



Centennial Conference Cross Country

OCTOBER 12, 2004

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

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

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

BRYN MAWR

WOMEN:

10/5 - at Haverford Meet - N/S
7. Joanna Simonis, 21:46
9. Melissa Leedle, 21:58
35. Joy Racowski, 23:34
46. Tonda Simons, 25:00
48. Betsy Yen, 26:12

DICKINSON

MEN: DID NOT COMPETE

WOMEN: DID NOT COMPETE

FRANKLIN & MARSHALL

MEN:

10/9 - at Goucher Invitational - 2nd out of 9
Top Five Finishers:
4. Aldace Fleming, 28:17.06
5. Matt Bartoloni, 28:21.07
11. Charlie Bowen, 28:53.20
23. Pavel Marosin, 29:37.55
25. Josh Laster, 29:56.09

WOMEN:

10/9 - at Goucher Invitational - 1st out of 6
Top Five Finishers:
1. Meredith Janeczek, 19:54.45
2. Karen Ziga, 20:04.17
11. Megan Feehan, 21:05.20
12. Colette Buchanan, 21:06.45
21. Jayme Ewanichak, 22:01.81

GETTYSBURG

MEN: DID NOT COMPETE

WOMEN: DID NOT COMPETE

HAVERFORD

MEN:

10/5 - Haverford Meet - N/S
6. Grant Scott, 19:55
9. Bobby Cannon, 19:59
11. Ian Ramsey-North, 20:01
13. Michael Grant, 20:14
19. Will McGuire, 20:17

WOMEN:

10/9 - Haverford Meet - N/S
Top Five Finishers:
15. Clara Sheets, 22:29
23. Prentiss Clark, 22:58.
31. Deirdre Din, 23:24
32. Emma Lo, 23:25
34. Clare Eshenour, 23:33

JOHNS HOPKINS

MEN:

10/9 - at Goucher Invitational - 7th out of 9
Top Five Finishers:
22. Justin DeAngelis, 29:35.93
31. Eric Miller, 30:18.80
32. James Bronson, 30:29.33
42. Jason Hortiatis, 30:56.71
60. Jonathan Collins, 32:28.49

10/9 - at Disney Classic - 12th out of 31

Top Five Finishers:
38. Gabe Tonkin, 26:41.60
85. Pat Brandon, 27:38.84
94. Andrew Bauerschmidt, 28:04.12
159. Jason Farber, 29:04.16
160. Samuel Olesky, 29:05.47

WOMEN:

10/9 - at Goucher Invitational - 6th out of 6
Top Five Finishers:
31. Maureen Kimsey, 22:34.74
33. Nichole Laskowski, 22:44.04
40. Gloria Vasconcellos, 23:17.66
42. Liz Krimmel, 23:29.29
43. Mary O, 23:31.77

10/9 - at Disney Classic - 10th out of 31

Top Five Finishers:
64. Angela Kaon, 19:40.60
70. Jessica Lozier, 19:48.31
71. Jacqueline Clauss, 19:49.00
95. Anna Russell, 20:13.15
98. Martha Paluch, 20:17.52

McDANIEL

MEN: DID NOT COMPETE

WOMEN: DID NOT COMPETE

MUHLENBERG

MEN: DID NOT COMPETE

WOMEN: DID NOT COMPETE

SWARTHMORE

MEN:

10/5 - at Haverford Meet - N/S
Top Five Finishers:
41. James Golden, Sr, 20:47
55. Garrett Ash, Sr, 21:12
56. James Kreft, Jr, 21:12
63. Adam Hunt, Jr, 21:16
67. Lang Reynolds, Sr, 21:29

WOMEN:

10/5 - at Haverford Meet - N/S
Top Five Finishers:
5. Sarah Hobbs, Jr, 21:24
28. Carrie Ritter, Jr, 23:19
36. Emily Wistar, Jr, 23:35
41. Kavita Hardy, Fr, 24:01
47. Melina Healy, So, 25:21

URSINUS

MEN:

10/9 - at Goldey Beacom Invite - 4th out of 14
Top Five Finishers:
17. Brandon Zapalac, 30:06.16
20. Joe Szymanski, 30:16.26
21. Jeff Teigler, 30:17.34
22. Nick Smart-Coulter, 30:18.46
33. Kevin Metz, 31:18.90.76

WOMEN:

10/9 - at Goldey Beacom Invite - 6th out of 15
Top Five Finishers:
9. Lynne Erickson, 20:57.30
16. Sara McNally, 21:58.13
33. Christina Cooper, 23:13.17
35. Eden Swick, 23:17.30
58. Regina Willett, 25:09.59

Coaches Rankings

As of 10/12/04

MEN

1. Paul Hugus, Jr, McDaniel
2. Mike Grant, Haverford
3. Bobby Cannon, Haverford
4. Matt Liebal, So, Dickinson
5. Ian Ramsey-North, Haverford
6. Mike Grant, Haverford
7. Will McGuire, Haverford
8. Zach Vaslow, Haverford
9. Brian Baille, Haverford
10. Tom Rhodes, Jr, Dickinson
11. Mike Shapiro, Haverford
12. Brian Scott, Haverford
13. Don Letts, Haverford
14. Steve Rothwell, So, Muhlenberg
15. John Iannacone, Haverford
16. James Golden, Sr, Swarthmore
17. Lex Mercado, Muhlenberg
18. Gabe Tonkin, Johns Hopkins
19. Bernie Muller, Haverford
20. Boyce Upholt, Haverford

Compiled by Peter Carroll, Swarthmore

WOMEN

1. Emily Hulme, Jr, Dickinson
2. Sarah Hobbes, Jr, Swarthmore
3. Joanna Simonis, Sr, Bryn Mawr
4. Melissa Leedle, Sr, Bryn Mawr
5. Abigail Ferguson, Jr, Dickinson
6. Meredith Janeczczek, So, F&M
7. Jenna Belisonzi, Sr, Muhlenberg
8. Caitlin Strahota, Fr, Dickinson
9. Andrea Pope, Sr, Dickinson
10. Clara Sheets, Jr, Haverford
11. Prentiss Clark, Jr, Haverford
12. Elane Gottshall, Sr, Gettysburg
13. Annie Scogin, Jr, Dickinson
14. Carrie Ritter, Jr, Swarthmore
15. Karen Ziga, So, F&M
16. Caitlin Bradley, Fr, Dickinson
14. Yanira Figueroa, F&M
17. Allie Bauml, Sr, Dickinson
18. Deidre Din, Fr, Haverford
19. Emma Lo, Fr, Haverford
20. Yanira, Figueroa, Sr, F&M

Compiled by Dan Talbot, Bryn Mawr

Centennial Conference Honor Roll

Melissa Leedle, Bryn Mawr (Sr, Lake Geneva, WI / Badger) - Leedle ran an excellent race at the Main Line Invitational, finishing fourth among Division III runners and 9th overall.

Matt Bartoloni, Franklin & Marshall (Sr, Staten Island, NY / St. Josephs by the Sea) - Bartoloni placed fifth, one place behind teammate Aldace Fleming (Jr., Ridgefield, CT/Ridgefield) in 28:21.07 as the Franklin & Marshall College men's cross country team finished second at the Goucher College Invitational.

Meredith Janeczczek, Franklin & Marshall (So, Hershey, PA / Hershey) - Janeczczek won the Goucher College Invite in a time of 19:54.45. The victory marks her second of the season as she crossed the finish line in 24:05 over the six-kilometer course at the McDaniel Invitational to finish first. The performance marked the first time an F&M women's harrier won a meet since Emily Hughes '03 captured the individual title at the 2000 Battle for the Buggy meet versus Millersville and Elizabethtown.

Gabe Tonkin, Johns Hopkins (Jr, Santa Barbara, CA / San Marcos) - Tonkin finished in 43rd place with a time of 26:41.60, and collected 38 points for the Blue Jays. His time of 26:41.60, was more than a minute faster than his personal best, and is the best for any Blue Jay runner on the year.

Angela Kaon, Johns Hopkins (Fr, Bridgewater, NJ / Bridgewater-Raritan) - Kaon led all JHU runners with a time of 19:40.60 in the Disney Classic. The time is a personal best for her this season, as well as the lowest women's time posted by any JHU runner this season.

Jim Kreft, Swarthmore (Jr, Traverse City, MI / Traverse City West) - Kreft finished in 56th place at the Haverford Invite in a time of 21:12.

Emily Wistar, Swarthmore (Jr, Delmar, NY / Bethlehem Central) - Wistar finished in 36th place at the Haverford Invite covering the 6K course in 23:35.

Brandon Zapalac, Ursinus (Sr, Eagleville, PA / Methacton) - Zapalac led the Bears for the first time this season in the 8K race, finishing 17th overall in a time of 30:06.16.

Lynne Erickson, Ursinus (So, Havertown, PA / Haverford) - Erickson recorded her second top-ten finish, crossing the line in ninth place to lead the Ursinus to a sixth-place finish at the Goldey-Beacom Invitational on Saturday.

Top 5 Finishes

Men

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

Women

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

2004 Centennial Conference Men's Cross Country Schedules

Dickinson

S1	Elizabethtown %	L, 23-32
	Messiah %	W, 24-35
S11	at Lebanon Valley Invitational	2nd/21
S15	Gettysburg #	W, 18-43
	at Franklin & Marshall #	W, 16-47
S25	at Allegheny Invitational	4th/19
O2	DICKINSON INVITATIONAL	1st/16
O16	at DeSales Invitational	10:30
O30	Centennial Conference Champ.	11:00
	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	1st/11
S11	at McDaniel Invitational	3rd/8
S15	DICKINSON #	L, 47-16
	GETTYSBURG #	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.	11:00
	at McDaniel	
N13	at NCAA Mid-East Regionals	11:00
	at Allegheny	

LITTLE THREE CHAMPIONSHIP

Gettysburg

S1	McDANIEL	W, 26-32
S11	at McDaniel Challenge	2nd/8
S15	Dickinson #	L, 18-43
	at Franklin & Marshall #	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	12:00
O23	at Elizabethtown Invitational	12:00
O30	Centennial Conference Champ.	11:00
	at McDaniel	
N13	at NCAA Mid-East Regionals	11:00
	at Allegheny	

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	10:30
O22	HAVERFORD INVITE	5:00
O30	Centennial Conference Champ.	11:00
	at McDaniel	
N13	at NCAA Mid-East Regionals	11:00
	at Allegheny	

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	10:00
O30	Centennial Conference Champ.	11:00
	at McDaniel	
N13	at NCAA Mid-East Regionals	11:00
	at Allegheny	

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	10:30
O30	Centennial Conference Champ.	11:00
	at McDaniel	
N13	at NCAA Mid-East Regionals	11:00
	at Allegheny	

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	11:45
O22	at Haverford Invitational	5:00
O30	Centennial Conference Champ.	11:00
	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	11th/12
O2	at Dickinson Invitational	N/S
O5	at Haverford Meet	N/S
O16	at Williams Meet	1:00
O30	Centennial Conference Champ.	11:00
	at McDaniel	
N13	at NCAA Mid-East Regionals	11:00
	at Allegheny	

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	4:30
O30	Centennial Conference Champ.	11:00
	at McDaniel	
N13	at NCAA Mid-East Regionals	11:00
	at Allegheny	

at Belmont Plateau

Division III National Coaches' Poll as of October 5

Men

1. Calvin
2. North Central
3. UW-La Crosse
4. Wartburg
5. UW-Stevens Point
6. Tufts
7. **HAVERFORD**
8. Willamette
9. Chicago
10. C. of New Jersey
11. SUNY-Geneseo
12. Bates
13. Williams
14. UW-Oshkosh
15. Nebraska Wesleyan
16. Carleton
17. DePauw
18. St. Olaf
19. Augustana
20. Pomona Pitzer
21. St. Lawrence
22. Carnegie Mellon
- T23. Widener
- Washington (MO)
25. New York Univ.

Division III Midwest Region Poll as of October 5

Men

1. **HAVERFORD**
2. Carnegie Mellon
3. Widener
4. Allegheny
5. Elizabethtown
6. **DICKINSON**
7. Salisbury
8. **MUHLBERG**
9. Messiah
10. Scranton

Men's Upcoming Schedule

SATURDAY, OCTOBER 16

McDaniel, Johns Hopkins at Gettysburg Invite
Dickinson, Muhlenberg at DeSales Invitational
Haverford at Jim Drews Invitational
Swarthmore at Williams Meet

2004 Centennial Conference Women's Cross Country Schedules

Bryn Mawr

S4	at Haverford Time Trial	N/S
S18	at Mule/Falcon Invitational #	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 &	11:00
O22	at Haverford Invitational	4:30
O30	Centennial Conference Champ.	11:00
	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	10:30
O30	Centennial Conference Champ.	11:00
	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	1 st /6
O30	Centennial Conference Champ.	11:00
	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 INVITATIONAL	
O23	at Elizabethtown Invitational	12:00
O30	Centennial Conference Champ.	11:00
	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	11:00
O22	HVERFORD INVITATIONAL	5:00
O30	Centennial Conference Champ.	11:00
	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	10:00
O30	Centennial Conference Champ.	11:00
	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	10:30
O30	Centennial Conference Champ.	11:00
	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	11:45
O22	at Haverford Invitational	5:00
O30	Centennial Conference Champ.	11:00
	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	1:00
O30	Centennial Conference Champ.	11:00
	at McDaniel	
N13	at NCAA Mid-East Regionals	11:00
	at Allegheny	

at Richard Stockton

Ursinus

S11	at Lebanon Valley Invitational	14 th /19
O8	at Muhlenberg Invitational	Cancelled
S25	at Philadelphia Metro Champ.	8th/15
O2	at LaSalle Invitational	8th/17
O9	at Goldey Beacom Classic	6th/15
O22	at Haverford Invitational	4:30
O30	Centennial Conference Champ.	11:00
	at McDaniel	
N13	at NCAA Mid-East Regionals	11:00
	at Allegheny	

^ at Belmont Plateau

Division III National Coaches' Poll as of October 5

Women

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

Division III Midwest Region Poll as of October 5

Women

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

Women's Upcoming Schedule

SATURDAY, OCTOBER 16

Bryn Mawr, Haverford at Seven Sisters (at Mt. Holyoke)

McDaniel, Johns Hopkins at Gettysburg Invite
Dickinson, Muhlenberg at DeSales Invitational
Swarthmore at Williams Meet