

Centennial Conference Men's Cross Country Record Book

Championship Meet Results

1993 at Dickinson

Haverford 31, Franklin & Marshall 43, Swarthmore 91, Gettysburg 91, Western Maryland 157, Dickinson 159, Johns Hopkins 192, Muhlenberg 204, Ursinus 247.

1994 at Gettysburg

Haverford 20, Gettysburg 69, Franklin & Marshall 70, Swarthmore 114, Dickinson 165, Johns Hopkins 173, Western Maryland 181, Muhlenberg 202, Ursinus 254.

1995 at Swarthmore

Haverford 23, Gettysburg 65, Franklin & Marshall 70, Swarthmore 106, Dickinson 135, Johns Hopkins 161, Muhlenberg 196, Ursinus 200, Western Maryland inc.

1996 at Gettysburg

Haverford 23, Franklin & Marshall 58, Gettysburg 81, Dickinson 113, Swarthmore 127, Ursinus 159, Johns Hopkins 178, Western Maryland 228, Muhlenberg 263.

1997 at Ursinus

Haverford 22, Franklin & Marshall 58, Gettysburg 70, Dickinson 119, Johns Hopkins 155, Ursinus 164, Swarthmore 173, Muhlenberg 197, Western Maryland 271.

1998 at Western Maryland

Haverford 26, Dickinson 84, Gettysburg 90, Johns Hopkins 90, Franklin & Marshall 106, Swarthmore 151, Ursinus 197, Muhlenberg 242, Western Maryland 244.

1999 at Gettysburg

Haverford 25, Dickinson 70, Swarthmore 78, Gettysburg 103, Johns Hopkins 151, Franklin & Marshall 155, Muhlenberg 190, Ursinus 205, Western Maryland 272.

2000 at Western Maryland

Haverford 19, Dickinson 69, Gettysburg 102, Muhlenberg 107, Johns Hopkins 125, Swarthmore 143, Franklin & Marshall 164, Western Maryland 237, Ursinus inc.

2001 at Dickinson

Haverford 17, Dickinson 66, Gettysburg 100, Muhlenberg 105, Swarthmore 107, Johns Hopkins 171, Franklin & Marshall 229, Western Maryland 242, Ursinus 266.

2002 at Ursinus

Haverford 24, Muhlenberg 35, Dickinson 88, Johns Hopkins 112, Swarthmore 132, Gettysburg 151, Franklin & Marshall 191, McDaniel 235, Ursinus 272.

2003 at Muhlenberg

Haverford 31, Dickinson 60, Swarthmore 89, Muhlenberg 104, Gettysburg 125, Johns Hopkins 158, McDaniel 180, Franklin & Marshall 228, Ursinus 242.

2004 at McDaniel

Haverford 18, Dickinson 72, Swarthmore 87, Muhlenberg 100, Gettysburg 133, Johns Hopkins 162, McDaniel 214, Franklin & Marshall 225, Ursinus 258.

2005 at Johns Hopkins

Haverford 19, Dickinson 86, Swarthmore 99, Muhlenberg 100, Gettysburg 145, Johns Hopkins 154, McDaniel 161, Franklin & Marshall 234, Ursinus 244.

2006 at Dickinson

Haverford 20, Muhlenberg 56, Dickinson 102, Swarthmore 104, Johns Hopkins 114, Gettysburg 156, Franklin & Marshall 220, McDaniel 221, Ursinus 255.

2007 at Franklin & Marshall

Haverford 21, Dickinson 55, Johns Hopkins 84, Muhlenberg 110, Swarthmore 127, Gettysburg 179, Franklin & Marshall 209, McDaniel 221, Ursinus 288.

Team Championships: Haverford 15.

Individual Championships: Haverford 12, Franklin & Marshall 2, Swarthmore 1.

Team and Individual Champions

Year	Team Champion	Score	Individual Champion	Site
1993	Haverford.....	31	Steve Monaco, Franklin & Marshall (24:53.4)	Dickinson
1994	Haverford.....	20	Karl Paranya, Haverford (25:48)	Gettysburg
1995	Haverford.....	23	Karl Paranya, Haverford (26:44.1)	Swarthmore
1996	Haverford.....	23	Karl Paranya, Haverford (26:45.0)	Gettysburg
1997	Haverford.....	22	Ntobeko Ntusi, Haverford (28:04)	Ursinus
1998	Haverford.....	26	Jason Bernstein, Haverford (26:11.75)	Western Maryland
1999	Haverford.....	25	Frank McCartney, Franklin & Marshall (25:51.44)	Gettysburg
2000	Haverford.....	19	J.B. Haglund, Haverford (26:15.75)	Western Maryland
2001	Haverford.....	17	J.B. Haglund, Haverford (25:19)	Dickinson
2002	Haverford.....	24	Brandon Rowe, Haverford (27:29.6)	Ursinus
2003	Haverford.....	31	Lang Reynolds, Swarthmore (26:45.27)	Muhlenberg
2004	Haverford.....	18	Will McGuire, Haverford (26:17)	McDaniel
2005	Haverford.....	19	Ian Ramsey-North, Haverford (25:38)	Johns Hopkins
2006	Haverford.....	20	Zach Vaslow, Haverford (25:58)	Dickinson
2007	Haverford.....	21	Don Letts, Haverford (25:50)	Franklin & Marshall

Annual Finishes	93	94	95	96	97	98	99	00	01	02	03	04	05	06	07
Dickinson	6	5	5	4	4	2	2	2	2	3	2	2	2	3	2
Franklin & Marshall	2	3	3	2	2	5	6	7	7	7	8	8	8	7	7
Gettysburg	3	2	2	3	3	3	4	3	3	6	5	5	5	6	6
Haverford	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
Johns Hopkins	7	6	6	7	5	4	5	5	6	4	6	6	6	5	3
McDaniel	5	7	9	8	9	9	9	8	8	8	7	7	7	8	8
Muhlenberg	8	8	7	9	8	8	7	4	4	2	4	4	4	2	4
Swarthmore	3	4	4	5	7	6	3	6	5	5	3	3	3	4	5
Ursinus	9	9	8	6	6	7	8	9	9	9	9	9	9	9	9

Lowest Winning Score

- 17 Haverford, 2001 (1-J.B. Haglund, 2-Peter Rook, 3-Ronnie Bossert, 5-Jim Steinemann, 6-Greg Bielecki)
- 18 Haverford, 2004 (1-Will McGuire, 2-Bobby Cannon, 4-Zach Vaslow, 5-Grant Scott, 6-Ian Ramsey-North)
- 19 Haverford, 2005 (1-Ian Ramsey-North, 2-Grant Scott, 4-Don Letts, 5-Brian Scott, 7-Zach Vaslow)
- 19 Haverford, 2000 (1-J.B. Haglund, 3-Stephen Petro, 4-Peter Rook, 5-Greg Bielecki, 6-Joe McCool)
- 20 Haverford, 2006 (1-Zach Vaslow,

Highest Winning Score

- 31 Haverford, 2003
- 31 Haverford, 1993
- 26 Haverford, 1998 (1-Jason Bernstein, 4-Blake Axelrod, 6-Nathan Wright, 7-Joe McCool, 8-Jason Dwyer)
- 25 Haverford, 1999 (3-Joe McCool, 4-Stephon Petro, 5-Garth Terry, 6-Nathan Wright, 7-Doug Bennett)
- 24 Haverford, 2002 (1-Brandon Rowe,

Largest Winning Margins

- 67 Haverford, 2005 (19 pts; Dickinson 86 pts)
- 58 Haverford, 1998 (26 pts; Dickinson 84 pts)
- 54 Haverford, 2004 (18 pts; Dickinson 72 pts)
- 50 Haverford, 2000 (19 pts; Dickinson 69 pts)

Smallest Winning Margins

- 11 Haverford, 2002 (24 pts; Muhlenberg 35 pts)
- 12 Haverford, 1993 (31 pts; Franklin & Marshall 43 pts)
- 29 Haverford, 2003 (31 pts; Dickinson 60 pts)
- 35 Haverford, 1996 (23 pts; Franklin & Marshall 58 pts)

All-Centennial Conference First Teams

1993: Steve Monaco, Franklin & Marshall; Nate Suter, Haverford; Brian Todd, Franklin & Marshall; Luke Kiskaddon, So., Franklin & Marshall; Karl Paranya, Fr., Haverford; Mark Gyandoh, Haverford; Morgan Andreae, Haverford.

1994: Karl Paranya, So., Haverford; Luke Kiskaddon, Franklin & Marshall; Mark Gyandoh, Haverford; Ian Fraser, Haverford; Nate Suter, Haverford; Bill Gray, Gettysburg; Pre Gupta, Haverford.

1995: Karl Paranya, Jr., Haverford; Ntobeko Ntusi, Haverford; Bill Gray, Gettysburg; Luke Kiskaddon, Sr., Franklin & Marshall; Mark Gyandoh, Haverford; Kris Weum, Gettysburg; Chris Hood, Haverford.

1996: Karl Paranya, Sr., Haverford; Hilton Robinson, So., Franklin & Marshall; Aaron Cooper, Haverford; Chris Hood, Haverford; Jon Coldren, Dickinson; Ntobeko Ntusi, Haverford; Lowell Ladd, Dickinson.

1997: Ntobeko Ntusi, Haverford; Aaron Cooper, Haverford; Stephon Petro, Haverford; Brian Shiner, Sr., Franklin & Marshall; Blake Axelrod, Jr., Haverford; Kris Weum, Gettysburg; Lowell Ladd, Dickinson.

1998: Jason Bernstein, Jr., Haverford; Frank McCartney, Sr., Franklin & Marshall; Brendon Clark, Sr., Gettysburg; Blake Axelrod, Sr., Haverford; Nate Boice, So., Dickinson; Nathan Wright, Jr., Haverford; Joe McCool, So., Haverford.

1999: Frank McCartney, Gr., Franklin & Marshall; Liam O'Neill, Sr., Swarthmore; Joe McCool, Jr., Haverford; Stephon Petro, Jr., Haverford; Garth Terry, So., Haverford; Nathan Wright, Sr., Haverford; Doug Bennett, So., Haverford.

2000: J.B. Haglund, Jr., Haverford; Marc Jeuland, Sr., Swarthmore, Stephen Petro, Sr., Haverford; Peter Rook, Jr., Haverford; Greg Bielecki, So., Haverford; Joe McCool, Sr., Haverford; Brad Haywood, Jr., Dickinson.

2001: J.B. Haglund, Sr., Haverford; Peter Rook, Sr., Haverford; Ronnie Bossert, Sr., Haverford; Nick Grover, Sr., Dickinson; Jim Steinemann, Sr., Haverford; Greg Bielecki, Jr., Haverford; Doug Bennett, Sr., Haverford.

2002: Brandon Rowe, Jr., Haverford; Greg Bielecki, Sr., Haverford; Will Elson, Sr., Muhlenberg; Will McGuire, So., Haverford; Rob Uniszkiwicz, Jr., Muhlenberg; Bobby Cannon, So., Haverford; Brendan Gallagher, Sr., Muhlenberg.

2003: Lang Reynolds, Jr., Swarthmore; Bobby Cannon, Jr., Haverford; Kirk Mangels, Jr., Haverford; Alex Hotz, So., Muhlenberg; Grant Scott, So., Haverford; Paul Hugus, So., McDaniel; Tom Rhodes, So., Dickinson.

2004: Will McGuire, Jr., Haverford; Bobby Cannon, Sr., Haverford; Matt Liebal, So., Dickinson; Zach Vaslow, So., Haverford; Grant Scott, Jr., Haverford; Ian Ramsey-North, So., Haverford; Paul Hugus, Jr., McDaniel.

2005: Ian Ramsey-North, Jr., Haverford; Grant Scott, Sr., Haverford; Matt Liebal, Jr., Dickinson; Don Letts, So., Haverford; Brian Scott, Sr., Haverford; Tom Rhodes, Sr., Dickinson; Zach Vaslow, Jr., Haverford.

2006: Zach Vaslow, Sr., Haverford; Don Letts, Jr., Haverford; Andrew Lanham, Fr., Haverford; Tim Seeley, Sr., Muhlenberg; Taylor Burmeister, So., Haverford; Matt Liebal, Sr., Dickinson; Lex Mercado, Sr., Muhlenberg.

2007: Don Letts, Sr., Haverford; Ian Ramsey-North, Sr., Haverford; Anders Hulleberg, Fr., Haverford; Andrew Lanham, So., Haverford; Brian Krussell, Fr., Dickinson; Tim Van Syckle, Jr., Muhlenberg; Patrick Brandon, Sr., Johns Hopkins.

First Team Selections: Haverford 66, Dickinson 12, Franklin & Marshall 9, Muhlenberg 7, Gettysburg 5, Swarthmore 3, McDaniel 2, Johns Hopkins 1.

Three and Four-Time All-Centennial Selections

Since 1993, there have been 12 runners who have been named first-team All-Centennial three times - 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; Zach Vaslow, Haverford, 2004-05-06; Matt Liebal, Dickinson, 2004-05-06; Don Letts, Haverford, 2005-06-07; Ian Ramsey-North, Haverford, 2004-05-07.

One runner, Haverford's Karl Paranya has been named first-team All-Centennial four times - 1993-94-95-96.

The Centennial Conference in the NCAA Championship Meet

- 1993 Haverford, 10th (281 pts.)
- 1994 Haverford, 10th (298)
Gettysburg, 20th (515)
- 1995 Haverford, 11th (297)
Franklin & Marshall, 19th (446)
- 1996 Haverford, 9th (253)
- 1997 Haverford, 9th (273)
- 1998 Haverford, 18th (371)
- 1999 Haverford, 19th (401)
- 2000 Haverford, 9th (236)
- 2001 Haverford, 12th (316)
- 2002 Haverford, 19th (420)
- 2003 Haverford, 14th (328)
- 2004 Haverford, 4th (196)
- 2005 Haverford, 3rd (118)
- 2006 Haverford, 10th (314)
Muhlenberg, 29th (761)
- 2007 Haverford, 2nd (150)
Dickinson, 24th (534)

Centennial Runners in the NCAA Championship Meet (top 20)

- 1993 Stephen Monaco, Franklin & Marshall, 14th (25:12.3)
- 1994 Karl Paranya, Haverford, 11th (25:17.1)
- 1995 Karl Paranya, Haverford, 5th (24:25.9);
Luke Kiskaddon, Franklin & Marshall, 9th (24:33.9)
- 1996 Karl Paranya, Haverford, 2nd (24:11)
- 2000 J.B. Haglund, Haverford, 13th (25:25.0)
- 2001 J.B. Haglund, Haverford, 1st (24:16.0)
- 2005 Grant Scott, Haverford, 14th (25:55.8)
- 2006 Don Letts, Haverford, 18th (27:22)
- 2007 Ian Ramsey-North, Haverford, 16th (25:00)
Don Letts, Haverford, 17th (25:02)

All-Americans (top 35 finishers)

- 1993 Stephen Monaco, Franklin & Marshall (14th)
- 1994 Karl Paranya, Haverford (11th);
Bill Gray, Gettysburg (33rd)
- 1995 Karl Paranya, Haverford (5th);
Luke Kiskaddon, Franklin & Marshall (9th)
- 1996 Karl Paranya, Haverford (2nd)
- 1997 Aaron Cooper, Haverford (34th)
- 1998 Frank McCartney, Franklin & Marshall (30th)
- 1999 Frank McCartney, Franklin & Marshall (31st)
- 2000 J.B. Haglund, Haverford (13th)
- 2001 J.B. Haglund, Haverford (1st)
- 2003 Bobby Cannon, Haverford (21st)
- 2005 Grant Scott, Sr., Haverford (14th)
Ian Ramsey-North, Jr., Haverford (29th)
Matt Liebal, Jr., Dickinson (32nd)
- 2006 Don Letts, Jr., Haverford (18th)
Zach Vaslow, Sr., Haverford (26th)
- 2007 Ian Ramsey-North, Sr., Haverford (16th)
Don Letts, Sr., Haverford (17th)

Centennial Conference

Top Three Finishes at Mideast Regional

- 1993 Haverford (1st), Franklin & Marshall (3rd)
- 1994 Haverford (1st), Gettysburg (2nd)
- 1995 Haverford (1st), Franklin & Marshall (2nd)
- 1996 Haverford (1st), Franklin & Marshall (3rd)
- 1997 Haverford (1st)
- 1998 Haverford (3rd)
- 1999 Haverford (1st), Dickinson (3rd)
- 2000 Haverford (1st)
- 2001 Haverford (1st), Dickinson (3rd)
- 2002 Haverford (2nd)
- 2003 Haverford (1st)
- 2004 Haverford (1st)
- 2005 Haverford (1st)
- 2006 Haverford (1st)
- 2007 Haverford (1st)

Centennial Conference

Individual Champions at Mideast Regional

- 1993 Steve Monaco, Franklin & Marshall
- 1994 Karl Paranya, Haverford
- 1995 Karl Paranya, Haverford
- 1996 Karl Paranya, Haverford
- 1998 Jason Bernstein, Haverford
- 1999 Frank McCartney, Franklin & Marshall
- 2000 J.B. Haglund, Haverford
- 2001 J.B. Haglund, Haverford

CoSIDA Academic All-Americans

- 1996 Paul DiCamillo, Johns Hopkins (3rd)
- 1997 Paul DiCamillo, Johns Hopkins (1st)
Jim Mangan, Haverford (3rd)

NCAA Post-Graduate Scholarship Recipients

- 2001 J.B. Haglund, Haverford
- 2005 Grant Scott, Haverford

Centennial Directors' Team

First-Team All-Conference and Academic Honor Roll

- 2003 Kirk Mangels, Haverford
Grant Scott, Haverford
- 2004 Ian Ramsey-North, Haverford
Grant Scott, Haverford
Paul Hugus, McDaniel
- 2005 Ian Ramsey-North, Haverford
Grant Scott, Haverford
- 2006 Taylor Burmeister, Haverford
- 2007 Ian Ramsey-North, Haverford
Andrew Lanham, Haverford