

## Parsons wins hurdles

Jason Parsons, running for Team Excell Intercity Heart and Soul of Jersey City, won Youth Intermediate Division 55-meter high hurdles 2.5 seconds at yesterday's Metropolitan Athletic Congress indoor developmental meet at FDU.

Also doing well for Team Excell was Arron Prather, who placed fourth in both the Open Division 55 and 200-meter races with respective times of 6.4 and 23.5 seconds. Shawn Carson placed sixth in the Open 55 in 6.5 seconds while Glenn Cerreta was sixth in 1500 in 4:14.

THE JERSEY JOURNAL, MONDAY, DECEMBER 11, 1989

## Carson, Prather excel for Team Excel

Shawn Carson and Aaron Prather turned in outstanding efforts for Team Excel in separate meets held yesterday.

Carson won the 55-meter dash in :06.5 in the MAC meet at Fordham University. Prather was second was in 55 meters in the same time.

Prather was third in the 400 in :32.4 for Team Excel in New Jersey's The Athletic Con-

gress (TAC) Open meet at Fairleigh Dickinson University's Rothman Center. Glenn Cerreta was fourth in the 1,500 meters in 4:15.7 and Adolfo Saldana clocked 4:25 but did not place.

Lackner Dor of P.S. 28 was third in the 55 meter dash (:07.9) and sixth in the 200 (:20.0) in the MAC meet's Youth Division.

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THE JERSEY JOURNAL: Tuesday, January 23, 1990

## Carson, Prather help pave way for Jersey City's Team Excel

Shawn Carson and Aaron Prather of Team Excell of Jersey City, finished 1-2 in the 55-meter dash in the Metropolitan Athletics Congress Meet at Fordham University, each clocking 6.4 seconds.

Prather also finished sec-

ond in a tightly contested 220-yard dash race with Rich Smith of New York, each clocking :23.6. Manuel Santana just missed scoring with a 4:29.8 effort in the 1,500 and club organizer Stan Daniels was second in a Masters (40-49) 880 (2:32.0).

Team Excel placed fourth in the distance medley with a time of 11 minutes and 20 seconds. Carson, who usually competes in the 55 meter dash, had to run the 400 meter leg. Glenn Williams ran the 1200 meter, Prather the 800 and Glenn Cerreta the 1600.

C.W. Post captured won in 10:27. New York Pioneer Club took was second (10:50.4), Essex County Club was third (11:05.4)

N.Y.U. finished fifth (11:47.9). Warren Street Athletic Club was sixth and Van Cortlandt Club took seventh.

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