

## CORE CREEK PARK

### Men's Course



### Women's Course



Results of today's races will be provided by Lowell Ladd and 2L Race Services, and will be available online at [www.2Lraceservices.com](http://www.2Lraceservices.com)

# 2014 CROSS COUNTRY CHAMPIONSHIPS



November 1, 2014  
Core Creek Park - Langhorne, Pa.  
Hosted by Cairn University



## BAPTIST BIBLE COLLEGE DEFENDERS

<u>Name</u>	<u>Yr</u>	<u>Hometown</u>	<u>High School</u>
David Buchanan	So	Waxhaw, N.C.	Nightfall Academy
Corban Ferry	Fr	Camillus, N.Y.	West Genesee High
Caleb Kambic	Jr	Pottstown, Pa.	West-Mant Christian
Ryan McCauley	Jr	Newark, Del.	Newark
Anthony Myers	Jr	St. Thomas, Pa.	James Buchanan
Christopher Rozelle	Jr	Clarks Summit, Pa.	Abington Heights
Jarod Winn	Jr	Montrose, Pa.	Montrose Area High
Leah Brock	Jr	Candor, N.Y.	Homeschooled
Alyssa Cole	Sr	Sherman, N.Y.	Sherman Central
Megan Danielson	So	Va.	Homeschooled
Carissa Erdman	Jr	Selinsgrove, Pa.	Sunbury Christian Acad.
Logan Flint	Fr	Boyertown, Pa.	Boyertown Area High
Amber Kachelries	Jr	Jersey Shore, Pa.	Jersey Shore High
Leeann Lemperle	Jr	Swiftwater, Pa.	Pocono Mountain West
Rebekah Levine	Fr	Grahamsville, N.Y.	Roy C. Ketcham
Madeline Scott	So	Niagara Falls, N.Y.	Evans High
Stephanie Sikora	Fr	Las Vegas, Nev.	Arbor View High
Jessica Tomchick	Fr	Martinsburg, W.V.	Faith Christian Acad.

Head Coach: Rob Ahrens



## CABRINI COLLEGE CAVALIERS

<u>Name</u>	<u>Yr</u>	<u>Hometown</u>	<u>High School</u>
Ernest Ahweza	Sr	Ardmore, Pa.	Lower merion
Hugo Ballon	Fr	Ashburn, Va.	Broad Run
Kevin Blake	Fr	Medford, N.J.	Shawnee
Hassan David Goines Jr	So	Philadelphia, Pa.	John Bartram
Rashid Kulaib	Sr	Flourtown, Pa.	Plymouth-Whitemarsh
Pete Lyden	Jr	Rumson, N.J.	Rumson-Fairhaven Reg.
Nick Tilley	Fr	Felton, Del.	The Phelps School
Larry Tornetta	Jr	Ambler, Pa.	Hill Top Preparatory
Tyler Arizin	Fr	Glen Mills, Pa.	Penncrest
Alexis Cunningham	Fr	Havre de Grace, Md.	Harford Technical
Krissy Giles	So	Wilmington, Del.	St. Mark's
Jessica Lanchang	Sr	Mt. Ephraim, N.J.	Audubon H.S.
Emily Lauziere	So	Oxford, N.J.	Warren Hills
Joanne Schrank	Jr	Cherry Hill, N.J.	Cherry Hill East

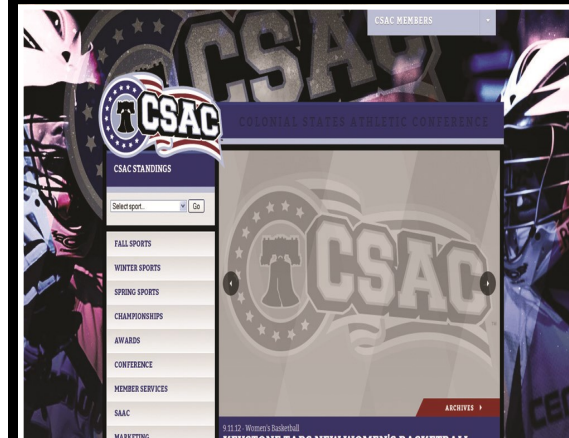
Head Coach: Joe Dare

Assistant Coach: Diane Gapinski



## 2014 CSAC MEN'S RUNNERS OF THE WEEK

<u>DATE</u>	<u>RUNNER</u>	<u>TEAM</u>
September 2	Angel Chimal Rodriguez	Immaculata
September 8	Angel Chimal Rodriguez	Immaculata
September 15	Angel Chimal Rodriguez	Immaculata
September 22	Justin Clarke	Keystone
September 29	Justin Clarke	Keystone
October 6	Angel Chimal Rodriguez	Immaculata
October 13	Devon Clarke	Marywood
October 20	Justin Clarke	Keystone
October 27	Angel Chimal Rodriguez	Immaculata



For the latest **CSAC** news, scores, standings, statistics, and more, visit the official online home of the **CSAC** at

[www.csacsports.com](http://www.csacsports.com)



### 2014 CSAC WOMEN'S RUNNERS OF THE WEEK

<u>DATE</u>	<u>RUNNER</u>	<u>TEAM</u>
September 2	Brittany Cunfer	Cedar Crest
September 8	Emma Doughman	Marywood
September 15	Brittany Cunfer	Cedar Crest
September 22	Emma Doughman	Marywood
September 29	Emma Doughman	Marywood
October 6	Priscilla Ortiz	Centenary
October 13	Emma Doughman	Marywood
October 20	Emma Doughman	Marywood
October 27	Diana Cusick	Immaculata

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### CAIRN UNIVERSITY HIGHLANDERS



<u>Name</u>	<u>Yr</u>	<u>Hometown</u>	<u>High School</u>
Caleb Basile	So	Puebla, Mexico	Puebla Christian
Matt Basile	Sr	Puebla, Mexico	Puebla Christian
Matthew Benedict	Fr	Shinano-machi, Japan	Homeschooled
Wilson Codon-Lopez	Fr	Philadelphia, Pa.	Esperanza
Matt DeFlavis	So	Hatboro, Pa.	Hatboro-Horsham
Wayne Hailstone	Jr	Quakertown, Pa.	Quakertown
Will Lynd	Fr	New Columbia, Pa.	Meadowbrook Christian
Eric MacIntire	So	Laurel Springs, N.J.	Baptist Regional
Jonathan Snider	Fr	Gaithersburg, Md.	Trinity Christian School
Daniel Sweeting	Fr		
Katie Cheffer	Fr	West Hartford, Conn.	Homeschooled
Anna Polarine	So	Spring City, Pa.	West-Mont Christian
Hannah Eichner	So	Cheltenham, Pa.	Cheltenham
Sabrina-Rose Mason	Fr	East Quogue, N.Y.	Westhampton Beach High
Erin Webster	So	Cogan Station, Pa.	Homeschooled
Alyssa Hampson	So	Canton, N.Y.	Hugh C. Williams
Sarah Skowronek	Jr	Wethersfield, Conn.	Wethersfield
Kellie Grosvenor	So	Montrose, Pa.	Elk Lake
Yani Ortiz-Suarez	Fr	Philadelphia, Pa.	Franklin Towne Charter
Shannon Hammond	So	Charlton, Mass.	Shepherd Hill Regional

Head Coach: Eric Bofinger

Assistant Coach: Katy Bofinger

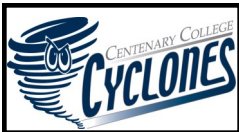
### CEDAR CREST COLLEGE FALCONS



<u>Name</u>	<u>Yr</u>	<u>Hometown</u>	<u>High School</u>
Brittany Cunfer	Jr	Summit Hill, Pa.	Panther Valley
Genelle Davenport	So	Whitehall, Pa.	Whitehall
Victoria Eppright	Fr	Drexel Hill, Pa.	Delaware County Christian
Kayleigh Keggan	Jr	Blairstown, N.J.	Belvidere
DeJanet Lantion	Sr	Silver Spring, Md.	John F. Kennedy
Shemeca Thompson	Fr	Bridgeport, Conn.	Warren Harding

Head Coach: Jarvis Jelen

Assistant Coach: Jessica Smith



## CENTENARY COLLEGE CYCLONES

<u>Name</u>	<u>Yr</u>	<u>Hometown</u>	<u>High School</u>
Colin Critchlow	Jr	Bridgewater, N.J.	Bridgewater-Raritan
Mariano DelValle	Fr	Brick, N.J.	Brick Township
Andrew Rodriguez	So	Flanders, N.J.	Mount Olive
Jessica Condrack	Fr	Roselle, N.J.	Abraham Clark
Melissa DeRemer	So	Hillsborough, N.J.	Hillsborough
Morgan Haller	So	Stroudsburg, Pa.	Pocono Mountain East
Andrea Huber	Jr	West Chester, Pa.	Henderson
Jessica Martin	So	Freehold, N.J.	Freehold
Katie O'Connell	Fr	Nutley	Nutley
Priscilla Ortiz	So	Denville, N.J.	Morris Knolls
Abigail Voelkner	So	Denville, N.J.	Morris Knolls

Head Coach: James Cusick



## GWYNEDD MERCY UNIVERSITY GRIFFINS

<u>Name</u>	<u>Yr</u>	<u>Hometown</u>	<u>High School</u>
Robert Allen	Fr	Philadelphia, Pa.	Delaware Valley Charter
Matt Brown	Fr	Philadelphia, Pa.	Roman Catholic
Rashaun Crawford	Fr	Wissahickon	
Matt Forsythe	So	Philadelphia, Pa.	Father Judge
Craig Gonzaga	Sr	Philadelphia, Pa.	Archbishop Ryan
Mike Harris	Fr	Wissahickon	
Ben Keliojor	So	Norristown, Pa.	Norristown
Chris Selke	Sr	Derry N.H.	Pinkerton Academy
Bobbie Stone	Jr	Philadelphia, Pa.	West Catholic
Cierra Adkins	So	Philadelphia, Pa.	Hallahan
Anna Benecke	Fr	Sellersville, Pa.	Lansdale Catholic
Brittany Finn	Fr	Willow Grove, Pa.	Upper Moreland
Sierra Forman	Fr	Williamstown, N.J.	Palmyra
Jai Franks	Fr	Philadelphia, Pa.	Central
Hannah Geiger	So	Holland, Pa.	Council Rock South
Emily Makara	Fr	Holland, Pa.	Council Rock South
Lauren Manzi	Sr	Philadelphia, Pa.	St. Hubert
Holly McGarrity	Sr	Philadelphia, Pa.	St. Basil
Zakiyyah Richardson	Jr	Morrisville, Pa.	Pennsbury
Simone Rudich	Sr	Hillsborough, N.J.	Hillsborough
Christina Smith	Sr	Springfield, Pa.	Springfield

Head Coach: Kevin Clark    Assistant Coaches: Tom DiSante, Dan Geary, Alycia Geary

## ROSEMONT COLLEGE RAVENS



<u>Name</u>	<u>Yr</u>	<u>Hometown/High School</u>
Dylan Carson	Fr	Keansburg, N.J./Keansburg
Kyle Robinson	Jr	Ambridge, Pa./Ambridge Area
Joe Sippel	Jr	Philadelphia, Pa./Franklin Towne Charter
Aron Tesfay	Fr	Mek'ele, Ethiopia/Academy at Palumbo
William Townes	Fr	Philadelphia, Pa./Mastery Charter
Saad Traboulsi	Fr	Bensalem, Pa./Bensalem
Damien Zitzman	Fr	Keansburg, N.J./Keansburg
Rosalinda DiGironimo	So	Glen Mills, Pa./West Chester Bayard Rustin
Archana Ganta	Fr	Wynnewood, Pa./Hemet
Katerina Grynshin	Jr	Schuylkill Haven, Pa./Blue Mountain
Sam Harrer	So	Downingtown, Pa./Bishop Shanahan
Teanay Hightower	Fr	Philadelphia, Pa./Murrell Dobbins
Katie Pavlick	Fr	Wallingford, Pa./Int'l. Connections Academy
Molly Rowe	Jr	Wynnewood, Pa./Lower Merion

Head Coach: Evan Daney

Assistant Coach: Lisa Victorious

### Box Assignments

- 1.) Rosemont
- 2.) Immaculata
- 3.) Keystone
- 4.) Gwynedd-Mercy
- 5.) Centenary
- 6.) Cedar Crest
- 7.) Cairn
- 8.) Neumann
- 9.) Marywood
- 10.) Cabrini
- 11.) Baptist Bible



## KEYSTONE COLLEGE GIANTS

Name	Yr	Hometown	High School
Justin Clarke	Sr	Factoryville, Pa.	Lackawanna Trail
Christian English	Sr	Jenkintown, Pa.	Jenkintown
Rich Hardy	Jr	Boothwyn, Pa.	Chichester
Dan Polanco	Sr	Hazlet, N.J.	Mater Dei Prep
Kyle Steiner	So	Sugarloaf, Pa.	Hazleton Area
David Strum	So	Bayonne, N.J.	Bayonne
Heather Brim	Fr	Corning, N.Y.	Corning - Painted Post West
Nicole Delevan	So	Forty Fort, Pa.	Wyoming Valley West
Kelly Fisher	Fr	Weatherly, Pa.	Weatherly Area
Tiana Genetti	Jr	Weatherly, Pa.	Weatherly Area
Kirsten Hollister	So	Elk Lake, Pa.	Elk Lake
Alexa Jefferis	Fr	Shenandoah, Pa.	Shenandoah Valley
Kaitlynn Kuchta	So	Duryea, Pa.	Pittstown Area
Shannon Vairo	Jr	Scranton, Pa.	Scranton
Tameka Wood	Fr	Bronx, N.Y.	DeWitt Clinton

Head Coach: Michael Badway

Assistant Coaches: Joe Stauder, Jessica Gaitan, Kevin Iboy, Jeremy Stonier

## IMMACULATA UNIVERSITY MIGHTY MACS



Name	Yr	Hometown	High School
Angel Chimal Rodriguez	Jr	Kennet Square, Pa.	Kennett
Will Martin	Jr	Wilmington, Del.	Salesianum
Nick Richardson	Fr	Fairless Hills, Pa.	Conwell-Egan Catholic
Bobby Rimkis	So	West Chester, Pa.	Henderson
Andrew Zakhary	Fr		
Paula Barrett	Fr	Maple Glen, Pa.	Upper Dublin
Michelle Billy	Fr	Maple Glen, Pa.	Upper Dublin
Linda Carlson	Fr	Sparta, N.J.	Sparta
Diana Cusick	So	West Chester, Pa.	Bishop Shanahan
Jacki D'Amico	Fr	Middletown, Del.	Padua Academy
Bridget Doherty	Fr	Southampton, Pa.	Homeschooled
Christiana Donofry	Sr	Alpha, N.J.	Notre Dame
Brianne Earnest	Jr	Hockessin, Del.	Padua Academy
Mary Ellen Grap	Fr	Palmyra, Pa.	Bishop McDevitt
Brittany Holland	Sr	Jim Thorpe, Pa.	Jim Thorpe Area
Emily Lowe	Jr	Norristown, Pa.	Pope John Paul II
Caitlin MacGregor	Fr	Philadelphia, Pa.	St. Basil Academy
Jessica Ospina	Fr	East Brunswick, N.J.	East Brunswick
Cayla Rimkis	Jr	West Chester, Pa.	Henderson
Katie Schriver	Sr	York, Pa.	Central York
Caroline Tarlo	Jr	Harleysville, Pa.	Souderton Area
Caitlin Thompson	Fr	Philadelphia, Pa.	Nazareth Academy

Head Coach: Alex Proctor

Assistant Coach: Lauren Welsh



## NEUMANN UNIVERSITY KNIGHTS

Name	Yr	Hometown	High School
Casey Darden	Fr	Norristown, Pa.	Renaissance Academy
Jaleel Johnson	Fr	Philadelphia, Pa.	Constitution
Dustin Shepler	Fr	Galeton, Pa.	Galeton
Chris Ulrich	Sr	Wilmington, Del.	Brandywine
Anthony Watkins	So	Wilmington, Del.	William Penn
Nicole Butler	Jr	Chichester, Pa.	Chichester
Raymeshia Elliot	Fr	Las Vegas, Nev.	Stem
Bethany Lang	Sr	Pottstown, Pa.	Pottsgrove
Leigha Mayers	Fr	Drexel Hill, Pa.	Upper Darby
Brenna McCloskey	Jr	Newark, Del.	Polytech
Sinead Mohan	So	Drexel Hill, Pa.	Archbishop Carroll
Nicole Mortimer	Fr	Garnett Valley, Pa.	Garnett Valley
Nicole Rosati	Sr	Philadelphia, Pa.	Neumann-Goretti
Samantha Wurst	Jr	Martua, N.J.	Clearview Regional

Head Coach: Charmaine Darden

Assistant Coach: Shane Holcomb

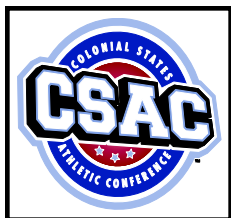
## MARYWOOD UNIVERSITY PACERS



Name	Yr	Hometown	High School
Devon Clarke	Fr	Factoryville, Pa.	Lackawanna Trail
Marc Krause	Fr	East Stroudsburg, Pa.	East Stroudsburg North
Adam Larsen	So	Cresco, Pa.	Pocono Mountain East
Zachary Lewis	So	Shenandoah, Pa.	Shenandoah Valley
Mike Neri	Sr	Rising Sun, Md.	Rising Sun
John Novack	Fr	Tunkhannock, Pa.	Tunkhannock
Nate Roy	Fr	Middletown, Conn.	Middletown
Kelby Cole	Fr	Nichols, N.Y.	Tioga Central
Hannah Dickinson	So	Dalton, Pa.	Scranton Prep
Emma Doughman	Jr	Womelsdorf, Pa.	Conrad Weiser
Kathryn Edwards	Fr	Lewisburg, Pa.	Lewisburg
Marley Favela Cano	Fr	Edwards, Colo.	Battle Mountain
Melissa Froh	Fr	Elliot City, Md.	Howard
Josee Gallant	So	Chambersburg, Pa.	Chambersburg Area
Melissa Keisling	Jr	Clarks Summit, Pa.	Abington Heights
Nicole LaBarbiera	Fr	Ridgewood, N.J.	Ridgewood
Shauna McGraw	Sr	Greenfield Twp., Pa.	Lakeland
Alexis Namyak	Fr	Endicott, N.Y.	Union Endicott
Ellie Pohlod	Fr	Fenton, Mich.	Fenton
Nicole Polara	Fr	Franklin Square, N.Y.	H. Frank Carey
Lindsey Schroth	Jr	Moosic, Pa.	Scranton Prep
Rebecca Skakal	Fr	Lancaster, N.Y.	Buffalo Acad. Of the Sacred Heart
Vicky Tingley			

Head Coach: Scott Hutchinson

Assistant Coach: Kevin Borrelli



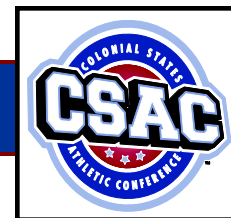
## PAST CSAC CHAMPIONS

### MEN

Year	School	Individual - Tm
2013	Gwynedd-Mercy	Brett Kubiak - GMC (27:02.00)
2012	Gwynedd-Mercy	Brett Kubiak - GMC (26:46.30)
2011	Gwynedd-Mercy	Matt Van Den Hengel - GMC (28:34.20)
2010	Gwynedd-Mercy	John Watts - GMC (26:18.23)
2009	Gwynedd-Mercy	RJ Every - GMC (28:42.00)
2008	Gwynedd-Mercy	Ed Penetar - CAB (26:30.50)
2007	Cabrini	Ed Penetar - CAB (27:34.47)
2006	Misericordia	Jeff Ward - MIS
2005	Misericordia	Steve Beucher - MIS (27:17.65)
2004	Misericordia	Chris Wadas - MIS (27:50.77)
2003	Misericordia	Chris Wadas - MIS (27:03.20)
2002	Misericordia	Chris Wadas - MIS (27:53.11)
2001	Misericordia	Drew Scally - GMC (27:37.38)
2000	Cabrini	Charles Ackley - MAR (28:16.92)
1999	Cabrini	Jason Bull - CAB
1998	Cabrini	Justin Zakovitch - MAR
1997	Cabrini	Chuck Hartzell - CAB (29:53.00)
1996	Allentown	Anthony Clark - ALL
1995	Allentown	Randy Latza - ALL
1994	Allentown	Jim Schiele - ALL

### WOMEN

Year	School	Individual - Tm
2013	Marywood	Diana D'Achille - MAR (19:24.00)
2012	Marywood	Beth Schwab - MAR (19:19.80)
2011	Marywood	Katherine Klinges - GMC (20:41.30)
2010	Marywood	Diana D'Achille - MAR (18:03.58)
2009	Gwynedd-Mercy	Alycia Tranchitella - GMC (19:44.00)
2008	Keystone	Jacqui Kirby - KEY (19:41.10)
2007	Marywood	Alycia Tranchitella - GMC (20:19.25)
2006	Marywood	Paige Jablonski - MAR (20:53.45)
2005	Marywood	Amy Bower - Misericordia (18:30.15)
2004	Marywood	Stacy Muchal - MAR (18:49.98)
2003	Marywood	Amy Bower - MIS (18:54.20)
2002	Misericordia	Colleen Farrell - GMC (19:47.80)
2001	Misericordia	Angela Brown - Wesley (20:05.37)
2000	Misericordia	Lauren Dean - CAB (19:12.56)
1999	Marywood	Lauren Dean - CAB
1998	Cabrini	Lauren Dean - CAB
1997	Cabrini	Sabrina Smith - CAB (20:32.44)
1996	Allentown	Amy Gould - ALL
1995	Allentown	Debbie Krause - ALL
1994	Allentown	Amy Gould - ALL (20:37.00)



## 2013 CSAC CHAMPIONSHIP

### 2013 CSAC WOMEN'S CHAMPIONSHIP

#### Team Results

- 1 - Team Marywood - Women 15
- 2 - Team Gwynedd-Mercy - Women 50
- 3 - Team Cairn - Women 118
- 4 - Team Keystone - Women 125
- 5 - Team Centenary - Women 128
- 6 - Team Immaculata - Women 177
- 7 - Team Cabrini - Women 189
- 8 - Team Baptist Bible - Women 208
- 9 - Team Rosemont - Women 213
- 10 - Team Cedar Crest - Women 224

### 2013 ALL-CSAC

1. Diana D'Achille, Marywood - 19:24
2. Beth Schwab, Marywood - 19:32
3. Samantha LaForgia, Marywood - 12:33
4. Alex Coniff, Marywood - 20:14
5. Emma Doughman, Marywood - 20:21
6. Christina Smith, Gwynedd Mercy - 20:39
7. Shannon Vairo, Keystone - 20:58
8. Holly McGarrity, Gwynedd Mercy - 21:09
9. Priscilla Ortiz, Centenary - 21:21
10. Hannah Geiger, Gwynedd Mercy - 21:23
11. Danielle McCloskey, Gwynedd Mercy - 21:31
12. Shauna McGraw, Marywood - 21:32
13. Erin Casey, Rosemont - 21:34
14. Katie Sylvester, Marywood - 21:35

### 2013 CSAC MEN'S CHAMPIONSHIP

#### Team Results

- 1 - Team Gwynedd-Mercy - Men 49
- 2 - Team Keystone - Men 52
- 3 - Team Marywood - Men 71
- 4 - Team Cairn - Men 86
- 5 - Team Immaculata - Men 94
- 6 - Team Baptist Bible - Men 145

### 2013 ALL-CSAC

1. Brett Kubiak, Gwynedd Mercy - 27:02
2. Joe Kubiak, Gwynedd Mercy - 27:03
3. Justin Clarke, Keystone - 27:09
4. Angel Rodriguez, Immaculata
5. Eric LiPuma, Marywood - 28:48
6. Nick Budinski, Marywood - 29:05
7. Stash Grab, Immaculata - 29:09
8. Sean Moyer, Gwynedd Mercy - 29:20
9. Michael Caston, Cairn - 29:26
10. Dan Polanco, Keystone - 29:26
11. Jeremy Stonier, Keystone - 29:38
12. Sergio Campos, Cabrini - 29:41
13. Joe Joniec, Gwynedd Mercy - 29:50
14. Sharif Jarvis, Keystone - 30:00

**NOTE: Top seven finishers named First Team All-CSAC;  
Second seven finishers (8-14) named Second Team All-CSAC**