



# George Washington 2006 Men's Cross Country

Head Coach: Brian Beil (East Carolina '00) - 3rd year

## Schedule / Results

Date	Meet (Location)	Time/Result (Pts.)
Sept. 1	at Mount St. Mary's 5K Duals (Emmitsburg, MD)	0-4
Sept. 9	at Towson Invitational (Hunt Valley, MD)	NTS
Sept. 16	at Navy Invitational (Annapolis, MD)	7th/7
Sept. 30	at W&M Colonial Inter-Regional (Williamsburg, VA)	9th/10
Oct. 14	at Carnegie Mellon Invitational	4th/19
Oct. 28	at A-10 Championship (Pittsburgh, PA)	10th/14
Nov. 11	at NCAA Mid-Atlantic Regional (Lock Haven, PA)	10:00 am

### MOUNT ST. MARY'S 5K DUALS

September 1 • Emmitsburg, MD • 5k

#### GW Finish

0 Win, 4 Losses

#### Individual Champion

Dan Beardslee, American (16:04.88)

#### Top GW Finisher

Andrew Coleman (18th - 17:01.51)

#### Team Standings

1. Mount St. Mary's	15
2. GW	46

1. American	15
2. GW	48

1. UMBC	16
2. GW	47

1. Loyola	21
2. GW	36

#### Individual Top 10

1. Dan Beardslee, American	16:04.88
2. Zach Emerson, Mount St. Mary's	16:08.06
3. Matt Logie, Mount St. Mary's	16:12.24
4. Anthoney Kelhower, UMBC	16:18.36
5. Dustin Emrani, American	16:27.02
6. Brandon Laks, American	16:31.26
7. Justin Brackett, Mount St. Mary's	16:33.47
8. Matt Cowhey, UMBC	16:34.19
9. Shahin Shokey, UMBC	16:37.64
10. Dustin Bauer, Mount St. Mary's	16:38.47

#### GW Finishers (Scoring Position)

18. Andrew Coleman	17:01.51
25. Stephen Rutgers	17:25.69
29. Keith Moody	17:38.37
31. Chris Pisano	17:45.73
34. John Woodside	17:50.01

### TOWSON INVITATIONAL

September 9 • Hunt Valley, MD • 8k

#### GW Finish

NTS

#### Individual Champion

Alfred Singoei, UMES (26:59.49)

#### Top GW Finisher

Daniel Morgan (7th - 27:46.70)

#### Team Standings

1. Salisbury	28
2. Navy	42
3. Millersville	96
4. UMES	121
5. Coppin State	159
6. Delaware State	162
7. Gwynedd Mercy	193
8. Howard	197
9. Morgan State	259
10. Marymount	263

#### Individual Top 10

1. Alfred Singoei, UMES	26:59.49
2. Will Murdoch, Salisbury	26:59.96
3. Gavin MacGarva, Navy	27:25.73
4. Eric Graves, Salisbury	27:33.35
5. Buck Stokes, Salisbury	27:39.86
6. Tim Whitney, Navy	27:40.49

7. Daniel Morgan, GW .....	27:46.70
8. Anthony Littlejohn, Coppin State .....	27:52.01
9. Carl Blickle, Salisbury .....	28:02.51
10. Joe Altenau, GW .....	28:10.04

GW Finishers

7. Daniel Morgan .....	27:46.70
10. Joe Altenau .....	28:10.04
23. Mark Drath .....	29:17.30
27. Keith Moody .....	29:34.00

**NAVY INVITATIONAL**

**September 16 • Annapolis, MD • 8k**

GW Finish

7th/7

Individual Champion

Brendan Fennell, American (24:51.32)

Top GW Finisher

Daniel Morgan (26th - 26:31.93)

Team Standings

1. American .....	20
2. Navy .....	37
3. Richmond .....	110
4. UMBC .....	114
5. Loyola .....	124
6. Mount St. Mary's .....	150
7. GW .....	183

Individual Top 10

1. Brendan Fennell, American .....	24:51.32
2. Connor Lanz, American .....	25:00.00
3. John Kress, Navy .....	25:07.27
4. Awit Yohannes, American .....	25:10.51
5. Dan Beardslee, American .....	25:14.50
6. John Olsen, Navy .....	25:15.60
7. Jonathon Grant, Navy .....	25:22.10
8. Steve Hallinan, American .....	25:37.17
9. Matthew Logie, Mount St. Mary's .....	25:41.44
10. Mike Niemi, Navy .....	25:44.73

GW Finishers

26. Daniel Morgan .....	26:31.93
38. Andrew Coleman .....	27:13.13
39. Collin Stevenson .....	27:15.93
60. Keith Moody .....	28:46.95
63. John Woodside .....	29:19.64

**W&M COLONIAL INTER-REGIONAL**

**September 30 • Williamsburg, VA • 8k**

GW Finish

9th/10

Individual Champion

Christo Landry, William & Mary (23:51.4)

Top GW Finisher

Joe Altenau (48th - 26:18.3)

Team Standings

1. #22 William & Mary .....	30
2. #13 Georgetown .....	46
3. La Salle .....	77
4. Virginia Tech .....	91
5. Maryland .....	157
6. East Tennessee State .....	199
7. Fordham .....	203
8. Virginia .....	205
9. GW .....	237
10. Hampton .....	300

Individual Top 10

1. Christo Landry, William & Mary .....	23:51.4
2. Sean Quigley, La Salle .....	23:55.0
3. Levi Miller, Georgetown .....	24:03.2
4. Ian Fitzgerald, William & Mary .....	24:11.1
5. Justin Scheid, Georgetown .....	24:33.0
6. Dave Mock, William & Mary .....	24:49.7
7. Anthony Arena, William & Mary .....	24:50.2
8. Andrew Montgomery, Virginia Tech .....	24:53.1
9. Michael Banks, Georgetown .....	24:56.5
10. Paul LaPenna, Virginia Tech .....	25:01.6

GW Finishers

48. Joe Altenau .....	26:18.3
54. Daniel Morgan .....	26:33.3
62. Andrew Coleman .....	26:54.4
68. Keith Moody .....	27:52.6
69. Christian Woodside .....	28:00.7

**CARNEGIE MELLON INVITATIONAL**

**October 14 • Pittsburgh, PA • 8k**

GW Finish

4th/19

Individual Champion

Brian Harvey, Carnegie Mellon (25:41.51)

Top GW Finisher

Joe Altenau (13th - 26:29.95)

Team Standings

1. Carnegie Mellon .....	43
2. Mount Union .....	55
3. Carnegie Mellon Alumni .....	124
4. GW .....	138
5. Ohio Wesleyan .....	154
6. Pharoah Hounds .....	165
7. Saint Vincent .....	177
8. Baldwin Wallace .....	184
9. Geneva .....	285
10. Saint Francis .....	300
11. Duquesne .....	301

12. Grove City .....	315
13. Notre Dame College .....	380
14. Washington & Jefferson .....	414
15. Roanoke .....	418
16. Waynesburg .....	451
17. Seton Hill .....	487
18. Point Park .....	508
19. Franciscan .....	529

Individual Top 10

1. Brian Harvey, Carnegie Mellon .....	25:41.51
2. Jeremy Velliquette, Mount Union College .....	26:01.27
3. Geoff Misek, Carnegie Mellon .....	26:11.09
4. Patrick McGuire, Pharoah Hounds .....	26:14.21
5. Brian Bernard, Mount Union College .....	26:15.95
6. Nick End, Carnegie Mellon Alumni .....	26:16.70
7. Matt Meurer, Carnegie Mellon Alumni .....	26:20.52
8. Dustin Ford, Mount Union College .....	26:21.18
9. Breck Fresen, Carnegie Mellon .....	26:23.88
10. Dario Donatelli, Carnegie Mellon .....	26:24.32

GW Finishers

13. Joe Altenau .....	26:29.95
17. Daniel Morgan .....	26:37.64
33. Keith Moody .....	26:57.83
39. Andrew Coleman .....	27:03.40
48. Robbie Lockhart .....	27:14.41
59. John Woodside .....	27:33.11
64. Mark Drath .....	27:36.25

Individual Top 10

1. Sean Quigley, La Salle .....	24:39.90
2. Tom Slosky, Duquesne .....	25:02.20
3. Mike Anderson, Dayton .....	25:09.20
4. Adu Dentamo, Charlotte .....	25:09.40
5. Joseph Dare, La Salle .....	25:23.00
6. Mike Didio, Saint Joseph's .....	25:26.20
7. Teddy Meyers, Saint Joseph's .....	25:38.75
8. Andrew Benford, Richmond .....	25:44.50
9. Nils Fischer, Massachusetts .....	25:49.00
10. Matthew Llano, Richmond .....	25:50.55

GW Finishers

39. Joe Altenau, 26:41.40
48. Daniel Morgan, 26:58.20
51. Robbie Lockhart, 26:59.60
52. Keith Moody, 27:02.15
56. Collin Stevenson, 27:08.70
76. Stephen Rutgers, 27:36.60
79. Mark Drath, 27:44.70
99. John Woodside, 27:59.35

## ATLANTIC 10 CHAMPIONSHIPS

October 28 • Pittsburgh, PA • 8k

GW Finish

10th/14

Individual Champion

Sean Quigley, La Salle (24:39.90)

Top GW Finisher

Joe Altenau (39th - 26:41.40)

Team Standings

1. La Salle .....	52
2. Duquesne .....	83
3. Massachusetts .....	99
4. Richmond .....	101
5. Charlotte .....	104
6. Saint Joseph's .....	120
7. Fordham .....	166
8. Dayton .....	213
9. Xavier .....	235
10. GW .....	246
11. Rhode Island .....	326
12. Saint Louis .....	330
13. Temple .....	345
14. Saint Bonaventure .....	469

