
49th Annual
UALBANY
XC
INVITATIONAL



Saturday, October 17, 2015
University at Albany
Albany, New York

49th ANNUAL UALBANY INVITATIONAL

Director of Athletics	Mark Benson
Deputy Director of Athletics.....	Jerry Koloskie
Associate Director of Athletics for External Affairs	Charlie Voelker
Associate Director of Athletics for Facilities, Scheduling & Event Management	Cara White
Associate Athletic Director for Compliance	Eryn Cook
Director of Track & Field/Cross Country	Roberto Vives
Meet Director	Todd Wolin
Clerk/Registrar	Christen Griffin, Alexx Baum
Awards	Roberto Vives and Deshaya Williams
Meet Referee.....	Bobbi Palma
Starter.....	Lee Townsend
Chute Marshals	UAlbany Track & Field team
Meet Management	Todd Wolin, Christen Griffen
Computer Scoring	Finish Right Racing
Athletic Trainers	Jay Geiger, Joe Tegnander, Mary Kate Hedderman, Anthony Benyarko, Kimberly Wersted, John Sylak
Course Preparation	Todd Wolin, Alfred Alcasid, Alexx Baum, UAlbany Athletics Ground Crew
Media Relations Staff.....	Lizzie Barlow, Brooke Rayder, Dave Vatz, Kayla Prochnow
Director of Web Development and Video Production	Laura Remia
Equipment Manager	Steve Agars

Many thanks to those listed and to others who are assisting in the management of the UAlbany Invitational

2015 UALBANY INVITATIONAL MEET INFORMATION

DATE:	Saturday, October 17, 2015
SCHEDULE:	11:00 a.m. -- Jason DeJoy Memorial/ The 5th Man Alumni/Open 5K Race 11:45 a.m. -- Bobbi Palma Women's Championship 5K Race 12:30 p.m. -- R.K. Munsey Men's Championship 8K Race
COURSE:	The Men's 8K and Women's 5K courses are both run on 90-95% soft surface, about 100m total hard surface, spike friendly. The course will be open for inspection on Friday, October 16 after 1:00 pm.
COURSE MARKINGS:	Double white lines, natural boundaries, and fencing mark the course. Umpires will be stationed on the course. Mile and kilometer marks are marked with yellow paint for the women and purple paint for the men
SPLITS:	Split timers will be located only at the Mile marks.
NUMBERS:	We will be using bibs with the chip attached – you do not have to return this after the race. ATHLETES MUST WEAR THEIR ASSIGNED CHIPS AND NUMBERS AS LISTED ON THE TEAM ROSTER.
SCORING:	NCAA scoring will be used. The first five runners on each team score, while the sixth and seventh finishers displace. Teams with four or less finishers will not be counted in the team competition. Separate Division I scoring will also be calculated.
AWARDS:	Championship shirts will be awarded to winning individual and winning team in both races.
RESULTS:	Results will be posted on the UAlbany Athletics web site, www.ualbanysports.com , the Finish Right Racing web site, www.finishright.com , and TFRRS. Results will also be posted on post by the Hospitality Tent.

2014 TEAM & INDIVIDUAL CHAMPIONS

Race	Team	Individual
Men's Munsey	Middlebury - 43 points	Christopher Buchanan, UAlbany (25:18.2)
Women's Palma	Middlebury - 48 points	Silvia Del Fava, UAlbany (17:29.3)

UNIVERSITY AT ALBANY HOSTS 49TH ANNUAL CROSS COUNTRY INVITATIONAL

ALBANY, N.Y.—The University at Albany’s cross country program will host the 49th annual Cross Country Invitational on UAlbany’s campus course on Saturday October 17. The event kicks off at 11:00 a.m. with the Jason DeJoy Memorial/ The 5th Man Alumni/Open 5K Race for both men and women. The Bobbi Palma Women’s 5K Championship Race will follow at 11:45 a.m. Finally, the R.K. Munsey Men’s Championship 8K Race will wrap up the event at 12:30 p.m.

“Collectively, the field holds good competition for both the men and women,” said Head Coach Matt Jones. “We’re excited to defend at home, and for the opportunity to develop as we progress into the season.”

This year’s competition includes 16 teams, an increase from last year’s total. Middlebury will return to the field after winning both the men’s and women’s team titles for the past two years. Last year, UAlbany’s Chris Buchanan and Silvia Del Fava earned first-place for both the men’s and women’s teams, respectively. Buchanan ran a 25:18.2 8K for a new course record, while Del Fava’s 17:29.3 5K also earned her a new course record and the 26th fastest time ever run on a UAlbany course.

“We have the potential for individual winners again this year,” said Jones. “Jessica Donohue and Kyle Gronostaj are emerging as top runners in the conference.”

On the women’s side, they are looking to improve as a team, which means closing the gap for the top five finishers and averaging a better overall time. Their strongest competition includes Middlebury, Marist, and Sacred Heart.

“This is a smaller race. It provides us the opportunity to identify our competition earlier,” Jones said. “Our challenge on the men’s side is to match with our crosstown rival Siena.”

The men will face their biggest competition from Middlebury, Siena, Marist, and Manhattan.

“We’re excited for our team. In the last two meets, we faced larger competition,” said Jones. “This is a smaller meet and a major stepping stone in preparation for our conference and regional meet.”

As in the previous year, Coach Jones is using this race as a marker for the America East Conference Championship coming up in two weeks. The Danes will face a field of similar size during conference and regionals, though the championship field will be more competitive.

Starting Box Assignments

School	Box #
Hudson Valley	1
Marist	2
Middlebury	3
St. Michael's	4
LIU Post	5
Manhattan	6
Colgate	7
Sacred Heart	8
Binghamton	9
NYIT	10
St. Bonaventure	11
Albany	12
Siena	13
Herkimer	14
Columbia-Greene	15
SUNY Adirondack	15
LIU Brooklyn	16



49th UAlbany Cross Country Invitational
Schedule of Events (University Campus Course)
 11:00 a.m. -- Jason DeJoy Memorial / The 5th Man Alumni/Open (Women/Men) 5K Race
 11:45 a.m. -- Bobbi Palma Women's Championship 5K Race
 12:30 p.m. -- R.K. Muncey Men's Championship 8K Race

PAW PRINTS: UAlbany has welcomed several of the best in the Northeast for the past 49 years to its annual cross country invitational. Teams from all three NCAA divisions and community colleges come each October to compete at the University Campus Course. The only other meet of this magnitude held over the same weekend in the region is hosted by Penn State University.



2015 UALBANY INVITATIONAL

TEAM ROSTERS

UALBANY

MEN'S ROSTER

Name	Cl.	Hometown/High School/Previous School
Calvin Butlak	Fr.	Angola, N.Y./Lake Shore
Zachary Cook	Sr.	Albany, N.Y./Bishop Maginn
Ryan Fox	Fr.	Danbury, Conn./Danbury
Matthew Gladysz	Fr.	Wading River, N.Y./Shoreham-Wading River
Kyle Gronostaj	So.	East Greenbush, N.Y./Columbia
Jordan Johnson	Fr.	Loudonville, N.Y./Colonie
Harold Lamour	Sr.	Philadelphia, Pa./Engineering & Science/Morgan State University
Keith Machabee	So.	Delmar, N.Y./Bethlehem
Liam Mallon	Fr.	Garnerville, N.Y./North Rockland
Justin Middleton	Jr.	Auburn, N.Y./Auburn/Iona College
Jonathan Moore	Sr.	Saratoga Springs, N.Y./Saratoga Springs
Tyler Ranke	So.	Rochester, N.Y./Hilton Central
Austin Sperl	Fr.	Port Jefferson Station, N.Y./Comsewogue

WOMEN'S ROSTER

Name	Cl.	Hometown/High School/Previous School
Dominique Claudio	Sr.	Brooklyn, N.Y./St. John Villa Academy
Breanna Cummings	Sr.	Brooklyn, N.Y./Benjamin Banneker
Jessica Donohue	Jr.	Glen Head, N.Y./North Shore
Kasia Geiger	Jr.	Valatie, N.Y./Ichabod Crane
Nira Lovick	So.	Baldwin, N.Y./Baldwin
Colleen Maloney	So.	Rensselaer, N.Y./Columbia
Molly Pezzulo	Sr.	Saratoga Springs, N.Y./Saratoga Springs/Auburn University
Mackenzie Pierie	Fr.	Manlius, N.Y./Fayetteville-Manlius
Schuyler Pruyne	So.	Rexford, N.Y./Burnt Hills-Ballston Lake
Delilah Quinones	Jr.	Amsterdam, N.Y./Amsterdam
Leah Rice	Sr.	New Hartford, N.Y./University of Buffalo/Holland Patten
Cara Sherman	Fr.	Rotterdam, N.Y./Mohonasen
Hanna Smith	Jr.	Manlius, N.Y./Fayetteville-Manlius
Valentina Talevi	Jr.	Ancona, Italy

Head Coach: Matt Jones

Director of Track & Field/Cross Country: Roberto Vives

Associate Director Track & Field / Cross Country: Todd Wolin

Assistant Coaches: Deshaya Williams

BINGHAMTON

MEN'S ROSTER

Name	Cl.	Hometown/High School/Previous School
Matt Gill	So.	Watkins Glen, N.Y./Watkins Glenn
Dan Hausamann	So.	Cohoes, N.Y./Shaker
Billy Hector	So.	Brooklyn, N.Y./Midwood
Nate Howe	So.	Honeoye Falls, N.Y./McQuaid Jesuit
Daryn Hutchings	Fr.	Argyle, N.Y./Argyle
Jade Marhaba	Sr.	Vestal, N.Y./Vestal
Adam McIe	Sr.	Brewster, N.Y./Brewster
Jared Rousell	R-Sr.	Webster, N.Y./Webster-Thomas
Andrew Sweeney	Sr.	Henrietta, N.Y./Rush-Henrietta
Patrick Watters	So.	Ramsey, N.J./Ramsey

WOMEN'S ROSTER

Name	Cl.	Hometown/High School/Previous School
Annie Anna Corrigan	Sr.	East Northport, N.Y./Northport
Savoy Curry	Fr.	Brockport, N.Y./Brockport
Kailey Dwyer	Sr.	Tompkins Cove, N.Y./North Rockland
Lizzie Greiner	Sr.	Henrietta, N.Y./Rush-Henrietta
Alexis Hatcher	Sr.	Stony Point, N.Y./North Rockland
Amanda Kobiolka	Fr.	Hamburg, N.Y./Immaculata
Eileen O'Hara	Jr.	Webster, N.Y./Webster-Thomas
Shannon O'Hara	Sr.	Webster, N.Y./Webster-Thomas

Jenny Yakir	Fr.	Staten Island, N.Y./Staten Island Tech
Erika Yamazaki	Fr.	New York, N.Y./LaGuardia

Head Coach: Annette Acuff

Assistant Coach: Matt Gosselin

COLGATE

MEN'S ROSTER

Name	Cl.	Hometown/High School/Previous School
Nicholas Baglieri	So.	Pittsford, N.Y.
Bobby Galante	Jr.	Sparta, N.J. / Pope John XXIII
Austino Garcia	Jr.	Santa Rosa, Calif. / Sonoma Academy
Watson Hanson	So.	Radnor, Pa. / Randor
Cody Hawkins	Sr.	Chapel Hill, N.C. / East Chapel Hill
Troy Kelly	Jr.	Queensbury, N.Y. / Queensbury
Bennett Levis	Jr.	Glencoe, Ill. / New Trier Township
Colin Loughlin	So.	Hingham, Mass. / Hingham
Chris Noda	Sr.	St. Louis, Mo./Mary Institute/St. Louis
Daniel Palladino	So.	Wellesley, Mass. / Wellesley
Nikhil Tewari	Fr.	Carmel, Ind.

WOMEN'S ROSTER

Name	Cl.	Hometown/High School/Previous School
Skyler Berardi	Fr.	Glen Mills, Pa. / Garnet Valley
Tina Bowers	So.	West Reading, Pa. / Wyomissing
Jordan Chervin	Jr.	Manalapan, N.J. / Manalapan
Ashley de Hechavarria	Fr.	Jacksonville, Fla. / The Bolles School
Meghan DioGuardi	So.	Hornell, N.Y. / Alfred Almond
Meghan Duffy	So.	Chelmsford, Mass. / Chelmsford
Rebecca Easley	Jr.	Erie, Pa. / Villa Maria Academy
Caroline Falvey	So.	Walpole, Mass. / LaSalle Academy
Hannah Gunther	Fr.	Ranchos de Taos, N.M. / Taos
Denise Larson	Fr.	Poolesville, Md. / Poolesville
Holland Reynolds	Sr.	Belvedere, Calif. / San Francisco Uni.
Alexa Werner	Fr.	Weston, Conn. / Weston
Caroline Zaworski	Fr.	Arlington Heights, Ill. / Loyola Academy

Head Coach: Arthur McKinnon

Assistant Coach: Luke Burdick, Amber Williams

COLUMBIA GREENE C.C.

WOMEN'S ROSTER

Name	Cl.	Hometown/High School/Previous School
Stacey Harvey	Fr.	Chatham, N.Y. / Chatham
Shannon LaChance	So.	Hudson, N.Y. / Hudson

Head Coach: John Pinder

HERKIMER

MEN'S ROSTER

Name	Cl.	Hometown/High School/Previous School
John Alessi	Fr.	Red Hook, N.Y./Red Hook
Jon Bryant	Fr.	Syracuse, N.Y./Henninger
Ricardo Carrillo Jr.	Fr.	Utica, N.Y./Thomas R. Proctor
Norman Clayton	Fr.	Bronx, N.Y./Green Dot Charter
Daniel Coradin	Fr.	Bronx, N.Y./Wadleigh Secondary
Jamal Harris	Fr.	Syracuse, N.Y./Henninger
Matt Manda	Fr.	Scotia, N.Y./Scotia-Glenville
Taj Parker	Fr.	Mount Vernon, N.Y./Nellie A. Thornton

WOMEN'S ROSTER

Name	Cl.	Hometown/High School/Previous School
Elazjah DeDeaux	Fr.	Syracuse, N.Y./Corcoran
Yu Inose	Fr.	Tokyo, Japan/Mito
Shiena Kimura	Fr.	Tokyo, Japan/Kosei

Mandi LaClair	Fr.	Sherburne, N.Y./Sherburne-Earville
Ashley Lynch	Fr.	Cohoes, N.Y./Cohoes
Jessica Malskis	Fr.	Jay, N.Y./Ausable Valley

Head Coach: Stephen Sydoriv
Assistant Coach: Sharon Howell

HUDSON VALLEY C.C

MEN'S ROSTER

Name	Cl.	Hometown/High School/Previous School
Arnoldo Burnett	Fr.	Bronx, N.Y./ John F. Kennedy
David Considine	So.	Delmar, N.Y./ Bethlehem
Josiah Dillion	Fr.	Ballston Spa, N.Y./ Ballston Spa
Anthony Erno	Fr.	Glenville, N.Y./ Scotia-Glenville
Charles Handy	Fr.	Wynantskill, N.Y./ Averill park
Frank Hughes	Fr.	Loudonville, N.Y./ Shaker
Jeff Kline	Fr.	Galway, N.Y./ Galway
Ryan Kohlenberger	So.	Lee, Mass./ Lee
Brendon Kondrat	Fr.	Middlegrove, N.Y./ Galway
Connor Terrell	Fr.	Albany, N.Y./ Shenendehowa
Matthew Whalen	Fr.	Latham, N.Y./ Shaker

WOMEN'S ROSTER

Name	Cl.	Hometown/High School/Previous School
Sarah Carter	Fr.	Cohoes, N.Y./ Cohoes
Halle Nightingale	Fr.	Schaghticoke, N.Y./ Hoosic Valley
Meghan Riley	So.	Greenwich, N.Y./ Greenwich
Brenda Stack	Fr.	Pine Bush, N.Y./ Pine Bush
Emily Wilk	Fr.	Gansevoort, N.Y.

Head Coach: Sarah Popovics
Assistant Coach: Dylan Hedderman

LIU BROOKLYN

WOMEN'S ROSTER

Name	Cl.	Hometown/ High School/Previous School
Nerene Aberdeen	So.	St. Andrew's, Grenada / St. David's Catholic Secondary
Niteesa Brooks	Gr.	Edison, N.J. / Rider Univ.
Zaahira Deboise	Fr.	Houston, Texas / Northridge
Alison Doway	Jr.	Staten Island, N.Y. / Port Richmond
Kharyn Ethridge	So.	New York, N.Y. / Bishop Loughlin
Anghie Hall	Jr.	College Point, N.Y. / St. Agnes
Esther Jean-Louis	So.	Elizabeth, N.J. / Elizabeth
Adjovi Simpini	So.	Hartford, Conn. / Classical Magnet
Shayla Wigand	Fr.	Dublin, Ohio / Dublin Scioto

Head Coach: Janine Davis, Simon Hodnett
Assistant Coach: Michael Robinson, Ron Edmundson

LIU POST

MEN'S ROSTER

Name	Cl.	Hometown/ High School/Previous School
Steven Arnone	R-Sr.	Staen Island, N.Y./Monsignor Farell
Thomas Flynn	So.	Smithtown, N.Y./St. Anthony's
Ryan Gioe	So.	Huntington Station, N.Y. / Walt Whitman
Tyler McGarvey	Jr.	Babylon, N.Y. / Babylon
Joseph Ranni	Fr.	Deer Park, N.Y. / Deer Park
Mike Scott	R-Jr.	Fultonville, N.Y. / Fonda-Fultonville

WOMEN'S ROSTER

Name	Cl.	Hometown/ High School/Previous School
Nancy Bonilla	So.	West Hempstead, N.Y. / West Hempstead
Charlene Hickey	Fr.	East Meadow, N.Y. / East Meadow
Lauren Hoffman	So.	Melville, N.Y. / Walt Whitman
Brooke Rozea	Gr.	Syosset, N.Y. / Our Lady Of Mercy
Kaitie Schillaci	Fr.	Albany, N.Y. / Colonie Central
Elizabeth Stirling	Sr.	Wantagh, N.Y. / Wantagh
Talya Williams	So.	Schenectady, N.Y. / Notre Dame-Bishop

Head Coach: Pat Slevin

MANHATTAN

MEN'S ROSTER

Name	Cl.	Hometown/High School/Previous School
Dawud Abdur-Rashad	So.	Brooklyn, N.Y./Nishop Ford/St. Francis Brooklyn
Nicholas Adamo	Sr.	Franklin Square, N.Y./Kellenberg Memorial
Shane Beyer	Sr.	Brick, N.J./Brick Memorial
Tom Bonaro	Sr.	Pearl River, N.Y./Pearl River/Albany
Tom Diliberto	Jr.	Massapequa Park, N.Y./St. Anthony's/Wake Forest
John Dove	So.	Monroe, N.Y./Monroe-Woodbury
Steven Forte	So.	Bellmore, N.Y./Mempham
Angelio Grullon	Fr.	Bronx, N.Y./Cardinal Hayes
Rory Hannigan	Fr.	West Babylon, N.Y./St. John the Baptist
T.J. Harrington	So.	Middletown, N.J./Middletown South
Amir Khagani	Fr.	Bethesda, Md./Walt Whitman
Joseph Lunberg	Fr.	Freehold, N.J./Freehold Township
Chad Maier	Fr.	Melville, N.Y./Walt Whitman
Nick Matson	Fr.	Clifton Park, N.Y./Shenendehowa
Conor McDonough	Fr.	Niskayuna, N.Y./Niskayuna
Christian McLaughlin	Fr.	Allenhurst, N.J./Christian Brothers Academy
Liam O'Brien	Fr.	Clifton Park, N.Y. /Christian Brothers Academy
Chris Orlando	So.	Newburyport, Mass./Newburyport

WOMEN'S ROSTER

Name	Cl.	Hometown/High School/Previous School
Lorraine Brancale	Sr.	Staten Island, N.Y./St. Joseph Hill/NYU/Wagner
Victoria Cruz	Fr.	West Nyack, N.Y./Clarkstown South
Lisa Fajardo	Fr.	Brooklyn, N.Y./ Bishop Kearney
Caroline Ferri	Fr.	Garden City, N.Y. /Garden City
Kelly Gorman	So.	South Amboy, N.J./Cardinal McCarrick
Mary Kate Himmelberg	Fr.	Middletown, N.J./Middletown South
Sam Hoagland	Fr.	Colts Neck, N.J./ Colts Neck
Keeley Hogan	Fr.	Delmar, N.Y./ Bethlehem Central
Kim Jelich	Fr.	Malverne, N.Y./Valley Stream North
Samantha Manalastas	So.	Smithtown, N.Y./Smithtown West
Grace Ostolozaga	So.	Stony Point, N.Y./Albertus Magnus
Alexa Roda	So.	Staten Island, N.Y./Notre Dame Academy
Jacquie Roda	Fr.	Staten Island, N.Y./Notre Dame Academy
RikkiLynn Shields	Fr.	North Haledon, N.J./ Manchester Regional
Kaitlyn Rose Smith	So.	Effort, Pa./Pleasant Valley
Erin Spadaccini	Fr.	Wilmington, Del./Padua Academy
Gianna Tinto	Fr.	Kings Park, N.Y./ Smithtown West
Lauren Valle	Sr.	Hampton Bays, N.Y./Bishop McGann Mercy
Erin Von Dollen	Fr.	Blauvelt, N.Y./ Tappan Zee

Head Coach: Nick McDonough
Assistant Coach: Matt Turlip

MARIST

MEN'S ROSTER

Name	Cl.	Hometown/High School/Previous School
Matt Baffuto	Fr.	Pelham, N.Y./Pelham
Saad Baig	Jr.	Staten Island, N.Y./Curtis
James Ball	So.	Rumson, N.J./Rumson-Fair Haven
Eamonn Beers	Fr.	Miller Place/St.Anthony's
Andrew Bruns	Fr.	Guilderland, N.Y./Guidlerland
Will Duggan	So.	Rockville Centre, N.Y./South Side
Brian Edsall	Jr.	Pearl River, N.Y./Pearl River
Sami Ellougiani	So.	Ramsey, N.J./Ramsey
Domenic Fortino	Fr.	Peal River, N.Y./Pearl River
Patrick Ginty	Jr.	Smithtown, N.Y./St. Anthony's
Brian Henderson	Fr.	Tinton Falls, N.J./Christian Brothers Academy
Jake Hensler	Jr.	North Massapequa, N.Y./St. Anthony's
Patrick Hickey	So.	South Burlington, Vt./South Burlington
Daniel Hillman	Fr.	Westmoreland, N.Y./Notre Dame Academy
Riley Hughes	Fr.	Manlius, N.Y./Fayetteville-Manlius
Spencer Johnson	Jr.	Bristol, Conn./Bristol Central
Michael Kennedy	Fr.	Manalapan, N.Y./Manalapan
John Lee	Sr.	Wading River, N.Y./Shoreham-Wading River
Joseph Miller	So.	Seaford, N.Y./Seaford
Steven Morrison	So.	Poughquag, N.Y./Arlington
Stefan Morton	Jr.	Emerson, N.J./Emerson

Dietrich Mosel	So.	Manhasset, N.Y./Kellenberg Memorial
Omar Perez	Sr.	Poughkeepsie, N.Y./Our Lady of Lourdes
Steven Rizzo	So.	Wappingers Falls, N.Y./Roy C. Ketcham
Charles Ropes	Sr.	Wappingers Falls, N.Y./Our Lady of Lourdes
Patrick Rynkowski	Sr.	Ridgewood, N.J./Ridgewood
Tanner Senius	Fr.	Warwick, N.Y./Warwick
Zach Toner	Jr.	Merrick, N.Y./Calhoun
Mark Vuono	Sr.	Coventry, R.I. Bishop Hendricken
Palmer Weimann	Fr.	Farmington, Conn./Farmington
Eddie White	Fr.	Warminster, Pa./Tennent
Richard Willi	Sr.	Rockville Centre, N.Y./Kellenberg

WOMEN'S ROSTER

Name	Cl.	Hometown
Hannah Albert	Fr.	Middletown, Conn./Mercy
Mariella Bilello	Sr.	Old Bethpage, N.Y./St. Anthony's
Shea Bohan	Fr.	Sound Beach, N.Y./St. Anthony's
Jacqueline Bunce	Jr.	Cedar Grove, N.J./Cedar Grove
Emily Burns	Fr.	Guilderland, N.Y./Guilderland
Jordan Casey	Fr.	Burnt Hills, N.Y./Burnt Hills
Mariah Christian	So.	Mount Olive, N.J./Mount Olive
Christine Coughlin	Gr.	Latham, N.Y./Shaker
Allison Dellicarri	Jr.	Clarkstown, N.Y./Clarkstown North
Jaime Durso	Jr.	Honolulu, HI Punahou
Catherine Ferreri	Sr.	Hyde Park, N.Y./Our Lady of Lourdes
Kerri-Anne Flynn	Jr.	Huntington, N.Y./St. Anthony's
Emily Franko	Jr.	Latham, N.Y./Shaker
Christine Gambell	So.	Tully, N.Y./Tully
Kerry Gaye	Fr.	Greenlawn, N.Y./Harborfields
Shannon Gildea	So.	Bloomington, N.Y./Coleman Catholic
Annie Gould	Sr.	Stormville, N.Y./Carmel
Jessica Howe	Fr.	Manlius, N.Y./Fayetteville-Manlius
Olivia Lappas	Jr.	Pearl River, N.Y./Pearl River
Kristi Licursi	Jr.	Somers, N.Y./Somers
Bianca Luparello	Jr.	Port Washington, N.Y./Paul D. Schrieber
Katherine Miale	Fr.	Monroe, N.Y./Monroe-Woodbury
Taylor Mueller	Jr.	Queensbury, N.Y./Queensbury
Nicki Nesi	Sr.	Pelham, N.Y./Pelham
Roxanne Novo	So.	Phillipsburg, N.J./Phillipsburg
Elizabeth Peper	Sr.	Towson, Md./Towson
Marissa Porter	Jr.	West Newbury, Mass./Pentucket Regional
Jenna Robinson	So.	Guilderland, N.Y./Guilderland
Mara Schifffhauer	So.	Tabernacle, N.J./Seneca
Kim Schwartz	Jr.	Manchester Township, N.J./Manchester
Janelle Solviletti	Jr.	Billerica, Mass./Arlington Catholic
Kristen Traub	Sr.	Wayne, N.J./Eastern Christian
Brianne Vess	Sr.	Middletown, Conn./Mercy
Ashley Wallace	Fr.	Cornwall, N.Y./Cornwall
Elizabeth Wasserman	Jr.	

Head Coach: Chuck Williams

Director of XC and Track: Pete Colaizzo

MIDDLEBURY

MEN'S ROSTER

Name	Cl.	Hometown/High School/Previous School
Ascencion Aispuro	So.	Maywood, Calif. / Bell
Luke Carpinello	Sr.	Delmar, N.Y. / Bethlehem Central
Sam Cartwright	Sr.	Hermosa Beach, Calif. / Chadwick
Peter Elkind	So.	Westport, Conn. / Staples
Connor Evans	Fr.	Amherst, Mass. / Amherst Regional
Benjamin Hill	Fr.	Northampton, Mass. / Northampton
Sam Klockenkemper	Jr.	Nashville, Tenn. / Martin Luther King
Harrison Knowlton	Fr.	Turner, Maine / Leavitt Area
Sebastian Matt	Sr.	New Albany, Ohio / New Albany
Tim McGovern	So.	Newton, N.J. / Pope John XXIII Regional
Miles Meijer	Fr.	Mountain View, Calif. / Bellamine College
Andrew Michelson	Fr.	Columbia, Md. / McDonogh School
James Mulliken	So.	Westport, Conn. / Fairfield Prep
Jonathan Perlman	Fr.	Bala Cynwyd, Pa. / Lower Merion
Mark Perry	Sr.	Brookline, Mass. / Brookline
Ethan Realandar	Fr.	Ridgefield, Conn. / Ridgefield
Brian Rich	Jr.	Concord, Mass. / Concord-Carlisle
Kevin Serrao	So.	Ho Ho Kus, N.J. / Bergen County

Matt Sjogren	Fr.	Bend, Ore. / Summit
Brendan Wood	Jr.	Lincolnshire, Ill. / Stevenson

WOMEN'S ROSTER

Name	Cl.	Hometown/High School/Previous School
Isabella Alfaro	So.	Charleston, S.C. / Ashley School
Read Allen	So.	Weston, Mass. / Weston
Olivia Artaiz	Sr.	Banks, Ore. / Jesuit
Brianna Bisson	So.	Sudbury, Mass. / Lincoln-Sudbury
Lauren Bougioukas	Sr.	North Andover, Mass. / Governor's Academy
Emma DeCamp	Jr.	Washington, D.C. / Deerfield Academy
Claire Gomba	Fr.	Hopewell Junction, N.Y. / Hackley School
Caroline Guiot	Sr.	Bethesda, Md. / Walt Whitman
Alexis Jakubowski	Fr.	Mt. Prospect, Ill. / St. Ignatius Prep
Kate Leib	Sr.	Morristown, N.J. / Pingry
Katherine MacCary	Fr.	Los Angeles, Calif. / Marlborough School
Fiona Maloney-McCrystle	So.	Los Gatos, Calif. / Castilleja School
Katie Merrick	Jr.	South Burlington, Vt. / South Burlington
Abigail Nadler	Fr.	Chicago, Ill / Latin School of Chicago
Erzsie Nagy	Jr.	Albion, Maine / Lawrence
Victoria Pipas	So.	Lebanon, N.H. / Kimball Union
Liesel Robbins	So.	Hanover, N.H. / Hanover
Nikki Schachman	Sr.	New City, N.Y. / Clarkstown North
Alyssa Taylor	Jr.	Concord, Mass. / Concord Academy
Katherine Tercek	Sr.	Los Angeles, Calif. / Marlborough School
Robin Vincent	So.	Sutton, Vt. / St. Johnsbury Academy
Adrian Walsh	Sr.	Bozeman, Mont. / Cate School (Calif.)
Sasha Whittle	Jr.	New York, N.Y. / Nightingale Bamford

Head Coach: Nicole Wilkerson

Assistant Coach: Jodran Schilit

NYIT

MEN'S ROSTER

Name	Cl.	Hometown/High School/Previous School
Joe Battaglia	So.	Holbrook, N.Y. / Sachem HS East
Bishoy Bishara	So.	Highland Mills, N.Y. / Monroe Woodbury HS
Teddy Hamlin	Jr.	Oyster Bay, N.Y. / Oyster Bay HS
Eugene Lease	Fr.	Levittown, N.Y. / Island Trees HS
Devon Lides	So.	Glendale, N.Y. / St. Francis Prep
Tyler Mack	Jr.	Levittown, N.Y. / Division Avenue HS
Nick Mavros	Sr.	Oyster Bay, N.Y. / Oyster Bay HS
Tom Ruppel	Jr.	Holtzville, N.Y. / East Sachem HS

WOMEN'S ROSTER

Name	Cl.	Hometown/High School/Previous School
Gina Dorso	Sr.	Lindenhurst, N.Y. / Lindenhurst HS
Sarah Jerotich	Jr.	Kapsabet, Kenya / Wayland Baptist
Lia Matz	Sr.	Port Jervis, N.Y. / Delaware Valley HS
Camille Picini	Jr.	Farmingdale, N.Y. / Farmingdale HS
Melissa Pierre	So.	Wantagh, N.Y. / MacArthur HS
Diamond Watts	Jr.	Hempstead, N.Y. / Essex County College
Sherene Whyte	Jr.	St. Ann, Jamaica / Iowa Western Community College

Head Coach: Lenroy Raffington

Assistant Coach: Peter Zinno

SACRED HEART

MEN'S ROSTER

Name	Cl.	Hometown/High School/Previous School
Sean Ferguson	Sr.	Smithtown, N.Y. / St. John the Baptist
Benjamin Field	So.	Montpelier, Vt. / Montpelier
Michael Giambrone	So.	West Islip, N.Y. / West Islip
Trevor Guerrero	So.	Farmingville, N.Y. / Sachem East
Andrew Handfield	So.	East Lyme, Conn. / East Lyme
Joseph Keane	Fr.	Bellmore, N.Y. / St. Anthony's
Sean Kildare	Fr.	Massapequa Park, N.Y. / St. John the Baptist Diocesan
Joseph Klein	So.	Forestburgh, N.Y. / Monticello
Dane Krchnavy	Fr.	Monroe, Conn. / Masuk
Joseph Lagner	Fr.	Pembroke, Mass. / Pembroke
Timothy Loehner	So.	Danvers, Mass. / St. John's Prep

Evan Oatani	Fr.	Hyde Park, N.Y. / Franklin D. Roosevelt
Bryan Reilly	So.	Massapequa, N.Y. / St. John the Baptist
James Sullivan IV	So.	Livingston, N.J. / Livingston

WOMEN'S ROSTER

Name	Cl.	Hometown/ High School/Previous School
Lindsay Arcuri	Jr.	Bay Shore, N.Y. / Bay Shore
Molly Barker	Jr.	Weymouth, Mass. / Weymouth
Sarah Bent	Jr.	West Roxbury, Mass. / Ursuline Academy
Victoria Bernardo	Fr.	Glenmont, N.Y. / Bethlehem Central
Alison Briggs	Fr.	Commack, N.Y. / Commack
Emma Cary	Fr.	Morristown, N.J. / Morristown
Tara Connelly	So.	Holmdel, N.J. / Saint John Vianney
Nicole Cote	Jr.	Morristown, N.J. / Morristown
Lindsay Donegan	Fr.	Millington, N.J. / Mount Saint Mary Academy
Christine Donnelly	Sr.	Eldred, N.Y. / Eldred Jr./Sr. H.S.
Kaitlyn Goodlow	Fr.	Brick, N.J. / Donovan Catholic
Cynthia Gray	Sr.	Pine Bush, N.Y. / Pine Bush
Jennifer Hahne	Jr.	Madison, Conn. / Daniel Hand
Shannon Hickey	Sr.	South Easton, Mass. / Oliver Ames
Meghan Hutch	Jr.	East Taunton, Mass. / Coyle & Cassidy
Alexandra Kaeslin	Sr.	Bethel, Conn. / Immaculate
Zoe Kelly	Jr.	Watertown, Conn. / Watertown
Shannon Langdon	Jr.	Shelton, Conn. / Shelton
Trista Leo	So.	Penfield, N.Y. / Penfield
Lindsey Lucas	So.	Paramus, N.J. / Paramus, N.J.
Monica Macchio	Fr.	Milford, Conn. / Jonathan Law
Cristina Martello	Jr.	Middle Village, N.Y. / The Mary Louis Academy
Sarah Nacci	Jr.	Cranston, RI / Cranston H.S. West
Kerianne Nordland	Jr.	West Islip, N.Y. / West Islip
Leah O'Neill	Jr.	West Kingston, R.I. / La Salle Academy
Antonia Palazzolo	Fr.	Commack, N.Y. / St. Anthony's
Kelly Quinn	Jr.	Milford, Conn. / Joseph A. Foran
Maria Schwab	Jr.	Holliston, Mass. / Marian
Kate Sheridan	Jr.	Chester, NH / Pinkerton Academy
Kate Svensen	So.	Medway, Mass. / Bishop Feehan
Olivia Tracy	Fr.	Auburn, N.H. / Pinkerton Academy
Christina Treyz	Fr.	South Salem, N.Y. / John Jay (Cross River)
Danielle Vollaro	Sr.	Red Bank, N.J. / Middletown South

Head Coach: Christian Morrison

Assistant Coach: Megan Patterson

SIENA

MEN'S ROSTER

Name	Cl.	Hometown/High School/Previous School
Austin Bitzas	Jr.	Setauket, N.Y./St. Anthony's
Eric Brower	Jr.	Gloversville, N.Y./Johnstown
Andrew Canavan	Fr.	Niskayuna, N.Y./Niskayuna
Michael Carroll	Fr.	Monroe, N.Y./Washingtonville
Nick Cornine	Jr.	Kinnelon, NJ/Morristown-Bear
Chad Dashnaw	So.	Peru, N.Y./Saranac Central
Taylor Davis	Sr.	Kingston, N.Y./Kingston
Travis Fairlee	So.	Delanson, N.Y./Berne-Knox-Westerlo
Luciano Fiore	Fr.	Brightwaters, N.Y./Bay Shore
Paolo Fiore	Jr.	Brightwaters, N.Y./St. John the Baptist
Shane Fiust-Klink	Jr.	West Seneca, N.Y./Canisius
Sean Fogarty	Sr.	Elmwood Park, N.J./St. Joseph Regional
Bryant Hatala	Jr.	Endwell, N.Y./Maine-Endwell
Tom Higgins	Sr.	Hawthorne, N.Y./Westlake
Mike Mahoney	Fr.	Pearl River, N.Y./Pearl River
Daniel Medici	Fr.	Watervliet, N.Y./Shaker
Nick Miller	Sr.	Endwell, N.Y./Maine-Endwell
Patrick Moran	Fr.	Southborough, Md./Holy Name
Jack O'Hara	Fr.	Cromwell, Conn./Xavier
William Randall	Fr.	Syracuse, N.Y./West Genesee
Adam Vaccaro	Fr.	Lake Ariel, Pa./Western Wayne
Shaun VanBuskirk	So.	Old Bridge, N.J./Old Bridge
Sal Wright	Sr.	Las Cruces, N.M./Onate

WOMEN'S ROSTER

Name	Cl.	Hometown/High School/Previous School
Shannon Bauer	Jr.	Warwick, N.Y./Warwick Valley
Dominica Bleichert	So.	Clifton Park, N.Y./Shenendehowa
Charlotte Brunjes	Sr.	Warwick, N.Y./Warwick Valley
Gina D'Angelo	So.	East Northport, N.Y./St. Anthony's
Sarah Forman	Fr.	Altamont, N.Y./Guilderland
Kristen Lancto	Sr.	Schenectady, N.Y./Schalmont
Christie MacFarlane	Sr.	Delmar, N.Y./Bethlehem
Meghan McDonough	Fr.	Northport, N.Y./Northport
Erin Morrell	So.	Camillus, N.Y./Bishop Ludden
Kelly Pasko	Jr.	Castleton, N.Y./Maple Hill
Annica Penn	Jr.	Westhampton, N.Y./Westhampton Beach
Serena Rizzo	Fr.	Petersburg, N.Y./Berlin
Nicole Romanzo	So.	Wilmington, Mass./Wilmington
Kelly Russo	Jr.	Norwalk, Conn./Our Lady of Mercy
Sydney Sericolo	Jr.	Valatie, N.Y./Ichabod Crane
Ursula Svoboda	Jr.	Suffern, N.Y./Suffern
Stephanie Viggiano	Gr.	Seaford, N.Y./Our Lady of Mercy
Abbi Wright	Fr.	Slingerlands, N.Y./Bethlehem

Head Coach: John Kenworthy

Assistant Coach: Zach Williams

ST. BONAVENTURE

MEN'S ROSTER

Name	Cl.	Hometown/High School/Previous School
Matthew Bacher	So.	Franklinville, N.Y. / Franklinville
Drew Billie	Fr.	St.Mary's, Pa./Elk County Catholic
Ben Collins	So.	Glens Falls, N.Y./Glens Falls
Joe Ferenick	Sr.	Massapequa, N.Y./Chaminade
Caleb Johnson	Fr.	Orchard Park, N.Y. / Orchard Park
Ethan Kibbe	So.	Harrison Valley, Pa./Northern Potter
Nick Konotopskyj	Sr.	East Amherst, N.Y./Williamsville North
George Lاراia	Fr.	Middletown, N.Y./Minisink Valley
Caleb Lecker	Sr.	Saint Marys, Pa./Elk County Catholic
Levi Malone	So.	Cohocton, N.Y./Wayland Cohocton
Justin Ryan	Fr.	Glens Falls, N.Y./Glens Falls

WOMEN'S ROSTER

Name	Cl.	Hometown/High School/Previous School
Courtney Brinsky	Jr.	Middletown, Del./Appoquinimink
Kerry Caher	Sr.	Clifton Park, N.Y./Shenendehowa
Nicolette Dimura	Sr.	East Greenbush, N.Y./Columbia
Allison Field	Jr.	LaFayette, N.Y./LaFayette
Hailey Gattuso	So.	Buffalo, N.Y./Mt. St. Mary's
Rachel Guyer	Fr.	Ridgeway, Pa. / Ridgway
Emily Izydorack	Fr.	
Julia Mericle	Jr.	Kingston, Pa./Wyoming Valley West
Aubrie Russell	Sr.	Candor, N.Y./Candor
Maggie Schunk	Sr.	Hamburg, N.Y./Immaculata Academy
Morgan Soule	So.	Ulysses, Pa. / Northern Potter
Lindsay Weaver	Fr.	Camilus, N.Y./West Genesee
Alexis Young	Jr.	Punxsutawney, Pa./Punxsutawney

Head Coach: Bob Macfarlane

Assistant Coach: Kady Weisner

ST. MICHAEL'S

MEN'S ROSTER

Name	Cl.	Hometown/High School/Previous
David Baird	Fr.	Higganum, Conn. / Haddam-Killingworth
Cody Boissoneault	Jr.	Saint Albans, Vt. / BFA-Saint Albans
Mike Boyd	So.	Islip, N.Y. / Islip
Tyler Colbert	Jr.	Byfield, Mass. / Triton Regional/UMass
Samuel Fogg	Sr.	Rutland, Vt. / Rutland
Ross Henry	Jr.	Chagrin Falls, Ohio / Kenston
Torin La Liberte	Jr.	Madison, N.H. / Kennett
Matthew Logue	Fr.	Watertown, Conn. / The Gunnery
Lance Reynolds	Fr.	Mansfield, Mass. / Mansfield
Liam Schmelzle	Fr.	Saint Louis Park, Minn. / Saint Louis Park
Jacob Sutton	Fr.	Tyngsboro, Mass. / Tyngsboro
Bryce Turner	Jr.	Wayland, Mass. / Wayland

WOMEN'S ROSTER

Name	Cl.	Hometown/High School/Previous
Emma Barnes	So.	Amherst, Wis. / Amherst
Hallie Bergwall	Jr.	Lebanon, N.H. / Lebanon
Alison Bourgeois	Jr.	Georgia, Vt. / BFA-Saint Albans
Emily Calder	Fr.	Hopkinton, N.H. / Hopkinton
Amy Duclos	Fr.	Clifton Park, N.Y. / Shenendehowa
Ellen Emers	Fr.	East Hardwick, Vt. / Hazen Union
Micaela Flagg	So.	Wolfeboro, N.H. / Kingswood Regional
Kara Hettinger	Fr.	Lindenhurst, Ill. / Saint Joseph Catholic Academy
Emily Kopacz	Fr.	Windsor, Conn. / Windsor
Brianna McKinley	Sr.	Moultonborough, N.H. / Moultonborough Academy
Kristine McLarney	Jr.	Lawrence, Mass. / Central Catholic
Anna Prendeville	Sr.	Hanson, Mass. / Notre Dame Academy
Molly Roush	Jr.	Rouses Point, N.Y. / Northeastern Clinton Central
Leah Seften	So.	Bolton, Conn. / Bolton
Kristen Stec	Fr.	Carmel, N.Y. / Carmel
Katrina Wiesner	Jr.	Bow, N.H. / Bow
Roxy Withers	So.	Hampden, Maine / Hampden Academy
Kristina Yannotta	Sr.	Edwardsville, Pa. / Wyoming Seminary

Head Coach: Joe Connelly, Molly Peters
Assistant Coach: Silke Hynes



Laura Cummings '10 leading the lady danes

SUNY ADIRONDACK

MEN'S ROSTER

Name	Cl.	Hometown/High School/Previous
Aidan Cawley	Fr.	Burnt Hills
Jason Linendoll	Fr.	Hudson Falls
Cody Phillips	Fr.	

WOMEN'S ROSTER

Name	Cl.	Hometown/High School/Previous
Rachel Frisch	Fr.	Cambridge Central
Kelsey Winter	Fr.	Warrensburg Central

Head Coach: Herman Johnson
Assistant Coach: Carol Abbatisti



Brian Yukewecz '09 in the lead for Albany



Women's Individual Champions

Women				
Year	Champion	School	Distance	Time
1977	Joan Gallo	Suffolk Community College	new course 3 Miles	*18:17.5
1978	Karen Vonberg	Middlebury College	3 Miles	*16:53.8
1979	Toni Cook	Dartmouth College	3 Miles	17:29.2
1980	Betsy Shillito	SUNY at Cortland	new course 5,000m	*17:38.0
1981	Marion Teitsch	SUNY at Cobleskill	5,000m	*17:31.2
1982	Colleen Casey	Trentan State University	5,000m	*17:23.8
1983	Karen Cassidy	Hartwick College	5,000m	18:08.3
1984	Lisa Vaill	SUNY at Cobleskill	5,000m	17:29.0
1985	Dorcus DenHartog	Dartmouth College	5,000m	17:24.0
1986	Dorcus DenHartog	Dartmouth College	5,000m	*17:14.4
1987	Therese Devlin	Dartmouth College	5,000m	17:39.0
1988	Martha Grinnell	Dartmouth College	5,000m	17:36.38
1989	Devon Martin	Columbia University	5,000m	17:54.22
1990	Kellie Boozer	Millersville University	5,000m	18:16.54
1991	Annamarie Delsign	Ithaca College	5,000m	18:02.69
1992	Bridget Niland	University of Buffalo	5,000m	18:45.64
1993	Michelle Forbert	Salve Regina	5,000m	18:28.34
1994	Nilam Shukla	University of Buffalo	5,000m	18:14.11
1995	Deb Danehy	ST. Lawrence University	5,000m	18:54.0
1996	Tonya Dodge	University at Albany	5,000m	18:24.12
1997	Katy Massalam	Middlebury College	5,000m	18:16.9
1998	Jessica Johston	Middlebury College	5,000m	18:56.0
1999	Mickey Kelly	SUNY Cortland	5,000m	18:03.88
2000	Jessica Walton	University at Albany	5,000m	19:09.0
2001	Maggie Hanson	Hamilton College	5,000m	18:10.81
2002	Michela Adrian	Middlebury College	5,000m	18:09.12
2003	Jacquelin Nunex	Stony Brook University	5,000m	17:36.0
2004	Erica Angell	Binghamton University	5,000m	17:40.0
2005	Josie Schoppmann	SUNy Potsdam	5,000m	*16:47.9
2006	Catherine Parker	University of New Hampshire	5,000m	17:14.1
2007	Christina DeRosa	University of Massachusetts	5,000m	17:21.7
2008	Kelsey Ramsey	Brown University	5,000m	17:42.1
2009	Elise DeRoo	Colgate University	5,000m	17:28.7
2010	Gracye Selig	Brandeis University	5,000m	17:34.2
2011	Keely Maguire	University of New Hampshire	new course 5,000m	*17:22.6
2012	Brittney Lane	University at Albany	5,000m	17:41.0
2013	Sarah Guth	Middlebury College	new course 5,060m	*18:27.2
2014	Silvia Del Fava	University at Albany	5,000m	*17:29.3

* denotes new course record

Men's Individual Champions

Men				
Year	Champion	School	Distance	Time
1967	Craig Bennett	Springfield University	5.05 Miles	*26:51.0
	Roland Cormier	Springfield University	5.05 Miles	*26:51.0
	Ken Klatka	Springfield University	5.05 Miles	*26:51.0
	Bill Tramosch	Springfield University	5.05 Miles	*26:51.0
1968	Ronald Stonitsch	C.W. Post University	5.05 Miles	*25:39.0
1969	Ronald Stonitsch	C.W. Post University	5.05 Miles	*24:57.0
1970	Ronald Stonitsch	C.W. Post University	5.05 Miles	*24:51.5
1971	Bruce Fischer	Syracuse University	5.05 Miles	25:04.0
1972	Thomas Fleming	William Patterson College of New Jersey	5.05 Miles	24:58.7
1973	Bruce Fischer	Syracuse University	5.05 Miles	*24:40.5
1974	John Biedryzcki	C.W. Post University	5.05 Miles	*24:35.9
1975	Carlo Cherubino	SUNY at Albany	5.05 Miles	25:03.4
1976	Kurt Schultz	Keene State College	5.05 Miles	24:55.2
1977	Dick Cartwright	Hartwick College	5.05 Miles	25:14.2
1978	Tom Dalton	Siena College	5.05 Miles	25:19.6
1979	Tom Dalton	Siena College	5.05 Miles	25:15.4
1980	Tom Dalton	Siena College	5.05 Miles	25:49.0
1981	Rich Coughlin	Siena College	5.05 Miles	25:34.0
1982	Michael Graham	Middlebury College	5.05 Miles	25:34.2
1983	Michael Graham	Middlebury College	5.05 Miles	25:47.0
1984	Dominic Colose	Siena College	5.05 Miles	25:46.0
1985	Briant Nierstedt	Southern Connecticut State University	5.05 Miles	25:19.0
1986	David Aitkenhead	Southern Connecticut State University	5.05 Miles	25:35.51
1987	John Trowse	Southern Connecticut State University	5.05 Miles	25:54.0
1988	Brian Lenihan	Dartmouth College	5.05 Miles	25:47.71
1989	Steffan Nelson	Dartmouth College	new course 8,000m	*25:44.78
1990	Terry Stillman	Dartmouth College	8,000m	24:59.41
1991	Jose Manjarres	C.W. Post University	8,000m	*24:42.38
1992	Arthur Gunther	Binghamton University	8,000m	24:48.32
1993	Jose Manjarres	C.W. Post University	8,000m	24:51.44
1994	Ross Nelson	Southern Connecticut State University	8,000m	25:03.69
1995	Erik Hawkins	Yale University	8,000m	26:12.0
1996	Ross Nelson	Southern Connecticut State University	8,000m	25:02.82
1997	Lawton Redman	St. Lawrence University	8,000m	25:09.7
1998	Michael Melfi	Marist College	8,000m	24:58.0
1999	Jamie Rodriguez	University at Albany	8,000m	25:31.97
2000	Patrick Weaver	Houghton University	8,000m	25:55.0
2001	Jamie Rodriguez	University at Albany	8,000m	25:23.80
2002	John Biotok	Syracuse University	8,000m	25:05.79
2003	Anthony Traux	University of New Hampshire	8,000m	24:57.52
2004	Anthony Traux	University of New Hampshire	8,000m	24:46.0
2005	Max Feldman	University of Connecticut	8,000m	24:46.0
2006	Michael Hanlon	Colgate University	8,000m	*24:23.8
2007	David Daucci	Marist College	8,000m	24:41.8
2008	Girmi Segni	Marist College	8,000m	24:35.2
2009	Michael Heymann	Plattsburgh State University	8,000m	24:32.6
2010	Paul Lagno	University at Albany	8,000m	24:51.7
2011	Paul Lagno	University at Albany	new course 8,000m	24:42.6
2012	Ethan Clary	University at Albany	8,000m	25:12.0
2013	Nicholas Filippazzo	Adelphi University	new course 7,947m	*25:18.5
2014	Christopher Buchanan	University at Albany	8,000m	*25:18.2

* denotes new course record

Team Champions

Year	Men		Women	
	Champion	score	Champion	score
1967	Springfield College	15		
1968	Springfield College	29		
1969	Boston State College	68		
1970	C.W. Post University	40		
1971	Syracuse University	46		
1972	C.W. Post University	39		
1973	Syracuse University	23		
1974	C.W. Post University	47		
1975	Keene State College	59		
1976	Keene State College	50		
1977	C.W. Post University	111	St. John's University	29
1978	Plattsburgh State College	72	Middlebury College	30
1979	Southeastern Massachusetts University	46	Dartmouth College	35
1980	Siena College	53	Army	46
1981	Siena College	45	Trenton State Univeristy	44
1982	Siena College	32	Trenton State Univeristy	32
1983	Siena College	44	Hartwick College	46
1984	Siena College	28	SUNY at Cobleskill	48
1985	Southern Connecticut State University	17	Middlebury College	46
1986	Southern Connecticut State University	58	Middlebury College	69
1987	Southern Connecticut State University	50	Dartmouth College	51
1988	Dartmouth College	20	Dartmouth College	27
1989	Dartmouth College	15	Millersville University	39
1990	Dartmouth College	46	Millersville University	26
1991	Columbia University	61	Ithaca College	84
1992	University of Pennsylvania	46	Middlebury College	76
1993	University at Albany	72	University at Buffalo	72
1994	Williams College	51	University at Buffalo	85
1995	Williams College	38	Trenton State Univeristy	60
1996	University of Massachusetts - Lowell	77	University of Massachusetts - Lowell	59
1997	St. Lawrence University	45	Middlebury College	56
1998	University at Albany	42	Middlebury College	38
1999	SUNY Plattsburgh	48	SUNY Cotland	69
2000	Marist College	38	Marist College	53
2001	University at Albany	37	University at Albany	62
2002	Marist College	82	Middlebury College	18
2003	University at Albany	64	Middlebury College	42
2004	Syracuse University	60	University of New Hampshire	48
2005	University of New Hampshire	99	University of New Hampshire	76
2006	University of New Hampshire	65	University of Guelph	63
2007	Harvard University	38	Harvard University	42
2008	Marist College	23	Brown University	19
2009	Marist College	47	Middlebury College	88
2010	University at Albany	25	University of New Hampshire	29
2011	University at Albany	32	Middlebury College	18
2012	University at Albany	21	University at Albany	33
2013	Middlebury College	22	Middlebury College	24
2014	Middlebury College	43	Middlebury College	48

Women's XC Top-50 5K

By Average Mile - Between 4,827m - 5,471m - # = (4,827m) @ = 4,910m % = 5,229m & = 5,417m

Rank	Name	Course	Time	Avg. Mile	Year
1.	Brittney Lane	New Hampshire	16:44.35@	5:29.19	2012
2.	Silvia Del Fava	UAlbany	17:29.30	5:37.73	2014
3.	Jessica Ortman	Maine	17:36.60	5:40.09	2006
4.	Miranda McConnell	New Hampshire	17:44.94@	5:42.14	2012
5.	Kathryn Fanning	UAlbany	17:44.85	5:54.74	2011
6.	Emily Finnegan	Tom E. Sawyer Park (Louisville)	17:45.14	5:42.84	2011
7.	Jenna Ortman	Maine	17:47.90	5:43.72	2006
8.	Jessica Walton	Saratoga State Park	17:49.30	5:44.17	2000
9.	Jessica Donohue	Franklin Park	17:50.20	5:44.46	2015
10.	Alyssa Lotmore	UAlbany	17:54.00	5:45.69	2004
11.	Molly Pezzulo	Maine	17:57.10	5:46.68	2014
12.	Johanna Smith	Franklin Park	18:01.30	5:48.04	2015
13.	Jessica Walton	Maine	18:03.90	5:48.87	2001
14.	Karen Kurthy-DeFeo	Buffalo	18:55.00%	5:49.32	1983
15.	Ada Lauderbach	UAlbany	18:05.60	5:49.42	2009
16.	Melissa Del Rosario	UAlbany	18:07.06	5:49.89	2011
17.	Schuyler Pruyn	Franklin Park	18:07.10	5:49.90	2015
18.	Brianne Bellon	UAlbany	18:08.00	5:50.19	2011
19.	Laura Cummings	Vanderbilt	18:08.42	5:50.33	2008
20.	Valentina Talevi	UAlbany	18:08.80	5:50.45	2014
21.	Nicole Herring	Saratoga State Park	18:11.91	5:51.45	1999
22.	Kimberly Pettichord	UAlbany	18:19.00	5:53.73	1985
23.	Emily Fung	UAlbany	18:23.60	5:55.21	2008
24.	Tonya Dodge	UAlbany	18:24.12	5:55.38	1996
25.	Nicole Susser	UAlbany	18:25.00	5:55.67	2003
26.	Lisa Nesta	UAlbany	18:27.13	5:56.35	1994
27.	Lynne Jacobs	UAlbany	18:32.00	5:57.92	1984
28.	Jennifer Pierson	UAlbany	18:32.20	5:57.98	2009
29.	Kristine Mun	UAlbany	18:33.40	5:58.37	2007
30.	Leslie Price	UAlbany	17:54.90#	5:58.38	1979
31.	Meghan Howell	UAlbany	18:34.00	5:58.56	2003
32.	Brianna Service	Tom E. Sawyer Park (Louisville)	18:34.93	5:58.86	2010
33.	Barbara Ascher	Saratoga State Park	18:35.70	5:59.11	1988
34.	Andrea Viger	Saratoga State Park	18:38.76	6:00.09	1999
35.	Alexandra Panos	UAlbany	18:40.30	6:00.59	2008
36.	Nicole Gillette	New Hampshire	18:24.16@	6:01.91	2012
37.	Patricia Williams	UAlbany	18:46.40	6:02.55	1986
38.	Laine Sefick	Oregon Ridge Park (Maryland)	18:48.40	6:03.20	2008
39.	Bette Dzamba	Hamilton	20:35.20&	6:03.35	1985
40.	Kathy McCarthy	SUNY Oneonta	18:49.60	6:03.58	1982
41.	Diane Kirchloff	UAlbany	18:12.90#	6:04.38	1979
42.	Kristin Grab	UAlbany	18:53.60	6:04.87	2008
43.	Mikala Anson	UAlbany	18:53.80	6:04.93	2009
t-44.	Donna Burnham	Binghamton	18:55.00	6:05.32	1984
t-44.	Kerry Charron	Saratoga State Park	18:56.00	6:05.64	1987
46.	Theresa Juva	UAlbany	18:56.00	6:05.64	2003
47.	Danielle Trimpop	Maine	18:56.99	6:05.96	2006
48.	Zerlinda Martinez	Franklin Park	18:58.00	6:06.29	2002
49.	Cara Sherman	Franklin Park	18:58.00	6:06.29	2015
50.	Jessica Chichester	UAlbany	18:58.30	6:06.38	2007

Men's XC Top-50 8K

By Average Mile - All Races Between 8,000m - 8,367m - # = 8,045m % = 8,125m @ = 8,302m \$ = 8,367m

Rank	Name	Course	Time	Avg. Mile	
1.	Christopher Burke	Tom E. Sawyer Park (Louisville)	24:13.38	4:52.37	2011
2.	Paul Lagno	Tom E. Sawyer Park (Louisville)	24:22.37	4:54.18	2011
3.	Ethan Clary	Tom E. Sawyer Park (Louisville)	24:22.51	4:54.21	2011
t-4.	James Shrader	Chicago Golf Club	24:38.00#	4:55.66	1973
t-4.	Carlo Cherubino	UAlbany	24:38.00#	4:55.66	1975
6.	Dennis Hackett	UAlbany	24:53.00%	4:55.72	1970
7.	Aliaksandr Leuchanka	Tom E. Sawyer Park (Louisville)	24:30.64	4:55.85	2011
8.	Robert Freeman	New Hampshire	24:39.20	4:57.57	2004
9.	Andrew Allstadt	New Hampshire	24:40.80	4:57.89	2004
10.	Brian Yurkewecz	UAlbany	24:40.90	4:57.91	2008
11.	Todd Orvis	Christopher Newport College	24:41.00	4:57.93	1991
12.	Kyle Gronostaj	Lehigh	24:41.30	4:57.99	2015
13.	Jamie Rodriguez	Lehigh	24:44.07	4:58.55	2000
14.	Vincent Reda	UAlbany	25:11.00%	4:59.29	1974
15.	Ricardo Estremera	UAlbany	24:49.20	4:59.58	2007
16.	Brian Quinn	UAlbany	25:14.00%	4:59.88	1971
17.	Christopher Buchanan	Lehigh	24:51.00	4:59.94	2014
18.	Christopher Burns	SUNY Oswego	25:02.00#	5:00.46	1976
19.	Sean Reilly	Hamilton	25:53.00@	5:01.05	1978
20.	John Little	Hamilton	25:55.00@	5:01.44	1978
21.	Joseph Pienta	Franklin Park	25:00.00	5:01.75	2002
22.	Nicholas DeMarco	SUNY New Paltz	25:10.00#	5:02.06	1970
23.	William Vanos	Franklin Park	26:15.00\$	5:02.94	1993
24.	Richard Sniffen Jr.	Tom E. Sawyer Park (Louisville)	25:07.37	5:03.23	2010
25.	William Sorel	Hartwick	26:17.00\$	5:03.33	1972
26.	Scott Carroll	Franklin Park	26:18.00\$	5:03.52	1993
27.	Edward McGill	Christopher Newport College	25:09.00	5:03.56	1983
28.	William Mathis	SUNY Cortland	25:19.00#	5:03.86	1977
29.	Bruce Shapiro	Central Park (Schenectady)	25:20.00#	5:04.06	1982
30.	Tyler Ranke	Lehigh	25:11.60	5:04.09	2014
31.	Ian Clements	Franklin Park	25:21.00#	5:04.27	1983
32.	Todd Rogers	Christopher Newport College	25:16.00	5:04.97	1991
33.	John DeLallo	Lehigh	25:19.60	5:05.69	2014
34.	Gregory Kiley	Franklin Park	25:19.96	5:05.77	2010
35.	Robert Mulvey	Washington Park (Albany)	25:29.00#	5:05.87	1966
36.	Brian Davis	SUNY Plattsburgh	25:32.00#	5:06.47	1975
37.	Patrick Gepfert	SUNY New Paltz	25:33.00#	5:06.67	1970
38.	Giacchino Russo	Augustana College	25:26.00	5:06.98	1978
t-39.	Nicholas Sullivan	Central Park (Schenectady)	25:35.00#	5:07.07	1982
t-39.	James Erwin	Franklin Park	25:35.00#	5:07.07	1983
41.	James Sommer	Lehigh	25:27.00	5:07.18	2014
42.	Frederick Kitzrow	SUNY Cortland	25:37.00#	5:07.47	1977
43.	Sean Halpin	Tom E. Sawyer Park (Louisville)	25:28.71	5:07.53	2010
44.	Jason DeJoy	SUNY Cortland	25:38.00#	5:07.67	1993
45.	Scott James	Augustana College	25:31.30	5:08.05	1979
46.	Benjamin Wright	UAlbany	25:33.00	5:08.39	1998
47.	Mark Lavan	SUNY Oneonta	25:43.00#	5:08.67	1976
48.	J. Matthew Williams	SUNY Oswego	25:44.00#	5:08.87	1976
49.	Brendan Howell	UAlbany	25:36.80	5:09.15	1998
50.	Craig Weiss	UAlbany	25:37.00	5:09.20	2009

Women's 5K UAlbany Course Top-50

By Average Mile - All Courses - All Races Within 200m of 5K - # = 3 Mi. (4,827m)

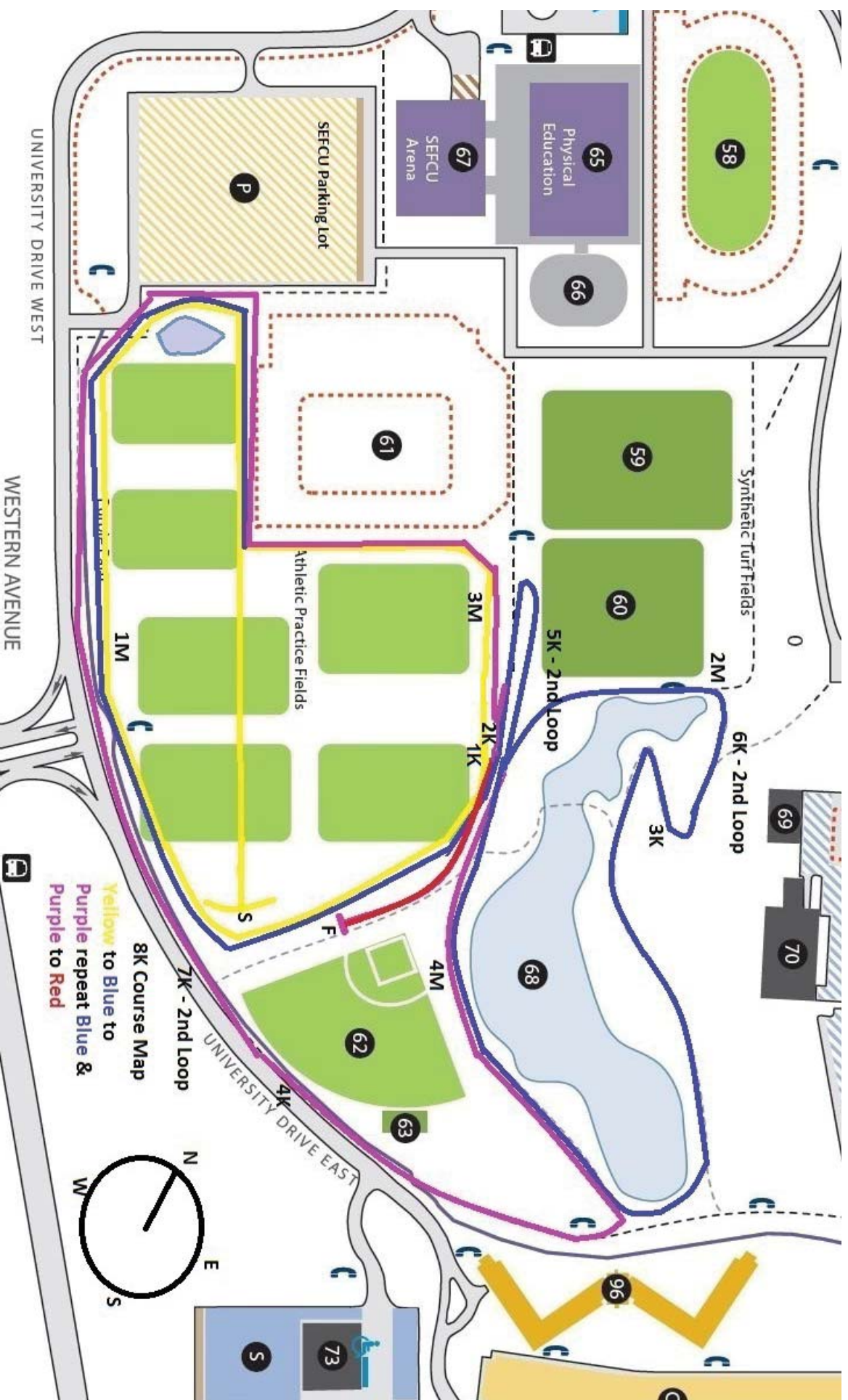
Rank	Name	Affiliation	Time	Avg. Mile	Year
1.	Jodie Schoppmann	SUNY Potsdam	16:47.90	5:24.41	2005
2.	Hayley Green	Stony Brook	16:51.59	5:25.59	2011
3.	Katy Shilly	Syracuse	16:18.00#	5:26.07	1976
4.	Katie Matthews	Boston University	16:54.66	5:26.58	2011
5.	Sydney Fitzpatrick	New Hampshire	16:59.95	5:28.29	2011
6.	Keely Maguire	New Hampshire	17:03.16	5:29.32	2011
7.	Rosa Moriello	Boston University	17:04.18	5:29.65	2011
8.	Patricia Barry	Stony Brook	17:12.29	5:32.26	2011
9.	Josefa Benzoni	Rochester	17:13.20	5:32.55	1987
10.	Catherine Parker	New Hampshire	17:14.10	5:32.84	2006
11.	Dorcus DenHartog	Middlebury	17:14.40	5:32.94	1986
12.	Amy Ruston	Leham	17:16.00	5:33.45	2005
13.	Morgan Powers	Vermont	17:20.37	5:34.86	2011
14.	Annie Keown	Stony Brook	17:21.52	5:35.23	2011
15.	Christina DeRosa	Massachusetts	17:21.70	5:35.29	2007
16.	Smita Gupta	Brown	17:22.20	5:35.45	2007
17.	Olivia Burne	Stony Brook	17:22.55	5:35.56	2011
18.	Keely Maguire	New Hampshire	17:22.60	5:35.58	2011
19.	Colleen Casey	Trenton State	17:23.80	5:35.96	1982
20.	Carolyn Misch	Rochester	17:26.80	5:36.93	1987
21.	Elise Beattle	New Hampshire	17:28.67	5:37.53	2011
22.	Elisa DeRoo	Colgate University	17:28.70	5:37.54	2009
23.	Lisa Vaill	SUNY Cobleskill	17:29.00	5:37.64	1984
24.	Darcy James	New Hampshire	17:29.08	5:37.66	2011
25.	Katie Radzik	Binghamton	17:29.10	5:37.67	2005
26.	Silvia Del Fava	UAlbany	17:29.30	5:37.73	2014
27.	Virginia Zaleski	Trenton State	17:29.40	5:37.77	1986
28.	Karen Vonberg	Middlebury	16:53.80	5:38.01	1978
29.	Jacquelin Nunez	Stony Brook	17:31.00	5:38.28	2003
30.	Arielle Wright	Brown	17:31.10	5:38.32	2007
31.	Marion Teitsch	SUNY Cobleskill	17:31.20	5:38.35	1981
32.	Gwen Hardesty	Smith College	17:32.20	5:38.67	1984
33.	Elcanor Wimshurst	Boston University	17:32.39	5:38.73	2011
34.	Marisa Sutera	Ithaca	17:32.80	5:38.56	1984
35.	Kimberly DeLoreto	Sacred Heart	17:33.90	5:39.22	2009
36.	Gracye Selig	Brandeis	17:34.20	5:39.31	2010
37.	Kristen Kannengieser	Smith College	17:34.50	5:37.41	1984
38.	Leslie Read	New Hampshire	17:35.00	5:39.47	2003
39.	Kathy Kane	Ithaca	17:35.56	5:39.75	1988
40.	Jillian Sullivan	Connecticut	17:36.30	5:39.99	2006
41.	Martha Grinnell	Springfield	17:36.38	5:40.02	1988
42.	Betsy Shilloto	Cortland State	17:38.00	5:40.54	1980
43.	Jeannette Bourouhi	Ithaca	17:38.00	5:40.54	1987
44.	Alice Willis	Binghamton	17:38.50	5:40.70	1984
45.	Therese Devlin	Dartmouth	17:39.80	5:41.12	1987
46.	Erica Angell	Binghamton	17:40.00	5:41.18	2004
47.	Brittney Lane	UAlbany	17:41.00	5:41.50	2012
48.	Jamie Olson	Harvard	17:41.20	5:41.57	2007
t-49.	Laura Moulton	Guelph	17:41.30	5:41.60	2006
t-49.	Claire Richardson	Harvard	17:41.30	5:41.60	2007

Men's 8K UAlbany Course Top-50

By Average Mile - All Courses - All Races Within 200m of 8K - # = 5.05 Mi. (8,125m)

Rank	Name	Affiliation	Time	Avg. Mile	Year
1.	John Biedrzycki	C.W. Post	24:35.90#	4:52.34	1974
2.	Bruce Fischer	Syracuse	24:40.50#	4:53.25	1973
3.	Riley Masters	Maine	24:18.66	4:53.44	2011
4.	Curt Alitz	Army	24:46.30#	4:54.40	1975
5.	Mike Hanlon	Colgate	24:23.80	4:54.47	2006
6.	Joseph Rukanashagiza	Siena	24:47.00#	4:54.53	1973
7.	Christopher Burke	UAlbany	24:25.67	4:54.85	2011
8.	Ronald Stonitsch	C.W. Post	24:51.50#	4:55.43	1970
9.	Kurt Schultz	Keene State	24:55.20#	4:56.16	1976
10.	Mike Heymann	SUNY Plattsburgh	24:32.60	4:56.24	2009
11.	Girma Segni	Marist	24:35.20	4:56.76	2008
12.	Thomas Fleming	William Patterson	24:58.70#	4:56.85	1972
13.	Eric Speakman	Stony Brook	24:35.76	4:56.88	2011
14.	Thomas Dalton	Siena	24:59.00#	4:56.91	1980
15.	David Raucci	Marist	24:38.70	4:57.47	2008
16.	Conor Shelley	Marist	24:39.80	4:57.69	2009
17.	Ben McIntosh	Cayuga CC	25:03.00#	4:57.70	1986
18.	Carlo Cherubino	UAlbany	25:03.40#	4:57.78	1975
19.	Rich Peters	Boston University	24:40.36	4:57.80	2011
20.	Brian Yurkewecz	UAlbany	24:40.90	4:57.91	2008
21.	David Raucci	Marist	24:41.80	4:58.09	2007
22.	Jose Manjarres	C.W. Post	24:42.38	4:58.21	1991
23.	Paul Lagno	UAlbany	24:42.60	4:58.25	2011
24.	Jared Burdick	RIT	24:44.60	4:58.65	2009
25.	Charlie Millioen IV	George Mason	24:44.80	4:58.69	2006
t-26.	Anthony Traux	New Hampshire	24:46.00	4:58.94	2004
t-26.	Max Feldman	Connecticut	24:46.00	4:58.94	2005
t-28.	Bruce Teague	SUNY Plattsburgh	25:09.40#	4:58.97	1974
t-28.	Brian Dodge	SUNY Plattsburgh	25:09.40#	4:58.97	1974
30.	Anthony Smith	Houston	25:10.00#	4:59.09	1986
31.	Christopher Johnson	Colgate	24:46.90	4:59.12	2011
32.	Vincent Reda	UAlbany	25:11.00#	4:59.29	1974
33.	Pete Gilmore	Boston University	24:48.03	4:59.34	2011
34.	Conor Shelly	Marist	24:48.30	4:59.40	2008
35.	Arthur Gunther	Binghamton	24:48.32	4:59.40	1992
36.	Fred Joslyn	Cortland	24:48.50	4:59.44	2005
37.	Bernard Prabucki	SUNY Fredonia	25:11.90#	4:59.47	1981
38.	Jordan Horwitz	New Hampshire	24:49.10	4:59.56	2006
39.	Ricardo Estremera	UAlbany	24:49.20	4:59.58	2007
40.	John Little	New York Tech	25:12.60#	4:59.61	1975
41.	Aaron Szotka	Vermont	24:49.94	4:59.73	2011
42.	Jochen Dieckfoss	Boston University	24:50.00	4:59.74	2003
43.	Ethan Clary	UAlbany	24:50.24	4:59.79	2011
t-44.	Brian Quinn	UAlbany	25:14.00#	4:59.88	1971
t-44.	Larry Sayers	Keene State	24:14.00#	4:59.88	1980
46.	Richard Cartwright	Hartwick	25:14.20#	4:59.92	1977
47.	Pat Peterson	Farmingdale CC	24:14.80#	5:00.04	1979
48.	Chris Duggan	Springfield	25:15.00#	5:00.09	1971
49.	Ryan Martin	CW Post	24:51.77	5:00.10	1993
50.	Vasili Papastrat	Binghamton	24:52.69	5:00.40	2011

8K Course Map



5K Course Map

