

SPORTS

CREW



Women's 1st Varsity 4x Silver Medal Team: T. Flowers, E. Friedrich, A. Friedrich, S. Ponomarciu. PHOTO PROVIDED BY E. FRIEDRICH

Ridgewood dazzles at Overpeck Fall Classic, scores two golds and 12 medals overall

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Ridgewood Crew rowers dazzled at the annual Overpeck Fall Classic, a 3,200-meter head course meet in Teaneck, New Jersey, hosted by Morristick High School and New York Rowing Association. In all, Ridgewood rowers earned a top three spot in eight different races and took home two gold, seven silver, and three bronze medals. Only the meet co-host, Morristick, won more medals, with 15 overall.

"We are happy with Sunday's results, our rowers are very committed this fall," said Ridgewood Crew head coach Boris Rogue Abovian. "We are also looking forward to the Head of the Passaic regatta this coming weekend."

This year's Overpeck Fall Classic featured 35 clubs from the tri-state area, with teams ranging from juniors to masters. Ridgewood Crew had the second-most entries of the competition, with 23 boats in 30 different races.

Leading the way were Ridgewood's Men's Youth 4x boats, which took home top spots in both the first varsity and second varsity races, and added a silver in the second varsity race as well. These two races were extremely competitive, with just 12 seconds and nine seconds, respectively, separating first, second, and third place.

Ridgewood's first varsity 4x boat of Michael Lyakerman, Daniel Kelly, Mortiz Kirchoff-Lajonchere, and Henry Rivera (E-40) handily edged out a boat from OMS Rowing of New Milford, Connecticut, for first, winning by less than one second. Likewise, Ridgewood's gold medal-winning second varsity 4x boat of Daniel Hept, Will Carroll, Matt Moomjy, and Umhjo Han (E-51), skied out a three-second victory over another Ridgewood boat, with James Ryan, Luciano Saladino, John Aguilar, and Graham Richardson (E-54).

The Ridgewood Crew girls started off the morning with two second-place finishes in the Women's Youth 4x first varsity and second varsity races. Anais Friedrich, Elsa Friedrich, Samantha Ponomarciu, and Thelma Flowers (E-50) brought home the silver in the first varsity 4x race, while the Ridgewood boat of Aoife Ali, Caterina Kirchoff-Lajonchere, Julia Smith, and Ariana Wilk (E-43) placed the same in the second varsity race. The sister team of Anais and Elsa Friedrich scored another silver in the Women's Youth Varsity 2x race (E-52).

Ridgewood also dominated the podium in several other races, doubling up on medals in the

Men's Youth 1x, Men's Youth Varsity 2x, and Men's Youth second varsity 2x races. In the single-person boats, Will Nasr (E-21) and Lucas Evers (E-22) grabbed second and third. In the varsity 2x race, the duo of Sam Scharfenberg and Tristan Riedel (E-29) and Conor Sullivan and Henry Rivera (E-44), took home silver and bronze, respectively. John Cavagnuolo and Graham Richardson (E-50) and Luciano Saladino and John Aguilar (E-16) finished second and third, respectively, in the

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second varsity race.

Full Ridgewood Crew Results for 2023 Overpeck Fall Classic Include:

Women's Youth First Varsity 4x: 2nd Place - Anais Friedrich/ Samantha Ponomarciu/ Thelma Flowers/ Elias Friedrich

Women's Youth Second Varsity 4x: 2nd Place - Aoife Ali/ Caterina Kirchoff-Lajonchere/ Julia Smith/Ariana Wilk

Men's Youth 1x: 2nd - Will Nasr; 3rd - Lucas Evers; 6th - Conor Sullivan

Women's Youth 1x: 9th - Samantha Ponomarciu; 12th - Thelma Flowers

Men's Youth First Varsity 4x: 1st - Michael Lyakerman/ Daniel Kelly/ Mortiz Kirchoff-Lajonchere/ Henry Rivera

Men's Youth Second Varsity 4x: 1st: Daniel Hept/ William Carroll/ Matt Moomjy/ Umhjo Han; 2nd -

James Ryan/ Graham Richardson/ Luciano Saladino/John Aguilar; 5th - John Cavagnuolo/ Gryphon Smith/ Erik Gregerson/Mathias Nguyen-Van-Duong

Women's Youth Varsity 2x: 2nd - Anais Friedrich/Elsa Friedrich

Women's Youth Second Varsity 2x: 5th - Aoife Ali/ Caterina Kirchoff-Lajonchere; 6th - Julia Smith/ Ariana Wilk; 9th - Maya Ashwin/ Hallie Newman

Men's Youth Varsity 2x: 2nd - Sam Scharfenberg/ Tristan Riedel; 3rd - Conor Sullivan/ Henry Rivera

Men's Youth Second Varsity 2x: 2nd - Luciano Saladino/John Aguilar; 3rd - James Ryan/Mathias Nguyen-Van-Duong; 5th - James Ryan/Mathias Nguyen-Van-Duong; 10th - Gryphon Smith/Erik Gregerson; 15th - Damon Dessel/Mateo Reyes

Complete results can be found at <https://crewtime.com/regatta/r13035>.

For more information contact Ridgewood Crew at ridgewoodcrew.com.



Men's 1st Varsity 4x Gold Medal Team: M. Lyakerman, D. Kelly, M.Kirchoff-Lajonchere, H. Rivera PHOTO PROVIDED BY M. RIEDEL