

111<sup>th</sup> IC4A XC Championships  
 Van Cortlandt Park, Bronx, NY  
 November 23, 2019

Men's 5 Mile Run CC Championship

Name	Year	School	Avg Mile	Finals	Points
1 Tyler Berg	FR	Columbia	4:59	24:52	1
2 Joshua DeSouza	FR	Iona	5:00	25:00	2
3 Ryan Gallagher	JR	Providence	5:01	25:03	3
4 Zachary Michon	SR	St. Joseph's (Pa.)	5:01	25:04	4
5 Evans Kibet	SR	Siena	5:04	25:20	5
6 Jack Ikenberry	SO	George Mason	5:05	25:24	
7 Peter Rindfuss	JR	Providence	5:05	25:25	6
8 Michael O'Leary	SR	Providence	5:06	25:29	7
9 David Vorbach	SO	Columbia	5:07	25:31	8
10 Matt Scarpill	JR	St. Joseph's (Pa.)	5:08	25:36	9
11 David Rosas	JR	Providence	5:08	25:39	10
12 Sean Meehan	SO	Providence	5:08	25:40	11
13 Damien Dilcher	FR	Iona	5:09	25:43	12
14 Aidan Gillooley	FR	Siena	5:09	25:45	13
15 Hunter Jutras	JR	George Mason	5:10	25:47	
16 Patrick Walsh	JR	Rutgers	5:10	25:48	14
17 Robert Guidicipietro	SR	Wagner	5:10	25:50	
18 Brendan Dearie	FR	Marist	5:11	25:51	15
19 Louis DiLaurenzio	SO	Monmouth	5:11	25:52	16
20 Roberto Piotto	SR	Central Connecticut	5:11	25:53	17
21 Nicholas Raefski	SR	Fordham	5:11	25:54	18
22 Marcus Karamanolis	SR	Providence	5:11	25:54	19
23 Bobby Hastie	JR	St. Joseph's (Pa.)	5:12	25:58	20
24 Patrick Bayuex	SO	Columbia	5:13	26:01	21
25 Graham Baird	SO	Iona	5:13	26:02	22
26 George Steinhoff	SO	St. Joseph's (Pa.)	5:13	26:03	23
27 Ramsey Little	FR	Marist	5:13	26:03	24
28 Brandon Hall	SO	Fordham	5:13	26:03	25
29 Dominic Dyer	JR	Columbia	5:13	26:04	26
30 James Hoffman	SO	Monmouth	5:13	26:05	27
31 Carrington Retzios	SO	Monmouth	5:14	26:07	28
32 Owen Bishop	JR	Columbia	5:14	26:08	29
33 Nick Pschunder	SR	Rutgers	5:14	26:09	30
34 Christopher Rivas	SR	Marist	5:14	26:09	31
35 TJ Corliss	SO	Merrimack	5:15	26:11	32
36 Jonathan DeSouza	FR	Iona	5:15	26:12	33
37 Ryan Budhu	SR	New Jersey Institute	5:15	26:13	34
38 Michael Rautter	SR	Siena	5:15	26:13	35
39 Brian Spolarich	SO	Rider	5:15	26:14	36
40 Owen Curran	SO	Providence	5:16	26:18	37
41 Colin Flood	FR	Fordham	5:16	26:19	38
42 Colin Logsdon	FR	Iona	5:16	26:20	39
43 Michael Stoker	JR	Siena	5:17	26:21	40
44 John Spinelli	SO	Monmouth	5:17	26:24	41
45 Colin Kelly	JR	Saint Francis	5:17	26:25	42
46 Conor Visnic	FR	Providence	5:17	26:25	43
47 Christian Alberico	SR	Iona	5:18	26:26	44
48 Tom Long	SR	Rider	5:18	26:27	45

49	Brenden Miller	SO Saint Francis	5:18	26:27	46
50	Richard Grudzewick	SR Central Connecticut	5:18	26:28	47
51	Colin Kane	FR St. Joseph's (Pa.)	5:18	26:30	48
52	Gerard Gill	SR New Jersey Institute	5:19	26:31	49
53	Alex Hogue	SR Marist	5:19	26:33	50
54	Elias Platanias	SR Marist	5:19	26:34	51
55	Henry Sappey	SR Monmouth	5:20	26:36	52
56	Christopher Strzelinski	JR Fordham	5:20	26:38	53
57	Matt Bodon	SO Monmouth	5:21	26:41	54
58	Ryan Rafferty	SR Monmouth	5:21	26:43	55
59	Ben Bunch	SO St. Joseph's (Pa.)	5:21	26:44	56
60	Eddie Nicholas	FR Central Connecticut	5:21	26:44	57
61	Brandon Olden	FR Siena	5:21	26:45	58
62	Matthew Hartman	FR Marist	5:22	26:47	59
63	Griffin Molino	SR Saint Francis	5:22	26:49	60
64	Aidan Canavan	JR Siena	5:22	26:49	61
65	Noah Davis	SR Merrimack	5:23	26:54	62
66	James Draney	JR Marist	5:23	26:55	63
67	Moetiz Shilleh	JR Sacred Heart	5:24	26:57	
68	Robert Spies	JR New Jersey Institute	5:24	26:59	64
69	Yankarlos Diaz	FR Central Connecticut	5:24	26:59	65
70	Ian Gabig	JR Saint Francis	5:24	27:00	66
71	Will Spector	SO Rider	5:25	27:01	67
72	Conor Stack	SR Marist	5:25	27:02	68
73	Anthony Belfatto	SR Canisius	5:25	27:04	69
74	Graham Strzelecki	JR Marist	5:25	27:04	70
75	Colin Gallagher	SR St. Joseph's (Pa.)	5:25	27:04	71
76	Reyden Davies	FR New Jersey Institute	5:25	27:05	72
77	Ben Woodward	SO Rider	5:26	27:07	73
78	Owen Walker	SO Siena	5:26	27:08	74
79	Thomas Hillyer	FR Rutgers	5:26	27:10	75
80	David Essel	SO New Jersey Institute	5:27	27:11	76
81	Ian Lauver	JR Saint Francis	5:27	27:11	77
82	Brian McGlew	JR New Jersey Institute	5:27	27:12	78
83	Danny Daurio	JR Rider	5:27	27:12	79
84	James Moehringer	JR Marist	5:27	27:12	80
85	Ryan Curran	SR Colgate	5:27	27:13	
86	Edwin Kipruto	SO Maryland-Eastern Shore	5:28	27:17	81
87	Gunnar Hasselquist	JR Merrimack	5:28	27:18	82
88	Andrew Perreault	FR Canisius	5:28	27:18	83
89	Jacob Schulte	JR Saint Francis	5:28	27:19	84
90	Shane Ainscoe	SO Monmouth	5:29	27:22	85
91	Zachary Kohler	FR Saint Francis	5:29	27:22	86
92	Chris Smith	SO Rutgers	5:29	27:22	87
93	Ryan Mitchell	FR Rutgers	5:29	27:23	88
94	Tom Appenheimer	FR Canisius	5:29	27:24	89
95	Julio Arredondo	SR Central Connecticut	5:29	27:25	90
96	Tyler Clark	FR Canisius	5:30	27:29	91
97	Shamus Malia	JR Merrimack	5:30	27:30	92
98	Cameron Janovic	FR Monmouth	5:31	27:31	93
99	Jack Craven	FR Fordham	5:31	27:34	94
100	Jack Raymond	FR George Mason	5:32	27:36	
101	Nick Strain	FR Rider	5:32	27:39	95
102	Dylan Rodriguez	FR Rider	5:33	27:42	96
103	Glenn McGee	JR Saint Francis	5:33	27:43	97
104	Brian Sardinkas	SR Merrimack	5:33	27:44	98
105	Matthew Coffey	FR St. Joseph's (Pa.)	5:33	27:45	99

106	Luciano Fiore	SR Siena	5:34	27:46	100
107	Joshua Clark	SR St. Joseph's (Pa.)	5:34	27:48	101
108	Marcus Brown	SR Canisius	5:34	27:49	102
109	Ryan Fahey	FR Fordham	5:35	27:51	103
110	Matthew Morena	FR New Jersey Institute	5:35	27:51	104
111	Dylan Kehoe	FR Merrimack	5:35	27:53	105
112	Dan Maida	SR Monmouth	5:35	27:55	106
113	Michael Huizenga	FR New Jersey Institute	5:36	27:57	107
114	Will Berger	SO Rutgers	5:38	28:06	108
115	Matthew Laframboise	FR Siena	5:38	28:07	109
116	Nicholas Spinosa	SR Canisius	5:38	28:08	110
117	Ethan Knoebel	FR Saint Francis	5:38	28:09	111
118	Richie Castaneda	FR Rider	5:39	28:13	112
119	Luke Myers	SR Colgate	5:39	28:15	
120	Ryan Sullivan	JR Merrimack	5:40	28:17	113
121	John Akakeya	SR Maryland-Eastern Shore	5:40	28:18	114
122	David Kerns	SO Central Connecticut	5:40	28:20	115
123	Adam Alshoubeki	SR Manhattan	5:41	28:21	
124	Marc Carrera	SO Manhattan	5:41	28:24	
125	Cade Hindley	SO Rutgers	5:42	28:27	116
126	Cole Hindley	SO Rutgers	5:42	28:29	117
127	Michael Crockin	SO Manhattan	5:45	28:44	
128	Brendan Malone	FR George Mason	5:46	28:48	
129	Quemarii Williams	FR Manhattan	5:48	28:56	
130	Ryan Gamelin	FR Merrimack	5:48	28:58	118
131	Peter Tilton	SO Rutgers	5:49	29:05	119
132	Zach Smith	SO St. Joseph's (Pa.)	5:52	29:16	120
133	Nahom Ftwi	FR Maryland-Eastern Shore	5:53	29:23	121
134	Robert Moore	SO Central Connecticut	5:54	29:29	122
135	Sean Murray	JR Sacred Heart	5:54	29:30	
136	Christopher Gillis	JR Sacred Heart	5:58	29:47	
137	Michael Gianadda	SO Canisius	6:06	30:26	123
138	Gavin Thurlow	SR Sacred Heart	6:07	30:32	
139	James Bull	SO Merrimack	6:08	30:40	124
140	Jordan Carrington	FR Maryland-Eastern Shore	6:26	32:09	125
141	Connor Davies	SR Canisius	6:28	32:19	126
142	Brian Fisher	SO Canisius	6:35	32:51	127
143	Malik Melhado	FR Maryland-Eastern Shore	7:15	36:13	128



Men's 5 Mile Run CC Coach's

Name	Year	School	Avg Mile	Finals	Points
1 William Whelan	JR	Fordham	5:20	26:40	
2 Aidan Sweeney	SO	Marist	5:22	26:46	1
3 Brad Rynkowski	SO	Marist	5:22	26:50	2
4 Tommy Anderson	FR	Siena	5:24	26:57	3
5 Cole Kretlow	SO	Seton Hall	5:26	27:07	4
6 Jonathan Allard	SO	Saint Francis	5:26	27:09	5
7 Daniel Czop	FR	Marist	5:27	27:12	6
8 Michael Pavicic	SO	Monmouth	5:27	27:13	
9 Patrick Norako	JR	Fordham	5:27	27:14	
10 Patrick Kutch	SO	Marist	5:27	27:15	7
11 declan HARKNESS	FR	Seton Hall	5:28	27:16	8
12 Matthew Ronan	JR	Marist	5:28	27:20	9
13 Kevin Heredia	SO	Rider	5:30	27:26	10
14 Ira Daly	SO	St. Joseph's (Pa.)	5:30	27:28	
15 john LOEFFEL	FR	Seton Hall	5:30	27:30	11
16 Nate Poirier	FR	Siena	5:30	27:30	12
17 Scott Ruskan	JR	Rider	5:31	27:33	13
18 daniel WASHBURN	FR	Seton Hall	5:31	27:34	14
19 nicholas MINIKEL	FR	Seton Hall	5:31	27:35	15
20 Tehj Rollins	FR	Rider	5:32	27:36	16
21 Jacob Greski	JR	Siena	5:32	27:37	17
22 Patrick Tuohy	SO	Fordham	5:33	27:41	
23 Christopher Adamski	FR	Siena	5:34	27:46	18
24 Christopher Courts	FR	Marist	5:34	27:48	19
25 Michael Drews	SO	Monmouth	5:34	27:49	
26 Jared Taylor	FR	Monmouth	5:35	27:54	
27 Andrew Lazorcak	SO	Rider	5:36	28:00	20
28 Mike Mazzei	SO	Rider	5:37	28:01	21
29 RYAN McNEILLY	SO	Seton Hall	5:37	28:02	22
30 Ian Wiesinger	FR	Marist	5:37	28:04	23
31 Sirish Modhagala	SO	Seton Hall	5:38	28:09	24
32 Eric Collado	SO	Rider	5:39	28:13	25
33 Matthew Berzonsky	FR	Saint Francis	5:39	28:13	26
34 Erik Lopez	FR	Rider	5:39	28:14	27
35 gediyon PRINCE	FR	Seton Hall	5:39	28:15	28
36 Jon Kittredge	FR	Marist	5:41	28:25	29
37 Tyler Napora	FR	Saint Francis	5:42	28:26	30
38 Jack Gatti	FR	Rider	5:42	28:28	31
39 Andrew Rebele	FR	St. Joseph's (Pa.)	5:43	28:31	
40 Andrew Nicholasi	FR	Rider	5:44	28:37	32
41 Dylan Serino	JR	Fordham	5:44	28:38	
42 Matt D'Auria	SO	St. Joseph's (Pa.)	5:45	28:41	
43 Nathan Moore	JR	Saint Francis	5:45	28:44	33
44 Conor Duffy	SR	Rider	5:46	28:47	34
45 Leo Zaccaria	FR	Rider	5:48	28:59	35
46 Paul Sandford	FR	Marist	5:49	29:05	36
47 Trevor Middleton	FR	Sacred Heart	5:51	29:11	
48 Cole DiGiacomo	JR	Siena	5:51	29:13	37
49 Jacob Wozar	SO	Seton Hall	5:53	29:21	38
50 Andrew Asselta	FR	Sacred Heart	5:53	29:21	
51 ASA BLOOM	SR	Seton Hall	5:53	29:23	39
52 Michael Gallagher	SO	Saint Francis	5:53	29:24	40
53 Christopher Estremera	JR	Siena	5:55	29:35	41

