



All-Centennial Conference Men's Cross Country

NOVEMBER 4, 2003
 563 College Avenue, B-101, Lancaster, PA 17603
 Phone: (717) 358-4463 * Fax: (717) 358-4480
www.centennial.org/crosscountry/men/

First Team

Name	Class	Hometown / High School
Lang Reynolds, Swarthmore #.....	Jr	Seattle, WA / Nathan Hale
Bobby Cannon, Haverford *.....	Jr	Toms River, NJ / Toms River South
Kirk Mangels, Haverford (A) #.....	Jr	Glenside PA / Cheltenham Township
Alex Hotz, Muhlenberg #.....	So	Mountainside, NJ / Gov. Livingston
Grant Scott, Haverford (A).....	So	Yellow Springs, OH / Yellow Springs
Paul Hugus, McDaniel.....	So	Baltimore, MD / Loch Raven
Tom Rhodes, Dickinson #.....	So	Willow Grove, PA / Upper Dublin

Second Team

Pos / Name	Class	Hometown / High School
Todd Derkacz, Dickinson (A)	Sr	Huguenot, NY / Port Jervis
Zachary Vaslow, Haverford.....	Fr	Bethesda, MD / Bethesda-Chevy Chase
Rob Uniszkiwicz, Muhlenberg (A) *.....	Sr	Hillsborough, NJ / Hillsborough
Matt Gallagher, Dickinson (A).....	Sr	Richboro, PA / Council Rock
Bernie Muller, Haverford	So	Short Hills, NJ / Delbarton School
James Diorio, Haverford (A)	Sr	Hingham, MA / Hingham
Brian Baillie, Haverford	Jr	Philadelphia, PA / LaSalle College

- * 1st team All-Centennial in 2002
- # 2nd team All-Centennial in 2002
- (A) Named to 2003 Conference Academic Honor Roll

Runner of the Year – Lang Reynolds, Swarthmore, Jr.

Notes

- Reynolds is the first Swarthmore runner to earn Centennial Runner of the Year honors. He is also the first runner not from Haverford or Franklin & Marshall to receive the award.
- Haverford placed three runners on the first team to raise its Conference-leading total to 48 over 11 years.
- Hugus is the first McDaniel runner to earn first-team All-Centennial honors.
- Six students were also named to the Conference Academic Honor Roll, which recognizes sophomores, junior and seniors who are key performers and have a 3.40 cumulative grade point average or higher.

Centennial Conference Runners of the Year

1993: Steve Monaco, Franklin & Marshall
 1994: Karl Paranya, Haverford
 1995: Karl Paranya, Haverford
 1996: Karl Paranya, Haverford
 1997: Ntobeko Ntusi, Haverford
 1998: Jason Bernstein, Haverford
 1999: Frank McCartney, Franklin & Marshall
 2000: J.B. Haglund, Haverford
 2001: J.B. Haglund, Haverford
 2002: Brandon Rowe, Haverford
 2003: Lang Reynolds, Swarthmore

Centennial Conference Champions

1993: Haverford
 1994: Haverford
 1995: Haverford
 1996: Haverford
 1997: Haverford
 1998: Haverford
 1999: Haverford
 2000: Haverford
 2001: Haverford
 2002: Haverford
 2003: Haverford

Four-Time First-Team All-Centennial Selections

Karl Paranya, Haverford, 1993-94-95-96

Three-Time First-Team All-Centennial Selections

Luke Kiskaddon, Franklin & Marshall, 1993-94-95
 Mark Gyandoh, Haverford, 1993-94-95
 Ntobeko Ntusi, Haverford, 1995-96-97
 Joe McCool, Haverford, 1998-99-00
 Stephen Petro, Haverford, 1997-99-00
 Greg Bielecki, Haverford, 2000-01-02