



George Washington 2004 Men's Cross Country

Head Coach: Brian Beil (East Carolina '00) - 1st year

Schedule / Results

Date	Meet (Location)	Time/Result (Pts.)
Sept. 4	Cappy Anderson Invitational (Princess Anne, MD)	2nd (56)
Sept. 11	Towson Invitational (Towson, MD)	8th (208)
Sept. 18	Mount St. Mary's (Emmitsburg, MD)	1st (26)
Sept. 25	GW INVITATIONAL (Centreville, VA)	3rd (83)
Oct. 2	George Mason Invitational (Centreville, VA)	5th (123)
Oct. 16	Penn State National XC Meet (State College, PA)	36th (1035)
Oct. 30	A-10 Championship (Pittsburgh, PA)	10th (259)
Nov. 13	NCAA Mid Atlantic Regional (State College, PA)	23rd (649)

*Home meets (**Bold CAPS**) are run at Bull Run Park

CAPPY ANDERSON INVITATIONAL

September 4 • Princess Anne, MD • 8k

Team Champion

Maryland-Eastern Shore

GW Finish

2nd (56)

Individual Champion

Barnabas Togom, UMES (26:48.65)

Top GW Finisher

John Woodside (7th - 28:57.06)

Team Standings

1. Maryland-Eastern Shore	16
2. GW	56
3. Hampton	72
4. Delaware State	97
5. Bowie State	148
6. Norfolk State	154

Individual Top 10

1. Barnabas Togom, UMES	26:48.65
2. Geoffrey Rutto, UMES	27:17.90
3. Damion Drummond, UMES	27:34.58
4. Frederick Keter, UMES	28:13.15
5. Jerome Kennedy, Hampton	28:29.19
6. Christopher Havrilla, UMES	28:45.91
7. John Woodside, GW	28:57.06
8. Jeff Scranton, GW	28:58.33
9. Brandon King, Hampton	29:13.13
10. Lawrence Davenport, Delaware State	29:19.12

GW Finishers (Scoring Position)

7. John Woodside (7)	28:57.06
8. Jeff Scranton (8)	28:58.33

11. Christian Woodside (11)	29:20.49
14. Mark Drath (14)	29:45.44
16. Jay Vigorita (16)	29:59.05
17. Joe Altenau (17)	30:09.86
18. Phil Sherman (18)	30:13.82

TOWSON INVITATIONAL

September 11 • Towson, MD • 8k

Team Champion

Navy "B"

GW Finish

8th (208)

Individual Champion

P.J. Meany, Delaware (26:26)

Top GW Finisher

Daniel Morgan (28th - 27:58)

Team Standings

1. Navy "B"	34
2. Delaware	35
3. Salisbury	94
4. Loyola College	120
5. Howard	143
6. Hofstra	171
7. Maryland-Eastern Shore	179
8. GW	208
9. Coppin State	264
10. George Mason	300
11. Delaware State	353
12. Bowie State	357
13. Morgan State	358
14. University of DC	455

Individual Top 10

1. P.J. Meany, Delaware.....	26:26
2. James Dasilva, Loyola.....	26:48
3. Lucas Burke, Navy.....	26:51
4. James Patterson, Navy.....	26:56
5. Bradley Dodson, Delaware.....	27:03
6. John Kress, Navy.....	27:05
7. Cordis Stanfield, Howard.....	27:09
8. Mike Zeberkiewicz, Delaware.....	27:11
9. Kyle Schmid, Delaware.....	27:15
10. Wade Couthier, Navy.....	27:16

GW Finishers (Scoring Position)

28. Daniel Morgan (26).....	27:58
51. Christian Woodside (41).....	29:00
56. Jeff Scranton (45).....	29:19
58. John Woodside (47).....	29:23
61. Art Rowbotham (49).....	29:27
69. Joe Altenau (52).....	29:41
81. Alex Kim (58).....	30:23
84. Kyle Sullivan (--).	30:48
93. Jay Vigorita (--).	31:40

MOUNT ST. MARY'S INVITATIONAL

September 18 • Emmitsburg, MD • 8k

Team Champion

George Washington

GW Finish

1st (26)

Individual Champion

Larry O'Hara, Unattached (27:38.46)

Top GW Finisher

Daniel Morgan (3rd - 28:38.38)

Team Standings

1. GW.....	26
2. Mount St. Mary's.....	48
3. Coppin State.....	61

Individual Top 10

1. Larry O'Hara, Unattached.....	27:38.46
2. Dustin Bauer, Mount St. Mary's.....	28:15.43
3. Daniel Morgan, GW.....	28:38.38
4. Anthony Littlejohn, Coppin State.....	28:44.35
5. Christian Woodside, GW.....	28:58.24
6. John Woodside, GW.....	29:13.92
7. Bryan Hubain, Coppin State.....	29:23.81
8. Art Rowbotham, GW.....	29:26.18
9. Jeff Scranton, GW.....	29:28.36
10. Kelly Grisier, Mount St. Mary's.....	29:29.25

GW Finishers (Scoring Position)

3. Daniel Morgan (2).....	28:38.38
5. Christian Woodside (4).....	28:58.24
6. John Woodside (5).....	29:13.92
8. Art Rowbotham (7).....	29:26.18
9. Jeff Scranton (8).....	29:28.36

11. Alex Kim (10).....	29:30.83
13. Phil Sherman (12).....	29:47.56
16. Kyle Sullivan (--).	30:26.14
17. Jay Vigorita (--).	30:29.09

GW INVITATIONAL

September 25 • Centreville, VA • 8k

Team Champion

Mary Washington

GW Finish

3rd (83)

Individual Champion

Joseph Lomong, Unattached (25:36)

Top GW Finisher

Daniel Morgan (10th - 27:27)

Team Standings

1. Mary Washington.....	41
2. Norfolk State.....	74
3. GW.....	83
4. Seton Hall.....	86
5. Gettysburg College.....	87
6. George Mason.....	149
7. Marymount.....	210

Individual Top 10

1. Joseph Lomong, Unattached.....	25:36
2. David Alfano, Seton Hall.....	26:14
3. Todd Kronenberg, UMW.....	26:21
4. Cleophus Koros, Norfolk State.....	26:37
5. Francis Kirong, Norfolk State.....	26:50
6. Patrick Scott, Norfolk State.....	26:55
7. Dominic Luka, Unattached.....	27:00
8. Omar Wiggan, Unattached.....	27:12
9. Matt Kirk, UMW.....	27:18
10. Daniel Morgan, GW.....	27:27

GW Finishers (Scoring Position)

10. Daniel Morgan (7).....	27:27
14. Christian Woodside (11).....	27:45
22. Jeff Scranton (19).....	28:26
28. Phil Sherman (22).....	28:49
30. Mark Drath (24).....	28:58
31. Art Rowbotham (25).....	28:59
32. Joe Altenau (26).....	29:00
36. Kyle Sullivan (--).	29:15
38. John Woodside (--).	29:22
40. Jay Vigorita (--).	29:31
47. Alex Kim (--).	30:03

GEORGE MASON INVITATIONAL

October 2 • Centreville, VA • 8k

Team Champion

American

GW Finish

5th (123)

Individual Champion

John McMillian, Unattached (26:05.92)

Top GW Finisher

Daniel Morgan (15th - 27:29.65)

Team Standings

1. American	23
2. JMU	60
3. Radford	68
4. Howard	103
5. GW	123
6. George Mason	149

Individual Top 10

1. John McMillian, Unattached	26:05.92
2. Eric Kweeder, Unattached.....	26:19.25
3. Pat Burford, American	26:21.93
4. Michael Meehan, Radford.....	26:23.89
5. Phil Turner, American	26:30.39
6. Kris Cruz, American	26:36.04
7. Barry Rodgers, JMU	26:36.43
8. Rob Hoffman, American	26:47.03
9. Joel Hanlon, Radford	27:03.85
10. Andrew Waring, JMU	27:03.88

GW Finishers (Scoring Position)

15. Daniel Morgan (13)	27:29.65
31. Jeff Scranton (26)	28:27.75
32. Christian Woodside (27)	28:29.28
33. Alex Kim (28).....	28:31.54
34. John Woodside (29)	28:34.76
35. Phil Sherman (30)	28:40.76
41. Kyle Sullivan (36)	29:14.68
43. Joe Altenau (--)	29:21.61
44. Jay Vigorita (--)	29:38.00

PENN STATE NATIONAL XC MEET

October 16 • State College, PA • 5.2 Miles

Team Champion

American

GW Finish

36th (1035)

Individual Champion

Ryan Sheehan, Unattached (25:22)

Top GW Finisher

Daniel Morgan (207th - 28:12)

Team Standings

1. American	49
2. Penn	83
3. Penn State	135
4. JMU	177
5. Duquesne	216
6. Lehigh	236
7. Maryland	272
8. California	277
9. Univ. of Guelph	319
10. Boston College	323
11. Quinnipiac	352
12. Stony Brook.....	360
13. Pittsburgh	385
14. Buffalo	416
15. Speed River	427
16. Kentucky	451
17. Akron	477
18. Bucknell.....	498
19. St. Francis (PA)	511
20. Cornell.....	517
21. Shippensburg	551
22. Duke	568
23. West Shore Running Co.	627
24. UMBC	630
25. DePaul.....	648
26. Bloomsburg.....	723
27. Indiana Univ. (PA)	729
28. Detroit Mercy.....	869
29. Robert Morris	892
30. St Francis T.C.....	924
31. Slippery Rock	961
32. Mount St. Mary's	974
33. Mansfield Univ.	979
34. Clarion.....	1006
35. Wheeling Jesuit.....	1009
36. GW	1035
37. Juniata College	1058
38. Cal Univ.	1159

Individual Top 10

1. Ryan Sheehan, Unattached.....	25:22
2. Dan Mazzocco, Penn State	25:27
3. Pat McAdie, American	25:28
4. Dusty Lieb, Penn	25:30
5. Sean Duffy, American.....	25:34
6. Nolan Tully, Penn	25:37
7. Steve Hallinan, American.....	25:39
8. Christopher Foster, Penn State	25:44
9. Ted Herbert, JMU	25:47
10. Cleve Thorson, Univ. of Guelph	25:48

GW Finishers (Scoring Position)**Race A**

207. Daniel Morgan (186)	28:12
222. Christian Woodside (194).....	28:30
255. Phil Sherman (214)	29:08
260. Jeff Scranton (218).....	29:16
266. Alex Kim (223)	29:23
270. John Woodside (226).....	29:28
276. Mark Drath (231)	29:33
278. Art Rowbotham (--)... ..	29:35
316. Kyle Sullivan (--)... ..	32:26

Race B

62. Joe Altenau (--)... ..	28:49
88. Jay Vigorita (--)... ..	30:15

ATLANTIC 10 CHAMPIONSHIP

October 30 • Pittsburgh, PA • 8k

Team Champion

La Salle

GW Finish

10th (259)

Individual Champion

John Ciccarelli, Richmond (25:30)

Top GW Finisher

Daniel Morgan (44th - 27:47)

Team Standings

1. La Salle	24
2. Duquesne	57
3. Xavier	106
4. Richmond	143
5. UMass	146
6. Fordham	159
7. Dayton	176
8. Saint Joseph's.....	193
9. Rhode Island.....	219
10. GW	259
11. St. Bonaventure.....	354

Individual Top 10

1. John Ciccarelli, Richmond	25:30
2. John Butler, La Salle	25:37
3. Sean Quigley, La Salle.....	25:40
4. Ryan Bender, Duquesne	25:44
5. Dan McGrath, La Salle.....	25:49
6. Ryan Fennelly, La Salle	25:50
7. Joe Mohn, Saint Joseph's	25:52
8. Timothy Carroll, La Salle	25:55
9. Andrew Vernon, La Salle	25:57
10. Joseph Dare, La Salle	26:09

GW Finishers (Scoring Position)

44. Daniel Morgan (40)	27:47
49. Christian Woodside (45).....	27:52
68. Jeff Scranton (56).....	28:25
73. Joe Altenau (58).....	28:37
76. Phil Sherman (60)	28:45
83. Art Rowbotham (63).....	29:01
84. Alex Kim (64)	29:03
86. Mark Drath (--)... ..	29:11
88. John Woodside (--)... ..	29:15
97. Kyle Sullivan (--)... ..	29:51
101. Jay Vigorita (--)... ..	30:15

NCAA MID ATLANTIC REGIONAL

November 13 • State College, PA • 10k

Team Champion

Georgetown

GW Finish

23rd (649)

Individual Champion

Rob Koborsi, Georgetown (30:24)

Top GW Finisher

Christian Woodside (122nd - 34:10)

Team Standings

1. Georgetown.....	49
2. American	63
3. Penn	112
4. La Salle	115
5. Villanova	125
6. Princeton	143
7. Penn State	204
8. Lehigh	219
9. Pittsburgh	270
10. Navy	278
11. Duquesne	282
12. Maryland	283
13. Bucknell.....	349
14. St. Francis.....	388
15. Delaware	484
16. Lafayette	532
17. UMBC	547
18. Marshall.....	575
19. Seton Hall	588
20. Robert Morris	607
21. Loyola	617
22. Monmouth	641
23. GW	649

Individual Top 10

1. Rob Koborsi, Georgetown	30:24
2. Chris Lukezic, Georgetown	30:31
3. Robert Curtis, Villanova	30:33
4. Austin Smith, Princeton	30:33
5. Dan Mazzocco, Penn State	30:36
6. Dusty Lieb, Penn	30:39
7. Fleet Hower, Georgetown	30:42
8. Nolan Tully, Penn	30:42
9. Brendan Fennell, American	30:47
10. Frank McCreery, Princeton	30:47

GW Finishers (Scoring Position)

122. Christian Woodside (117)	34:10
127. Daniel Morgan (121)	34:31
137. Joe Altenau (131)	35:00
145. Phil Sherman (138)	35:16
149. Jeff Scranton (142)	35:26
151. Alex Kim (144)	35:40
163. Mark Drath (155)	37:09