

Oct. 4 Cross Country

After years of having no team at all, Nottingham gets long-awaited win

By Rich Fisher

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Oct. 4: The comeback is complete.

The Nottingham High girls cross country team did not have enough runners to field a full team for several seasons. The Northstars finally got full squad this year and were hoping to be a competitive squad.

They did more than that today, winning their first meet in a long time by taking a 27-28 victory over Steinert (and also lost to West Windsor-Plainsboro North, 15-50).

“Our girls program has come from not even having five runners to being able to compete,” coach “Irish” Mike Walsh said. “Defeating Steinert is a nice reward for the hard work the girls have put in.”

It could also lead to bigger things.

“I know it's just one win, but these girls have come a long way,” Walsh said. “With us being a Group Three high school and not even having a girls team was embarrassing. Getting a legitimate win under our belts will hopefully be a building block for more success.”

Senior Melissa Bauerle led the way with a time of 22:03, followed by senior Samantha Williams (22:28), junior Rosa Colon (22:34), sophomore Theresa Henry (22:34) and senior Sarah Hackman (23:50).

Steinert was led by Dominique Michalec (21:34), Kelsey Harshman (22:06), Lauren Matrisciano (22:35), Carolyn McClure (23:04) and Katie Gaffney (23:39). The Spartans also fell to Princeton, 15-50.

In boys action, Steinert defeated Nottingham, 27-37 and fell to Princeton, 15-48, while the Northstars also lost to WW-PN, 15-50.

Junior Steven Ridge again led the Spartans with a time of 17:08, followed by sophomore Brendan Harshman (18:36), junior Joe Morrongiello (19:09), sophomore David Heether (19:35), senior Anthony Liedtka (19:37), and sophomores Matt Fink and Joe Ondersin (19:59 each).

The Northstars were paced by juniors Michael John (17:50) and Zach Helm (18:13), senior Eric Cougan (18:19) and junior Ryan Struble (19:57).

“Our boys did a great job of recording (personal records),” Walsh said. “We thought we had a shot at beating Steinert but they ran very well. They have a little more depth than we do at the moment.”