matthew Loeffler	Roxbury	30-8 ½	Stephanie Evans	Madison	22-8
2001	<b>Arthur Pomiecinski</b>	<b>Randolph</b>	<b>40-7 ½</b>	Francesca Stanko	Roxbury	25-10 ½
2002	Ashay Vakharia	Parsippany	28-6 ½	Carolyn Hanrahan	Madison	26-6
2003	Andreas Schmitt	Mountain Lakes	36-0 ½	Lori Caruso	Rockaway Twp	25-5 ½
2004	Cole Farrand	Rockaway Twp	34-6 ¾	Madison Cannon	Randolph	30-3 ½
2005	Matthew D'Amico	Roxbury	34-0	<b>Jennifer Jarvis</b>	<b>Rockaway Twp</b>	<b>39-9 ¾</b>
2006	Mike Sternlicht	Rockaway Twp	35-4	Alexa Migton	Randolph	25-10 ¼
2007	Steve DeLosa	Denville	35-9 ¼	Marisa Ferrence	Mount Olive	27-1
2008	Jack Heeman	Mount Olive	35-5 ½	Helene Rowland	Madison	26-2 ¼
2009	Bryan Caravette	Mendham	31-4 ½	Helene Rowland	Madison	28-10 ¼
2010	Joe Fullum	Rockaway Twp	29-9 ¼	Katie Wisotsky	Mendham	27-9
2011	Danny Post	Chester	35-8 ¾	Jesse Chiotelis	Mendham	24-3 1/2
2012	Ahsan Huland El	Randolph	33-8 ½	Makayla Taylor	Randolph	31-10
2013	Noah Belcastro	Mount Olive	32-3	Kayla Joseph	Mount Olive	22-7
2014	Trey Effner	Denville	33-9 ½	Jennifer McManus	Mendham	29-6 ¼
2015	Elihaj Hills	Rockaway Boro	31-0 ¾	Julia Russo	Rockaway Twp	25-10 ½
2016	Tommy Post	Chester	31-6	Melissa Aymil	Mendham	31-2
2017	Nicholas Frattina	Mount Olive	38-2 ¾	Kim Butynes	Long Valley	25-9 ½
2018	Brendan Gleason	Rockaway Twp	30-0	Adrianna Cacciacarne	Randolph	25-7 ¾
2019	Andrew Carreno	Madison	29-4 ¾	Macy Sabo	Long Valley	23-8 ½
2021	Liam Blaskopf	Long Valley	28-11 ½	Ryder Broking	Hackettstown	25-2
2022	Cole Strelec	Hackettstown	30-6	Ryder Broking	Hackettstown	26-10