

## MORRIS COUNTY GIRLS REWIND-WEEK 4

This was a busy a week as most county teams traveled to venerable Franklin Field for the 119<sup>th</sup> Penn Relays, and many then turned around and competed at Saturday's Randolph Relays as well.

Let's get right into it.

### AIR ORJI

Although Keturah Orji of Mount Olive came up a little short in her attempt to win the triple jump last Thursday at the Penn Relays, the junior put on a remarkable show at Franklin Field.

At first, Iana Amsterdam, a senior at Newark Tech who is headed to Clemson, looked like she was going to emerge victorious after she soared a personal best 40-9 1/2 on her next to last attempt to take the lead.

Then a few minutes later, fourth-seeded Anna Williams of Thomas Edison in Virginia bounded out to a big personal best of 41-1 1/2 to knock Amsterdam out of the lead.

Then it was Orji's turn to add to the dramatics.

Down to her final attempt, Orji exploded for a 40-9 1/2 to match Amsterdam's mark.

When the dust settled, Williams had finished first, Orji was awarded second on a tiebreaker over Amsterdam on the basis of a better second place jump. Amsterdam was third. Regine Hunter of Cranford was ninth with a 39-5 and Bryanna Grant of Cranford was 10th at 38-8 1/4.

Amsterdam said that despite the fact that the Garden State didn't produce a winner in the event, it proved a point.

Orji, the national indoor champion in the triple jump, was pleased with her performance, which included three jumps over 40 feet.

"I guess I am content," said Orji, whose personal best is 41-0 3/4. "I don't really worry about what place I get. I just worry about how far I go. I wanted to go further today, but 40-9 1/2 isn't bad."

### MENDHAM SHINES AT FRANKLIN FIELD

Making its second straight appearance in the DM Championship of America

race at the Penn Relays, Mendham placed seventh in the field of 15 in 12:07.02. Abby Seel ran 3:38.1 for 1,200, Skye Tonnesen, 1:02.5 in the 400, Reagan Kolakowski, 2:21.4 for 800, and 5:05.0 for 1,600 for Mackenzie Barry.

Mendham also sparkled in the 4x400, winning its heat in a school record 3:58.96, the top Morris County time of the meet, No. 9 among New Jersey teams, and No. 47 overall out of the 613 team that finished, and No. 13 in the state this season..

The splits for Mendham in the 4x400 were 57.9 for Laura Papili, 60.8 for Audrey O'Neill, 61.4 for Cali Heffernan, and 59.8 for Sierra Tonnesen. First time under 58 for Papili!

The former Mendham school record of 3:59.7 was set last year.

## FAST TIMES FOR CURHAM

Villa Walsh senior Megan Curham finished sixth in the 3,000 at the Penn Relays last Thursday in 9:46.76, No. 11 in state history.

A few days later at the Randolph Relays on Saturday, Curham joined Jackie Endres, Emily Vincent, and Trish Maheras to finish first in the Small School Division 4x800 in a school record 10:03.52.

Curham also anchored the third place DM that ran 12:47.22 with a 4:58 split.

Also at the Randolph meet, Villa Walsh tied for second in the triple jump at 93-1 1/2 as Grace Penders led the way with a 34-2 1/4, the second best jump of the meet.

## BIG WEEKEND FOR THE RANDOLPH DISTANCE CREW

Randolph had a strong showing the 4x800 at the Penn Relays last Thursday, placing seventh in its 4x80 heat in 9:29.91, the 21<sup>st</sup> fastest time among the 68 teams that finished. The four runners from Randolph were Liz Lansing (2:17.4), Carole Harsch (2:24.6), Margaret Thompson (2:27.9), and Liz Wellman (2:20.0)

Then this past Saturday, Randolph ran a 12:02.73 to place second in the DM behind High Point (12:02.36) at the Randolph Relays as Wellman ran 3:45

for 1,200, promising freshman Nora McSorley ran a PR of 62.5 for 400, Harsch ran a PR of 2:23, and Lansing finished it off with a 4:51.

## MOUNT OLIVE RETURNS

Back on the big stage at Penn for the first time in the 4x800 in more than 15 years, Mount Olive delivered a strong performance by placing 11<sup>th</sup> among 19 teams in its Large School heat in 9:35.13.

Marissa Karl (2:25.6), Mikaela Poggi (2:23.8), Jaime Tavalare (2:24.9), and Sarah Masukewicz (2:20.9) shared the baton for Mount Olive as they recorded the 30<sup>th</sup> fastest time among the 68 teams that finished the 4x800 heats.

## JEFFERSON RIPS HOT 4X100

Jefferson, with a team of Katie Hatler, Lindsay Brown, Danielle Beniulis, Brielle Shuster, led all Morris County teams in the 4x100 by running 50.91 at the Penn Relays, the 131<sup>st</sup> fastest time among the 583 teams that ran.. Jefferson is now the third fastest 4x100 team in Morris County behind Mount Olive (50.50) and Randolph (50.59).

## SAUNDERS SPARKLES TO LEAD PARSIPPANY TO BIG WEEK

ParsIPPany coach Walt Bleuler had plenty of great stuff to report this week Here is what he filed.

“The ParsIPPany girls had a successful week. We beat Dover and Madison to improve our record to 5-1.

Thursday was a great day for the Lady Red Hawks at the Penn Relays. The 4x100 ran their best time of the spring with a time of 51.49 as Robin Barthelus, Gabby Rachmaciej, Krysten Mayers and All-Stater Bria Saunders shared the baton.

ParsIPPany’s 51.59 was the fastest time of the meet for a Morris County team and the 192<sup>nd</sup> fastest time of the 583 teams that finished.

“In the 4x400 at Penn, ParsIPPany team broke the school record by placing third in its heat behind Mendham and Sherwood of Maryland in 4:01.42. The previous record of 4:02.7 was set last year. ”

Parsippany's time of 4:01.42 was the second fastest time by Morris County team at Penn and the 68<sup>th</sup> fastest time among the 613 teams that finished. The foursome at Penn were Bria Saunders, who ran a sizzling leadoff leg of 56.4, Krysten Mayers (60.3), Jen Mylnar (62.5), and Gabby Rachmaciej (61.5).

## RANDOLPH RELAYS

Whippany Park finished second (73-64 behind Kittatinny) in the Small School Division, and West Morris edged Randolph for third in the Large School Division, 44-42. Ridge finished first with 58 and High Point was second with 46.

Whippany Park coach Brad Callahan filed this report on his team.

“The high jump tandem of freshman Gina Della Russo (5-0), freshman Kristen Hall (4-8) and sophomore Danielle Cozzarelli (4-8), won the high jump with a total of 14-4 to break the school record from 2011 of 14-2. Other notable finishes were a Ashley Granato (9-6), Gina Della Russo (8-6), and Danielle Cozzarelli (8-0) placing second in the pole vault (26-0), and our 4x400 relay of sophomore Kate Cantrell (64.3), sophomore Lauren Schanz (65.8), freshman Gina Della Russo (61.0), and Rose Nixon (62.6) placing second in 4:14.51, our best time of the year.”

## IN THE Paddock

The action really starts to heat up this week with the Morris County Relays this Friday and Saturday at Morris Knolls. The meet is scheduled for 4 p.m. on Friday and 2:30 p.m. on Saturday.

Then next week is the NJAC Championships on Tuesday and Wednesday (Large Schools at Morris Hills/Small Schools at Wallkill Valley).

At the County Relays, Randolph will aim for its fourth title in a row against a loaded field that includes Mendham and Mount Olive. Mendham and Mount Olive are reach seeking its first county relay title.

One of the best races of the season is expected to take place at the NJAC meet at Morris Hills as five Meet of Champions winners are scheduled to

clash in the 1,600. They are Sarah Disanza of High Point, Mackenzie Barry of Mendham, Liz Lansing of Randolph, Claudia DiSomma of Sparta, and Emily Bushey of Vernon.

Disanza won the XC M of C last fall. Barry has won two M of C titles in the 3,200 (one indoors and one outdoors). Bushey won the 1,600 at the indoor M of C this past winter. Lansing captured the 1,600 at the M of C last June, and DiSomma won the 1,600 at the outdoor M of C in 2010.

Add Abby Seel of Mendham and Kylene Cochrane of West Morris into the mix, and there could be seven runners under 5 minutes!! That is pretty remarkable for a conference race.