

Sep. 27 Cross Country

Nottingham boys beat Trenton, girls keep progressing

Sep. 27: The Nottingham High cross country teams came up against two of the best programs in Mercer County today and while the results were predictable, the Northstars also came up with some encouraging performances and a victory.

The Northstar boys dropped a 15-50 decision to Robbinsville and a 20-39 verdict to Hopewell Valley at Washington Crossing. But they also took a 24-32 victory for their second win this season. Juniors Michael John (19:09) and Zach Helm (19:18) led the way, while senior Eric Cougan (19:36) was the third man in.

In the girls meet, Hopewell Valley defeated Nottingham 29-45 and Robbinsville won 15-50, while the Northstars beat Trenton by forfeit. Senior Samantha Williams (24:06) led the way, followed by sophomore Theresa Henry (24:15). Newcomer Joyce Lai shaved six minutes off her time and ran 29:00.

“Our girls program is coming along,” coach “Irish” Mike Walsh said. “I really think in a couple of weeks we will be in position to grab a couple wins.”

Ridge rolls; Steinert boys and girls both get past Ewing

Steinert's boys and girls team had similar days, falling to Allentown while defeating Ewing.

The girls topped the Blue Devils, 27-30, while falling to the Redbirds, 46-27. Kelsey Harshman led the girls with a time of 22:29, followed by Dominique Michalec (22:49), Lauren Matrisciano (23:31), Carolyn McClure (23:38) and Megan Sibree (24:10).

In the boys meet, Steven Ridge led the way in 16:27, followed by Brendan Harshman (18:59), Joe Morrongiello (19:31), Matt Fink (20:06), David Heether (20:11), Joe Ondersin (20:16), Anthony Liedtka (20:19), Sean Munkacsy (20:27), Zak Kidell (20:36), Mike Byrne (20:42) and Matt Moticha (20:53).