



**Oakland University
Cross Country Record Book
Updated August 16, 2011**



Men's Cross Country Top Times

4 Miles

Zack Jones	19:59.00	2008
Adam Frezza	20:06.00	2003
Jason Bruscha	20:10.00	2003
Paul Monnett	20:44.00	1999
Pat Cassady	20:45.00	2008
Kenny Wall	20:47.00	2008
Paul Kulisek	20:52.00	2002
Jason Young	20:55.00	2005
Ross Solanskey	20:57.00	2007
Brandon Griffin	20:58.00	2008
Brian Jones	21:03.00	1988
Ken Osmun	21:09.00	1990
Kenny Wassus	21:09.00	2005
Luke Williams	21:10.00	2004
Brandon Fisk	21:12.00	2001

10K

Ken Osmun	30:14.40	1990
Zack Jones	30:32.01	2010
Pat Cassady	31:07.31	2010
Brandon Griffin	31:19.48	2010
Steven Marcinkowski	31:40.87	2010
Scott Collins	31:45.85	1995
John Nemens	32:03.00	1993
Adam Frezza	32:07.60	2002
Tony Schafer	32:10.99	2010
Paul Rice	32:28.00	1993
Ross Solanskey	32:30.61	2010
Paul Kulisek	32:35.80	2002
Jason Bruscha	32:40.90	2003
Brian Jones	32:42.14	1990
Brett Busuttill	32:48.45	2007

8K

Zack Jones	24:28.30	2008
Adam Frezza	24:33.50	2005
Pat Cassady	24:54.00	2010
Ken Osmun	24:55.00	1990
Ross Solanskey	24:58.00	2007
Brandon Griffin	24:59.00	2010
Paul Kulisek	25:14.60	2005
Jason Bruscha	25:18.00	2003
Scott Collins	25:20.00	1995
Andy Lawrick	25:20.90	2008
Kenny Wall	25:22.10	2008
Luke Williams	25:28.00	2003
John Cook	25:29.89	2003
Brian Jones	25:32.00	1990
Jason Young	25:33.00	2007



Zack Jones holds the school records for both the four mile and the 8K.



Adam Frezza won the Mid-Continent Championship in 2005



TM



Men's Cross Country Honor Roll

NCAA Championships (Div. I 1997-), Div. II (1964-96)

1968	Team	43rd - 1010 pts
1990	Ken Osmun (All-American)	11th
1995	Scott Collins (All-American)	17th

All-Region

1986	Ken Osmun	14th
1987	Ken Osmun	24th
1988	Ken Osmun	6th
1990	Ken Osmun	2nd
	Brian Jones	24th
1991	John Myatt	12th
	Paul Rice	15th
1992	John Nemens	22nd
	Paul Rice	23rd
1993	Scott Collins	14th
	John Nemens	16th
	Paul Rice	25th
1995	Scott Collins	8th

All-Summit League*

*Known as Mid-Continent 1999-2006

1999	Bill Monnett	2nd
2001	Jason Bruscha	1st
	Adam Frezza	2nd
	Paul Kulisek	
2002	Adam Frezza	1st
	Paul Kulisek (Runner-Up)	
	Ryan Bissell	2nd
	Jason Bruscha	
	John Cook	
	Brandon Fisk	
2003	Jason Bruscha	1st
	Adam Frezza	
	John Cook	2nd
	Brandon Fisk	
	Luke Williams	
2004	Luke Williams	2nd
2005	Adam Frezza (Champion)	1st
	Paul Kulisek	
	Jason Young	
	Andy Lawrick	2nd
2006	Jason Young	1st
	Zack Jones	2nd
	Andy Lawrick	
2007	Andy Lawrick	2nd
	Jason Young	
2008	Zack Jones	1st
	Brandon Griffin	2nd
	Andy Lawrick	
	Kenny Wall	
2009	Zack Jones	1st
	Pat Cassady	2nd
	Phillip Palomino	
2010	Brandon Griffin	1st
	Zack Jones (Runner-Up)	

Pat Cassady

2nd

Summit League Coach of the Year

2002	Paul Rice
2005	Paul Rice

All-GLIAC

1987	Ken Osmun
1988	Ken Osmun (Runner-up)
1990	Brian Jones
	John Myatt
	Ken Osmun (Champion)
1991	John Myatt (Champion)
	Paul Rice (Runner-Up)
1992	John Myatt
	John Nemens
	Paul Rice
1993	Scott Collins
	John Nemens
1995	Scott Collins

All-CCC

2002	Adam Frezza
	Paul Kulisek
2005	Adam Frezza (Champion)
	Paul Kulisek
2006	Jason Young

All-State

1991	John Myatt
	Paul Rice
1992	John Myatt
	John Nemens
	Paul Rice
1993	Scott Collins
	John Nemens
	Paul Rice
1994	Jim Haviland
1995	Jason Ballard
	Scott Collins
	Chris Constantino
1999	Bill Monnett
2000	Kurt Brinker
	Brandon Fisk
	Luke Williams
2003	Adam Frezza
2004	Luke Williams
2005	Adam Frezza
	Paul Kulisek
2007	Justin Battle
	Jason Clement
	Tom Gienapp
2010	Pat Cassady (Champion)
	Kevin Cataldo (Runner-up)
	Brandon Griffin
	Nate Ismond
	Anthony Sterzick



Men's Cross Country Top Finishers

INDIVIDUAL WINNERS

Jason Bruscha

Tower Trail Classic - Sept. 22, 2001

Pat Cassady

Golden Grizzly Open - Sept. 4, 2010
Michigan Intercollegiates - Oct. 8, 2010

Scott Collins

Chris Yanni Memorial Invitational - Sept. 2, 1995
Bulldog Invitational - Sept. 23, 1995
Roadrunner Invitational - Oct. 6, 1995

Adam Frezza

Mel Brodt Invitational - Sept. 13, 2003
Crusader Invitational - Sept. 9, 2005
Central Collegiates - Sept. 17, 2005
Mid-Continent Championships - Oct. 29, 2005

Brian Jones

Macomb CC-Wayne State Tri Meet - Sept. 6, 1988

Zack Jones

Tommy Titan Invitational - Sept. 8, 2008
Golden Grizzly Open - Sept. 5, 2009
IPFW Invitational - Sept. 12, 2009

John Myatt

GLIAC Championships - Oct. 26, 1991

John Nemens

Michigan Tech Invitational - Sept. 11, 1992
Chris Yanni Memorial Invitational - Sept. 4, 1993
Roadrunner Invitational - Oct. 1, 1993

Ken Osmun

Apple Amble - Sept. 12, 1987
Running Fit/Detroit Invitational - Sept. 8, 1990
Bulldog Invitational - Sept. 22, 1990
Monarch Invitational - Sept. 29, 1990
Roadrunner Invitational - Oct. 5, 1990
GLIAC Championships - Oct. 20, 1990

Jason Young

Golden Grizzly Open - Sept. 4, 2005

Luke Williams - 8

Pat Cassady - 7

John Cook - 7

Brandon Fisk - 7

Brian Jones - 7

Kurt Brinker - 5

Jason Young - 5

Jason Ballard - 4

Brandon Griffin - 4

Andy Lawrick - 4

Bill Monnett - 4

Ross Solanskey - 4

Ryan Bissell - 3

Chris Constantino - 3

Bill Soule - 3

Kenny Wassus - 3

Mike Craze - 2

Jason Bigelow - 2

Jim Haviland - 2

Steven Marcinkowski - 2

Phillip Palomino - 2

Tony Schafer - 2

Barry Valko - 2

Kenny Wall - 2

Bruce Bearden - 1

Dave Elliott - 1

Chris Fecek - 1

Jim Haviland - 1

Paul Horvath - 1

Mike Kearns - 1

Jeff Kelke - 1

Pat Klein - 1

Andy McCloskey - 1

Kevin MacDonald - 1

Tony Markel - 1

Chris Melnychenko - 1

Sean Miller - 1

Hassan Mougrabi - 1

Bryan Nance - 1

Eric Nowicki - 1

Pat Sarver - 1

Tony Schafer - 1

Anthony Sterzick - 1

Paul Wakulat - 1

Mike Withee - 1

Nathan Ziolkow - 1

TOP 10 FINISHES

Ken Osmun - 20

Adam Frezza - 19

Zack Jones - 14

Scott Collins - 11

John Myatt - 11

Paul Rice - 11

Jason Bruscha - 9

Paul Kulisek - 8

John Nemens - 8



Women's Cross Country Top Times

<u>5K</u>			<u>6K</u>		
Kristie Kiefer	17:03.00	2003	Kristie Kiefer	21:10.70	2003
Lia Jones	17:23.61	2010	Lia Jones	21:26.90	2010
Melissa Nasers	17:51.00	2003	Sara Lieblein	21:27.60	2010
Brittini Hutton	17:58.41	2010	Brittini Hutton	21:27.90	2010
Sara Lieblein	18:05.27	2010	Kelsey Carmean	21:39.20	2010
Kelsey Carmean	18:08.26	2010	Erica D'Angelo	21:40.20	2008
Erica D'Angelo	18:09.55	2010	Melissa Nasers	21:51.70	2003
Jennifer Kunst	18:16.00	2000	Laura Fisher	22:01.90	2004
Autumn Cleverley	18:18.81	2010	Kim Schultz	22:10.30	2004
Christina Colombe	18:30.00	2000	Autumn Cleverley	22:36.10	2010
Dayna Cline	18:39.00	2005	Kayla Doan	22:42.00	2007
Kate Reilly	18:40.00	2005	Dayna Cline	22:43.30	2004
Kathy Harenski	18:50.00	2000	Kelly Stumpmier	22:53.70	2008
Nancy Collister	18:52.00	1993	Stephanie Huber	22:54.20	2008
Jeanine Chura	18:53.30	1998	Sarah Kane	23:00.00	2002

Women's Cross Country Honor Roll

NCAA Division I Championships

2003 Kristie Kiefer 150th

All-Region (Div. I 1997-, Div. II 1993-96)

1993 Nancy Collister 18th
 2003 Kristie Kiefer 13th
 2009 Lia Jones 18th

All-Summit League*

*Known as Mid-Continent 1999-2006

1999 Kristie Kiefer 1st
 2000 Kristie Kiefer (Champion) 1st
 Christina Colombe 2nd
 Jennifer Kunst
 2001 Kristie Kiefer (Runner-Up) 1st
 Melissa Nasers 2nd
 2002 Melissa Nasers (Runner-Up) 1st
 Sarah Kane 2nd
 2003 Kristie Kiefer (Champion) 1st
 Melissa Nasers
 2004 Laura Fisher 2nd
 Kim Schultz
 2005 Laura Fisher 2nd
 2006 Laura Fisher 2nd
 2008 Erica D'Angelo 2nd
 Sara Lieblein
 2009 Sara Lieblein 2nd
 2010 Brittini Hutton 1st
 Lia Jones
 Sara Lieblein
 Kelsey Carmean 2nd

Summit League Coach of the Year

2010 Paul Rice

All-GLIAC

1993 Nancy Collister
 1995 Traci Boenick
 1996 Christina Colombe

All-CCC

2002 Sarah Kane
 Melissa Nasers
 2003 Kristie Kiefer
 Melissa Nasers
 2005 Dayna Cline
 Laura Fisher
 Kate Reilly
 2006 Dayna Cline

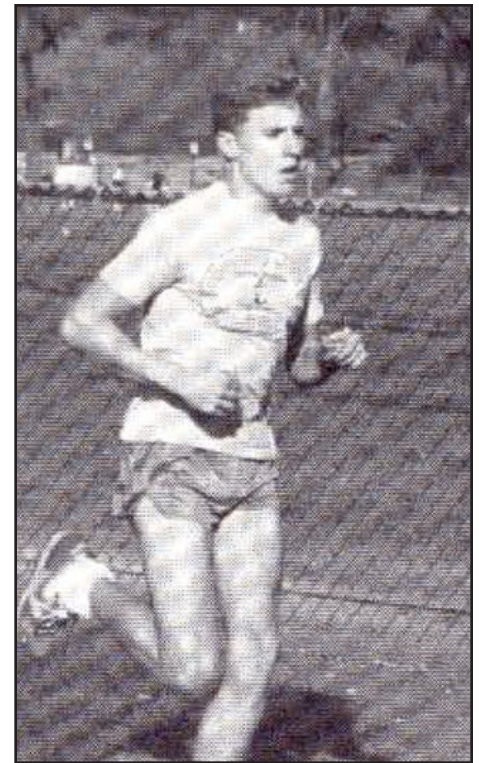
All-State

1995 Traci Boenick
 Densie McCartney
 1999 Kristie Kiefer
 2000 Kristie Kiefer
 2002 Melissa Nasers
 2004 Dayna Cline
 Laura Fisher
 2005 Dayna Cline
 2007 Kelsey Carmean
 Kayla Doan
 2008 Kelsey Carmean
 Erica D'Angelo
 2010 Kelsey Carmean
 Brittini Hutton
 Lia Jones (Runner-Up)
 Sara Lieblein



Men's Cross Country All-Time Letterwinners

AA		EE		Kueppers, Tony	2005
Aoude, Nader	1997	Elliott, Dave	2005	Kulisek, Paul	2001-03, 2005
BB		FF		LL	
Bailey, Rick	1983	Fecek, Chris	2003-05, 2007	Landry, Andrew	1988-91
Ballard, Jason	1994-95	Ferro, Mike	1988	Lawrick, Andrew	2005-08
Barc, Andrew	2006	Feinstein, Adam	1999-01	Lee, Matt	1990
Battle, Justin	2007-08	Finger, Jerry	1993	Lehman, Matt	2006
Bauss, Jordan	2008	Fisk, Brandon	2000-03	Lewandowski, Ed	1999
Bearden, Bruce	1988-89	Frezza, Adam	2001-03, 2005	Lyon, Josh	1996-98
Beattie, Chris	1997	GG		MM	
Bigelow, Jason	2005-08	Galbraith, Travis	2007	MacDonald, Kevin	2005-08
Bissell, Ryan	1998-00, 01-02	Gienapp, Tom	2007-10	Malen, Don	1990
Bonzheim, Jeff	2007-08	Gillespie, Mike	1983	Markel, Tony	1991-94
Brabbs, John	1983, 1986	Gissal, Andrew	2005	McCauley Dave	1986
Brinker, Kurt	1998-01	Griffin, Brandon	2007-10	McCloskey, Andy	1995-98
Brouillette, Tom	1990	HH		Melnychenko, Chris	1989-90
Bruscha, Jason	2001-03	Hardiman, Bill	1988	Michaels, Kevin	1983
Buntman, Brian	2006-08	Harkins, Matt	2005-06	Miller, Sean	1987-90
Butkiewicz, Jeff	1986	Harris, Jeff	1988-90	Miller, Steve	2008
Burley, Morris	1983	Haviland, Jim	1991-94	Moffitt, Luke	2006
Busuttil, Brett	2006-07	Horvath, Paul	1989-92	Monnett, Bill	1998-99, 2001-02
CC		Horwarth, John	1983		
Callaghan, Mike	1993	Huddleson, Kirk	1988		
Camilleri, Mike	1999	Hughes, David	1990-91		
Camilleri, Rob	1999-02	Hunter, Dan	1988		
Cassady, Pat	2008-10	JJ			
Cataldo, Kevin	2007-10	Jenkins, Mark	1998-00		
Church, Ed	1992-95	Johnston, Patrick	2001		
Clark, Chuck	1964-68	Jones, Dave	1999-00		
Clement, Jason	2006-07	Jones, Brian	1988-90		
Collins, Dan	1996-97	Jones, Zack	2006, 2008-10		
Collins, Lamont	1997	Jordan, Mike	1983, 1986		
Collins, Scott	1993-95	KK			
Constantino, Chris	1995	Karl, Jerry	1983, 1986		
Copacia, Tim	2003-06	Kearns, Mike	1988-89		
Cook, John	2001-03, 2005	Kelke, Jeff	1992		
Craze, Michael	2006-10	Kelly, Bert	2000		
Criger, Michael	2006	Kepich, Jeff	1987		
DD		Killian, Bryan	1983		
DeCook, Ryan	2003	Kinczkowski, Scott	1998-01		
Donovan, Kevin	1998-01	Kittides, Jack	1994		
Drews, Andrew	2006	Klien, Pat	2001-02		
Dutton, Marc	1967-70				
Durso, Rick	1990				



Ken Osmun holds the school record in the 10K and for most career victories



Men's Cross Country All-Time Letterwinners

Mougrabi, Hassan	2005-06	Smith, John	1988		
Myatt, John	1989-92	Solanskey, Ross	2006-07, 09-10	ZZ	
		Soule, Bill	1988-91	Zick, Joseph	2003-05
NN		Spezia, Mark	1987-88	Zubal, Karl	1986
Nance, Bryan	1994-96	Standfest, Jeff	2005-06		
Nemens, John	1992-93	Stark, Derek	1991-92		
Niemczycki, Michael	2000-01	Strohkirch, Jordan	2007		
Nistor, Matt	2001-02				
		TT			
		Tinsey, Jon	2000-01		
OO		Tison, Rick	1988		
O'Connor, Jesse	1983	Tomberlin, Jerry	1989		
Osmun, Ken	1986-90	Touquet, Mike	1995		
Olando, Mike	1997	Turner, Scott	1998		
Ottinger, Mark	1997				
		VV			
PP		Valko, Barry	1987-89		
Palomino, Mario	2005-06				
Pardo, Matt	1998-00	WW			
Petersimes, Norm	1996-97	Wakulat, Paul	1991-94		
Petricevic, John	2007-08	Walker, William	1983		
Phillips, Brian	1998-99	Wall, Kenny	2008-10		
Povirk, Gus	2007	Walsh, John	1986		
Purdom, Gary	1983	Wassus, Kenny	2005-06		
		Williams, Luke	2000-01, 2003-04		
QQ		Willis, Pete	1986		
Quantz, Brett	2000	Withee, Mike	1999-2000, 2002-03		
Quirk, John	1991-92	Wordell, Gabe	1999-02		
		YY			
RR		Young, Jason	2005-07		
Ragan, Steve	1988-89				
Reath, Marcus	2001				
Renne, David	2000-01				
Rhein, Eric	2006				
Rice, Paul	1990-93				
Riddle, Ryan	1996				
Richardson, Matt	1997				
Robertson, Todd	1987				
Rowland, Tim	2004-07				
SS					
Saiz, Neil	1990				
Sarver, Pat	2005-07				
Schultes, Erik	1986				
Sellentine, Joel	1998-99				
Shapic, Rick	1986				
Shastal, Matt	1993				
Smith, Dave	1983				





Women's Cross Country All-Time Letterwinners

AA		JJ		RR	
Abdelnour, Amy	2005	Jackson, Pam	1996	Reilly, Katie	2005-06
Austin, Julie	2002-05	Jambeck, Megan	2005	Rodes, Jami	2008-10
BB		Jones, Lia	2008-10		
Baril, Renee	2006	Jones, Liz	2007-10	SS	
Battaglini, Melissa	2008-10	KK		Salmon, Dana	2004-05
Boenick, Tracy	1995	Kane, Sarah	2001-03, 2005	Sanger, Emily	2005-06
CC		Kalandjian, Taline	2004	Schachinger, Leslie	2006-08
Cagney, Megan	2000	Kapraun, Debbie	2006	Schultz, Kim	2002-05
Carmean, Kelsey	2007-10	Kieffer, Kristie	1999-2001, 2003	Seiter, Ann Marie	1994
Chura, Jeanine	1998-99	Knight, Beth	1997-99	Smith, Kristen	1994
Cianciolo, Lisa	2002	Koeppen, Jenny	2005	Speer, Betsy	1997-98
Cline, Dayna	2004-06	Kowalewski, Hillary	1994	Spurrier, Candice	1999
Colombe, Christina	1996-98, 2000	Kraus, Nicole	2006	Stansbury, Valerie	2003-04
Colombe, Stephanie	2000-01	Krompart, Myrtle	2006	Stumpmier, Kelly	2008
Coraci, Kara	2001-04	Krych, Kelsey	2007	Sutter, Andrea	2000-03
Craze, Kelly	2004	Kunst, Jennifer	1998-01	Svacha, Cassandra	1998
Cross, Julie	1996	Kurkowski, Tara	2001	TT	
Cummings, Debbie	1995	Kushniruk, Stacy	1997-98	Thompson, Sarah	2007-10
DD		LL		Thouin, Nicki	1998
D'Angelo, Erica	2006-08	LaSota, Sara	1999	VV	
Derwinski, Theresa	1997-99, 2000-01	Lenderman, Kristin	1998-00	VanTreese, Katherine	2005
Doan, Kayla	2006-08	Lieblein, Sara	2006-10	WW	
Drouillard, Sarah	2002-03	Lindman, Janelle	2006	Walker, Tracie	1998-99
Dugall, Jackie	2005	Lucio, Rita	1994	Wright, Jennifer	1997
Dzerougian, Ann	1996-98	MM		YY	
FF		MacDonald, Kathy	1994	Young, Katie	1997
Feldpausch, Roxanne	1994	Martin, Kristin	2000-01	Young, Martha	1994-95
Fennell, Vickie	1994	Martin, Michelle	1997-98, 2000-01	ZZ	
Fisher, Laura	2003-06	McCartney, Denise	1994-95	Zegil, Meggan	1995
Fleming, Joanna	2003	Mitchell, Tracy	1994		
Fradette, Colleen	1998-01	Montgomery, Marissa	2002-03		
Fradette, Kelly	1998	Murnock, Tanya	1995		
GG		NN			
George, Sarah	1998-01	Nagel, Amber	2002-05		
Gerhardt, Sara	2006-08	Nasers, Melissa	2001-03, 2005		
HH		Noser, Amy	2007-2008		
Harenski, Kathy	1999-00, 02-03	OO			
Huber, Stephanie	2005-08	O'Conner, Kelly	1997-99		
		Orrell, Stephani	1997		
		PP			
		Pierce, Stephanie	2002, 2004		



Kristie Kieffer is a two-time Summit League Champion