



Centennial Conference Cross Country

OCTOBER 26, 2004

563 College Avenue, B-101, Lancaster, PA 17603

Phone: (717) 358-4463 * Fax: (717) 358-4480

Men: <http://www.centennial.org/CrossCountry/men/index.html>

Women: <http://www.centennial.org/CrossCountry/women/index.html>

BRYN MAWR

WOMEN:

10/22- Haverford Invitational – NS

Top Five Finishers:

23. Joy Racowski, 19:58
35. Laura Cycowski, 21:15
40. Betsy Yen, 22:06
47. Lana Momoni, 22:46
51. Christina Krushen, 23:08

DICKINSON

MEN: DID NOT COMPETE

WOMEN: DID NOT COMPETE

FRANKLIN & MARSHALL

MEN: DID NOT COMPETE

WOMEN: DID NOT COMPETE

GETTYSBURG

MEN:

10/23 –Elizabethtown Invitational- 4th out of 5

Top Five Finishers:

21. Zak Golladay, 20:56
28. Chris Magette, 21:21
30. Mark Ulbrich, 21:34
34. James McNamara, 21:49
35. Chris DePaul, 21:57

WOMEN:

10/23 –Elizabethtown Invitational- 4th out of 6

Top Five Finishers:

21. Ashley Hillard, 16:33
30. Laura Rogers, 17:02
33. Lara Bushey, 17:06
40. Amanda Langlois, 17:49
45. Emily Kash, 18:41

HAVERFORD

MEN:

10/23 –Haverford Invitational - NS

Top Five Finishers:

6. Kirk Mangels, 20:40
7. Don Letts, 20:41
9. Brian Scott, 20:44
10. Mike Shapiro, 20:46
12. Bernie Muller, 20:55

WOMEN:

10/22- Haverford Invitational - NS

Top Five Finishers:

4. Clara Sheets, 18:43
5. Prentiss Clark, 18:43
9. Francesca Duffy, 19:13
18. Emma Lo, 19:35
19. Dierdre Din, 19:36

JOHNS HOPKINS

MEN: DID NOT COMPETE

WOMEN: DID NOT COMPETE

McDANIEL

MEN: DID NOT COMPETE

WOMEN: DID NOT COMPETE

MUHLENBERG

MEN:

10/23 –Haverford Invitational – NS

Top Five Finishers

60. Cal Tintle, 23:14
64. Adam Carter, 23:28
69. Willie Trevehick, 23:59
70. Ben Patton, 24:06
72. Josh Posilkiln, 24:26

WOMEN: DID NOT COMPETE

SWARTHMORE

MEN: DID NOT COMPETE

WOMEN: DID NOT COMPETE

URSINUS

MEN:

10/23 –Haverford Invitational - NS

Top Five Finishers:

50. Joe Szymanski, 22:42
52. Brandon Zapalac, 22:43
57. Chris DeLeon, 23:06
63. Jeff Teigler, 23:27
65. Kevin Metz, 23:40

WOMEN:

10/23 –Haverford Invitational - NS

Top Five Finishers:

14. Lynne Erickson, 19:26
27. Sarah McNally, 20:19
41. Gina Willett, 22:08
46. Eden Swich, 22:39
49. Alison Stouch, 23:00

Centennial Conference Men's and Women's Cross Country Championships October 30, 2004 hosted by McDaniel

The Centennial Conference hosts its 12th championship meet in 2004 at McDaniel College.

Dickinson will look to capture its fifth straight title on the women's side in 2004 with Haverford close on their heels. The Red Devils hope to fill the void left by two-time Centennial champion Callie Bradley, who was lost to graduation, with five returning All-Conference runners. Dickinson will be led by **Emily Hulme (Jr, Lebanon, PA / Cedar Crest)**, **Abigail Fergusson (Jr, Lancaster, PA / Hempfield)**, **Gabby Russo (Jr, East Stroudsburg, PA / East Stroudsburg)**, **Annie Scogin (Jr, Groton, NY / Groton Central)**, and **Allison Baumler (Sr, Lancaster, PA / Lancaster Catholic)**, who finished fourth, fifth, sixth, seventh and eighth, respectively, in last season's championship meet.

Haverford will be led by 2003 All-Conference runner **Prentiss Clark (Sr, Chevy Chase, MD / Bethesda-Chevy Chase)**, who finished ninth a year ago. Swarthmore will take its shot at the team title under the leadership of **Elizabeth Gardner (Sr, New England, ND / New England)**, who finished 10th at last season's championship meet. Rounding out the returning All-Conference runners this year are Gettysburg's **Elane Gottshall (Sr, Lansdale, PA / Methacton)** and Muhlenberg's **Jenna Belizonzi (Sr, Wyckoff, NJ / Immaculate Heart Academy)** who finished 13th and 14th, respectively.

Haverford is favored to take home its 12th consecutive Conference title on the men's side. The Fords will be led by 2003 Centennial All-Conference runner **Bobby Cannon (Sr, Toms River, NJ / Toms River South)**, **Kirk Mangels (Sr, Glenside, PA / Cheltenham Twp.)**, **Grant Scott (Jr, Yellow Springs, OH / Yellow Springs)**, **Zachary Vaslow (So, Bethesda, MD / Bethesda-Chevy Chase)**, **Bernie Muller (Short Hills, NJ / Delbarton School)**, and **Brian Baillie (Philadelphia, PA / LaSalle College High)**. Cannon was the CC runner-up last season, while Mangels, Scott, Vaslow, Muller and Baillie placed third, fifth, ninth, 12th and 14th, respectively.

Swarthmore's **Lang Reynolds (Sr, Seattle, WA / Nathan Hale)** is back to defend his 2003 individual title. Reynolds will also be challenged for the top spot by returning All-CC runners **Alex Hotz (Jr, Mountainside, NJ / Governor Livingston)** of Muhlenberg, **Paul Hugus (Jr, Baltimore, MD / Loch Raven)** of McDaniel, and **Thomas Rhodes (Willow Grove, PA / Upper Dublin)** of Dickinson. Hotz placed fourth a year ago, while Hugus was sixth and Rhodes nabbed the number seven spot.

The men's 8,000-meter race begins at 11:00 a.m. with the women's 6K race following at noon.

For complete results, course maps, etc. go to:
<http://www.mcdaniel.edu/athletics/crosscountry/ccchamps.cfm>

Coaches Rankings

As of 10/19/04

MEN

1. Paul Hugus, Jr, McDaniel
2. Grant Scott, So, Haverford
3. Ian Ramsey-North, So, Haverford
4. Matt Liebal, So, Dickinson
5. Bobby Cannon, Sr, Haverford
6. Mike Grant, So, Haverford
7. Will McGuire, Jr, Haverford
8. Zach Vaslow, So, Haverford
9. Brian Baille, Sr, Haverford
10. Tom Rhodes, Jr, Dickinson
11. Mike Shapiro, Sr, Haverford
12. Brian Scott, Jr, Haverford
13. Don Letts, Fr, Haverford
14. Jeff Barood, Sr, Dickinson
15. John Iannacone, Sr, Haverford
16. James Golden, Sr, Swarthmore
17. Bernie Muller, Jr, Haverford
18. Boyce Upholt, Jr, Haverford
19. Eric Dunklee, Jr, Gettysburg
20. Jim Kreft, Jr, Swarthmore

Compiled by Peter Carroll, Swarthmore

WOMEN

1. Emily Hulme, Jr, Dickinson
2. Sarah Hobbes, Jr, Swarthmore
3. Joanna Simonis, Sr, Bryn Mawr
4. Jenna Belisonzi, Sr, Muhlenberg
5. Melissa Leedle, Sr, Bryn Mawr
6. Abigail Ferguson, Jr, Dickinson
7. Meredith Janeczke, So, F&M
8. Clara Sheets, Jr, Haverford
9. Carrie Ritter, Jr, Swarthmore
10. Prentiss Clark, Jr, Haverford
11. Caitlin Strahota, Fr, Dickinson
12. Andrea Pope, Sr, Dickinson
13. Elane Gottshall, Sr, Gettysburg
14. Karen Ziga, So, F&M
15. Anne Leonard, Sr, Gettysburg
16. Francesca Duffy, Sr, Haverford
17. Elizabeth Gardner, Sr, Swarthmore
18. Allie Baumler, Sr, Dickinson
19. Caitlin Bradley, Fr, Dickinson
20. Kavita Hardy, Fr, Swarthmore

Compiled by Dan Talbot, Bryn Mawr

Centennial Conference Honor Roll

Laura Cyckowski, Bryn Mawr (Fr, Hughesville, PA / Hughesville) - Cyckowski had her second strong race in a row, finishing as Bryn Mawr's second runner at the Haverford Invitational on Friday in a time of 21:15.

Zak Golladay, Gettysburg (So, Newark, DE / St. Mark's) - Golladay finished 21st overall on Saturday at Elizabethtown to lead the Bullets to a fourth-place finish in their final tune-up before next weekend's conference meet. He completed the 6K course in 20:56.

Ashley Hillard, Gettysburg (Jr, Latham, NY / Shaker) - Hillard finished 21st overall on Saturday at Elizabethtown to lead the Bullets to a fourth-place finish in their final tune-up before next weekend's conference meet. She completed the 4K course in 16:33.

Kirk Mangels, Haverford (Sr, Glenside, PA / Cheltenham Township) - Mangels (20:40) was Haverford's top finisher (6th overall) in Friday's Haverford Invitational.

Clara Sheets, Haverford (Jr, Poughkeepsie, NY / Arlington) - Sheets (18:43) was the top performer among DIII entries in Friday's Haverford Invitational. Sheets finished fourth overall.

Joe Szymanski, Ursinus (Jr, Bensalem, PA / Bensalem) - Szymanski led the pack of Bears at the Haverford Invitational, finishing in 50th overall with a time of 22:42.

Lynne Erickson, Ursinus (So, Havertown, PA / Haverford) - Erickson finished first on the team and 14th overall (19:26) at the Haverford Invitational on Friday.

Top 5 Finishes Men

Matt Liebal, DC	Capital (4) Lebanon Valley (3) Little Three (1) Allegheny (4) DC Invite - 4K (1) DeSales Invite (2)
Paul Hugus, MCD	Gettysburg Meet (1) Balt. Metro (1) Green Terror (1) Allegheny (3) Ukrops (2) Gettysburg Invite (1)
Thomas Rhodes, DC	Lebanon Valley (5) Little Three (2) DC Invite - 8K (5) Gettysburg Meet (2) Green Terror (5) Little Three (3)
Andy Carmer, GC	Gettysburg Meet (4) Messiah Meet (3) Gettysburg Meet (5) Messiah Meet (5) Balt. Metro (5) York (4)
Eric Dunklee, GC	Balt. Metro (4) York (2) Balt. Metro (2) York (1)
Paul Long, GC	Gettysburg Meet (3) Green Terror (4) Lehigh Valley (5) Green Terror (2) Little Three (3) Goucher (4)
Andrew Bauerschmidt, JHU	Harrison Miller, F&M (4) Delaware (5) York (3) York (5) Green Terror (3) DC Invite - 4K (3)
Travis Koh, JHU	
Gabe Tonkin, JHU	
Matt Rouse, MCD	
Alexander Hotz, MUHL	
Tom Morgan, DC	
Aldace Fleming, F&M	
Harrison Miller, F&M	
Matt Bartoloni, F&M	
Paul Brandon, JHU	
Jason Chiang, JHU	
Stephen Rothwell, MUHL	
James Golden, SWAT	

Women

Emily Hulme, DC	Capital (3) Lebanon Valley (2) Little Three (1) Allegheny (1) DC Invite - 6K (1) DeSales Invite (2)
Meredith Janeczke, F&M	Green Terror (1) Little Three (3) Allegheny (3) Goucher (1) Gettysburg Meet (1) Green Terror (2) Little Three (5) Messiah Meet (1)
Elane Gottshall, GC	Paul Short (5) DC Invite - 4K (3) Seven Sisters (3) Little Three (3) Allegheny (4) DC Invite - 6K (5) Paul Short (2) Haverford Meet (4) Seven Sisters (1) Little Three (2) Allegheny (2)
Joanna Simonis, BMC	Green Terror (5) Goucher (2) Balt. Metro (4) York (2)
Abigail Fergusson, DC	Gettysburg Meet (3) Green Terror (4) Capital (5) Messiah Meet (2)
Sarah Hobbs, SWAT	Gettysburg Meet (2) Gettysburg Meet (3) Gettysburg Meet (4) Gettysburg Meet (5) Haverford Invite (5) HAV Time Trial (3) HAV Time Trial (3) HAV Time Trial (3)
Andrea Pope, DC	Clara Sheets, HAV (4) Haverford Invite (4) York (3) Green Terror (3)
Karen Ziga, F&M	
Angela Kaon, JHU	
Tasha Young, MCD	
Caitlin Strahota, DC	
Ellen Furnari, GC	
Anne Leonard, GC	
Barbara Creveling, GC	
Holly Macko, GC	
Laura Rogers, GC	
Prentiss Clark, HAV	
Francesca Duffy, HAV	
Clare Eshenour, HAV	
Emma Lo, HAV	
Clara Sheets, HAV	
Jacci Clauss, JHU	
Jenna Belisonzi, MUHL	

2004 Centennial Conference Men's Cross Country Schedules

Dickinson		
S1	Elizabethtown % Messiah %	L, 23-32 W, 24-35
S11	at Lebanon Valley Invitational	2nd/21
S15	Gettysburg # at Franklin & Marshall #	W, 18-43 W, 16-47
S25	at Allegheny Invitational	4th/19
O2	DICKINSON INVITATIONAL	1st/16
O16	at DeSales Invitational	1st/28
O30	Centennial Conference Champ. at McDaniel	11:00
N13	at NCAA Mid-East Regionals at Allegheny	11:00

% at Capital Classic.
Little Three Championship at Frank. & Marsh.

Franklin & Marshall		
S4	at Delaware Invitational	1st/11
S11	at McDaniel Invitational	3rd/8
S15	DICKINSON # GETTYSBURG #	L, 47-16 W, 26-29
S25	at Allegheny Invitational	13th/19
O2	at Dickinson Invitational	9th/16
O9	at Goucher Invitational	2nd/9
O30	Centennial Conference Champ. at McDaniel	11:00
N13	at NCAA Mid-East Regionals at Allegheny	11:00

LITTLE THREE CHAMPIONSHIP

Gettysburg		
S1	McDANIEL	W, 26-32
S11	at McDaniel Challenge	2nd/8
S15	Dickinson # at Franklin & Marshall #	L, 18-43 L 29-26
S18	at Messiah	L, 27-30
S25	at George Washington Invite	5th/7
O2	at Dickinson Invitational	N/S
O16	GETTYSBURG INVITE	8th/17
O23	at Elizabethtown Invitational	4th/5
O30	Centennial Conference Champ. at McDaniel	11:00
N13	at NCAA Mid-East Regionals at Allegheny	11:00

Little Three Championship at Frank. & Marsh.

Haverford		
S18	ALUMNI MEET	N/S
S25	at Paul Short Run	1st/12
O5	VILLANOVA	N/S
O16	at Jim Drews Invitational	5th/21
O22	HAVERFORD INVITE	N/S
O30	Centennial Conference Champ. at McDaniel	11:00
N13	at NCAA Mid-East Regionals at Allegheny	11:00

Johns Hopkins		
S3	at Baltimore Metro Invitational	1st/5
S18	at NYU Invitational	T5th/27
S25	at York Invitational	1st/4
O9	at Goucher Invitational	7 th /9
	at Disney Classic	12th/31
O16	at Gettysburg Invitational	10th/17
O30	Centennial Conference Champ. at McDaniel	11:00
N13	at NCAA Mid-East Regionals at Allegheny	11:00

McDaniel		
S1	at Gettysburg	L, 32-26
S3	at Baltimore Metro Invitational	2nd/5
S11	GREEN TERROR CHALLENGE	4th/8
S18	at York Invitational	cancelled
S25	at Allegheny Invitational	N/S
O1	at Ukrops Festival	3rd/5
O16	at Gettysburg Invitational	12th/17
O30	Centennial Conference Champ. at McDaniel	11:00
N13	at NCAA Mid-East Regionals at Allegheny	11:00

Muhlenberg		
S3	at Lehigh Valley Champion. #	4th/5
S11	at McDaniel Invitational	1st/8
S18	MULE/FALCON CLASSIC & cancelled	
S25	at Paul Short Invitational	10th/12
O16	at DeSales Invitational	8th/28
O22	at Haverford Invitational	N/S
O30	Centennial Conference Champ. at McDaniel	11:00
N13	at NCAA Mid-East Regionals at Allegheny	11:00

at Lehigh
& at Cedar Crest

Swarthmore		
S1	at Osprey Invitational #	6:00
S11	ALUMNI MEET	N/S
S25	at Paul Short Invitational	11th/12
O2	at Dickinson Invitational	N/S
O5	at Haverford Meet	N/S
O16	at Williams Meet	3rd/9
O30	Centennial Conference Champ. at McDaniel	11:00
N13	at NCAA Mid-East Regionals at Allegheny	11:00

at Richard Stockton

Ursinus		
S11	at Lebanon Valley Invite	12th/21
S18	at Muhlenberg Invite	Cancelled
S25	at Phila. Metro Champ. #	6th/13
O2	at LaSalle Invitational	3rd/15
O9	at Goldey Beacom Classic	4th/14
O22	at Haverford Invitational	N/S
O30	Centennial Conference Champ. at McDaniel	11:00
N13	at NCAA Mid-East Regionals at Allegheny	11:00

at Belmont Plateau

Division III National Coaches' Poll as of October 19

- Men**
1. Calvin
 2. North Central
 3. UW-La Crosse
 4. **HAVERFORD**
 5. Tufts
 6. UW-Stevens Point
 7. Willamette
 8. C. of New Jersey
 9. Bates
 10. Carleton
 11. DePauw
 12. Augustana
 13. Wartburg
 14. Chicago
 15. Nebraska Wesleyan
 16. Williams
 17. SUNY-Geneseo
 18. UW-Oshkosh
 19. St. Olaf
 20. Carnegie Mellon
 21. Pomona Pitzer
 22. MIT
 23. New York Univ.
 24. Widener
 25. Greenville

Division III Midwest Region Poll as of October 19

- Men**
1. **HAVERFORD**
 2. Carnegie Mellon
 3. Widener
 4. Allegheny
 5. Elizabethtown
 6. **DICKINSON**
 7. Salisbury
 8. **MUHLÉNBERG**
 9. Frostburg State
 10. Scranton

Men's Upcoming Schedule

SATURDAY, OCTOBER 30
CC Championship at McDaniel

2004 Centennial Conference Women's Cross Country Schedules

Bryn Mawr

S4	at Haverford Time Trial	N/S
S18	at Mule/Falcon Invite #	Cancelled
S25	at Paul Short Invitational	T-7th/9
O2	at Dickinson Invitational	N/S
O5	at Haverford Meet	N/S
O16	at Seven Sisters Meet &	5th/7
O22	at Haverford Invitational	N/S
O30	Centennial Conference Champ.	12:00 at McDaniel
N13	at NCAA Mid-East Regionals	11:00 at Allegheny

at Cedar Crest & at Mt. Holyoke

Dickinson

S1	Elizabethtown %	W, 28-31
	Messiah %	W, 15-50
S11	at Lebanon Valley Invite	1st/19
S15	Gettysburg #	W, 17-46
	At Franklin & Marshall #	W, 18-45
S25	at Allegheny Invitational	1st/21
O2	DICKINSON INVITE	1st/13
O16	at DeSales Invitational	1st/27
O30	Centennial Conference Champ.	12:00 at McDaniel
N13	at NCAA Mid-East Regionals	11:00 at Allegheny

% at Capital Classic.

Little Three Championship at Frank. & Marsh.

Franklin & Marshall

S4	at Delaware Invitational	2nd/10
S11	at McDaniel Invitational	3rd/7
S15	DICKINSON #	L, 45-18
	GETTYSBURG #	L, 29-26
S25	at Allegheny Invitational	8th/21
O2	at Dickinson Invitational	6th/13
O9	at Goucher Invitational	1st/6
O30	Centennial Conference Champ.	12:00 at McDaniel
N13	at NCAA Mid-East Regionals	11:00 at Allegheny

LITTLE THREE CHAMPIONSHIP

Gettysburg

S1	McDANIEL	W, 15-50
S11	at McDaniel Challenge	2nd/7
S15	Dickinson #	L, 46-17
	at Franklin & Marshall #	W, 26-29
S18	at Messiah	L, 30-27
S25	at George Washington Invite	6th/10
O2	at Dickinson Invitational	N/S
O16	GETTYSBURG INVITE	4th/15
O23	at Elizabethtown Invitational	4th/6
O30	Centennial Conference Champ.	12:00 at McDaniel
N13	at NCAA Mid-East Regionals	11:00 at Allegheny

Little Three Championship at Frank. & Marsh.

\$ at Messiah

Haverford

S3	TIME TRIAL	N/S
S18	ALUMNI MEET	N/S
S25	at Philadelphia Metro Meet	1st/15
O2	at LaSalle Invitational ^	13th/23
O5	VILLANOVA, SWARTHMORE	N/S
O16	at Seven Sisters Championships	4th/7
O22	HAVERFORD INVITATIONAL	N/S
O30	Centennial Conference Champ.	12:00 at McDaniel
N13	at NCAA Mid-East Regionals	11:00 at Allegheny

^ at Belmont Plateau

Johns Hopkins

S3	at Baltimore Metro Invitational	2nd/6
S18	at NYU Invitational	7th/22
S25	at York Invitational	1st/4
O9	at Goucher Invitational	6 th /6
	at Disney Classic	10th/31
O16	at Gettysburg Invitational	7th/15
O30	Centennial Conference Champ.	12:00 at McDaniel
N13	at NCAA Mid-East Regionals	11:00 at Allegheny

McDaniel

S1	at Gettysburg	L, 50-15
S3	at Baltimore Metro Invitational	3rd/6
S11	GREEN TERROR CHALLENGE	4th/7
S18	at York Invitational	Cancelled
S25	at Allegheny Invitational	17th/21
O1	at Ukrops Festival	3rd/7
O16	at Gettysburg Invitational	8th/15
O30	Centennial Conference Champ.	12:00 at McDaniel
N13	at NCAA Mid-East Regionals	11:00 at Allegheny

Muhlenberg

S3	at Lehigh Valley Champion #	6th/6
S11	at McDaniel Invitational	1st/7
S18	MULE/FALCON CLASSIC & Cancelled	
S25	at Paul Short Invitational	T7th/9
O16	at DeSales Invitational	5th/27
O30	Centennial Conference Champ.	12:00 at McDaniel
N13	at NCAA Mid-East Regionals	11:00 at Allegheny

at Lehigh
& at Cedar Crest

Swarthmore

S1	at Osprey Invitational #	6:00
S11	ALUMNI MEET	N/S
S25	at Paul Short Invitational	4th/9
O2	at Dickinson Invitational	N/S
O5	at Haverford Meet	N/S
O16	at Williams Meet	3rd/7
O30	Centennial Conference Champ.	12:00 at McDaniel
N13	at NCAA Mid-East Regionals	11:00 at Allegheny

at Richard Stockton

Ursinus

S11	at Lebanon Valley Invitational	14 th /19
S18	at Muhlenberg Invitational	Cancelled
S25	at Philadelphia Metro Champ.	8th/15
O2	at LaSalle Invitational	8th/17
O9	at Goldy Beacom Classic	6th/15
O22	at Haverford Invitational	N/S
O30	Centennial Conference Champ.	12:00 at McDaniel
N13	at NCAA Mid-East Regionals	11:00 at Allegheny

^ at Belmont Plateau

Division III National Coaches' Poll as of October 19

Women

1. Williams
2. UW-Stevens Point
3. Amherst
4. UW-Oshkosh
5. Middlebury
6. Luther
7. UW-LaCrosse
8. Williamette
9. Allegheny
10. SUNY-Geneseo
11. DePauw
12. Wartburg
13. **DICKINSON**
14. Washington (MO)
15. Colby
16. C. of New Jersey
17. Emory
18. Denison
19. Carleton
20. Wesleyan
21. Tufts
22. St. Lawrence
23. Macalester
24. Moravian
25. Claremont Mudd Scripps

Division III Midwest Region Poll as of October 19

Women

1. **DICKINSON**
2. Allegheny
3. Moravian
4. Elizabethtown
5. **HAVERFORD**
6. **SWARTHMORE**
7. Messiah
8. DeSales
9. **FRANKLIN & MARSHALL**
10. **GETTYSBURG**

Women's Upcoming Schedule

SATURDAY, OCTOBER 30
CC Championships at McDaniel

Around the Conference

PERFECT: The Dickinson women finished the regular-season unbeaten.