



Cross Country 2009

RELEASE #4

September 29, 2009

Centennial Head Coaches

Bryn Mawr..... Dan Talbot
Dickinson..... Don Nichter
Franklin & Marshall..... John Stoudt
Gettysburg..... Steve Shutt
Haverford..... Tom Donnelly (M)
..... Fran Rizzo (W)
Johns Hopkins..... Bobby Van Allen
McDaniel..... Doug Renner
Muhlenberg..... Will Elson
Swarthmore..... Pete Carroll
Ursinus..... Chris Bayless

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Previous Centennial Champions

Men

1993-2007: Haverford
2008: Dickinson

Women

1993: Haverford
1994: Gettysburg
1995-96: Haverford
1997-98: Dickinson
1999: McDaniel
2000-07: Dickinson
2008: Johns Hopkins

National Champions (M)

2001: J.B. Haglund, Haverford (24:16.0)

MEN'S RUNNER OF THE WEEK

Joe Carpenter, Haverford (Jr, Portland, OR / Lincoln)

Carpenter was the top Haverford and D-III finisher at the Main Line Invitational, covering the 4-mile course in 20:16.82 to finish sixth behind five Villanova runners.

WOMEN'S RUNNER OF THE WEEK

Laura Paulsen, Johns Hopkins (Sr, Lutherville, MD / Bryn Mawr)

In a race that featured nationally-ranked teams and All-America runners, Paulsen led Johns Hopkins to the team title at the Purple Valley Classic at Williams. She took second in the race with a time of 22:24 as the Blue Jays placed five runners in the top 10.

RESULTS

Thursday, September 24

Bryn Mawr, Swarthmore, Villanova at Haverford Main Line Invitational (non-scoring)

Saturday, September 26

York Invitational

Men (7 teams): 1. Johns Hopkins 31; 3. Franklin & Marshall 97; 5. McDaniel 144.

Women (7 teams): 1. Franklin & Marshall 31; 3. McDaniel 85; 4. Johns Hopkins 105.

Juniata Tri-Meet

Men: Juniata 16, Gettysburg 47; Messiah 15, Gettysburg 50.

Women: Gettysburg 25, Juniata 31; Messiah 21, Gettysburg 40

Williams Purple Valley Classic (12 teams)

Women: 1. #4 Johns Hopkins 29; 2. #7 Williams 55; 3. #1 Middlebury 69; 4. #27 Oberlin 111.

Ursinus at Philly Metro Championship (at Belmont Plateau)

Men (15 teams): 1. Philadelphia U. 30; 4. Ursinus 92.

Women (20 teams): 1. Philadelphia U. 43; 3. Ursinus 138.

SCHEDULE

Friday, October 2

Dickinson, Franklin & Marshall, Gettysburg, Haverford, Johns Hopkins, McDaniel, Muhlenberg, Swarthmore, Ursinus at Paul Short Invitational (at Lehigh)

Saturday, October 3

Bryn Mawr at Belmont Classic

CENTENNIAL NOTEBOOK

Johns Hopkins staked its claim to the top spot in this week's USTFCCA Division III women's poll by winning the Purple Valley Classic at Williams College. Senior **Laura Paulsen (Lutherville, MD / Bryn Mawr)** was the top JHU finisher, taking second, while **Mira Patel (Moraga, CA / Campolindo)**, **Christine Valerio (West Milford, NJ / West Milford)**, **Liz Provost (Keene, NH / Keene)** and **Cecilia Furlong (San Francisco, CA / University HS)** all finished in the top 10. The Blue Jays defeated seventh-ranked Williams, top-ranked Middlebury and 27th ranked Oberlin to win the meet.

Franklin & Marshall's women captured the York Invitational, as **Emily Wilson (Milan, MI / Milan)** and **Amy Jordan (West Chester, PA / Henderson)** finished second and fifth, respectively. Johns Hopkins captured the men's title as **Steve Tobochnik (Kalamazoo, MI / Loy Norrix)** won the individual title

Haverford's **Emily Lipman (Needham, MA / Needham)** was second among D-III runners at the Main Line Invitational, covering the 3-mile course in 18:08.07. **Hannah Rose (Croton-on-Hudson, NY / Croton-Harmon)** was Swarthmore's top finisher, taking 15th.

Ursinus was led by **Jeremy Gavel (Redding, CT / Joel Barlow)** and **Stephanie Donatone (Moorestown, NJ / Moorestown)** at the Philly Metro Small College meet, as the men finished fourth and the women captured third.

2009 Centennial Conference Men's & Women's Cross Country Schedule

Tuesday, September 1

Bryn Mawr at Haverford Time Trials
Men & Women: Non-Scoring Meet

Friday, September 4

Baltimore Metro Invitational
Men: 1. Johns Hopkins, 4. McDaniel (4 teams);
Women: 1. Johns Hopkins, 3. McDaniel (5 teams)
Lehigh Valley Championships (at Lehigh)
Men: 4. Muhlenberg (5 teams); Women: 4. Muhlenberg (5 teams)

Saturday, September 5

Shippensburg Invitational
Men: 2. Dickinson, 3. Gettysburg (6 teams)
Women: 2. Dickinson, 3. Gettysburg (5 teams)
Delaware Valley Invitational
Men: 2. F&M, 6. Ursinus (17 teams)
Women: 2. F&M, 3. Ursinus (17 teams)

Saturday, September 12

Navy Salty Dog Invitational
Men: 4. Johns Hopkins (8 teams)
Women: 2. Johns Hopkins (8 teams)
McDaniel Green Terror Challenge
Men: 3. McDaniel (7 teams)
Women: 1. McDaniel (7 teams)
Immaculata Invitational
Men: 2. Ursinus (11 teams)
Women: 1. Ursinus (12 teams)

Tuesday, September 15

Little Three Championships
Men: Dickinson 15, F&M 50; Dickinson 19, Gettysburg 38;
Gettysburg 15, Franklin & Marshall 47
Women: Dickinson 26, Gettysburg 30; Dickinson 20, Franklin &
Marshall 41; Gettysburg 20, Franklin & Marshall 41.

Saturday, September 19

Dickinson Long-Short Invitational
Men: 1. Dickinson 44, 3. Gettysburg 101, 13. Swarthmore 310,
18. McDaniel 436, Muhlenberg NTS
Women: 1. Dickinson 79, 3. Gettysburg 129, 8. Swarthmore 268,
13. McDaniel 350, 14. Bryn Mawr 405, Muhlenberg NTS

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Invitational (non-scoring)

Saturday, September 26

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5. McDaniel 144.
Women (7 teams): 1. Franklin & Marshall 31; 3. McDaniel 85;
4. Johns Hopkins 105.
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(at Lehigh)

Saturday, October 3

Bryn Mawr at Belmont Classic

Saturday, October 10

Dickinson at Carnegie Mellon Invitational
F&M Invitational

Saturday, October 17

Bryn Mawr, Swarthmore (W) at Seven Sisters Championship (at Mt.
Holyoke)
Johns Hopkins, McDaniel at Gettysburg Invitational
Haverford at Princeton Invitational
Johns Hopkins at Oberlin Inter-Regional Meet
Muhlenberg at Lafayette Leopard Invitational

Saturday, October 24

Dickinson, Gettysburg at Elizabethtown Invitational

Saturday, October 31

Centennial Championships (at Dickinson)

Saturday, November 14

NCAA Mideast Regionals (at Lehigh)

Saturday, November 21

NCAA Championship (Cleveland, Ohio)

