

MCQUAID CROSS-COUNTRY - 1996

SEASON HIGHLIGHTS

- 7/26-27 - 25-Hour Charity Relay raised over \$600 for Cancer Research
Thank you to our 14 weary runners!
- 9/6-9/7 - First overnight trip of season to Liverpool Invitational.
- 9/21 - Swept all three levels at Newark Invitational
Sanjay Narayan and John Chaintreuil go 1-2.
Our new Black and Gold tent was a smash success.
Thank you, Dr.O'Connor and Dr.Narayan!
- 9/28 - Hosted the largest-ever McQuaid Invitational
(215 Schools, 5200 runners, lots of rain and mud)
Thank you, runners and parents, for meeting the challenge.
- 10/15 - Two individual champions (Sanjay Narayan, Jim Brasser) at
Southern Tier Invitational (St. Bonaventure U., Olean)
- 10/11-12 - Second overnight trip of season to Montrose(Pa.) meet.
Jr.High takes third invitational victory
- 10/15 - Turned back a strong Aquinas challenge to our 25-year,
195-meet dual victory streak, 25-30.
Sanjay (Cobbs record 17:17), Witmer, Chaintreuil go 1-2-3.
- 10/19 - Cancelled a trip to an invitational because of heavy rain.
First time in 35 years! (But Jim Brasser went, anyway, and
won the J.V. race.)
- 10/25-26 - Third overnight trip of the season to Binghamton.
Fourth invitational win for Jr. High.
- 10/29 - Had two individual champions (Matt Witmer, Mark Bernal) in
final City-Catholic meet.
- 11/2 - Went down in flames at the Sectionals. (But we tried.)
- 11/15-16 - Fourth overnight trip of the season to New York City
for the annual Jesuit Championships.
Jr. High team won its fourth Jesuit trophy in a row.
- 12/4 - Season-end Awards Dinner in flood-wounded cafeteria.
33 Special Awards. (List on reverse side.)

Credits for the excellent photos used in this booklet:
Keith McMakin (McQ Invit.), Richard Coleman (Montrose)
Sourabh Raychaudhuri (Sectionals)

SPECIAL AWARDS AT CROSS-COUNTRY DINNER - 1996

<u>Vince Lombardi Memorial Plaque</u> (For Exemplary Dedication)	-	JOHN CHAINTREUIL, '99
<u>Royden Smith, Jr. Memorial Plaque</u> (Most Improved Runner)	-	GEOFF STEENBERGE, '99
<u>Best Finish Index</u>	-	SANJAY NARAYAN, '98
<u>Best New Runner</u> - Var/JV	-	BEN KEEFE, '99
Jr.High	-	KEVIN COLEMAN, '02
<u>Most Improved Runner</u> - Var/JV	-	CHRIS O'CONNOR, '99
Jr.High	-	DAVID INSEL, '01
<u>Most Improved During Season</u> - Var	-	COLIN MURTHA, '98
JV	-	MARTY FERRIS, '98
Jr.High	-	PAT MCMAHON, '02
<u>Outstanding Student-Athlete</u> Sr	-	JOHN SULLIVAN, '97
Jr	-	MATT DAVIN, '98
Soph	-	MATT WITMER, '99
Frosh	-	MARK BERNAL, '00
Middle	-	MATT EVINGER, '01
<u>Jeremy Abbott Memorial</u> (Outstanding Jr.High Runner)	-	MARK BERNAL, '00
<u>City-Catholic All-Star Patches</u>	-	JOHN SULLIVAN, '97 MATT DAVIN, '98 MATT WITMER, '99 GEOFF STEENBERGE, '99 JIM BRASSER, '00
<u>NYSPHSAA Student-Athlete Medals</u>	-	JOHN SULLIVAN, '97 MATT DAVIN, '98 SOUROBH RAYCHAUDHURI, '98 MATT WITMER, '99 JOHN CHAINTREUIL, '99 GEOFF STEENBERGE, '99 CHRIS O'CONNOR, '99
<u>Sr. Parents "Thank-You" Mementos</u>	-	JOHN & KATIE SULLIVAN LEN & JUDY WILTBERGER REINHOLD & JEN BACHMANN GARY & LINDA JONES ED & PAT BURROWS

Varsity 6th of 10 Schools

Course Record
(a true 5K)

1. Jason Meaney, CBA, Syr.	16:01
10. Sanjay Narayan (11)	17:10
17. Matt Witmer (10)	17:38
18. John Sullivan (12)	17:39

2nd Flight	21. Matt Davin (11)	18:49
	23. J.C. Rondash (10)	18:57
	25. Tim Perrotta (11)	19:06
	27. Joe Wiltberger (12)	19:29

DNR (Not enough practices) Sohn, Chaintreuil, Zyla, Rigoni

Team Scores: F-M 25, Auburn 32, Horseheads 65, Henninger 85,
Liverpool 86, McQ 114, Oswego 132, etc.

J.V. 5th of 8 Schools

9. John Brewer (10)	19:24
12. Rob Whitcomb (11)	19:58
15. Brian Burrows (12)	20:26

2nd Flight	8. Brandon Smaglo (11)	19:49
	12. Colin Murtha (11)	20:30
	17. Sourobh Raychaudhuri (11)	20:51
	20. Stefan Bachmann (12)	20:59
	28. Will Morris (10)	22:00
	31. James Martin (10)	22:22
	40. Jerry Votava (10)	26:35

McQuaid runners open at Liverpool meet

McQuaid Jesuit's running Knights made their annual season-opening trip to the east last Friday and found more than enough competition in the Liverpool Invitational at Long Branch Park.

Running against some of Section 3's strongest teams and a good Horseheads entry from Section 4, the Knights struggled to a sixth-place finish in a field of 10 schools. Fayetteville-Manlius edged Auburn,

25-32, for first and McQuaid's 114 points put it behind Horseheads, Liverpool, and Henninger.

Junior Sanjay Narayan had the Knights' best race, finishing 10th in 17 minutes and 10 seconds over the newly shortened 5-kilometer course. Sophomore Matt Witmer and senior John Sullivan followed in 17th and 18th.

In the second varsity flight, sophomore J.C. Rondash started strongly for

the Knights but finished 23rd, two places behind junior Matt Davin. Junior Tim Perrotta (25th) and senior Joe Wiltberger (27th) completed the varsity seven.

McQuaid's JV squad placed fifth of eight schools with 61 points. Sophomore John Brewer, running his first 5K, survived a stomach upset to finish ninth in 19:24 in the first flight, and junior Brandon Smaglo led McQuaid's

a 19:49 in eighth place.

Coach Bob Bradley, beginning his 35th year with McQuaid runners, saw 17 of his 34-man squad in action.

"This is the greenest team we've ever had, but we expect to improve each week and be tough by sectional time," Bradley said.

Bradley and assistant coach Tony Trama will take the Knights to the

Varsity Meet #2 Spencerport Invitational Weather: Cloudy, Mild
 J.V. Meet #2 Spencerport H.S. Campus 9/14/96 Course a bit soggy

Varsity 5th of 11 Schools

		Previous 5K
1. Dave Bradshaw, Fairport	16:24(5k)	
14. Sanjay Narayan	17:22	17:10
15. Matt Witmer	17:26	17:38
17. John Chaintreuil	17:30	19:59
41. John Sullivan	18:31	17:39
49. Matt Davin	18:55	18:49
52. Joe Wiltberger	19:01	19:29
74. Tim Perrotta	21:51(Breathing)	19:06

Team Scores: Fairport 27, Webster 65, Olympia 126. Irondequoit 132,
 McQ 136, Clarence 156, Athena 165, etc.

DNR: David Sohn (Jewish Holyday)

J.V. 3rd of 13 Schools

		Previous 5K
1. Webster	17:54	
14. John Brewer	18:54	19:24
20. J.C. Rondash	19:06	18:57
24. Ben Zyla	19:12	21:43
28. Rob Whitcomb	19:20	19:58
39. Brandon Smaglo	19:33	19:49
53. Mike Rigoni	20:01	21:56
64. Sourobh Raychaudhuri	20:22	20:51
75. Jon Woika	20:39	--
83. Stefan Bachmann	20:46	20:59
100. James Martin	21:08	22:22
119. Brian Burrows	21:39(knee)	20:26
122. Marty Ferris	21:45	--
132. Will Morris	22:29	22:00
151. Steve Jones	24:01	--
159. Nick Pospula	25:24	--
161. Derek Mendes	25:42	--
164. Jerry Uotava	26:42	26:35
165. Pat Moore	27:29	--

Team Scores: Fairport 20, Webster 58, McQuaid 125, etc.

Varsity Meet #3
J.V. Meet #3

Newark Invitational
Newark H.S. Campus 9/21/96

Weather: Sunny, Mild
Temp 70

Varsity 1st of 9 Schools

		<u>9/10 at Newark</u>
1. Sanjay Narayan	17:56 (3.2+)	18:44
2. John Chaintreuil	17:59	19:59
8. Matt Witmer	18:45	19:17
12. John Sullivan	19:04	19:06
14. David Sohn	19:21	-
21. Matt Davin	19:54	21:22
24. Joe Wiltberger	20:12	21:24

Team Scores: McQ 37, Newark 50, Sodus 97, etc.

J.V. 1st of 8 Schools

2. John Brewer	20:34	21:12
3. Geoff Steenberge	20:40	
4. Ben Zyla	20:44	21:43
6. Brandon Smaglo	21:04	
7. Tim Perrotta	21:06	20:37
8. Surobh Raychaudhuri	21:09	
9. Colin Murtha	21:13	
13. Stefan Bachmann	21:59	
15. Will Morris	22:25	
Amit Gupta	22:27	
17. James Martin	22:46	
18. Chris O'Connor	22:47	
Ben Keefe	22:51	22:41
19. Jon Woika	23:00	35. Mike Dreher 26:25
26. Marty Ferris	24:54	36. Nick Pospula 26:34
29. Christophe Herbaut	25:33	40. Derek Mendes 27:41
30. Steve Jones	25:40	41. Jerry Votava 28:01

Varsity-2 Meet #1 City-Catholic All-Comers Weather: Rainy, Chilly
Cobbs Hill 9/24/96 Course soggy

Varsity (No Team Scoring)

6. Geoff Steenberge	19:33 (New; accurate 5k)
7. Tim Perrotta	19:34
9. J.C. Rondash	20:38
10. Ben Keefe	20:39
11. Colin Murtha	20:58
14. Surobh Raychaudhuri	21:16
15. Stefan Bachmann	21:23
16. Amit Gupta	22:19
18. Brandon Smaglo	23:12

J.V.

4. James Martin	21:23		
8. Chris O'Connor	21:32		
10. Jon Woika	22:48		
13. Will Morris	23:00		
14. Marty Ferris	23:34		
18. Nick Pospula	24:41	24. Jerry Votava	26:42
22. Derek Mendes	25:44	27. Pat Moore	29:37

Varsity Meet #4
J.V. Meet #4

32nd Annual McQuaid Invitational
Genesee Valley Park 9/28/96

Weather: Cloudy,
turning to rain,
Mild. Course very
muddy.

Varsity 8th of 16th

20. Sanjay Narayan	17:15 (3.0)
31. John Chaintreuil	17:36
63. Matt Witmer	18:34
66. David Sohn	18:38
69. John Sullivan	18:41
95. Matt Davin	19:27
104. Joe Wiltberger	19:57

Team Scores: Burnt Hills 83, Winston Churchill 96, Penfield 124,
Walsh Jesuit 171, Central Square 197, Corning 204,
Banting, Ont. 217, McQuaid 249, etc.

Varsity "B" 6th of 19 Schools

27. Tim Perrotta	19:30		
39. Ben Zyla	19:43		
42. Brandon Smaglo	19:47		
49. Colin Murtha	19:57		
70. Mike Rigoni	20:20		
73. Surobh Raychaudhuri	20:23	146. Jon Woika	22:09
108. Amit Gupta	21:11	156. Christophe Herbaut	22:33
110. Stefan Bachmann	21:13	158. Marty Ferris	22:40

Sophomores

43. John Brewer	18:47		
44. Geoff Steenberge	18:49		
132. Ben Keefe	20:04		
156. J.C. Rondash	20:30		
173. James Martin	20:48		
184. Chris O'Connor	21:05	277. Derek Mendes	25:03
211. Will Morris	21:51	278. Jerry Votava	25:05
271. Nick Pospula	24:57	283. Pat Moore	26:10

Varsity-2 Meet #2

City-Catholic All-Comers #2
Cobbs Hill 10/1/96

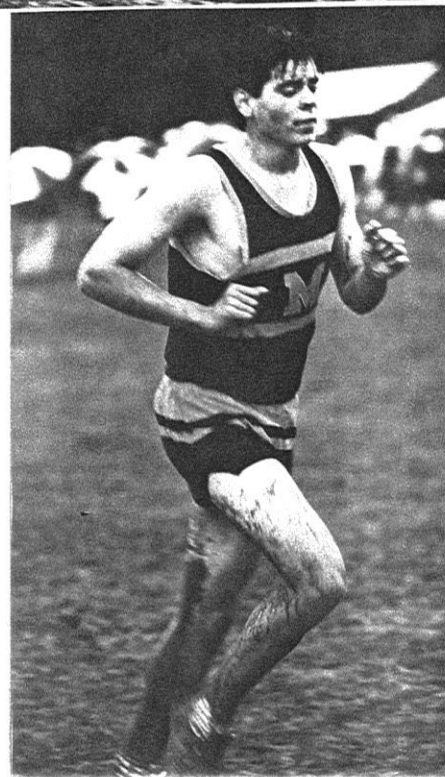
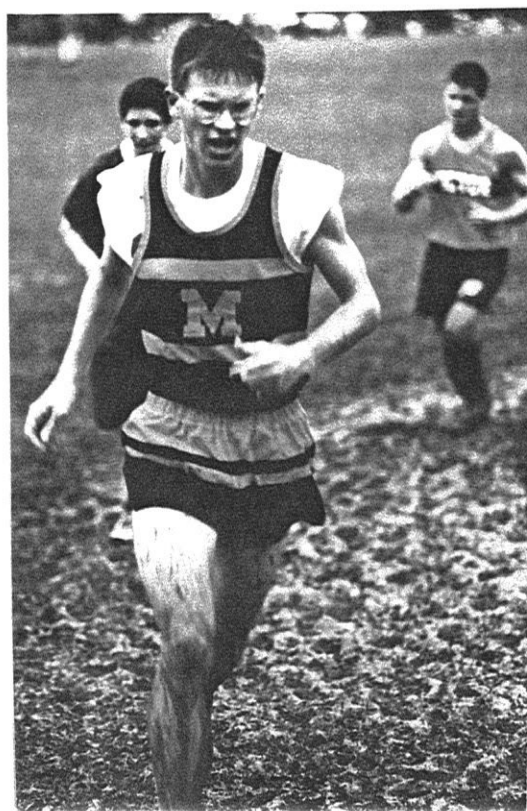
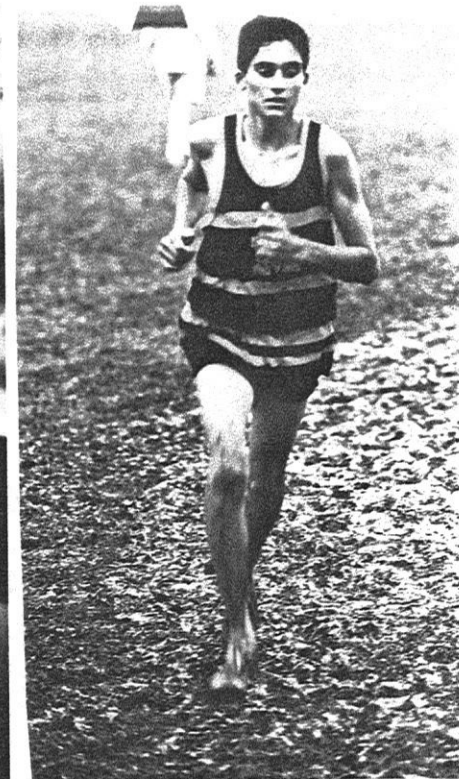
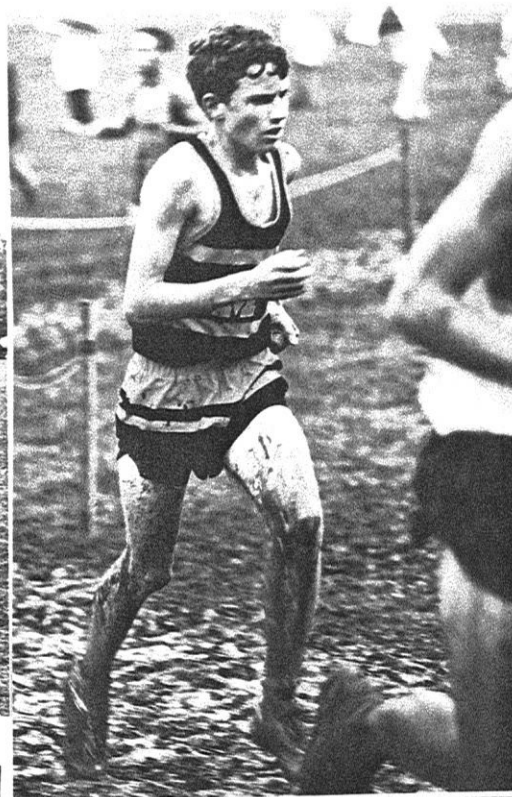
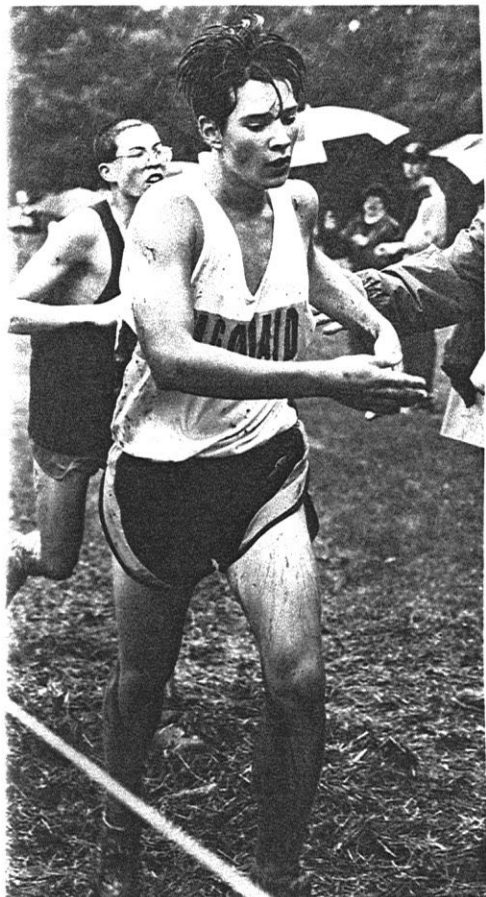
Weather: Sunny, warm
Temp 70; Course dry

Varsity

3. Matt Witmer	18:39	(School record for the
5. Geoff Steenberge	19:00	new, measured 5k)
6. Jim Brasser	19:04	
8. Matt Davin	19:21	
11. John Brewer	20:04	
13. Joe Wiltberger	20:31	
14. Ben Zyla	20:54	
16. Brandon Smaglo	21:16	
20. Colin Murtha	23:02	

J.V.

1. Stefan Bachmann	20:47		
7. Surobh Raychaudhuri	21:53		
8. Jon Woika	22:16		
10. James Martin	22:28		
11. Marty Ferris	22:59		
12. Amit Gupta	23:11	25. Nick Pospula	26:00
16. Will Morris	24:13	31. Jerry Votava	27:18



Varsity Meet #5
J.V. Meet #6

Southern Tier Invitational
St. Bonaventure U. 10/5/96

Weather: Sunny, Cool
Breezy; Temp. 45-55

Varsity - 2nd of 12 Schools

1. Sanjay Narayan	17:09 (5K)
7. John Chaintreuil	17:40
16. Matt Witmer	18:10
23. David Sohn	18:22
34. Matt Davin	18:51
35. Geoff Steenberge	18:52
61. John Sullivan	20:19 (asthma)

Team Scores: St. Joe's, Buff. 69, McQuaid 81, Niagara-Wheatfield 109, Bradford, Pa. 115, Canisius 118, etc.

J.V. 3rd of 12 Teams

1. Jim Brasser	18:53
25. Joe Wiltberger	20:08
26. Ben Zyla	20:13
28. Brandon Smaglo	20:15
29. Surobh Raychaudhuri	20:16
39. Colin Murtha	20:32
45. Mike Rigoni	20:41
66. Stefan Bachmann	21:15
101. Will Morris	22:43
DNF. John Brewer (shin)	
DNF. Tim Perrotta (asthma)	

Narayan leads McQuaid runners at Olean

Junior Sanjay Narayan and sophomores John Chaintreuil and Matt Witmer led McQuaid Jesuit's cross-country Knights to a second-place finish in a field of 12 schools at the Southern Tier Invitational last Saturday at the St. Bonaventure Golf Course in Olean.

McQuaid's 81 points fell 12 short of the winning 69 by St. Joseph's of Buffalo but put it ahead of a largely Section 6 field led by Niagara-Wheatfield at 109.

As he has in all five invitationals this season, Narayan ran a team-leading race and produced a second individual championship to go with his victory at Newark two weeks later. In both races, he laid off the early pace but ran strongly on the hills to assume the lead at the halfway mark.

"Sanjay is picking up confidence every time out," said McQuaid coach Bob Bradley. "Even though he finished 20th in the mud at our meet, he beat a lot of good runners. He had four good ones chasing him for the last mile and a half at Olean, but he kept his form and stayed out there all the way."

Chaintreuil and Witmer, McQuaid's top sophs, went out in the front pack at Olean and held on to place seventh and 16th, with senior David Sohn (23) and junior Matt Davin (34) completing the Knights' scoring. Right behind David

in 35th place was fast-improving sophomore Geoff Steenberge. Senior captain John Sullivan (61), plagued by a breathing problem, was McQuaid's seventh man.

McQuaid's varsity "B" squad under coach Tony Trama also did well at Olean, placing third in a 21-school field that had 12 complete teams. Freshman Jim Brasser, recently promoted from the Knights' junior high squad, led almost the entire way to record his first victory at the 5K distance. Last Tuesday, he had placed sixth in a City-Catholic All-Comers race at Cobbs Hill.

Backing up Brasser was a closely bunched group of Knights in senior Joe Wiltberger (25) and juniors Ben Zyla (26), Brandon Smaglo (28), and Surobh Raychaudhuri (29).

In the day's last race, seventh-grader Kevin Coleman (30) was McQuaid's top finisher in the seventh- and eighth-grade competition.

Last Friday, McQuaid's top junior high runners were in action at the Penfield-Irondequoit Invitational at Harris-Whalen Park in Penfield. The young Knights posted a close 60-71 victory over Irondequoit in a 10-school field, led by a 2-5-8 from freshmen Mark Bernal, John Ryan Magill, and Andrew Lyboldt.

Freshmen Sal Guarnieri (12) and Steve Cheterton (33) provided the key fourth- and fifth-place backup, with freshman Dan Keenan another few places back.

It was the second invitational win for coach Bill Dodd's team. Earlier the Knights had won easily at Newark and followed with a third-place finish at the McQuaid meet.

In the varsity "B" race at Harris-Whalen, sophomore Ben Keefe had his best race of the season, placing 25th in a field of more than 100.

This week, the Knights will split their forces between the Meteor Invitational in Montrose, Pa., where they'll compete at all three levels, and the Canandaigua Invitational, where some of their JV and junior high runners will tackle the hilly CCFL course.

J.V. Meet #5

Irondequoit-Penfield Invitational
Harris-Whalen Park 10/4/96

McQ 10th of 13 Schools

25. Ben Keefe	19:44 (5K)
58. James Martin	21:12
66. Marty Ferris	21:27
76. Chris O'Connor	21:45
101. Mike Dreher	23:34
103. Derek Mendes	23:50
104. Nick Pospula	23:56
114. Steve Jones	24:23
116. Jerry Votava	24:33
118. Pat Moore	25:33

Varsity-2 Meet #3
J.V. Meet #7

City-Catholic All-Comers #3
Cobbs Hill 10/8/96

Weather: Cloudy, Cool
Course dry

Varsity		Improvement over previous '96 best
1. John Sullivan	18:12 (School record for	--
5. Geoff Steenberge	18:47 new 5K course)	13 sec.
6. Matt Davin	18:50	31 "
7. Tim Perrotta	19:27	7 "
10. Joe Wiltberger	20:04	27 "
14. Brandon Smaglo	20:42	34 "
15. Surobh R.	20:52	24 "
16. Colin Murtha	20:55	3 "
17. Jon Woika	21:06	70 "

Avg. Improvement: 26 sec.

J.V.

1. Ben Keefe	20:08	31 sec.
2. Stefan Bachmann	20:37	10
4. Amit Gupta	20:49	82 "
7. James Martin	21:11	12 "
8. Chris O'Connor	21:20	12 "
9. Marty Ferris	21:40	79 "
15. Will Morris	22:41	19 "
19. Nick Pospula	23:47	54 "
22. Steve Jones	24:08	--
24. Jerry Votava	24:53	109 "
29. Pat Moore	26:57	160

Avg. Improvement: 57 sec. (!)

(This was first time on this course for Sullivan and Jones, hence no improvement numbers. All 18 of the other runners improved an average of 32 seconds. Way to go, guys!)

J.V. Meet #8

Canandaigua Invitational
CCFL 10/12/96

Weather: Sunny, Cool
Temp 50

McQ 2nd of 4 Schools

3. Rob Whitcomb	20:35 (5K)
4. J.C. Rondash	20:44
7. John Brewer	21:20
8. Chris O'Connor	21:30
12. Will Morris	24:01
13. Steve Jones	24:09
18. Nick Pospula	25:47
20. Jerry Votava	26:58
23. Pat Moore	28:56

Team Scores: Canandaigua 32, McQ 36, etc.

Varsity Meet #6 20th Annual Meteor Invitational Weather: Sunny, Cool
 J.V. Meet #7 Montrose (Pa.) H.S. 10/12/96 Temp. 50-ish
 Course soggy

McQ 3rd of 14 Schools

6. Sanjay Narayan	17:37 (Hilly 5k)
14. Matt Witmer	18:06
16. John Chaintreuil	18:13
30. Geoff Steenberge	18:42
32. Jim Brasser	18:46
38. John Sullivan	19:02
50. Matt Davin	19:22

Team Scores: Montrose 72, Wyalusing 94, McQ 98, Athens 124, etc.

J.V. 3rd of 4 complete teams (12 Schools)

3. Tim Perrotta	19:53
11. Colin Murtha	20:02
13. Mark Wiltberger	20:19
18. Sourabh Raychaudhuri	20:41
20. Ben Zyla	20:49
26. Ben Keefe	21:21
32. Stefan Bachmann	21:59

Team Scores: Ithaca 32, Montrose 57, McQuaid 65, etc



McQuaid runners place 3rd in Pennsylvania

McQuaid Jesuit's cross-country men made their first venture into Pennsylvania in six years last Saturday and came away with a third-place finish in the 20th annual Meteor Invitational at Montrose High School.

The Knights, who had a muddy win at Montrose in 1990, encountered a picture-perfect day this time and a tough 5K course up and down a wooded hillside. Led by junior Sanjay Narayan, they appeared to have the makings of a winning group at the halfway mark but wound up losing to the host Montrose team and Wyalusing, 72-94-98, in the 14-school field.

Narayan chased the front group most of the way and wound up sixth, with sophomores Matt Witmer and

made the Montrose trip for the first time and found the 1.9-mile course to their liking as they posted a victory over eight teams.

Hanover Park of Pittston gave the Knights a battle for most of the race before falling by a 53-75 score. Freshmen Mark Bernal (6), Luke Flessner (7), John Ryan Magill (11), and Sal Guarniere (15) had unexpected help from seventh-grader Kevin Coleman, who worked his way up to a scoring position in 14th. McQuaid's sixth man, Andrew Lyboldt, was 20th.

On other fronts, McQuaid's JV team in the Canandaigua Invitational placed second to the host Braves, 32-36, also on Saturday. Team leaders were junior Rob Whitcomb in third and sophomore J.C. Rondash in fourth.

John Chaintreuil 14th and 16th. That's where the McQuaid group faltered, going back to sophomore Geoff Steenberge in 30th and freshman Jim Brasser in 32nd to complete their team scoring.

"That's the toughest course we've run this year," said coach Bob Bradley afterward, "and the Pennsy runners handled it better than we did."

In the JV race, Ithaca dominated with 32 points, but the Knights had a respectable third with 62. Junior Tim Perrotta had a strong race, finishing third, and junior Colin Murtha had his best finish so far, taking 11th. Senior Joe Wiltberger was 13th, and juniors Sourabh Raychaudhuri and Ben Zyla 18th and 20th.

McQuaid's junior high runners

Earlier in the week, senior John Sullivan, who had a sub-par race at Montrose, won the City-Catholic All-Comers meet at Cobbs Hill. Sullivan came up with a finishing spurt that nipped two Aquinas runners in a time of 18:12, best so far this season for the newly measured 5K course.

Sophomore Ben Keefe was the JV winner at Cobbs, and Flessner, back in action with a protective cover on his broken arm, won the junior high competition.

This weekend, the Knights will choose between the annual Clarence Fall Classic at Akron Falls Park and the new Marcus Whitman Invitational at this year's sectional course in Rushville.

McQuaid runners rally to beat Aquinas

Win No. 195 didn't come easily at all, but thanks to five runners who weren't born when McQuaid Jesuit's 25-year-old cross-country winning streak began, the Knights prevailed over a tough Aquinas challenge, 25-30, last Tuesday at Cobbs Hill.

"We knew we'd have to run well to beat them," said coach Bob Bradley, who used his entire varsity 1 lineup in a Tuesday dual for the first time since 1982, when Aquinas was again the potential winner.

"Aquinas runs a tighter group than ours, but our front three all came through with big races to make the difference," Bradley said.

As the 3.1-mile race went through its first mile, it was obvious that the Little Irish determined to pull off the upset, with all five of their runners mixed in with the first three Knights.

Heading toward the tough Reservoir Hill at Cobbs, the score stood at 26-29, Aquinas, with McQuaid junior Sanjay Narayan leading the race.

A half mile later it was still Aquinas, 27-28, but McQuaid's soph duo of Matt Witmer and John Chaintreuil were cutting into the Irish front trio. As the runners headed downhill in the last mile, Chaintreuil had moved into second to put McQuaid ahead, 27-28, but Aquinas was still poised for a rally.

Not until the final 200 yards of the race, when Witmer pulled away from two Irish runners and then passed Chaintreuil to give the Knights an unbeatable 1-2-3 was the victory assured. Predictably, Aquinas took the next five spots, and then McQuaid's remaining scorers, soph Geoff Steenberge and junior Matt Davin came in ninth and 10th to make it official.

Narayan's time of 17:17 was a new course record and almost a minute faster than the previous season's best at Cobbs.

"We needed Sanjay out there for the sophs to key on, and he came through with a very strong run," Bradley said. "The crucial guys, though, were Witmer and Chaintreuil, who had to handle the top Aquinas men. Matt had his best race yet, and John showed a lot of guts competing with a sore hip that made him a question mark before the race."

The victory preserved a streak, the oldest in the United States, that began in October of 1971. The nation's lowest dual-meet streak, still going at 200-plus, is held by Christian Brothers Academy of Lincroft, N.J. Its streak began in 1974.

In the JV race, Aquinas came up with a tight win of its own, nipping the Knights, 28-29. McQuaid's scorers were Surobh Raychaudhuri (2), Ben Keefe (3), Stefan Bachmann (5), Chris O'Connor (7), and Marty Ferris (12).

Last Saturday's rain wiped out the McQuaid team trip to the Clarence Invitational, but freshman Jim Brasser, running as an individual entry in the JV race, proved himself the best mudder in the large field by taking first place in 19:43.

This weekend, the Knights make their annual trip to Binghamton for the Greenman Invitational at the hilly Ely Park course. McQuaid will be underdog to Section 4 powers Ithaca, Horseheads, and Corning, but hopes to avenge its defeat at the hands of St. Joseph's of Buffalo in the Southern Tier meet three weeks ago.

Varsity Meet #7
J.V. MEET #9

McQ 25 Aquinas 30
Cobbs Hill 10/15/96

Weather: Perfect.
Temp 65, Course dry

		Improvement at Cobbs
1. Sanjay Narayan	17:17 (Course record)	1st time
2. Matt Witmer	18:01	38 sec.
3. John Chaintreuil	18:02	1st time
9. Geoff Steenberge	18:28	19 sec.
10. Matt Davin	18:40	10 "
12. Jim Brasser	19:04	-
13. John Sullivan	19:16	-
16. Brandon Smaglo	19:47	55 sec.
17. Joe Wiltberger	20:02	2 "
18. Rob Whitcomb	20:10	1st time
20. Colin Murtha	20:33	22 sec.
23. J.C. Rondash	21:28	-

Very close race! 26-29, AQ, at 1 mile; 27-28, AQ, at 1 1/2 mile
27-28, McQ, at 2 1/2. Congratulations on the great performances up front!

J.V. Loses, 28-29

2. Surobh Raychaudhuri	20:22	30 sec.
3. Ben Keefe	20:32	-
5. Stefan Bachmann	20:43	-
7. Chris O'Connor	21:02	18 sec.
15. Marty Ferris	22:35	-
16. James Martin	22:44	-
17. Will Morris	22:46	-
24. Nick Pospula	24:43	-
27. Jerry Votava	25:36	-
31. Pat Moore	26:03	54 sec.

Varsity Meet #8

City-Catholic All-Comers #4
Cobbs Hill 10/22/96Weather: Perfect!
Temp. 60, No wind
Course soggy

		Improvement over Previous Cobbs Best
3. Jim Brasser	18:30	34 sec.
5. Geoff Steenberge	18:42	--
6. Matt Davin	18:45	--
10. Tim Perrotta	19:53	--
11. Joe Wiltberger	20:04	--
12. Sourobh Raych.	20:06	16 sec.
15. Ben Keefe	20:27	--
17. Stefan Bachmann	20:36	1 sec.
19. Amit Gupta	21:30	--
20. Colin Murtha	21:33	--
21. Jon Woika	22:01	--

J.V.

3. Chris O'Connor	20:19	43 sec.
6. Marty Ferris	21:03	37 "
10. James Martin	22:18	--
16. Will Morris	23:33	--
17. Mike Dreher	23:34	172 "
21. Nick Pospula	24:33	--
24. Steve Jones	24:46	--
28. Jerry Votava	27:34	--

Varsity Meet #9
J.V. Meet #1031st Annual Greenman Invitational
Ely Park Golf Course, Binghamton
Sat. 10/26/96Weather: Sunny
Temp. Cool
to MildMcQ 4th of 17 Schools

		'95 Time
21. Sanjay Narayan	17:12 (2.87)	17:34
22. Jim Brasser	17:13	--
26. Matt Witmer	17:16	17:56
32. John Chaintreuil	17:24	--
40. Geoff Steenberge	17:30	--
60. Matt Davin	17:56	18:43
DNF John Sullivan (breathing)		

Team Scores: Ithaca 61, St. Joe's, Buffalo 98, Corning 104,
McQ 141, Union-Endicott 152, etc.J.V. 7th of 13

21. Joe Wiltberger	18:40	19:17
62. Tim Perrotta	19:23	20:11
63. Sourobh R.	19:25	--
74. Colin Murtha	19:35	20:24
79. Ben Keefe	19:40	--
95. Chris O'Connor	20:05	
111. Marty Ferris	20:45	
112. Stefan Bachmann	20:48	
134. Amit Gupta	21:57	

McQuaid runners place 4th at Binghamton

McQuaid Jesuit's cross country Knights came up with their tightest scoring group of the season last Saturday at Binghamton, but it was good for only a fourth-place finish in a field of 17 schools at the Greenman Invitational.

From Sanjay Narayan in 21st place, back to Geoff Steenberge in 40th, it took only 18 seconds for McQuaid's five scorers to hit the finish line, that's easily the best grouping they've had in their seven invitationals and a source of optimism as the Knights head into this Saturday's Section 5 championships.

"Our group has got to be up farther in the race, but it's a good sign when they see how close they can be," said coach Bob Bradley. "That's great for developing a competitive team feeling. Now they have to get that score down," he added.

McQuaid's 141 points placed it behind Ithaca's 61, St. Joseph's 98, and Corning's 105. Making up the group after Narayan were freshman Jim Brasser (22) and sophomores Matt

Witmer (26) and John Chaintreuil (32). Another sophomore, Steenberge (40) was only six seconds behind Chaintreuil.

Brasser, running in only his fifth varsity race, led the Knights for much of the race before being nipped by Narayan in the last 10 yards.

Many of the McQuaid runners were seeing the scenic hills of the Ely Park course for the first time, and found them just as tough as expected. In the JV race, the Knights placed seventh of 13 teams, led by Joe Wiltberger in 21st place. But coach Bill Dodd's junior high contingent handled their two-mile test in winning style with a close 51-54 victory over Corning.

A 3-4 from Mark Bernal and Luke Flessner paced the Knights, but it was a closing sprint into eighth place past three Corning runners, by Andrew Lyboldt that made the difference. John Ryan Magill (16) and Sal Guarnieri (20) completed the group, the later moving up almost 20 places in the second half of the race.

In a second junior high race, sev-

enth-grader Pat McMahon took the lead in the final half-mile and pulled away for the victory. McMahon had another first in the Tuesday all-comers meet at Cobbs Hill.

Also on Tuesday, sophomore Chris O'Connor was McQuaid's first JV runner, placing third in a PR 20:19 for the Cobbs course, and Brasser led a diminished varsity squad, also in third with an 18:30 PR.

This Saturday, the Knights will try for their 11th Section 5 title against a favored Fairport team and county contenders Penfield and Webster. Their Class A race at the first-time Marcus Whitman High School site will go at 3 p.m.

Varsity Meet #10
J.V. Meet #11

City-Catholic Invitational
Cobbs Hill 10/29/96

Weather: Sunny, Cool
Temp. 55

No Team Scoring

1. Matt Witmer	17:49
4. Geoff Steenberge	18:39
6. Colin Murtha	19:33
15. Joe Wiltberger	20:03
18. Ben Keefe	20:10
19. Surobh R.	20:35

Season's Improvement at Cobbs

50 sec.
54 "
85 "
1 "
29 "
70 "

J.V.

2. Chris O'Connor	20:21	73 sec.
3. J.C. Rondash	20:22	16 "
4. John Brewer	20:31	--
5. James Martin	20:32	51 "
6. Stefan Bachmann	20:43	46 "
8. Amit Gupta	21:32	47 "
9. Marty Ferris	21:44	110 "
10. Will Morris	21:56	64 "
17. Mike Dreher	23:50	136 "
18. Nick Pospula	23:56	45 "
19. Derek Mendes	24:02	102 "
20. Steve Jones	24:06	40 "
22. Pat Moore	24:44	293 "
24. Jerry Votava	24:47	115 "

Fast start is costly for McQuaid at sectionals

A young McQuaid Jesuit cross country team learned a cross country lesson the hard way at Saturday's Section 5 championships. Going out much faster than they needed to, the Knights controlled the front of the Class A race for the first quarter mile, then faded badly to an eighth-place finish, their worst ever in sectional competition.

"Well, I can't blame them for not trying," said a rueful coach Bob Bradley afterward.

"They were really psyched up to get out well, but their inexperience got the best of them. They hit the first 200 in 31 seconds, and I was afraid that would do them in," he added.

It did.

Considered a realistic contender for second or third spot in the 15-school field, McQuaid posted a score of 181 points, leaving it far behind champion Fairport's 32, Penfield's 75, and Webster's 103. The Knights were also topped by Gates-Chili, Hilton,

race, junior Colin Murtha finished his season with an 60-second improvement to take sixth.

In the junior varsity race, four sophomores — Chris O'Connor, J.C. Rondash, John Brewer, and James Martin — and senior Stefan Bachmann combined to give the Knights a two-through-six scoring group.

At the junior high level, it was a McQuaid sweep of the top five places by freshmen Mark Bernal, Luke Flessner, Johnryan Magill, and An-

Irondequoit, and Greece Athena.

Individually, sophomores John Chaintreuil (22) and Geoff Steenberge (25) held on to lead the Knight scorers, followed by sophomore Matt Witmer (31), freshman Jim Brasser (47), and junior Sanjay Narayan (56).

Narayan, who has been McQuaid's No. 1 all season, limped home with a sore leg that has hampered him recently.

The new sectional layout at Marcus Whitman High School proved a real challenge for all the runners, with Penfield champion Jay Slowik winning decisively, but posting only a 17:04 for the hilly 5K course.

Earlier in the week, the Knights fared much better on the familiar trails of the Cobbs Hill course in the City-Catholic Coaches Invitational.

Witmer and Steenberge took first and fourth in the varsity race, with Witmer's 17:49 the second fastest Cobbs time this season. In the same

drew Lyboldt, and seventh-grader Kevin Coleman.

The McQuaid varsity and junior high runners now have 10 days before they travel to New York for the annual Jesuit Schools Invitational.

Bradley recalls that back in 1988, when another McQuaid team self-destructed to a sixth-place sectional finish, it bounced back to win the Jesuits two weeks later.

"That's what we'll be shooting for this time, too. We always like to wind up the season on a high note," he said.

Varsity Meet #11

Section V Championships
Marcus Whitman H.S.
11/2/96

Weather: Cloudy, Cold
Course soft

McQ 8th of 15 Schools

22. John Chaintreuil	18:29 (Tough 5K)
25. Jeff Steenberge	18:32
31. Matt Witmer	18:46
47. Jim Brasser	19:16
56. Sanjay Narayan	19:41 (leg)
76. Matt Davin	20:13
97. Joe Wiltberger	21:42 (cramp)

Team Scores: Fairport 31, Penfield 75, Webster 103, Gates-Chili 148, Irondequoit 174, Hilton 176, Athena 179, McQ 181, etc.



Sophomore runners lead McQuaid at Jesuit meet

For the second straight meet, three sophomores led the way for McQuaid Jesuit's cross country team as the Knights finished their season by placing fourth in the annual Jesuit school championships at New York City's Van Cortland Park.

With their top runner, junior Sanjay Narayan, sidelined by a stress fracture, the Knights began their scoring group in 14th place with John Chaintreuil,

next year," he said.

McQuaid's 113 points left it trailing St. Joseph's of Philadelphia (41), Gonzaga of Washington, D.C. (49), and Loyola of Baltimore (94) in the nine-school field.

The Knights fared better in the junior high race, where they won for the fourth straight year under coach Bill Dodd.

McQuaid was tough up front with

followed by Geoff Steenberge (21) and Matt Witmer (23).

Freshman Jim Brasser was next in 27th, just ahead of junior Matt Davin, who took 28th.

McQuaid's scoring group finished in a 23-second span, its second best of the season. Looking at the results, coach Bob Bradley noted that all of the scorers will return in 1997.

"We finished on kind of a down note this season, but I'm looking forward to

Mark Bernal (4), Luke Flessner (5), and Andrew Lyboldt (6). John Ryan Magill was a close fourth man in 12th place, and seventh-grader Pat McMahon moved up enough to take 35th place and secure a seven-point win over Gonzaga.

The victory was the fifth invitational success for the young Knights. Earlier in the season, they had captured first at Newark, Penfield, Montrose, and Binghamton.

Varsity Meet #12

52nd Annual Jesuit Championships Weather: Cold
Van Cortland Park, NYC 11/16/96 and breezy
Temp 30
Course dry

McQ 4th of 9 Schools

14. John Chaintreuil	14:32 (2.5)
21. Geoff Steenberge	14:45
23. Matt Witmer	14:52
27. Jim Brasser	14:54
28. Matt Davin	14:55
38. Joe Wiltberger	15:50
40. Colin Murtha	15:53

Team Scores: St. Joe's, Phila 41, Gonzaga (Wash, D.C.) 49, Loyola, Baltimore 94, McQ 113, Xavier 144, etc.

McQuaid still No. 1



BRADLEY

McQuaid coach **Bob Bradley** is still very proud of his state Class A championship cross country team in 1992.

Results published in several Messenger-Wolfe

newspapers last week mentioned Greece Arcadia's all-time low score of 21 points in the sectionals.

The '92 McQuaid team topped that mark with 20 points. To get that total, Bradley's Knights finished first, second, third, sixth, and eighth in the sectionals.

VARSITY SCORING INDEX - 1996

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Section V Coaches and Innovative Edge 1996 All Section V Cross Country Team

Boys

Section V Championship				State Championship			
Rank			Time	Rank			Time
1	Tony David	HF-L	16 48	Jay Slowik	Pentfield	12th	18 05
2	Vince Sherry	Victor	16 56	Tony David	HF-L	12th	18 07
3	Nick Carr	Waterloo	17 00	Dave Bradshaw	Fairport	12th	18 08
4	Chris Dupont	Hornell	17 02	Vince Sherry	Victor	11th	18 09 0
5	Jay Slowik	Pentfield	17 04	Bret Crane	Fairport	11th	18 09 3
6	Luke Santillo	North Rose Wolcott	17 06	Steve Paulsen	Irondequoit	11th	18 28
7	Steve Paulsen	Irondequoit	17 19	Nick Carr	Waterloo	10th	18 29 3
8	Dave Bradshaw	Fairport	17 24	Jonathan Beck	Fairport	11th	18 29 9
9	Bret Crane	Fairport	17 24	Seth Blodgett	Hilton	11th	18 45
10	Brian Lilly	Fairport	17 30	James Meyer	Fairport	10th	18 46
11	Matt Bowers	Gates-Chili	17 32	Chris Dupont	Hornell	12th	18 49
12	Cory Capone	Pentfield	17 36	Luke Santillo	N Rose Wolcott	12th	18 50
13	Seth Blodgett	Hilton	17 37	Brian Lilly	Fairport	11th	18 52
14	James Meyer	Fairport	17 42	Evan Reeder	East Rochester	12th	18 54
15	Eric Metzler	Pittsford Sutherland	17 42	Eric Metzler	Pittsford Suth	11th	18 55
16	Dan Bobo	Notre Dame Batavia	17 45	Cory Capone	Pentfield	11th	18 57
17	Jon Beck	Fairport	17 53	Matt Bowers	Gates-Chili	10th	19 01
18	Caleb Coddington	Pentfield	17 56	Bill Crooks	Kesequa	12th	19 02
19	Bryan Christopher	Waterloo	17 56	Josh Schroeder	Fairport	11th	19 04
20	Jeff Arnold	Hilton	17 57	Mike Fox-Boyd	H-A-C	12th	19 07

The All Section V first team (top seven) is determined by rank ordering by time (weighing twice) the overall sectional performance through all classes. A **Runner-of-the-Year** plaque and six 5 x 7 plaques will be awarded by **Innovative Edge** in cooperation with the Section V cross country coaches. The plaques will be made available the week following states. Rick Guido, Assistant Section V Coordinator, will be in contact with the first and second team winners. The second team All Section V team (runners 8-14) will be determined strictly on sectional performance. Certificates will be awarded. These two teams (runners 1-14) will be forwarded as Section V's All State considerations for 1996. Also, from these lists, individuals will be considered for the USA T&F Regional Elite Distance Camp at Lake Placid's Olympic Training Center in April.

All Section (First Team)

Tony David, HF-L
Vince Sherry, Victor
Jay Slowik, Pentfield
Nick Carr, Waterloo
Dave Bradshaw, Fairport
Chris Dupont, Hornell
Steve Paulsen, Irondequoit

All Section V (Second Team)

Luke Santillo, NRW
Bret Crane, Fairport
Brian Lilly, Fairport
Matt Bowers, Gates-Chili
Cory Capone, Pentfield
Seth Blodgett, Hilton
James Meyer, Fairport

Coaches Of The Year

Class A	Rick Guido	(Fairport)
Class B	Mickey Donnelly	(Waterloo)
Class BB	Bernie Gardner	(HF-L)
Class C	Steve Fancher	(York)
Class CC	Paul Thomas	(Bryon Bergen)
Class D	Sandy Foster	(H-A-C)