



Centennial Conference Cross Country

SEPTEMBER 14, 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

Did Not Compete

DICKINSON

MEN:

9/11 – at Lebanon Valley Invite – 2nd/21

Top Five Finishers:

3. Matt Liebal, So, 26:45
5. Thomas Rhodes, 5th, 27:04
18. Tom Morgan, Fr, 27:47
21. Evan Sparling, Fr, 27:53
23. Jeff Baroody, Sr, 28:02

WOMEN:

9/11 – at Lebanon Valley Invite – 1st/19

Top Five Finishers:

2. Emily Hulme, Jr, 19:24
6. Caitlin Strahota, Fr, 20:09
8. Andrea Pope, Sr, 20:12
9. Abbey Fergusson, Jr, 20:19
11. Annie Scogin, Jr, 20:25

FRANKLIN & MARSHALL

MEN:

9/11 – at Green Terror Challenge – 3rd/8

Top Five Finishers:

9. Matt Bartoloni, 28:22
10. Harrison Miller, 28:24
15. Charlie Bowen, 28:48
16. Matt Batzel, 28:52
18. Aldace Fleming, 29:12

WOMEN:

9/11 – at Green Terror Challenge – 3rd/7

Top Five Finishers:

1. Meredith Janeczek, 24:05.48
5. Karen Ziga, 25:11.75
14. Colette Buchanan, 26:14.67
16. Megan Feehan, 26:31.64
25. Jayme Ewanichak, 27:18.48

GETTYSBURG

MEN:

9/11 – at Green Terror Challenge – 2nd/8

Top Five Finishers:

5. Andrew Carmer, 28:04
7. Eric Dunklee, 28:07
8. Paul Long, 28:20
19. P.J. Hart, 29:15
22. Jeff Zarrilli, 29:27

WOMEN:

9/11 – at Green Terror Challenge – 2nd/7

Top Five Finishers:

2. Elane Gottshall, 24:19
6. Anne Leonard, 25:15
10. Barbara Creveling, 25:44
13. Ellen Furnari, 26:14
17. Margaret Brautigam, 26:33

HVERFORD

MEN: Did not compete

WOMEN: Did not compete

JOHNS HOPKINS

MEN: Did not compete

WOMEN: Did not compete

McDANIEL

MEN:

9/11 – at Green Terror Challenge – 4th/8

Top Five Finishers:

1. Paul Hugus, 26:31
4. Matt Rouse, 27:55
23. Ben Brown, 29:28
40. Tim Snyder, 30:58
74. Dave Wigtil, 41:02

WOMEN:

9/11 – at Green Terror Challenge – 4th/7

Top Five Finishers:

4. Tasha Young, 24:49
8. Lianne Price, 25:30
20. Kristen Aversa, 26:53
21. Kelly Gruber, 27:02
23. Joan Namasinga, 27:08

MUHLENBERG

MEN:

9/11 – at Green Terror Challenge – 1st/8

Top Five Finishers:

2. Alexander Hotz, 27:18
3. Stephen Rothwell, 27:54
6. Lex Mercado, 28:07
11. Tim Seeley, 28:25
12. Christopher Martin, 28:35

WOMEN:

9/11 – at Green Terror Challenge – 1st/7

Top Five Finishers:

3. Jenna Belisonzi, 24:21.33
7. Karen Mount, 25:29.10
9. Laura Clinton, 25:43.02
11. Sara Gearin, 25:50.07
15. Christy Grandjean, 26:29.13

SWARTHMORE

MEN: 9/11 – Garnet Alumnae Meet

WOMEN: 9/11 – Garnet Alumnae Meet

URSINUS

MEN:

9/11 – at Lebanon Valley Invite – 12th/21

Top Five Finishers:

31. Pat O'Neill, 28:28
91. Nick Smart-Coulter, 30:20
109. Brandon Zapalac, 31:19
110. Eric Wickersham, 31:20
114. Joe Szmanski, 31:28

WOMEN:

9/11 – at Lebanon Valley Invite – 14th/19

Top Five Finishers:

52. Lynne Erickson, 22:05
78. Sara McKally, 22:51
128. Eden Swick, 24:32
136. Maureen McCarthy, 24:52
149. Christina Cooper, 25:30

Upcoming Schedule

WEDNESDAY, SEPTEMBER 15

Men's Cross Country

Little Three Championship at F&M

Women's Cross Country

Little Three Championship at F&M

SATURDAY, SEPTEMBER 18

Men's Cross Country

Gettysburg at Messiah, w/Juniata

Haverford Alumni Meet

JHU at NYU Invite

McDaniel at York Invite

Muhlenberg, Ursinus at Mule/Falcon Classic (at Cedar Crest)

Women's Cross Country

Gettysburg at Messiah, w/Juniata

Haverford Alumni Meet

JHU at NYU Invite

McDaniel at York Invite

Bryn Mawr, Muhlenberg, Ursinus at

Mule/Falcon Classic (at Cedar Crest)

Coaches Rankings

As of 9/14/04

MEN

1. Paul Hugus, Jr, McDaniel
2. Alex Hotz, Jr, Muhlenberg
3. Matt Liebal, So, Dickinson
4. Tom Rhodes, Jr, Dickinson
5. Gabe Tonkin, Jr, Johns Hopkins
6. James Golden, Sr, Swarthmore
7. Adam Hunt, Jr, Swarthmore
8. Tom Morgan, Fr, Dickinson
9. Lang Reynolds, Sr, Swarthmore
10. Steve Rothwell, So, Muhlenberg
11. Evan Sparling, Fr, Dickinson
12. Travis Koh, So, Johns Hopkins
13. Andrew Bauerschmidt, Jr, Johns Hopkins
14. Matt Rouse, So, McDaniel
15. Andrew Carmer, So, Gettysburg
16. Lex Mercado, So, Muhlenberg
17. Jeff Baroody, Sr, Dickinson
18. Eric Dunklee, Jr, Gettysburg
19. Harrison Miller, Fr, Frank. & Marsh.
20. Pat O'Neill, Fr, Ursinus

Compiled by Peter Carroll, Swarthmore

WOMEN

1. Emily Hulme, Jr, Dickinson
2. Meredith Janeczek, So, Frank. & Marsh.
3. Elane Gottshall, Sr, Gettysburg
4. Jenna Belisonzi, Sr, Muhlenberg
5. Caitlin Strahota, Fr, Dickinson
6. Andrea Pope, Sr, Dickinson
7. Abigail Ferguson, Jr, Dickinson
8. Annie Scogin, Jr, Dickinson
9. Angela Kaon, Fr, Johns Hopkins
10. Tasha Young, Jr, McDaniel
11. Karen Ziga, So, F&M
12. Anne Leonard, Sr, Gettysburg
13. Caitlin Bradley, Fr, Dickinson
14. Karen Mount, Jr, Muhlenberg
15. Lianne Price, So, McDaniel
16. Laura Clinton, Fr, Muhlenberg
17. Barbara Creveling, So, Gettysburg
18. Kelly Hoberg, Jr, Dickinson
19. Jacci Clauss, Fr, Johns Hopkins
20. Frannie Koenig, Fr, Johns Hopkins

Compiled by Dan Talbot, Bryn Mawr

Centennial Conference Honor Roll

Chris Dumbroski, Dickinson (So, Grove City, PA / Grove City) - Dumbroski improved 56 seconds from last season's meet to help the Dickinson's men to a second place finish at the Lebanon Valley Invitational. He came in 41st overall with a time of 28:39.

Caitlin Bradley, Dickinson (Fr, Fairfield, CT / Fairfield) - Bradley broke into the Devils' top seven for the first time, finishing 15th overall with a time of 20:42 as the DC women captured their seventh straight title at the Lebanon Valley Invitational.

Matt Bartoloni, Franklin & Marshall (Sr, Staten Island, NY / Saint Joseph By the Sea) - Bartoloni finished ninth in 28:22 over the 8K course as the Diplomats finished third of eight teams at the 2004 McDaniel Green Terror Challenge.

Meredith Janeczek, Franklin & Marshall (So, Hershey, PA / Hershey) - Janeczek crossed the finish line in 24:05 over the 6K course to finish first and lead the Diplomat women to a third place finish at the McDaniel Green Terror Challenge.

Andrew Carmer, Gettysburg (So, Parkton, MD / Dulaney) - Carmer paced the Bullets to a second-place finish at the McDaniel Terror Cross Country Challenge. He finished the 8,000-meter course in a time of 28:04, crossing fifth overall.

Elane Gottshall, Gettysburg (Sr, Lansdale, PA / Methacton) - Gottshall paced the Bullets to a second-place finish at the McDaniel Terror Cross Country Challenge, three points behind Muhlenberg. She finished the 6K course in a time of 24:19, good enough for second-place overall.

Paul Hugus, McDaniel (Jr, Baltimore, MD / Loch Raven) - Hugus won his third straight race, finishing the Green Terror Challenge 47 seconds faster than any of his opponents. The win ties his school mark set a year ago for three consecutive medals, and sets a new school record for consecutive cross-country wins.

Tasha Young, McDaniel (Jr, Germantown, MD / Seneca Valley) - Young finished in fourth place at the Green Terror challenge with a time of 24:49. Her mark was 43 seconds off the pace, but 23 seconds better than the next closest finisher.

Stephen Rothwell, Muhlenberg (So, Harrington Park, NJ / Northern Valley Old Tappan) - Rothwell scored his first career top-10 finish, coming in third to help Muhlenberg win the title at the McDaniel Invitational.

Laura Clinton, Muhlenberg (Fr, Havertown, PA / Haverford) - Clinton's ninth-place finish at the McDaniel Invitational was an important part of Muhlenberg's first-ever team championship at an away meet.

Pat O'Neill, Ursinus (Fr, Roslyn, PA / LaSalle) - O'Neill led the Bears to a 12th place finish at the Lebanon Valley Invitational. O'Neill finished 31st out of 208 runners in a time of 28:28.

Lynn Erickson, Ursinus (So, Havertown, PA / Haverford) - Erickson led the women to 14th place at the LVC Invitational. Erickson finished 52nd with a time of 22:05 in the season opener.

Division III Preseason National Coaches' Poll

as of September 14

Men

1. Calvin
2. UW-La Crosse
3. North Central
4. Wartburg
5. UW-Oshkosh
6. UW-Stevens Point
7. SUNY-Geneseo
8. Nebraska Wesleyan
9. **HAVERFORD**
Tufts
11. C. of New Jersey
12. Willamette
13. Williams
14. New York Univ.
15. Keene State
16. Chicago
17. Bates
18. Carleton
19. Elizabethtown
Pomona Pitzer
21. Loras
22. Carthage
23. Augustana
24. St.Olaf
25. Anderson

Division III Preseason National Coaches' Poll

as of September 14

Women

1. Middlebury
2. Williams
3. UW-Stevens Point
4. UW-Oshkosh
5. UW-LaCrosse
6. Amherst
7. Luther
8. Williamette
9. **DICKINSON**
10. SUNY-Geneseo
11. Allegheny
12. Wartburg
13. C. of New Jersey
14. Trinity (CT)
15. Bowdoin
16. DePauw
17. Gustavus Adolphus
18. Chicago
19. **HAVERFORD**
20. Washington (MO)
21. Ithaca
22. Emory
23. Denison
24. Calvin
25. Whitworth

Around the Conference

FOUR YEARS: Meredith Janeczek's victory marks the first time an F&M women's harrier has won a meet since Emily Hughes '03 captured the individual title at the 2000 Battle for the Buggy meet versus Millersville and Elizabethtown.

Top 5 Finishes

Men

Paul Hugus, MCD	Gettysburg Meet (1) Balt. Metro (1) Green Terror (1)
Matt Liebal, DC	Capital (4) Green Terror (3)
Andy Carmer, GC	Gettysburg Meet (2) Green Terror (5)
Matt Rouse, MCD	Gettysburg Meet (3) Green Terror (4) LVC (5) Green Terror (2)
Alexander Hotz, MUHL	Green Terror (5) Delaware (4) Delaware (5)
Thomas Rhodes, DC	Gettysburg Meet (4)
Harrison Miller, F&M	Gettysburg Meet (5)
Matt Bartoloni, F&M	Balt. Metro (2)
Eric Dunklee, GC	Balt. Metro (4)
Paul Long, GC	Balt. Metro (5)
Gabe Tonkin, JHU	Green Terror (3)
Travis Koh, JHU	
Andrew Bauerschmidt, JHU	
Stephen Rothwell, MUHL	

Women

Emily Hulme, DC	Capital (3) Green Terror (2)
Elane Gottshall, GC	Gettysburg Meet (1) Green Terror (2)
Tasha Young, MCD	Gettysburg Meet (3) Green Terror (4) Capital (5)
Caitlin Strahota, DC	Green Terror (1)
Meredith Janeczek, F&M	Gettysburg Meet (2)
Anne Leonard, GC	Gettysburg Meet (3)
Barbara Creveling, GC	Gettysburg Meet (4)
Holly Macko, GC	Gettysburg Meet (5)
Laura Rogers, GC	HAV Time Trial (3)
Francesca Duffy, HAV	HAV Time Trial (3)
Clare Eshenour, HAV	HAV Time Trial (3)
Emma Lo, HAV	HAV Time Trial (3)
Angela Kaon, JHU	Balt. Metro (4)
Jenna Belisonzi, MUHL	Green Terror (3)

2004 Centennial Conference Men's Cross Country Schedules

Dickinson

S1	Elizabethtown % Messiah %	L, 23-32 W, 24-35
S11	at Lebanon Valley Invitational	2 nd /21
S22	Little Three Championship	5:00
S25	at Allegheny Invitational	
O2	DICKINSON INVITATIONAL	11:00
O16	at DeSales Invitational	10:30
O30	Centennial Conference Champ. at McDaniel	11:00
N13	at NCAA Mid-East Regionals at Allegheny	11:00

% at Capital Classic.
at Franklin & Marshall

Franklin & Marshall

S4	at Delaware Invitational	1 st /11
S11	at McDaniel Invitational	3 rd /8
S15	LITTLE THREE CHAMPIONSHIP	5:30
S25	at Allegheny Invitational	10:00
O2	at Dickinson Invitational	10:30
O9	at Goucher Invitational	10:00
O30	Centennial Conference Champ. at McDaniel	11:00
N13	at NCAA Mid-East Regionals at Allegheny	11:00

Gettysburg

S1	McDANIEL	W, 26-32
S11	at McDaniel Challenge	2 nd /8
S15	at Little Three Championship #	5:30
S18	at Messiah	10:30
	Juniata \$	
S25	at George Washington Invitational	10:45
O2	at Dickinson Invitational	10:30
O16	GETTYSBURG INVITATIONAL	12:00
O23	at Elizabethtown Invitational	12:00
O30	Centennial Conference Champ. at McDaniel	11:00
N13	at NCAA Mid-East Regionals at Allegheny	11:00

at Franklin & Marshall
\$ at Messiah

Haverford

S18	ALUMNI MEET	9:30
S25	at Paul Short Run	9:30
O5	VILLANOVA	5:50
O16	at Jim Drews Invitational	10:30
O22	HAVERFORD INVITATIONAL	5:00
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	1 st /5
S18	at NYU Invitational	10:00
S25	at York Invitational	
O9	at Goucher Invitational at Disney Classic	10:00
O16	at Gettysburg Invitational	10:00
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	2 nd /5
S11	GREEN TERROR CHALLENGE	4 th /8
S18	at York Invitational	11:00
S25	at Allegheny Invitational	10:30
O1	at Ukrops Festival	4:30
O16	at Gettysburg Invitational	10:30
O30	Centennial Conference Champ. at McDaniel	11:00
N13	at NCAA Mid-East Regionals at Allegheny	11:00

Muhlenberg

S3	at Lehigh Valley Championship #	4 th /5
S11	at McDaniel Invitational	1 st /8
S18	MULE/FALCON CLASSIC &	11:00
S25	at Paul Short Invitational	11:00
O16	at DeSales Invitational	11:45
O22	at Haverford Invitational	5:00
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	10:00
O2	at Dickinson Invitational	
O5	at Haverford Meet	5:00
O16	at Williams Meet	1:00
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 Invitational	12 th /21
S18	at Muhlenberg Invitational	10:00
S25	at Philadelphia Metro Champ. #	
O2	at Belmont Plateau	
O9	at Goldey Beacom Classic	
O22	at Haverford Invitational	4:30
O30	Centennial Conference Champ. at McDaniel	11:00
N13	at NCAA Mid-East Regionals at Allegheny	11:00

at Belmont Plateau

2004 Centennial Conference Women's Cross Country Schedules

Bryn Mawr

S4	at Haverford Time Trial	N/S
S18	at Mule/Falcon Invitational #	10:00
S25	at Paul Short Invitational	12:00
O2	at Dickinson Invitational	12:00
O16	at Seven Sisters Meet &	11:00
O22	at Haverford Invitational	4:30
O30	Centennial Conference Champ. at McDaniel	11:00
N13	at NCAA Mid-East Regionals at Allegheny	11:00

at Cedar Crest & at Mt. Holyoke

Dickinson

S1	Elizabethtown % Messiah %	W, 28-31 W, 15-50
S11	at Lebanon Valley Invitational	1 st /19
S22	Little Three Championship	5:00
S25	at Allegheny Invitational	
O2	DICKINSON INVITATIONAL	11:00
O16	at DeSales Invitational	10:30
O30	Centennial Conference Champ. at McDaniel	11:00
N13	at NCAA Mid-East Regionals at Allegheny	11:00

% at Capital Classic.
at Franklin & Marshall

Franklin & Marshall

S4	at Delaware Invitational	2 nd /10
S11	at McDaniel Invitational	3 rd /7
S15	LITTLE THREE CHAMPIONSHIP	5:30
S25	at Allegheny Invitational	10:00
O2	at Dickinson Invitational	10:30
O9	at Goucher Invitational	10:00
O30	Centennial Conference Champ. at McDaniel	11:00
N13	at NCAA Mid-East Regionals at Allegheny	11:00

Gettysburg

S1	McDANIEL	W, 15-50
S11	at McDaniel Challenge	2 nd /7
S15	at Little Three Championship #	5:30
S18	at Messiah	10:30
	Juniata \$	
S25	at George Washington Invitational	10:45
O2	at Dickinson Invitational	10:30
O16	GETTYSBURG INVITATIONAL	12:00
O23	at Elizabethtown Invitational	12:00
O30	Centennial Conference Champ. at McDaniel	11:00
N13	at NCAA Mid-East Regionals at Allegheny	11:00

at Franklin & Marshall
\$ at Messiah

Haverford

S3	TIME TRIAL	N/S
S18	ALUMNI MEET	9:30
S25	at Philadelphia Metro Meet	11:00
O2	at LaSalle Invitational	
O5	VILLANOVA, SWARTHMORE	5:00
O16	at Seven Sisters Championships	11:00
O22	HAVERFORD INVITATIONAL	5:00
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	2 nd /6
S18	at NYU Invitational	10:00
S25	at York Invitational	
O9	at Goucher Invitational at Disney Classic	10:00
O16	at Gettysburg Invitational	10:00
O30	Centennial Conference Champ. at McDaniel	11:00
N13	at NCAA Mid-East Regionals at Allegheny	11:00

McDaniel

S1	at Gettysburg	L, 50-15
S3	at Baltimore Metro Invitational	3 rd /6
S11	GREEN TERROR CHALLENGE	4 th /7
S18	at York Invitational	11:00
S25	at Allegheny Invitational	10:30
O1	at Ukrops Festival	4:30
O16	at Gettysburg Invitational	10:30
O30	Centennial Conference Champ. at McDaniel	11:00
N13	at NCAA Mid-East Regionals at Allegheny	11:00

Muhlenberg

S3	at Lehigh Valley Championship #	6 th /6
S11	at McDaniel Invitational	1 st /7
S18	MULE/FALCON CLASSIC &	11:00
S25	at Paul Short Invitational	11:00
O16	at DeSales Invitational	11:45
O22	at Haverford Invitational	5:00
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	10:00
O2	at Dickinson Invitational	
O5	at Haverford Meet	5:00
O16	at Williams Meet	1:00
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 Invitational	11:15
S18	at Muhlenberg Invitational	14 th /19
S25	at Philadelphia Metro Champ.	
O2	at Belmont Plateau	
O9	at Goldey Beacom Classic	
O22	at Haverford Invitational	4:30
O30	Centennial Conference Champ. at McDaniel	11:00
N13	at NCAA Mid-East Regionals at Allegheny	11:00