All-Centennial Conference
Men's Cross Country

OCTOBER 31, 2006
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
Zach Vaslow, Haverford +	Sr	Bethesda, MD / Bethesda-Chevy Chase
Don Letts, Haverford *	Jr	Climax, MI / Portage North
Andrew Lanham, Haverford	Fr	Wooster, OH / Wooster
Tim Seeley, Muhlenberg	Sr	Harleysville, PA / Souderton
Taylor Burmeister, Haverford (A)	So	Concord, MA / Concord-Carlisle
Matt Liebal, Dickinson +	Sr	Oakdale, CT / Montville
Lex Mercado, Muhlenberg	Sr	Philadelphia, PA / Penn Charter

Second Team

Pos / Name	Class	Hometown / High School
Stephen Rothwell, Muhlenberg	Sr	Harrington Park, NJ / Northern Valley Old Tappan
Jamie Jablin, Haverford #	Jr	Chambersburg, PA / Chambersburg
Patrick Brandon, Johns Hopkins #	Jr	Massapequa, NY / Massapequa
Jon Shoop, Swarthmore (A)	Jr	Incline Village, NV / Incline
Erik Saka, Swarthmore	So	Quincy, IL / Quincy
Nathaniel Grabman, Haverford	Sr	Anchorage, AK / East Anchorage
Mark Burgmann, Haverford	So	Philadelphia, PA / Roman Catholic

\+ 1st team All-Centennial in 2004 and 2005
* 1st team All-Centennial in 2005
\# 2nd team All-Centennial in 2005
(A) Named to 2006 Conference Academic Honor Roll

Runner of the Year – Zach Vaslow, Haverford, Sr.

Notes

- Vaslow is the third consecutive and 11th Haverford runner overall to earn Centennial Runner of the Year honors. He and Dickinson's Matt Liebal are the 10th and 11th runners to earn first-team All-Centennial honors three times.
- Landham is the second freshman in Conference history to earn first-team All-Centennial honors, following in the footsteps of Haverford's Karl Paranya (1993).
- Haverford placed four runners on the first team to raise its Conference-leading total to 62 over 14 years. Dickinson is second with 11 first-teamers, followed by Franklin & Marshall (9), Muhlenberg (6), Gettysburg (5), Swarthmore (3) and McDaniel (2).
- Two 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
2004: Will McGuire, Haverford
2005: Ian Ramsey-North, Haverford
2006: Zach Vaslow, 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
Bobby Cannon, Haverford, 2002-03-04
Grant Scott, Haverford, 2003-04-05
Matt Liebal, Dickinson, 2004-05-06
Zach Vaslow, Haverford, 2004-05-06

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
2004: Haverford
2005: Haverford
2006: Haverford