

NJCAA Division III Cross Country Newsletter:

Hill N' Dale

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Volume 17 #9

Date: 10/31/09

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National rankings #8

Men:

1.	Delhi	600pts
2.	Alfred	540pts
3.	MVCC	510pts
4.	Howard	470pts
5.	Harper	430pts
6.	Erie	370pts
7.	Suffolk	230pts
8.	Broome	180pts
9.	Gloucester	120pts
10.	Dupage	50pts

Women:

1.	Ocean	600pts
2.	Delhi	560pts
3.	MVCC	500pts
4.	Broome	430pts
5.	Alfred	390pts
6.	Suffolk	300pts
7.	Erie	220pts
8.	CCRI	130pts
9.	Harper	60pts
10.	Gloucester	40pts

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Weather forecast for FLCC on Friday is 43 and snow showers, Saturday is 51 degrees with a 10% chance of showers. Bryan Morseman(Cobleskill) finished 25<sup>th</sup> at the NYC Marathon with a 2:23. It seems like the season just started and now less than 1 week to go. Thanks to all the coaches who sent me stuff, I really appreciate it. Here goes my predictions for team place. Men this year is easy again with Delhi dominating, Alfred will be 2<sup>nd</sup> and MVCC 3<sup>rd</sup>. The women are a lot tougher. I pick Ocean, Delhi, MVCC and Broome in that order. Drive safe and I look forward to seeing you on Friday.

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Men:

Louisburg reports some results: Southeastern Classic 8k

Tymir Williams-Parks	Louisburg	29:24
Efrain Valencia	“	31:47

Region III Championships 10/31/09 5miles Delhi 19, Alfred 55, Mohawk 82, Erie 104, Broome 135, FLCC 152, HCCC 208

1.	Chris Burke	Delhi	28:48
2.	Jason Phillips	Delhi	29:05
3.	Lyle Haywood	Delhi	29:08
4.	John Sweeney	Alfred	29:12
5.	Brandon Lewis	Alfred	29:22
6.	Steve Challacombe	Delhi	29:25
7.	Zavior Brown	Delhi	29:31 5th
8.	Steve Esposito	Broome	29:32
9.	Mike Cauwels	Delhi	29:44
10.	Corey Peperro	Erie	29:46

19.	Alex Farrell	Alfred	30:32 5 <sup>th</sup>
24.	Joe Arbogast	MVCC	30:58 5 <sup>th</sup>
34.	Steve Paternostro	Erie	31:59 5 <sup>th</sup>
43.	Adam Paro	Broome	33:49 5 <sup>th</sup>

Region XX XC championships 10/31/09 Howard only complete team

1.	Centifonti	Hagerstown	27:12
5.	Brian Allen	Howard	28:41
7.	Jeremy Bowers	Prince George	29:12
8.	Brandon Murphy	CCAC	29:52
9.	Mark Kauffman	Howard	30:00
10.	Seb Freard	Prince George	30:01
17.	Ben Greas	Howard	32:45 5 <sup>th</sup>

Northeast District 10/31/09 8k Suffolk 30, Gloucester 44, Cumberland 50, Queensborough 97, Holyoke, Middlesex, Sullivan, and CCRI inc.

1.	Andre Thompson	Glou	27:52
2.	Ryan McKenna	Suff	27:58
3.	Dave Owens	Cumb	28:38
4.	Tory Cange	Suff	28:39
5.	Devin Cange	Suff	28:41
6.	Tom Masko	Mid	28:46
7.	Dave Bertulis	Cumb	29:02
8.	Keith desiletes	Holy	29:21
9.	Alec Connelly	Glou	29:35
10.	Seb Navas	Suff	29:39
14.	Claudio Barros	Suff	30:30 5 <sup>th</sup>
18.	Josh Smith	Cumb	31:07 5 <sup>th</sup>
20.	Tony Higareda	Glou	31:22 5 <sup>th</sup>

Region IV championships 10/31/09 5mile Dupage 26, Harper 35, Joliet 69

1.	Jesus Escareno	Harper	27:39
2.	Jack Dalziel	Dupage	28:15
3.	Juan Perez	Harper	28:27
4.	Kenny Wilhite	Dupage	28:36
5.	Drew Peterson	Dupage	29:26
6.	Tom Busse	Harper	29:31
7.	Brian Peers	Dupage	29:49
8.	Ryan Perry	Dupage	30:04 5 <sup>th</sup>
9.	Luke Berndl	Joliet	30:19
10.	Joshua Coonich	Harper	31:06
15.	Alex Cirillo	Harper	34:15 5 <sup>th</sup>
17.	Nick Muzzarelli	Joliet	37:08 5 <sup>th</sup>

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Women:

Region III Championships 5k 10/31/09 Delhi 41, MVCC 44, Broome 61, Erie 95, HCCC 107, HVCC, Alfred inc.

1.	Hannah Hoffman	MVCC	20:46
2.	Michelle VanOstrand	Broome	20:54
3.	Nicole Darling	Delhi	21:25
4.	Cassie White	MVCC	21:45
5.	Kateri Walsh	Erie	21:45
6.	Brit Levens	Delhi	21:46
7.	Michelle Page	MVCC	21:46
8.	Hannah Backus	Delhi	21:47
9.	Molli Parsons	HCCC	22:24
10.	Abbey Benton	Alfred	22:27
15.	Dani Metz	Delhi	22:59 <sup>5th</sup>
18.	Rachel Fox	Broome	23:16 <sup>5th</sup>
24.	Sarah Stuhlman	MVCC	23:46 <sup>5th</sup>
46.	Antonia Miranda	Erie	30:03 <sup>5th</sup>

Northeast District 10/31/09 5k Suffolk 33, CCRI 57, Gloucester 63, Queensborough 76, Cumberland 97, Holyoke, Sullivan and Middlesex inc.

1.	Maria Costello	Suff	20:53
2.	Amanda Dole	Glou	21:02
3.	Jaden Riendeau	CCRI	21:08
4.	Therese Kerin	CCRI	21:11
5.	Tracy Dobkowski	Glou	21:25
6.	Kate Scherback	Suff	21:48
7.	Kristen Mortak	Suff	22:46
8.	Gerale Middleton	Queen	23:10
9.	Angela Pereira	Suff	23:15
10.	Krista Limoncelli	Suff	23:18 <sup>5th</sup>
24.	Sam Moyer	Glou	26:55 <sup>5th</sup>
25.	Kayleigh Smith	CCRI	26:59 <sup>5th</sup>
27.	Lisa Kurner	Queen	28:00 <sup>5th</sup>

Region IV championship 5k 10/31/09 Harper 26, Dupage 42, Joliet 60

1.	Chelsea McPherson	Harper	21:48
2.	Lauren Klosak	Joliet	22:36
3.	Jessica Mullins	Dupage	22:51
4.	Janet Franco	Harper	22:59
5.	Igna Vucic	Dupage	23:15
6.	Melanie Mayer	Harper	23:33
7.	Karoline Banasik	Harper	23:35
8.	Elisse Loreno	Harper	23:37 <sup>5th</sup>
9.	Celeste LaCour	Dupage	23:58
10.	Joline Lyons	Joliet	25:24
14.	Paige Pignaz	Dupage	27:48 <sup>5th</sup>
18.	Courtney Laib	Joliet	28:53 <sup>5th</sup>

RegionXX championships 10/31/09 5k Anne Arundel 19, CCAC-Boyce 40, Prince Georges 93

1.	Wisz	Hagerstown	21:22
4.	Jenny Ashurst	AA	22:55
9.	Emily Bolling	AA	23:44
13.	Amanda Jones	AA	25:02
14.	Hillary Lynch	CCAC	25:21
15.	Amber Hill	CCAC	25:46
19.	Kirsten Dolle	AA	26:49 <sup>5th</sup>
24.	Cheryl Schoborg	CCAC	28:30 <sup>5th</sup>

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Runners of the Week:

Men: Andre Thompson from Gloucester is peaking at the right time.

Women: Suffolk's Maria Costello wins her Regional championship.