

All in the Family

New Jersey Star Track & Field Standouts



Abby Nonnenberg and Gavin Richards are setting records almost every time they set foot on a track or field. Abby, as an elite discus thrower and Gavin's forte in the 1500-meter race place them atop of New Jersey's Scholastic track and field competitors.

Abby, who attends Wall Township HS, follows in her granddad Hank's steps as an outstanding track and field athlete participating in the shot put and discus events. She also throws the javelin just for good measure and, by the way, plays basketball in her spare time for the Crimson Knights.

Abby is currently the #1 ranked NJ girl's discus thrower and recently finished first at the Penn Relays in the same event. Her grandmother, Lorraine Hartigan Nonnenberg, is very proud of Abby's accomplishments both on and off the athletic field.



Gavin, on the other hand, is a track and cross-country standout for North Hunterdon HS. in Annandale, NJ. He excelled early on in his career both in individual and team relay mid- to long-distance running events. Gavin currently holds NJ's Boy's Scholastic lowest time for the 1500-meter race at 4:16. He competes year-round and has been invited to national invitation only track events multiple times.

His grandfather, Charlie Honeker, keeps us abreast of Gavin's exploits and has travelled across the country to witness first-hand many of Gavin's top performances. Although not noted for his "*fleet of foot*" qualities during his athletic years, Chas was always a gritty competitor and clearly has contributed this attribute to Gavin's winning formula for success.

Both Abby and Gavin competed in this year's Penn Relays with Abby bringing home gold in discus while Gavin's 4x800 relay team was the highest NJ public school finisher placing ninth in the finals.

As juniors, look for more outstanding performances next year as Abby and Gavin close out their stellar high school careers.