

Preseason Top 10 Rankings

By **GUS OSTRUM** - Courier-Post Staff •
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1. Haddonfield, 9-0 (2009 record), 1 (2009 final ranking): OK, stud runners Jon "Boo" Vitez and Colin Baker have graduated. But how can you argue against a team that boasts talented runners such as Ben Potts, Matt Nussbaum and Ethan Quanci? The Bulldogs also have plenty of depth under veteran coach Nick Baker, a group led by senior standout Tim Malloy.

2. Shawnee, 5-0, 2: Coach Gary Hill's team surprised a strong sectional field last season by winning the South Jersey Group 4 championship. Juniors Connor Herr and Peter Murray lead a talented team that will be an Olympic Conference power once again.

3. Cherokee, 5-0, 3: Coach Steve Shaklee's Chiefs are coming off another Olympic Conference American Division and Burlington County championships and will be among the leaders again this fall. Top runners will be seniors Ryan Bobb and Gregg Malloy along with junior Aiden Lynch.

4. Lenape, 4-1, 5: The Indians will once again pose as top challengers both in the Olympic Conference and South Jersey Group 4 races. Expect seniors Hayes Ranier and Zach Ubaldini to emerge with superb 2010 seasons.

5. Cherry Hill East, 3-3, 6: With 10 returning letterwinners, don't be surprised if the Cougars snap Cherokee's long dominance in the Olympic American Division this season. Seniors Steve Omari, Damon Glatz, Tony Chen and Scott Zhoo will form a solid pack.

6. Delsea, 4-1, 10: The Crusaders emerged as a top contender in the Tri-County Conference last season and will challenge once again under coach Ron Deckert. Senior Brady Deckert and sophomore Nick Costello return from a veteran team that also finished runner-up in the Group 2 sectional race last season.

7. Kingsway, 5-0, 12: The Dragons have lots of talent, depth and experience and will lead a strong group of Tri-County Conference teams. Coach Christian Lynch will rely on senior Tivo Rivera, an

All-Conference returnee, to have another banner campaign.

8. Moorestown, 16-0, 8: The Quakers, under coach Lorenzo Eagles, return a veteran team of 11 letterwinners from an unbeaten squad. Look for senior Anthony Horten to continue his rise as one of South Jersey's top individual runners.

9. Washington Twp., 3-2, 9: Head coach Rich Bostwick returns one of South Jersey's best in senior Anthony Dentino. He will have a solid supporting cast to round out a team that should be among the top challengers for the Olympic Conference American Division title.

10. Paul VI, 5-0, 7: Head coach Breton Bonnette lost a top star in graduated Mike Rankin, but the Eagles will still field another contending team with senior Tom Hoban paving the way.

The top 10 was selected by Gus Ostrum.

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