

87th IC4A XC Championships

Franklin Park, Boston, MA

November 11, 1995

CHAMPIONSHIP

Individuals

Men

1. Mark Carroll, Providence, 29:24; 2. Martin McCarthy, Iona, 29:44; 3. Alex Shelley, Navy, 30:02; 4. Andy Downin, Georgetown, 30:07; 5. Mike Dudley, West Virginia, 30:10; 6. Ken Nelson, Villanova, 30:12; 7. Ian Carswell, Harvard, 30:15; 8. Bernard Kitur, Mount St. Mary's, 30:20; 9. Andy Wedlake, Providence, 30:22; 10. Ken Christiani,

Vill, 30:23. Quinn (JMU), 30:36; O'Brien (G), 30:37

Navy top finishers:

Clemmens (N), 30:38; 24. Barnacle (N),

31:09; 72. Ledford (N), 32:04; 78. McKeon (N), 32:14;

80. Mentzer (N), 32:15; 82. Mahon (N), 32:18

Top Mount St. Mary's finishers:

Brian Rosenberg (MSM), 32:24.

Wan park was the top finisher for Cornell, placing 62nd with a time of 31:54.

Other Big Red finishers include: Jeff Nason finished 69th, 32:02; Larry Gosse placed 70th, 32:03; John Steed finished 75th, 32:12; and Artie Smith placed 84th, 32:22.

Team scores

1. Georgetown 116; 2. Providence 139; 3. Villanova 169; 4. William & Mary 188; 5. James Madison 214; 6. Iona 258; 7. Dartmouth 260; 8. Penn State 265; 9. Army 270; 10. Navy 281.

UNIVERSITY

RU runners 4th

Eamon Blanchard and Billy Grogan were named to the All-East University division first team after placing in the Top 20 at the IC4A cross country championships yesterday in Boston.

The Scarlet Knights finished fourth in the team standings while Seton Hall's men were 12th. Blanchard finished 14th (32:20) and Grogan 15th (32:21) while teammate Leigh Cadlgan was 29th (32:58).

Freshman Anthony DeBenedictis (Roselle Park) led the Pirate men by finishing second overall in 31:32. Pascal Bernier finished fourth (31:43).

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.

The UD men were led by Zach Chupa and freshmen Jeremy Muratore and Dave Geesaman. Chupa came in 91st, two spots ahead of Muratore, and Geesaman wound up 104th. Dan Amberg was 122nd, and Barry Pollock came in 138th.

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.

Avi Ma'Ayan, **Fairleigh Dickinson's** top runner, ran the 8-kilometer course at Boston's Franklin Park in 31:32, good for 49th place at the IC4A championship. His performance helped the Knights men place 23rd. **Georgetown** won