

Suffolk County Girls

All-Time Cross-Country Team Averages

5000 meters

Sunken Meadow State Park

*Compiled by
Steve Borbet (Bay Shore)
Updated Oct. 2007*

Suffolk County Girls Team Averages

Sunken Meadow – 5000 meter run

1. Bay Shore “A”	18:56.8
2. Sachem “A”	19:13.1
3. Bellport	19:18.9
4. Longwood	19:22.1
5. Miller Place “A”	19:23.2
6. Shoreham-Wading River	19:24.5
7. Sayville	19:27.2
8. Bay Shore “B”	19:31.1
9. William Floyd	19:34.4
10. Rocky Point	19:36.7
11. Ward Melville	19:38.0
12. Smithtown	19:39.0
13. Port Jefferson	19:39.9
14. Sachem “B”	19:44.1
15. Miller Place “B”	19:46.0
16. Middle Country	19:51.0
17. Bay Shore “C”	19:54.3
18. Connetquot	20:01.1
19. Kings Park	20:01.2

1. Bay Shore "A" 18:56.8

Laura Cummings	18:15.3	2002
Kathy Pitcher	18:52.9	1984
Melissa Malakoff	19:06.4	1997
Mary Liz McCurdy	19:13.5	2004
Emily Germano	19:16.1	1992

3. Bellport 19:18.9

Brittany Sheffey	18:39.8	2005
Emily Weinert	19:13.3	1996
Bronwyn Payne	19:20.3	1983
Karissa Horseley	19:33.2	1996
Theresa Fath	19:48.0	1999

5. Miller Place "A" 19:23.2

Heather Zimmerman	18:49.3	1982
Megan O'Shea	19:22.4	1999
Kathryn Allard	19:32.4	2003
Christina DeRosa	19:34.9	2002
Catherine Cofone	19:36.8	1998

7. Sayville 19:27.2

Jillian Mastroianni	18:28.4	1997
Kristy Longman	18:55.7	2005
Caitlin Brady	19:40.0	2002
Lyndsey Webber	19:44.0	1999
Lindsay Dalpiaz	20:28.0	2000

9. William Floyd

Edith Vilardi	18:54.8	1984
Ginine Lucarallo	19:36.3	1999
Charlene Walsh	19:44.7	1998
Maureen Curtin	19:46.3	1988
Diane Twardzik	19:50.0	1981

11. Ward Melville 19:38.0

Regina Rogers	18:56.0	1978
Suejin Ahn	19:26.6	2006
Madeline Meek	19:48.6	1999
Bridget Reilly	19:55.8	2005
Briana Shewan	19:57.8	2003

13. Port Jefferson 19:39.9

Janice Cross	19:28.1	1979
Becky Williams	19:28.8	1985
Judy Cross	19:35.0	1978
Lindsay Kahn	19:51.5	2004
Jessica Edberg	19:56.4	1998

2. Sachem "A" 19:13.1

Jackie Berman	19:03.8	1996
Linda Detlefsen	19:13.0	1978
Ann Marie Brady	19:13.1	1984
Jeanna Composti	19:13.8	1997
Keri Seher	19:22.0	1995

4. Longwood 19:22.1

Veronica Haberl	18:50.6	1982
Erin Dolan	19:16.5	1992
Stephanie Henderson	19:30.4	2001
Jodi Leckie	19:34.1	1987
Kristen Fosdick	19:39.0	1992

6. SWR 19:24.5

Toni-Lynn Salucci	19:05.6	2002
Erin Hays	19:14.8	2006
Megan Holden	19:30.0	1985
Nicole Aleskowitch	19:33.9	1987
Amy DeMarco	19:38.2	2000

8. Bay Shore "B" 19:31.1

Callie Hogan	19:19.85	2006
Kim Moran	19:27.74	2006
Chante Daily	19:31.4	1994
Lauren Schmidt	19:32.1	2004
Pam O'Sullivan	19:44.3	2003

10. Rocky Point 19:36.7

Allison Hoffman	19:11.2	1998
Sharon Hoffman	19:17.0	1982
Jessica Edberg	19:42.0	1996
Rene Covi	19:48.0	1985
Melissa Salerno	20:05.5	2002

12. Smithtown 19:39.0

Cindy Burger	19:12.3	1984
Jessica Hampson	19:27.1	2005
Leif Ann Reilly	19:27.7	1998
Kathy Brunken	20:02.0	1987
Christina Roberto	20:06.0	1999

14. Sachem "B" 19:44.1

Karen Labaddia	19:26.8	1992
Shannon Weeks	19:31.1	1995
Shari Mark	19:46.9	1991
Danielle Pariti	19:56.3	1985
Sandra Pariti	19:59.2	1984

Erin Silvering 19:59.2 1997

15. Miller Place "B" 19:46.0

Susan O'Sickey	19:39.0	1978
Kim Caramanica	19:40.2	2001
Lora Prestandrea	19:49.4	1987
Jean Reilly	19:50.3	1984
Ellen Walker	19:51.0	1982

17. Bay Shore "C" 19:54.3

Laura Mina	19:44.4	1996
Jenny Graham	19:54.5	1982
Sherry Little	19:55.1	1982
Mari Parks	19:58.0	1982
Jenn Given	19:59.3	1986

19. Kings Park 20:01.2

Sandra Sindaco	19:26.0	1985
Kathy Sullivan	19:35.1	1977
Jamie Flood	20:00.7	1996
Jackie Marshall	20:27.07	2006
Jenn Cronin	20:36.93	2006

16. Middle Country 19:51.0

Kim Bowman (Cent)	19:16.0	1982
Donna Daley (Cent)	19:27.9	1983
Valerie Bertrand (New)	19:35.7	1984
Cathy Parbst (Cent)	19:45.0	1984
Kristin Bretscher	21:10.4	2004

18. Connetquot 20:01.1

Kristen Dempsey	19:47.8	1989
Regina Ely	19:50.5	1994
Jennifer Merschoff	19:56.8	1996
Marquerite Beznica	20:10.0	1996
Colleen Gribbon	20:30.0	2003

Incomplete teams: Please send any corrections and additions to steveborbet@yahoo.com

Harborfields

Christine Skinner	19:17.0	1980
Diane Kirchoff	19:48.0	1978
Suzanne Kennedy	19:49.8	1985

West Islip

Debbie Rebore	18:57.9	1983
Donna Petrsorich	19:04.2	1985
Allison Kieffer	19:26.7	2003
Kelly Liljeblad	19:30.3	1986

Special thanks to Paul Koretzki (SWR) for his list of runners who have broken 20:00 at Sunken Meadow. Any mistakes or additions, please send me the changes. steveborbet@yahoo.com