

MCQUAID JESUIT H.S.

VARSITY & J.V. CROSS-COUNTRY 2004

HIGHLIGHTS

DUAL MEET RECORD W - 7 L - 2

INCLUDING:

20-42 OVER AQUINAS

24-32 LOSS TO R-H

29-30 LOSS TO EAST (ouch!)

22-33 RUN-OFF OVER EAST

25-30 RUN-OFF OVER EDISON

BEST FINISHES:

JESUIT CHAMPIONSHIPS - 1st, J.V. 3rd

GREENMAN - 2ND

BYRON-BERGEN - 3RD

LIVERPOOL - 3rd, J.V. 2nd

AUBURN - J.V. 1st

IRONDEQUOIT-PENFIELD - J.V. 1ST

MCQUAID - J.V. 2ND

FIRST X-C PRACTICE - AUG. 23, 2004

(Four-mile run down Canal Path from Winton Rd. to G.V. Pk)

Weather: Sunny and mild. Temp. 70; avg. humidity

	<u>Time</u>	<u>Mile Pace</u>
Nick Arazoza - 12	25:18	6:20
Jamie Moynihan - 12	25:18	6:20
Dan Murphy - 12	25:18	6:20
Juan Habes - 11	25:18	6:20
Steve Scheible - 12	25:30	6:23
Mike Andrews - 12	25:38	6:25
Derek Seber - 10	26:01	6:30
Alec Hurley - 11	26:31	6:38
Dan Plumeri - 10	26:42	6:41
Martin Wegman - 11	26:48	6:42
Tom Murray - 10	26:50	6:43
Marcus Gauthier - 12	26:58	6:45
Matt Kenny - 12	27:58	7:00
Steve Janicki - 11	28:09	7:02
Pat DePippo - 12	28:13	7:03
Jim Lappin - 11	28:13	7:03
Tim Hanna - 11	28:19	7:05
Cory Hall - 11	29:00	7:15
Matt Glende - 10	30:26	7:37
Andrew Hovey - 12	30:28	7:37
Kevin DiCesare - 10	30:28	7:37
Dave Ouellette - 12	NT	
Mike Ansaldi - 11	NT	
Jeremy Krenzer - 11	NT	
Phil Alesio - 10	NT	
Chris Collins - 10	NT	

Missing from practice:

Peter Schwalm - 11

Chris Burgart - 10

FIRST CRACK AT THE DUGWAY - 8/24/04

(This run came at the end of practice, after 30 minutes of group hill running on the grass at Ellison.)

		①	②	③	④	
Nick Arazoza 12	3:47.4 *	5:37	5:44	5:47	5:46.8	5:44
Jamie Moynihan 12	3:52	5:38	5:46	5:50	5:49	5:46
Juan Habes 11	3:53	5:38	5:47	5:49	5:52	5:47
Dan Murphy 12	3:58	6:04	5:54	6:01	6:00	6:00
Steve Scheible 12	3:58	5:39	5:54	6:09	6:35	6:04
Derek Seber 10	4:00	—	—	—	—	—
Mike Andrews 12	4:01	5:48	5:54	6:04	6:10	6:01
Tim Hanna 11	4:02	6:02	6:10	6:13	6:11	6:09
Mike Ansaldi 11	4:02	6:27	6:18	—	6:03	6:16(3)
Alec Hurley 11	4:06	6:00	6:03	6:11	6:20	6:09
Martin Wegman 11	4:20	6:14	6:07	6:17	6:20	6:15
Dan Plumeri 10	4:20	6:05	6:12	6:25	6:36	6:20
Steve Janicki 11	4:23	6:16	6:33	6:39	6:44	6:34
Gino D'Angelo 11	4:25	6:33	6:55	—	7:01	6:50(3)
Cory Hall 11	4:26	—	—	—	—	—
Marcus Gauthier 12	4:32	6:17	6:36	7:02	6:48	6:41
Dave Ouellette 12	4:34	6:41	6:49	—	6:54	6:48(3)
Kevin DiCesare 10	4:36	6:49	6:58	—	7:38	7:03(3)
Phil Alesio 10	4:37	6:54	6:59	—	7:08	7:00(3)
Chris Collins 10	4:37	6:52	6:53	—	6:45	6:50(3)
Andrew Hovey 12	4:50	6:53	6:46	—	7:17	6:59(3)
Matt Glende 10	4:52	6:47	6:59	—	7:10	6:59(3)
Tom Murray 10	4:59	6:30	6:45	6:40	7:06	6:45
Chris Burgart 10	5:00	6:55	6:36	7:28	7:06	7:01
Pat DePippo 12	5:00	6:12	6:15	6:29	6:20	6:19
Jeremy Krenzer 11	6:16	8:40	10:12	—	9:20	9:24(3)
Missing from practice:						
Matt Kenny 12 - work		6:03	6:43	—	6:17	6:21(3)
Jim Lappin 11 - dentist		5:54	6:30	—	6:14	6:13(3)
Peter Schwalm 11 - family trip						

* School record for the Dugway is 3:34.8, set by Joe LaMagna in 1998.

Rush-Henrietta 24 McQuaid 32

Victor H.S. Tues. 9/7/04

Weather: Cloudy, warm Temp. 75, humid. Course firm

1. Will Haskell, R-H	17:01 (5k)
3. Derek Seber (10)	17:33
5. Griffin Alford (12)	18:11
7. Jamie Moynihan (12)	18:22
8. Nick Arazoza (12)	18:25
9. Juan Habes (11)	18:39
Dan Murphy (12)	18:40
Steve Scheible (12)	18:52
Dan Plumeri (10)	19:37
Martin Wegman (11)	19:45
Chris Burgart (10)	19:51
Tim Hanna (11)	20:08
Pat DePippo (12)	20:18
Steve Janicki (11)	20:21
Mike Andrews (12)	20:24
Andrew Hovey (12)	20:28
Marcus Gauthier (12)	20:29
Tom Murray (10)	20:36
Cory Hall (11)	21:18
Peter Schwalm (11)	21:28
Matt Glende (10)	21:45
Gino D'Angelo (11)	21:54
Jim Lappin (11)	22:20
Kevin DiCesare (10)	22:27
Phil Alesio (10)	22:28
Matt Kenny (12)	22:44
Chris Collins (10)	23:15
Jeremy Krenzer (11)	28:21

BYRON-BERGEN INVITATIONAL

B-B HS Campus - Sat. 9/11/04

Weather: Sunny and pleasantly warm. Temp 65-75. Course fast

McQ 3rd of 23 Schools

		<u>'03</u>	<u>9/8 5k</u>
9. Derek Seber (10)	17:39	DNR	17:33
17. Nick Arazoza (12)	18:06	18:01	18:25
23. Jamie Moynihan (12)	18:11	19:11	18:22
26. Griffin Alford (12)	18:25	DNR	18:11
31. Juan Habes (11)	18:38	21:30	18:39
36. Steve Scheible (12)	18:45	20:32	18:52
43. Dan Murphy (12)	18:56	19:29	18:40

Team Scores: Dansville 89, East Aurora 101, McQuaid 106, etc.

Varsity-2/JV "Wins" Non-scoring JV race

		<u>'03</u>	<u>9/8 5k</u>
2. Mike Andrews (12)	18:58	19:28	20:24
6. Pat DePippo (12)	19:20	19:35	20:18
7. Dan Plumeri (10)	19:25	DNR	19:37
8. Peter Schwalm (11)	19:34	19:25	21:28
9. Martin Wegman (11)	19:54	19:09	19:45
10. Tim Hanna (11)	19:55	20:04	20:08
11. Andrew Hovey (12)	20:00	DNR	20:28
13. Marcus Gauthier (12)	20:18	19:33	20:29
15. Tom Murray (10)	20:22	DNR	20:36
18. Steve Janicki (11)	20:27	21:08	20:21
19. Jim Lappin (11)	20:28	DNR	22:20
20. Matt Kenny (12)	20:34	DNR	22:44
28. Gino D'Angelo (11)	21:05	DNR	21:54
31. Chris Burgart (10)	21:17	DNR	19:51
58. Phil Alesio (10)	23:13	DNR	22:28
98. Jeremy Krenzer (11)	26:28	DNR	28:21

WILDCAT INVITATIONAL
Marcus Whitman H.S. 9/18/04

Weather: Sunny and Cool. Temp 65, Breezy. Course soft and muddy in many spots.

VARSITY-1 FIFTH OF 15 SCHOOLS

15. Derek Seber (10)	18:20 (5k)
23. Nick Arazoza (12)	18:48
35. Jamie Moynihan (12)	19:03
43. Juan Habes (11)	19:23
46. Dan Murphy (12)	19:28
68. Mike Andrews (12)	20:20
dnf. Steve Scheible (12)	---

Team Scores: R-H 67, Penfield 97, HF-L 99, Brighton 144, McQuaid 161, etc.

VARSITY-2/JV "SECOND" OF 23 SCHOOLS
IN NON-SCORING RACE

7. Martin Wegman (11)	19:55
10. Pat DePippo (12)	20:00
16. Dan Plumeri (10)	20:11
17. Peter Schwalm (11)	20:12
22. Andrew Hovey (12)	20:23
26. Tim Hanna (11)	20:30
29. Tom Murray (10)	20:39
49. Jim Lappin (11)	21:14
54. Gino D'Angelo (11)	21:20
60. Alec Hurley (11)	21:25
61. Steve Janicki (11)	21:27
70. Marcus Gauthier (12)	21:46
79. Matt Glende (10)	21:53
93. Kevin DiCesare (10)	22:30
96. Chris Burgart (10)	22:31
105. Phil Alesio (10)	22:40
108. Matt Kenny (12)	22:46
164. Jeremy Krenzer (11)	24:58

Team "Scores" – Penfield 65, McQuaid 72, Greece Athena 88

Harper's memory kept alive at McQuaid Invitational

For the first time in 10 years, there will be no Katie Harper Memorial 5km road race this fall. However, the memory of the former Fairport High School runner will be kept alive through the issuance of a plaque at the McQuaid Invitational Cross Country Meet on Oct. 2 at Genesee Valley Park.

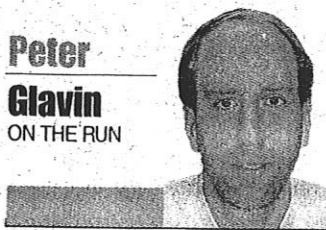
Beginning this year, the Katie Harper Memorial Plaque will be awarded to the Section 5 girl that posts the fastest time of the day. Harper was just 17 when she was in a fatal car crash in February of 1994, just one day after competing in the Section 5 Indoor Track and Field Championships. That fall, local race director **Bill Kehoe** of the Cats AC along with Harper's father, Jerry, began a 5k road race in Fairport in Katie's memory with proceeds going to a memorial fund in her name. With considerable sponsorship dollars from Nike, for whom **Jerry Harper** works, and Dick's Clothing and Sporting Goods, the race was one of the most popular in the area and often times attracted some of the top names in American running, including two-time Olympian **Suzy Favor-Hamilton**.

The initiation of the Katie Harper Memorial Plaque to the fastest Section 5 girls of the day at the McQuaid Invitational comes just one year the meet began awarding the Charlie McMullen Memorial Plaque to the fastest Section 5 boys time of the day. Victor's Kyle Heath, now a freshman at the University of Syracuse, was that awards first recipient.

This year is the 40th edition of the McQuaid Invitational, which started as an eight-team 2.5-mile road race around the school's Brighton campus in 1965. This year, the meet is set to attract nearly 240 teams and 5000 runners from eight states and the Canadian province of Ontario.

The highlight of the eight-hour, 24-race extravaganza should be the AAA Boys Varsity race, scheduled for 3:50 pm, which will feature two of the east's top teams, Fayetteville-Manlius of Section 3 (Syracuse) and Lockport of Section 6 (Buffalo) along with Lilburn, Georgia's Parkview HS, one of the Southeast's top teams.

Peter Glavin
ON THE RUN



has also expressed interest in competing as they, along with Parkview and many other top teams look to improve their regional rankings in hopes of being invited to the first Nike Team Nationals in Portland, OR on Dec. 4. The Nike Team Nationals will invite the nation's top 20 boys and 20 girls cross-country teams, to the first national high school team championship in any sport. The top two boys teams and two girls teams in each of eight regions, plus at-large selections, will earn nationals bids. The selections will be based on a new Nike Team Nationals regional rankings system.

McQuaid mudders slog to 5th at Wildcat

Derek Seber places 15th to lead the Knights.

McQuaid runners profess to be good mudders, even to liking slogging through the mucky stuff, but they were out-slogged by four other teams in their varsity race at the Wildcat Invitational last Saturday.

The sectional course at Marcus Whitman drew many of Section 5's best teams, and the Knights placed fifth out of 15 over a 5km course still soaked from Friday's all-day rain.

Sophomore Derek Seber ran another strong race to lead his team, placing 15th in a field of 110. His supporting scorers were seniors Nick Arazoza (23), Jamie Moynihan (35), and Dan Murphy (46), and junior Juan Habes (43). McQuaid's score of 161 placed it behind R-H 967, Penfield (97), HF-L (99) and Brighton (144).

The meet's other races were non-scoring and the Knights' slogging noticeably better. The Varsity-2 squad put five men into the top 22 of the 175-runner field for an unofficial

second place behind Penfield. Junior Martin Wegman took top slogging honors by finishing seventh, and senior Pat DePippo, who ran second for much of the race, hung on to take 10th. Sophomore Dan Plumeri (16), junior Peter Schwalm (17) and senior Andrew Hovey (22) completed the would-have-been scoring group.

McQuaid's junior high runners, armed with their newly learned "Simba" cheer, had first crack at the mud and took a substantial amount home with them. Forty-five strong, their white shirts dominated the front of the race in the early going, but would up placing an unofficial second to the black shirts of HF-L's Cougars. Eighth-grader Chris DiPasquale (4), and ninth-graders Trevor Bachman (9), Brian Sparacino (10), Ben Van Son (11), and Craig Hanna (16) gave the Knights their non-score.

This Saturday, the Knights will head east to Auburn for the annual Kiwanis Invitational at Holland Stadium, giving them a chance to see some Section 3 and Section 4 competition.

AUBURN INVITATIONAL
Holland Stadium 9/25/04

Weather: Sunny and Mild. Temp 70, Course dry.

VARSDITY-1 FIFTH OF 33 SCHOOLS

13. Nick Arazoza	17:44 (5k)
25. Jamie Moynihan	18:08
39. Juan Habes	18:33
48. Mike Andrews	18:37
63. Streve Scheible	18:56
70. Martin Wegman	19:05
87. Peter Wegman	19:17

Team Scores: R-H 69, Victor 93, Corning 146, Corcoran 148, McQuaid 185, etc.

VARSDITY-2/JV FIRST OF 10 COMPLETE TEAMS

2. Pat DePippo	18:57
3. Dan Plumeri	19:03
9. Tim Hanna	19:19
11. Mike Ansaldi	19:28
17. Chris Burgart	19:50
19. Andrew Hovey	19:57
20. Marcus Gauthier	20:00
24. Gino D'Angelo	20:13
25. Tom Murray	20:15
30. Jim Lappin	20:34
32. Steve Janicki	20:37
35. Matt Glende	20:39
39. Matt Kenny	21:06
47. Phil Alesio	21:12
68. Kevin DiCesare	21:59
70. Alex Grayson	22:06
82. Jeremy Krenzer	23:17
94. Sam Centanni	25:44

Team Scores: McQuaid 42, Corning 71, R-H 85, etc.

40TH ANNUAL MCQUAID INVITATIONAL
Genesee Valley Park – Sat. 10/2/04

Weather: Very unstable, ranging from cloudy & mild to gusty rain showers and falling temperatures, from mid-60's down to mid-50's.
Course firm at first, but increasingly slick and muddy.

VARSITY-1 NINTH OF 33 SCHOOLS

		<u>'03</u>
18. Nick Arazoza	16:35	16:33
29. Griffin Alford	16:53	
49. Jamie Moynihan	17:08	18:18
85. Pat DePippo	17:39	18:25
97. Steve Scheible	17:45	18:44
111. Dan Murphy	17:52	18:40
138. Mike Andrews	18:14	18:20
(213 finishers)		

VARSITY-2 SECOND OF 21 SCHOOLS

1. Juan Habes	17:17	19:27
5. Peter Schwalm	17:41	17:41 (!)
21. Tim Hanna	18:05	18:18
29. Mike Ansaldi	18:10	21:00
39. Martin Wegman	18:23	18:37
41. Andrew Hovey	18:24	
44. Marcus Gauthier	18:25	19:19
122. Matt Kenny	19:24	
135. Gino D'Angelo	19:30	
143. Steve Janicki	19:35	19:31
154. Jim Lappin	19:46	
200. Alex Grayson	20:45	
257. Jeremy Krenzer	22:34	
265. Sam Centanni	23:07	
(278 finishers)		

SOPHS NINTH OF 28 SCHOOLS

5. Derek Seber	16:35
58. Dan Plumeri	18:21
83. Chris Burgart	18:51
90. Tom Murray	18:54
111. Matt Glende	19:11
152. Phil Alesio	19:50
157. Chris Collins	19:56

DNR: Alec Hurley
Cory Hall
Kevin DiCesare

Irondequoit-Penfield Invitational
Harris-Whalen Park, Penfield 10/8/04

Weather: Sunny and Warm. Temp.75. No breeze, Course dry

<u>Var-1 Fourth of 18 Schools</u>		<u>'03</u>
12. Derek Seber	17:38	
18. Griffin Alford	17:56	
25. Nick Arazoza	18:14	17:58
32. Juan Habes	18:27	DNF
34. Jamie Moynihan	18:29	19:12
44. Pat DePippo	19:05	19:09
55. Peter Schwalm	19:44	18:55

Team Scores: Victor 72, Penfield 75, Irondequoit 115, McQ 121, Athena 122

Var-2/JV 1st of 18 Schools

2. Dan Murphy	18:37	19:47
7. Mike Ansaldi	18:55	19:31
9. Andrew Hovey	18:59	
22. Tim Hanna	19:36	19:29
24. Marcus Gauthier	19:40	20:42
25. Dan Plumeri	19:43	
26. Martin Wegman	19:44	19:40
32. Tom Murray	20:02	
34. Mike Andrews	20:06	19:54
36. Steve Janicki	20:23	21:07
40. Gino D'Angelo	20:31	
44. Matt Glende	20:47	
45. Chris Burgart	20:51	
51. Jim Lappin	21:04	
63. Alex Grayson	21:24	
65. Phil Alesio	21:26	
90. Jeremy Krenzer	22:37	
119. Sam Centanni	25:10	
dnf-Steve Scheible		

Team Scores: McQuaid 64, Penfield 68, Greece Athena 89, etc.

LIVERPOOL INVITATIONAL
Long Branch Park Sat. 10/16/04

Cool, breezy. Temp 50. Course sloppy in places but generally OK.

VARSIITY-1 THIRD OF 11 SCHOOLS

First Flight	1. Colin Heenan (10), Liverpool	17:19 (5k)
	8. Nick Arazoza (12)	17:49
	10. Derek Seber (10)	17:58
	15. Griffin Alford (12)	18:13
Second Flight	5. Jamie Moynihan (12)	18:30
	9. Juan Habes (11)	18:41
	13. Dan Murphy (12)	18:59
	16. Mike Ansaldi (11)	19:12

Team Scores: Liverpool 37, Tully 44, McQ 60, Cazenovia 65, Marcellus 80,
Jordan-Elbridge 85, Proctor (Utica) 127, etc.

(Liverpool's top runner didn't compete.)

VARSIITY-2 SECOND OF 8 SCHOOLS

First Flight	1. Peter Schwalm (11)	18:52
	7. Pat DePippo (12)	19:45
	13. Mike Andrews (12)	20:20
Second Flight	1. Tim Hanna (11)	18:58 *
	8. Jim Lappin (11)	20:02
	9. Martin Wegman (11)	20:03
	11. Tom Murray (10)	20:16
	14. Chris Burgart (10)	20:39
	15. Alec Hurley (11)	20:40
	17. Matt Glende (10)	20:57
	20. Steve Janicki (11)	21:09
	22. Matt Kenny (12)	21:21
	24. Gino D'Angelo (11)	21:31
	28. Kevin DiCesare (10)	21:53
	29. Phil Alesio (10)	21:54
	30. Alex Grayson (10)	21:56
	40. Jeremy Krenzer (11)	23:23

Team Scores: Liverpool 18, McQuaid 30, Tully 34, Marcellus 67, etc.

MCQUAID 18 MARSHALL 45
Cobbs Hill Tues. 9/28/04

1. Mike Ansaldi	19:52
2. Dan Plumeri	20:01
4. Andrew Hovey	20:32
5. Marcus Gauthier	20:33
6. Tom Murray	20:34
Matt Glende	21:05
Steve Janicki	21:10
Chris Burgart	21:15
Jim Lappin	21:34
Phil Alesio	22:44
Chris Collins	22:48
Gino D'Angelo	23:36
Alex Grayson	24:10
Jeremy Krenzer	25:04
Sam Centanni	26:41

McQuaid 15 Wilson 50
Cobbs Hill Tues. 10/19/04

Weather: Cloudy and cool. Temp 48, Course a bit soggy

		<u>Improvement</u>
1. Derek Seber (10)	17:37	1:43
2. Nick Arazoza (12)	17:39	:22
3. Griffin Alford (12)	18:17	
4. Tim Hanna (11)	18:19	:16
5. Jamie Moynihan(12)	18:30	
6. Juan Habes (11)	18:34	:45
7. Dan Murphy (12)	18:56	:23
9. Mike Andrews (12)	19:25	
10. Peter Schwalm (11)	19:33	
12. Martin Wegman(11)	19:45	:33
13. Jim Lappin (11)	19:46	:34
14. Tom Murray (10)	19:48	:33
16. Alec Hurley (11)	20:41	
17. Gino D'Angelo (11)	20:43	2:45
18. Steve Janicki (11)	20:50	:11
19. Matt Glende (10)	20:58	:07
21. Pat DePippo (12)	21:16	
23. Alec Grayson (10)	21:57	:17
24. Phil Alesio (10)	22:07	:13
26. Chris Burgart (10)	22:40	
27. Kevin DiCesare (10)	23:10	
28. Jeremy Krenzer (11)	23:14	1:20

MCQUAID 21 EDISON 31
MCQUAID 15 SOTA 40
Cobbs Hill Tues. 10/5/04

2. Nick Arazoza	18:01
3. Jamie Moynihan	18:19
4. Tim Hanna	18:35
5. Peter Schwalm	18:40
7. Mike Andrews	19:11
Juan Habes	19:19
Dan Murphy	19:19
Derek Seber	19:20
Pat DePippo	19:37
Martin Wegman	20:18
Jim Lappin	20:20
Tom Murray	20:21
Andrew Hovey	20:30
Matt Kenny	20:48
Steve Janicki	21:01
Chris Burgart	21:11
Matt Glende	21:43
Alex Grayson	22:14
Phil Alesio	22:15
Gino D'Angelo	23:28
Jeremy Krenzer	24:34
Sam Centanni	27:34
Dnf Mike Ansaldi	
Dnf Steve Scheible	

CLARENCE FALL CLASSIC
Akron Falls Park Sat. 10/23/04

Weather: Sunny, cool, breezy. Temp: Mid-50's

VARSITY-1 7TH OF 19 SCHOOLS

		<u>'03 Time</u>
24. Derek Seber (10)	17:30	---
28. Griffin Alford (12)	17:40	---
46. Jamie Moynihan (12)	18:08	18:39
47. Nick Arazoza (12)	18:13	17:48
56. Dan Murphy (12)	18:24	19:02
58. Tim Hanna (11)	18:28	19:02
81. Juan Habes (11)	19:01	---
98. Martin Wegman (11)	19:30	20:31
113. Mike Andrews (12)	20:03	20:05
dnf Mike Ansaldi (11)		

Team Scores: Lockport 16(!), Penfield 122, Irondequoit 131, Fairport 139, etc.

J.V EIGHTH OF 21 SCHOOLS

49. Jim Lappin (11)	19:53	---
50. Alec Hurley (11)	19:54	19:22
73. Matt Glende (10)	20:20	---
78. Steve Janicki (11)	20:23	20:47
80. Tom Murray (11)	20:24	---
127. Phil Alesio (10)	21:11	---
134. Chris Burgart (10)	21:16	---
137. Kevin DiCesare (10)	21:18	---
141. Gino D'Angelo (11)	21:21	---
176. Alex Grayson (10)	22:20	---
224. Jeremy Krenzer (11)	22:46	---
dnf Peter Schwalm (11)		18:53
dnf Dan Plumeri (10)		---

MCQUAID 20 AQUINAS 42
Cobbs Hill Wed. 10/27/04

MCQ GROUP WINS EASILY
AQ'S NOEL BATEMAN SETS COURSE RECORD

Cross Country

Nonleague

MCQUAID 20, AQUINAS 42

Noel Bateman of Aquinas ran the fastest time ever recorded on the City-Catholic League's cross country course at Cobbs Hill in a dual meet against archrival McQuaid.

Bateman's 16-minute, 13-second time was 20 seconds faster than the time of Dave Hryvniak of Aquinas, who ran a 16:33 in 2002 against McQuaid.

"He went out and took command, looked smooth and was strong the whole way," said Aquinas coach Ron Zimarino. "A lot of great runners have run on this course. Noel's time is truly remarkable, especially for a junior."

McQuaid coach Bob Bradley, whose team won easily, said only four or five individuals have ever broken 17 minutes on the 3.1-mile course, a layout with one hill in the first half that loops the reservoir and does not go into the Cobbs Hill woods. It's been used for the last 20 years for C-C meets.

Bradley said the fastest a McQuaid runner has ever covered the course was Joe Lamagna's 16:54.

"We knew he (Bateman) was really out for something," Bradley said, "when we timed him in five minutes for the first mile."

"He ran the second half of the course faster than the first."

McQuaid runners placed 2 through 7.

Individual: 1. Noel Bateman (Aquinas) 16:13; 2. Derek Seber (McQuaid) 17:20; 3. Griffin Alford (McQuaid) 17:32; 4. Jamie Moynihan (McQuaid) 17:38; 5. Nick Arazoza (McQuaid) 17:41.

1. Noel Bateman (11)	16:13 *
2. Derek Seber (10)	17:20
3. Griffin Alford (12)	17:41
4. Jamie Moynihan, (12)	17:42
5. Nick Arazoza (12)	17:51
6. Tim Hanna (11)	17:56
7. Juan Habes (11)	17:58
9. Dan Murphy (12)	18:22
12. Steve Scheible (12)	18:50
13. Mike Ansaldi (11)	18:53
17. Marcus Gauthier (12)	19:41
18. Mike Andrews (12)	19:45

* Very fast! Previous record was 16:33, set by Dave Hryvniak of Aquinas in 2002.

This is the best set of times we've had at Cobbs since 1998.

EAST 29 MCQUAID 30
Cobbs Hill Tues. 10/26/04

4. Alec Hurley (11)	19:54
5. Jim Lappin (11)	20:03
6. Tom Murray (10)	20:05
7. Martin Wegman (11)	20:12
8. Steve Janicki (11)	20:47
9. Matt Kenny (12)	21:02
10. Gino D'Angelo (11)	21:18
12. Matt Glende (10)	21:34
14. Chris Burgart (10)	21:44
15. Phil Alesio (10)	21:47
28. Jeremy Krenzer (11)	25:34

First time McQuaid has lost to a City School in x-c.

39TH ANNUAL GREENMAN INVITATIONAL
Ely Park Golf Course, Binghamton 10/30/04

McQ Second of 12 Schools

		<u>'03</u>	<u>'02</u>
6. Derek Seber (10)	16:55		
10. Nick Arazoza (12)	17:05	16:59	17:09
11. Griffin Alford (12)	17:07		
21. Jamie Moynihan (12)	17:43	18:13	21:21
23. Dan Murphy (12)	17:47	18:05	20:01
29. Tim Hanna (11)	17:57	18:27	
47. Juan Habes (11)	18:42	20:08	

Team Scores: Vestal 69, McQuaid 71, St.Joe's, Buffalo 87, Ithaca 'B' 141, Binghamton 141, Union-Endicott 149, Cooperstown 168, etc.

McQuaid runners have week of 'tricks and treats'

East finally stops the Knights' streak.

Surprise, satisfaction, disappointment – last week's four meets had something for everyone connected with McQuaid cross country.

The grab bag opened on Tuesday with the Knights' Varsity-2 being upset by East 29-30, continued on Wednesday with an impressive 20-42 win over Aquinas, resumed on Friday with a victorious City-Catholic title run-off against East and Edison, and ended on Saturday with a two-point loss to Vestal in the Greenman Invitational.

The loss to East marked the first time McQuaid had suffered defeat against a Rochester city school in all 43 years of Bob Bradley's tenure as the Knights cross country coach.

With arch-rival Aquinas on tap the next day, McQuaid's Varsity-1 group wasn't avail-

able, but the Knights had handled that conflict many times in the past.

Bradley second-guessed himself, saying "I knew East had a good 1-2, but I thought we had enough good runners out there to pack in ahead of their third man. As it turned out, he killed us by running a great race and beating our whole team. I shouldn't have cut it that close."

The next day, the Knights were up for the Aquinas challenge and ran their best set of times at Cobbs since 1998 to win easily. Aquinas junior Noel Bateman stole the show, though, with a record-breaking individual effort, lowering the course mark by 20 seconds to 16:13.

McQuaid leader, sophomore Derek Seber, clocked a 17:20, fastest by a Knight runner in five years. Six more Knights broke 18 minutes – the most since their state champ did it in '92. Griffin Alford (17:41), Jamie Moyihan (17:42), Nick

Arazoza (17:51), Tim Hanna (17:56) and Juan Habes (17:58) all finished ahead of Aquinas' No. 2 runner.

The loss to East occasioned a run-off for the City-Catholic title on Friday, and an augmented Varsity-2 came through with a winning group performance that topped the predictable 1-2's by East and Edison. Junior Mike Ansaldi (5), led the way, followed by Peter Schwalm (6), Martin Wegman (7), Mike Andrews (8), Tom Murray (9) and Jim Lappin (10).

Saturday, saw Varsity-1 take on the rugged Ely Park course in the 12-school Greenman Invitational and fall just short of a victory, 69-71, against Section 4's Vestal.

Seber (6), Arazoza (10), and Alford (11) had strong race, but the Knights group, down 36 seconds against Aquinas, slipped back to 52 seconds as Jamie Moynihan finished 21st and Dan Murphy 23rd.

McQuaid's only other entry

at Binghamton was an 11-man contingent from Coach Todd Stewart's junior high team. The young Knights ran well, losing 50-63, to an undefeated Binghamton squad, but defeating always-tough Ithaca to take second among 10 schools.

Scoring for the Knights were eighth-graders Dominic Bozzelli (6), and Chris DiPasquale (10), seventh-grader Jonathan Ritter (12) and ninth-graders Trevor Bachman (15) and Chris Spohn (20).

Heading into this Saturday's Section 5 championships at Marcus Whitman High's tough 5k course, McQuaid is ranked behind Rush-Henrietta, Penfield, Irondequoit, Churchville-Chili and Fairport.

"R-H is a clear favorite, I think," said Bradley, "but if we can get top races from our best five, we'll be right in there with the others."

This year, McQuaid is in Class AA, racing at 3:30 p.m.

CITY-CATHOLIC CHAMPIONSHIPS

Cobbs Hill Friday 10/29/04

VARSITY-2 WINS RUN-OFF VS. EDISON & EAST

		Season's Improvement
		<u>At Cobbs</u>
6. Mike Ansaldi (11)	19:00	59 sec.
7. Peter Schwalm (11)	19:26	
8. Martin Wegman (11)	19:28	50 sec.
9. Mike Andrews (12)	19:36	
10. Tom Murray (10)	19:38	56 sec.
11. Jim Lappin (11)	19:43	111 sec.
13. Marcus Gauthier (12)	20:15	52 sec.
15. Alec Hurley (11)	20:38	47 sec.
18. Steve Janicki (11)	21:08	23 sec.
Dnf Matt Kenny (12)		

Run-off Scores: McQuaid 22 East 33 McQuaid 25 Edison 30

J.V. (Non-Scoring)

1. Matt Glende (10)	20:18	47 sec.
2. Gino D'Angelo (11)	20:44	173 sec.
3. Chris Burgart (10)	21:02	13 sec.
4. Alex Grayson (10)	21:10	180 sec.
5. Phil Alesio (10)	21:20	84 sec.
6. Kevin DiCesare (10)	21:21	109 sec.
7. Jeremy Krenzer (11)	24:06	110 sec.

SECTION FIVE CHAMPIONSHIPS

Marcus Whitman HS - Sat. 11/6/04

Weather: Cool and blustery. Temp. 52, Winds 15-20. Course muddy in spots.

MCQUAID SIXTH OF 13 "AA" SCHOOLS

		<u>9/18 at MW</u>
11. Griffin Alford (12)	18:03	dnr
15. Derek Seber (10)	18:21	18:20
34. Nick Arazoza (12)	18:48	18:48
37. Jamie Moynihan (12)	18:58	19:03
48. Tim Hanna (11)	19:18	20:30
50. Dan Murphy (12)	19:26	19:28
55. Juan Habes (11)	19:33	19:23

Team Scores: Rush-Henrietta 45, Penfield 81, Irondequoit 91, Fairport 101, Churchville 130, McQuaid 142, Gates-Chili 221, etc.

60TH (*) ANNUAL JESUIT SCHOOLS CHAMPIONSHIPS
Van Cortlandt Park, NYC Sat. 11/20/04

VARSITY-1 FIRST OF 9 SCHOOLS

		<u>'03</u>
2. Nick Arazoza	13:46	14:58
4. Derek Seber	13:56	
5. Griffin Alford	13:57	
25. Juan Habes	14:32	
28. Jamie Moynihan	14:38	15:36
38. Dan Murphy	14:51	15:27
41. Tim Hanna	14:53	14:54

Team Scores: McQuaid 64, Gonzaga (D.C.) 65, St. Joe's, Phila 72,
Loyola, Baltimore 84, Canisius 95, etc.

VARSITY-2 THIRD OF 7 SCHOOLS

1. Peter Schwalm	14:42	15:22
15. Jim Lappin	15:25	
16. Alec Hurley	15:29	
27. Martin Wegman	15:52	
34. Tom Murray	16:07	
48. Mike Andrews	16:47	16:07
52. Marcus Gauthier	16:54	

Team Scores: St. Joseph's 31, Gonzaga 74, McQuaid 93, Loyola 96, etc.

* Mr. B. ran in the first two as a jr. and sr. at St. Peter's Prep, Jersey City.
He remembers doing well at the first one and poorly at the second.

Cross country

**60th Annual Jesuit Schools
Championship**

AT VAN CORTLANDT PARK

McQuaid runners earned three of the top five spots as the Knights finished first in the 60th annual Jesuit Schools Championships. This was the first time McQuaid has won the tournament since 1998. The Knights have won 16 of their 42 appearances in the championship.

Nick Arazoza, Derek Seber and Griffin Alford finished second, fourth and fifth.

Team: 1. McQuaid, 64; 2. Gonzaga, D.C., 65; 3. St. Joseph's (Philadelphia), 72; 4. Loyola (Baltimore), 84; 5. Canisius, 95; 6. St. Peter's (Jersey City), 141; 7. Fordham Prep B, 152; 8. Regis (NYC), 174; 9. Xavier (NYC), 190.

Individual: 1. Kevin O'Hara (St. Joseph's), 13:45; 2. Nick Arazoza (McQuaid), 13:46; 3. Ryan Colas (Gonzaga), 13:47; 4. Derek Seber (McQ), 13:56; 5. Griffin Alford (McQ), 13:57; 25. Juan Habes (McQ), 14:32; 28. Jamie Moynihan (McQ), 14:36. □

McQuaid wins by one point

*The Knights bring
home the Jesuit
Schools Cross Country
Championship.*

McQuaid's cross country team has had a 3-2 look (a lead cluster of three runners and a pair not too far behind) in most meets this season, and it finally found a winning version of that formula two Saturdays ago in New York City.

The Knights led with a 2-4-5 in the field of 63 runners and got just enough from their fourth and fifth men (25-28) to nip Gonzaga (D.C.) High School, 64-65, in the 60th running of the Jesuit Schools Championship at Van Cortlandt Park.

"Aside from 1963, when we won on a tie-breaker, that's the closest win we've had down here," said coach Bob Bradley, who's taken his Knights to New York 42 times and come home with 16 trophies.

"There were so many spots being changed in the last half-mile, I know we could have won or lost the meet with any of our five scorers. Just eye-

from where his runners last passed him was a late charge by junior Juan Habes and senior Jamie Moynihan that picked up about 10 places to squeak their team past Gonzaga and defending champion St. Joseph's of Philadelphia.

Up front, McQuaid showed its best since 1998, when it last won the meet. Senior Nick Arazoza, after a frustrating season of little improvement over his previous races, took a huge chunk of 72 seconds off his last year's time and ran 13:46 for the hilly 2.5-mile VCP course.

Arazoza moved through the top 10 up to second and was going for the win in the final quarter mile. Kevin O'Hara, a lanky St. Joe's runner, used his longer stride to hold off Arazoza's kick, but sophomore Derek Seber finished strong to take fourth, and senior Griffin Alford's closing sprint brought him up to fifth.

Then it was up to Habes and Moynihan. Gonzaga's purple looked like winners with 3-6-10-12, but their fifth man struggled home in 34th. The tight victory more than offset a two-point loss to Vestal, 69-

71, in McQuaid's last invitational before sectionals. It also marked the first multi-school meet win for the Knights since 2000.

In the meet's other two races, McQuaid's junior high squad ran its usual tight group race, but couldn't get it close enough to the front to offset the strength of St. Joe's and Fordham Prep. Eighth-grader Chris DiPasquale led the way in 10th place, and classmates Dominic Bozzelli and Matt DiDonna, plus freshmen Craig Hanna and Trevor Bachman all took top 25 medals. Freshman Ben Van Son and seventh-grader Jonathan Ritter, both consistent scorers during the season, were in the next group of finishers.

The Knights JV squad took a respectable third in the nine-school field, paced by a first from junior Peter Schwalm and strong races from Jim Lappin (16) and Alec Hurley (17, Martin Wegman (26) and Tom Murray (3) closed out the scoring.

After getting the good news of their win, the Knights stuck around to cheer on former local champs Kyle Heath and Liz Cufari, both running for Syracuse University in the ECAC Championships.

CROSS-COUNTRY SPECIAL AWARD WINNERS - 2004

VINCE LOMBARDI MEMORIAL PLAQUE - Dan Murphy, '05
(Devotion to Faith, Team, Sport)

ROYDEN SMITH ('84) MEMORIAL PLAQUE - Juan Habes, '06
(Most Improved Runner)

JEREMY ABBOTT('66)MEMORIAL PLAQUE - Dominic Bozzelli, '09
(Outstanding Jr. High Runner)

BEST FINISH INDEX - Derek Seber, '07 (1.92)

BEST CAREER FINISH INDEX – Nick Arazoza, '05 (35 races – 1.89)

OUTSTANDING STUDENT-ATHLETES - Steve Scheible, '05
Tim Hanna, '06
Derek Seber, '07
Craig Hanna, '08
Chris DiPasquale, '09
Jonathan Ritter, 10

RUNNING EXCELLENCE AT COBBS HILL – Alec Hurley, '06
(The “Bob Gantler” Award)

MOST IMPROVED: (Var-2/JV) – Tom Murray, '07
(Jr. High) Brian Sparacino, '08

MOST IMPROVED DURING SEASON – Phil Alesio, '07
Neel Nabar, '08

BEST NEW RUNNER: (Var/JV) - JIM LAPPIN, '06
(Jr. High) BEN VAN SON, '08

CITY-CATHOLIC ALL-STAR PATCHES:
Nick Arazoza, Griffin Alford, Jamie Moynihan,
Juan Habes, Tim Hanna, Derek Seber