

## MORRIS COUNTY REWIND

The final week of 2013 produced some record breaking performances, a great comeback, a sprinter following in his brother's footsteps, some big PR's, and a several other noteworthy accomplishments by Morris County athletes.

Let's get right into it in Morris County Rewind.

### TAKING HER GAME TO NEW HEIGHTS

Senior **Marlena Paz** of West Morris, who came into the season with a personal best of 11-0 in the pole vault, not only set a new personal best when she cleared 11-4 at the Passarelli Invitational at Drew this past Monday, but she also smashed the meet record and recorded the No. 2 vault in the state so far this season and is now No. 11 nationally. The former meet record of 10-9 was set in 2010 by Kirsten Muhaw of Montville.

### SMASHING DEBUT

Mendham star senior **Mackenzie Barry**, one of the best distance runners in Morris County history, opened her season by breaking her own meet record in the 3,200 at the Passarelli Invitational at Drew on Monday with a time of 10:52.96. That's the top time in New Jersey this season and No. 4 nationally.

### THREE LAP STAR

Junior **Christian Kildal-Brandt of Mendham** won the 600 dash with a meet record time of 1:23.11 at the Passarelli meet. That time is No. 1 in N.J. and No. 9 in the U.S. this season, and it broke the meet record of 1:24.21 set in 2005 by Roxbury's Jason Apwah.

Kildal-Brandt has a great shot of breaking the Drew facility record in the 600 of 1:23.23 that was set in 2005 by Marcel Van Eeden of Mendham.

### LYONS IS ON FIRE

Sean Lyons of Morristown continued his red hot running when he won the 3,200 at the Passarelli Invitational at Drew this past Monday in 9:33.63, No. 2 in N.J. this season and No. 12 nationally. The 9:33.63 by Lyons is also No. 2 all-time in Morristown indoor history behind the 9:33.1 run by Eric Sturtevant in 1986.

Lyons also ran 4:27.95, No. 5 in the state this winter, to win the 1,600 on Dec. 23 at the DeSchraver Invit. at Drew.

## **FOLLOWING IN HIS BROTHER'S FOOTSTEPS**

When Brendan Kenny was preparing to make his season debut at last Friday's 18th Christa Racine-Drew Invitational, he wanted to do something that he felt might give me a little bit of an edge.

So the junior at Delbarton dug out the size 9 Saucony Shay's that his brother Kieran wore in 2011 when he won the 55-meter dash at the Morris County Championships.

"I figured it was a good omen," said Kenny. "I figured I had nothing to lose by wearing them in the trials of the 55."

But a funny thing happened on the way to the finals for Kenny, who lost his footing after he crossed the finish line in the trials in 6.84 and crashed to the track, causing a bloody gash on his shoulder.

After getting the cut patched up, Kenny ditched Kieran's shoes, and went back to his size 9 Brooks Speed Dragons for the finals.

"I wasn't going to risk it in the finals, so I went back to my shoes," said Kenny.

It turned out to be a great move as Kenny blasted a personal best 6.73 to win the 55 dash final out of Lane Zero. That's right, he was in a lane to the inside of lane 1 that wasn't numbered.

"It didn't bother me," Kenny said of the lane. "I know there's supposed to be advantage to being in the middle lanes, but I liked where I was because it allowed me to just focus on my lane and not worry about who was next to me."

Kenny said he was surprised by his performance.

"I really wasn't expecting to win and run my fast time," said Kenny. "It was a great surprise."

Kenny has already decided to follow in his brother's footsteps by committing to Villanova to play lacrosse where Kieran is a sophomore. But don't expect Brendan to ask Kieran if he can borrow his shoes again.

## **THE COMEBACK KID**

There are few things better than seeing an athlete return to competition following an injury. It's even better when they return with a bang the way Ally Schlosser of Parsippany did.

Schlosser, a sophomore who missed the majority of the cross-country season with a stress fracture in her hip, made a triumphant return to competition on Dec. 19 when she finished first in the 1,000-meter run in 3:21.82 at the Jack O'Leary Lid Lifter at Drew University.

Schlosser followed that up with a pair of gold medals at last Saturday's Racine-Drew Invitational. She split 2:28 and rallied from a big deficit on the anchor to win the SM in

4:31.07, and she ran a 67.5 leg on the victorious 4x400 (4:23.05).

Welcome back, Ally!!!!

### **BIG SHOT**

When most shot putters decide to change their technique in the circle, the natural thing to do is to go from gliding to spinning.

But in Matt Kraemer's case, the Mount Olive senior has done the opposite this season. And the results have been remarkable.

Kraemer, who came into the season with a personal best of 47-0, exploded for a huge PR of 51-1 1/2 in his season debut when he finished first at the Jack O'Leary Lid Lifter on Dec. 19 at Drew University. He also finished first at the Christa Racine-Drew Invitational last Friday with a 49-10.

Kraemer's 51-1 1/2 is the top throw in Morris County so far this season and No. 8 in the state this season.

"I was fouling a lot when I was doing the spin last year, so my coach said maybe I should try to go back to the glide," said Kraemer, who will attend East Stroudsburg University next year. "It has worked out great this season."

Another thing that worked out great for Kraemer was his return to the football field this past fall. He didn't play as a junior so he could focus on his grades.

"Being in the weight room with the guys and working hard everyday made me much stronger, and that has helped me a lot in the shot put," said Kraemer. "And I feel much more explosive this season. I've had great start to the season and I want to just keep improving and see what I can do."

### **KEEPING TRACK**

Senior **Dylan Anderson** of Madison, who had a career best of 8.28 in the 55 HH prior to this season, dropped that to 8.07 in the trials at the Racine-Drew Invit. He won the finals in 8.08. Anderson also vaulted 9-6 to match his PR and place 6<sup>th</sup> at the Racine-Drew meet.

When senior **Liz Wellman** of Randolph won the 1,000 in 3:06.89 at the Passarelli meet, she took over the No. 2 spot in the state this season.

Senior **John Walsh** of Chatham, who came into the season with a personal best of 6-0, made 6-2 for the second time this season when he finished first at the Passarelli Invit.

**Eddie Garcia** of Mount Olive, who won the 600 at the Morris County Championships and finished first in the 800 at the North Jersey, Section 1, Group 3 meet last winter, said he will be attending Rhode Island next year.

### **COMING UP**

The action at Drew will continue this Saturday with the 16<sup>th</sup> **Len Pietrewicz Invitational** at 9 a.m., which will serve as the final tuneup before Monday's **Morris County Relays** at 4:30 p.m.

At the county relays, the Delbarton boys and Mendham girls will defend their titles. Last year, Delbarton edged Morris Hills, 50-44, and the Mendham girls outscored runner-up Mount Olive, 42-36.

If you would like to report any newsworthy information pertaining to Morris County track, please contact me at [lambo2126@hotmail.com](mailto:lambo2126@hotmail.com)

To keep up on all the latest NJ track news, go to <https://www.facebook.com/njhighschooltrack> and to <http://nj.milesplit.com/>

**HAPPY NEW YEAR EVERYONE!!!**

**I HOPE EVERYONE PR'S IN 2014!!!**