

Oct. 11-12 Cross Country

Spartans celebrate return of Strycharz with wins over Trenton

Oct. 11: The Steinert boys and girls cross country teams each recorded victories over Trenton (while losing to West Windsor-South and Notre Dame) at Washington Crossing Park today, and also welcomed back one of the Spartans top runners.

Larissa Strycharz, who missed the first part of the season, was the first Spartan in for the girls, finishing 16th overall in 22:08. She was followed by Dominique Michalec (24th, 22:57), Kelsey Harshman (25th, 23:09), Lauren Matrisciano (28th, 23:37) and Carolyn McClure (32nd, 24:01). Also running were Adrianna Graziano (27:50) and Lorena Limato (28:52).

For the boys, Steven Ridge continued to be a solid No. 1 man for the Spartans, finishing 11th in 17:27. He was followed by Brendan Harshman (19:19), Joe Morrongiello (19:29), David Heether (20:24), Sean Munkascy (20:38), Matt Fink (20:44), Joe Onderson (20:45) and Matt Mohl (20:54).

Nottingham tops Hamilton, falls to Princeton and Hightstown

Oct. 12: Both Nottingham teams defeated Hamilton at Veterans Park today, while falling to Princeton and Hightstown.

It marked the second straight win for a previously winless girls program, as Melissa Bauerle (21:23), Samantha Williams (22:07), Theresa Henry (22:36), Rosa Colon (22:52) and Sarah Hackman (24:33) led the way.

Sophomore Monica Collado crushed her personal record by 4:52 in finishing in 28:01.

For the boys, Michael John set the pace with a 17:40, followed by Eric Cougan (17:56), Zach Helm (18:10), Ryan Struble (10:05), Darnall Jean Louis (20:10), Frank Gonzalez (20:45) and Nabil Jemal (20:51).