

15th ECAC XC Championships

Franklin Park, Boston, MA

November 11, 1995

CHAMPIONSHIP

Women

1. Jen Rhines, Villanova, 16:34; 2. Marie McMahon, Providence, 16:57; 3. Christina Sullivan, Villanova, 17:03; 4. Susan Murnane, Providence, 17:04; 5. Angela Graham, BC, 17:08; 6. Miesha Marzell, Georgetown, 17:11; 7. Cari Tollefson, Villanova, 17:15; 8. Marabelle Sanchez, Dartmouth, 17:17; 9. Moira Harrington, Providence, 17:18; 10. Kristine Joft, Villanova, 17:19.

Navy top finishers: 12. Jackie Hayes, 17:51; 16. Lori Kelley, 19:12; 23. Tanya Lehmann, 19:22; 30. Jessica Berlowski, 19:26

Top Mount St. Mary's finishers: 34. Robin Kloster, 18:27; 61. Amy DeBor, 19:04.

Linda Schue was the top finisher for Cornell by placing 29th overall with a time of 18:16.

Other Cornell finishers include: Katie Walker placed 38th, 18:31; Becky Dennison finished 50th, 18:47; Miranda Kaye placed 58th, 18:56; and Laura Audette finished 59th, 18:59.

Team scores

1. Providence 44 2. Villanova 63; 3. Dartmouth 96; 4. Georgetown 111; 5. Boston College 132; 6. West Virginia 166; 7. Penn State 176; 8. Harvard 233; 9. James Madison 268; 10. UConn 309.

UNIVERSITY

The Seton Hall women earned a best-ever fourth place showing in the University Division meet of the ECAC Championships, also at Franklin Park. Freshman Marissa DeFreese placed eighth overall with a personal-best 19:07. The Rutgers women finished 22nd. Yale and Fordham tied for first.

Fordham tied Yale for the team title in the ECAC cross country championship at Boston University. Both teams finished with 101 points in the 5-kilometer course. The Lady Rams were paced by Claudine Kelly, who finished second in 18:24. Toni Fields of Fordham finished in 18:44, good for fourth place.

The Rutgers women's team finished 13th in Division I & II. The RU women were hampered by an injury to Colleen Sunderland, who twisted a foot and hobbled home in 185th place. Lois Williams was 85th (18:46), Carol Yoon 91st (18:52) and Brooke Carney 133rd (19:18).

Seton Hall's women earned a fourth-place finish in the University division team standings. Yale and Fordham had finished in a tie for first with Bucknell taking third.

Freshman Marissa DeFreese (Rahway) led the Pirates with an 8th-place finish in a personal best of 19:07. Four other Pirate runners finished in the Top 50.

Blue Hens run to 8th, 20th

BOSTON — The University of Delaware women's cross country team placed eighth at the ECAC meet and the men were 20th in the IC4A Championships Saturday at Franklin Park.

Christina Rolleri paced the Blue Hen women with a 17th-place finish. Sarah Cowles, who won the North Atlantic Conference title two weeks ago, finished 25th and also earned All-District II honors. Tara Pointin (30th), Katie Guarracino (40th) and Kasia Brodka (84th) also scored for the Hens.

Hen runners overcome muddy site for sore feet

By **PAULA PARRISH**

Staff reporter

NEWARK — Exactly how the soles of her shoes were connecting with the ground has been one of Susan McGrath-Powell's biggest concerns the last two weeks.

The University of Delaware womens' cross country coach watched anxiously as rain and chilly temperatures changed the course at Franklin Park in Boston to a hazard-filled gantlet.

But her team handled the challenge with aplomb, winning the North Atlantic Conference Cross Country Championship Oct. 28 and returning to the same site last Saturday to end their season with an eighth-place finish in Division II in the East Coast Athletic Conference meet.

"In that NAC meet, they were taking turns on their tiptoes, because of the mud," McGrath-Powell said.

Senior Sarah Cowles won the NAC individual title over the 3.1-mile course in 18 minutes, 19 seconds. Three teammates placed among the top 10: junior Tara Pointin (third, 18:45), senior Christina Rolleri (fourth, 18:46) and senior Katie Guarracino (seventh, 19:02).

"We were a very strong team this year. We felt strong and very positive," Cowles said. "We just barely lost to Boston University

last year and our goal this year was to beat them because we knew we could."

Sophomore Tiffany Goldie placed 19th in 19:30, junior Kasia Brodka came in 32nd in 20:13 and senior Murphy Hayes was 42st in 21:24.

As a team, Delaware won with 34 points, well ahead of second-place Boston University (46 points), which had won the meet for the last five years.

"[McGrath-Powell] has just shown us so much enthusiasm and support," Pointin said. "She thought we could win the championship from the beginning."

Riding the crest of their success into the ECAC meet last Saturday, the Hens' eighth-place ECAC finish sat well with McGrath-Powell, who was named NAC Coach of the Year for the second consecutive season.

"We had a pretty good day," she said. "All in all, the meet went real well and we're really pleased with the way the season went."

Rolleri, finishing 17th in 18:02, and Cowles, placing 25th in 18:15, received All-District honors and Rolleri came close to making it to the nationals. Pointin was 30th in 18:21, Guarracino 40th in 18:35, Kasia Brodka 84th in 19:35 and Tiffany Goldy 98th in 19:53.

The Blue Heps' highest finisher in 1994 was Pointin, placing 52nd.

Dartmouth Men, Women Qualify For NCAAs With Strong IC4A Efforts

By DAVID CORRIVEAU
Valley News Staff Writer

BOSTON — Just about the time the needle on her inner gas gauge pointed toward 'E,' Maribel Sanchez ran down that one last hill and saw that one last mud puddle.

And with no Sir Walter Raleigh around to throw a coat across it for her and with all but seven of the best cross country runners in the East breathing down her neck in Franklin Park yesterday, Sanchez did what the Dartmouth men had already done in the IC4A championship meet. Did what she hoped the rest of the Big Green women would do close behind her in this ECAC championship meet.

She ran right through it ... and into the NCAA championships.

"It was really muddy out there today," Sanchez said after finishing eighth overall and fourth among New England women. "Spikes didn't help at all. And on that last hill, you're so tired at that point, you're angry to

have to deal with this.

"But it's also just 300 meters to go. So you keep going."

As the rest of the Big Green would go en route to the Nov. 20 national championships in Iowa. Fifteen seconds after Sanchez finished the 3.1-mile Franklin Park course in 17 minutes, 17 seconds, fellow senior Kristin Manwaring kept going to 15th in the ECAC and eighth in District 1 (New England). Two places and four seconds later came sophomore Deirdre Milligan, 11th in District 1. Two more seconds and two more runners and sophomore Jenna Rogers came in 12th in District 1.

And when freshman Bethany Crenshaw crossed the line 36th in the East and 19th in New England, the Dartmouth women stood third in the ECACs behind Providence and Villanova, second in New England to Providence and, most important, a comfortable distance ahead of Boston College for the last New England seat on the bus to the

NCAAs. In the 6.2-mile IC4As, the Dartmouth men also finished second to Providence in District 1 to punch their third straight ticket to the nationals.

"That's 21 seconds between our No. 1 and our No. 4," Dartmouth women's coach Ellen O'Neil said. "When Kristin, Deirdre and Jenna all came in like that, that was a pretty good indication that we made it. The key to the big meets is packing it in."

The Dartmouth men found togetherness a little harder to achieve in a huge IC4A field, but Marc McDonald, the Big Green's fifth finisher, came close enough to No. 4 finisher Don Conrad to give the team a 26-point edge over Brown for the second and final New England slot at nationals.

"At the (Heptagonal championships two weeks earlier), even though we won, we were worried because our fifth runner was so far behind," Dartmouth co-captain Jack

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Dwyer said after finishing 13th overall and sixth in District 1. "We really needed our fifth runner to step up and fill the gap."

Men's coach Barry Harwick didn't know until a couple of days before the race whom to tap as his No. 5, No. 6 and No. 7 runners from a pool of 21. But something — along with McDonald's roommate, Jack Dwyer — told him the senior McDonald should be one of them.

"This year he really got excited about running," Dwyer said. "He was given a chance to run and contribute ..."

And McDonald contributed what Harwick called "maybe Marc's best performance of his career."

The performance was 32nd in New England, 92nd overall in the East, just 10 places in New England and 18 seconds behind freshman Don Conrad, who in turn wound up just six seconds and four New England places behind sophomore teammate Aaron Schumacher.

"That was very important for us," Harwick said. "In the meets at the end of the season, your fifth guy

becomes more important than usual."

Your fifth guy or, in the women's case, your sixth girl. On a day when senior Kristin Pierce, the Big Green's fifth finisher at Heptagonals, struggled to finish 71st overall, the freshman Crenshaw, who had struggled at Heps, stepped into the breach.

"I've been stressing for a month that eventually the sixth runner will be in the thick of things," O'Neil said. "It's crucial to have a sixth runner."

Having a first runner like Maribel Sanchez helps, too. Two years ago, she ran 37th in ECACs, and last fall she was studying abroad.

"Eighth is a big jump," Sanchez said. "I definitely made significant improvement. I'm pretty much where I wanted to be. I know I'm making good progress for nationals."

It took a little longer for the men to progress this year. But eventually, Conrad — the 1994 Missouri high school champion — and Schumacher got the hang of things, and Jack Dwyer and Chris Langan adjusted to the leadership roles they inherited from the graduated Ted FitzPatrick and Sam Wilbur.