

MCQUAID JESUIT H.S.

VARSDITY & J.V. CROSS-COUNTRY 2005

HIGHLIGHTS

34th Consecutive City-Catholic Championship

DUAL MEET RECORD W - 6 L - 0

INCLUDING:

24-33 OVER AQUINAS

BEST INVITATIONAL FINISHES:

BYRON-BERGEN - 2ND

AUBURN - 2ND , J.V. 1ST

IRONDEQUOIT-PENFIELD - 3RD , J.V. 3RD

LIVERPOOL - J.V. 1ST

WEEDSPORT - 3RD , J.V. 1st

25-HOUR RELAY SUMMARIES –2005

	<u>Miles</u>	<u>Total Time</u>	<u>Avg. Mile</u>	<u>Best Mile</u>	<u>Slow Mile</u>
JUAN HABES (12)	19	115:00	6:03	5:26	7:44
MIKE ANSALDI (12)	17	105:59	6:14	5:30	9:34
DEREK SEBER (11)	17	97:47	5:45	5:01	8:03
KEVIN DI CESARE (11)	17	110:46	6:31	6:00	7:30
BRIAN SPARACINO (10)	16	106:13	6:38	5:49	7:36
DAN PLUMERI (11)	15	99:19	6:37	5:57	7:55
JIM LAPPIN (12)	14.75	95:05	6:27	5:46	8:50
JEREMY KRENZER (12)	14.75	123:39	8:23	7:28	10:33
CHRIS BURGART (11)	13	86:38	6:40	6:08	7:15
PETER SCHWALM (12)	13	91:05	7:00	5:49	9:55
CONNOR MC ARTHUR (10)	13	103:37	7:58	6:55	9:11
TIM HANNA (12)	11	68:23	6:13	5:33	7:50
CRAIG HANNA (10)	11	80:06	7:17	6:21	7:54
PHIL ALESIO (11)	9	66:05	7:21	7:08	7:43
RICK D'AMATO (9)	4	26:25	6:36	6:12	7:05
COACH STEWART	4	22:20	5:35	5:27	5:43
BEN VAN SON (10)	1	6:23			
PARENTS, FRIENDS, ET AL	14.5	124:26			

Total Miles: 207

Most Miles Under 6:00: Seber (14), Habes & Ansaldi (11)

Lowest Dev. from Avg.: Alesio 10.5, D'Amato 14.4, Burgart 19.3, DiCesare 19.8

BEAR MT. INVITATIONAL
Lock Haven (PA) State University
Sat., Sept. 3, 2005

Weather: Sunny, warm, and humid. Temp. 78, Course flat and dry.

(This turned out to be a 3-mile Time Trial as part of the meet's 5k varsity race. Because of the presence of a Catholic school from MD, we were unable to compete officially under NYSPHSAA rules.)

Mike Ansaldi (12)	16:48
Peter Schwalm (12)	17:28
Juan Habes (12)	17:40
Tim Hanna (12)	17:49
Brian Sparacino (10)	18:00
Jim Lappin (12)	18:13
Chris Burgart (11)	18:33
Kevin DiCesare (11)	18:48
Ben VanSon (10)	19:07
Dan Plumeri (11)	19:39
Craig Hanna (10)	19:53
Tom Murray (11)	20:13

BYRON-BERGEN INVITATIONAL
B-B HS Campus - Sat. 9/10/05

Weather: Sunny and pleasantly warm. Temp 62-72. Course fast

McQuaid 2nd of 12 Schools

	<u>5K</u>	<u>'04 Meet</u>
3. Derek Seber (11)	16:54	17:39
10. Mike Ansaldi (12)	17:47	—
23. Peter Schwalm (12)	18:27	19:34
24. Tim Hanna (12)	18:34	19:55
36. Jim Lappin (12)	19:06	20:28
39. Brian Sparacino (10)	19:14	—
55. Chris Burgart (11)	20:07	21:17
(80 runners finished)		

Team Scores: Williamsville North 57, McQ 96, Byron-Bergen 110,
East Aurora 117, etc.

Varsity-2/JV "Wins" Non-Scoring Sub-Varsity Race

		<u>'04 Meet</u>
3. Dan Plumeri (11)	19:42	19:25
5. Kevin DiCesare (11)	19:44	—
6. Ben VanSon (10)	19:51	—
11. Martin Wegman (12)	20:19	19:54
16. Craig Hanna (10)	20:48	—
28. Tom Murray (11)	21:11	20:22
47. Yigor Vinogradov (10)	21:45	—
48. Jeremy Krenzer (12)	21:48	26:28
56. Chris Spohn (10)	22:03	—
57. Frank Wolfs (10)	22:06	—
66. Phil Alesio (11)	22:28	23:13
68. Tyler Gilmore (10)	22:30	—
93. Connor MacArthur (10)	25:03	—
(122 runners finished)		

Biggest improvement, by far, over last year was Jeremy Krenzer's 4:40!!!

WILDCAT INVITATIONAL
Marcus Whitman H.S. – 9/24/05

Weather: Sunny, humid; Temp 70-75. Course a bit soft in spots

VARSDITY 4TH OF 14 SCHOOLS

		<u>'04 Time</u>
3. Derek Seber (11)	16:51	18:20
17. Mike Ansaldi (12)	18:08	dnr
18. Peter Schwalm (12)	18:14	20:12
45. Tim Hanna (12)	18:59	20:30
48. Brian Sparacino (10)	19:10	dnr
57. Jim Lappin (12)	19:33	21:14
61. Dan Plumeri (11)	19:41	20:11

Team Scores: Penfield 49, HF-L 86, Webster Thomas 112, McQuaid 131. etc.

VARSDITY-2/J.V. (Non-Scoring)

19. Chris Burgart (11)	19:55	22:31
20. Kevin DiCesare (11)	19:58	22:30
23. Ben VanSon (10)	19:59	dnr
25. Martin Wegman (12)	19:59	19:55
51. Tom Murray (11)	20:40	20:39
54. Matt Glende (11)	20:43	21:53
80. Chris Sponn (10)	21:27	dnr
89. Craig Hanna (10)	21:42	dnr
95. Jeremy Krenzer (12)	21:55	24:58
97. Phil Alesio (11)	21:56	22:40
111. Luke Mrozinski (11)	22:16	dnr
126. Frank Wolfs (10)	22:36	dnr
128. Yigor Vinogradov(10)	22:38	dnr
143. Chris Mathew (10)	23:15	dnr
167. Connor McArthur(10)	24:23	dnr
175. Tyler Gilmore (10)	25:01	dnr

SEBER LEADS MCQUAID IN FIRST TWO INVATIONALS

McQuaid junior Derek Seber, with two individual Section Five titles to show for his sophomore track seasons, has moved his cross-country performance up to the championship level in cross-country as well.

With a good summer of preparation, Seber ran up with a tough front pack in the Byron-Bergen Invitational two Saturdays ago and topped all of the Section Five runners while placing third behind two of Section Six's best. His time of 16:54 for the mostly level 5k campus layout was faster than last year's winning time by five seconds, but the 2004 champ, senior Mike Dobmeier of Williamsville North, was on hand to defend his title, which he did decisively in 16:40. Newfane senior Jason Fischer was second.

"Cross-country is a lot tougher individually than track because you can have a slew of talent in a given meet, and many of them are new faces," said coach Bob Bradley of his top racer. "But Derek ran smart and finished strong, so he knows he can be right up there in a strong field."

Seber showed the same competitive strength in an even tougher field at Saturday's Wildcat Invitational over the Marcus Whitman High sectional course. Another Section Six standout, junior Andrew Pfeiffer of Clarence, won the race going away, but Seber outduelled Brockport's Mark Streb, Penfield's Craig Coon, and Greece Athena's Anthony Wind to take third behind runner-up Matt Martina of Penfield.

"Derek really showed his stuff in the last 600," said Bradley "He went out a bit too fast but was able to hang on to the lead pack and come back at the end." Seber's time of 16:51 was 90 seconds faster than he ran in last year's Wildcat and the third fastest McQuaid time in the ten years the Knights have ran at MW behind only the 16:47 of Joe LaMagna in 1997 and the 16:50 of John Chantreuil in 1998.

Seber's supporting cast has been solid enough to earn the Knights a second-place trophy at Byron-Bergen and a fourth-place award at MW. Senior Mike Ansaldi's 10th at B-B was his strongest invitational effort so far, and he followed with a 17th at MW. Seniors Peter Schwalm and co-captain Tim Hanna took 3rd and 4th spots at both meets, and the fifth slot was shared by senior Jim Lappin and soph Brian Sparacino.

In both meets, McQuaid was without its senior co-captain Juan Habes, who is out with a knee injury but is looking to return for next week's 41st annual McQuaid Invitational. This Saturday, the Knights will travel to Auburn for the Kiwanis Invitational, and their huge junior high contingent of 50-plus runners will attempt to defend its 2004 title.

AUBURN INVITATIONAL
Holland Stadium – 9/24/05

Weather: Sunny and Mild. Temp 65-72. Course dry.

VARSITY 2ND OF 7 SCHOOLS

		<u>'04 Time</u>
3. Derek Seber (11)	16:20	dnr
5. Mike Ansaldi (12)	17:27	19:28
10. Peter Schwalm (12)	17:59	19:17
13. Tim Hanna (12)	18:06	19:19
16. Jim Lappin (12)	18:22	20:34
18. Brian Sparacino (10)	18:24	dnr
27. Dan Plumeri (11)	19:14	19:03

Team Scores: Auburn 40, McQuaid 47, Oswego 93, Jamesville-Dewitt 99. etc

VAR-2,JV 1ST OF 8 SCHOOLS

4. Martin Wegman (12)	19:09	19:05
5. Chris Burgart (11)	19:20	19:50
7. Ben VanSon (10)	19:27	dnr
8. Kevin DiCesare (11)	19:29	21:59
11. Matt Glende (11)	19:51	20:39
16. Craig Hanna (10)	20:10	dnr
18. Chris Sponn (10)	20:13	dnr
23. Yigor Vinogradov (10)	20:43	dnr
27. Jeremy Krenzer (12)	20:56	23:17
30. Phil Alesio (11)	21:00	21:12
35. Luke Mrozinski (11)	21:13	dnr
48. Frank Wolfs (10)	22:02	dnr
53. Tyler Gilmore (10)	22.24	dnr
61. Chris Gschrey (10)	23:03	dnr
62. Connor McArthur (10)	23:05	dnr

76 runners finished

Team Scores: McQuaid 35, Auburn 44, Nottingham 109, etc.

41ST ANNUAL MCQUAID INVITATIONAL
Genesee Valley Park Oct. 1, 2005

Weather: Sunny and mild, turning warm. Temp 62-75 Course dry.

VARSITY 9TH OF 29 SCHOOLS IN AAA-2 RACE

		<u>'04 Time</u>
4. Derek Seber (11)	15:44	16:35
30. Mike Ansaldi (12)	16:49	18:10
69. Tim Hanna (12)	17:19	18:05
73. Jim Lappin (12)	17:22	19:46
105. Martin Wegman (12)	18:28	18:23
175. Peter Schwalm (12)	19:00	17:41

**Team Scores: Union-Endicott 164, Lakewood OH 191, Binghamton 233,
St. Joe's, Buffalo 243, Hilton 247, Clarence 270,
Spencerport 271, Kearny NJ 289, McQuaid 313, etc.**

VARSITY-2/J.V. 10TH OF 20 AAA SCHOOLS

27. Chris Burgart (11)	18:20	18:51
39. Dan Plumeri (11)	18:36	18:21
42. Matt Glende (11)	18:37	19:11
76. Kevin DiCesare (11)	19:08	dnr
106. Jeremy Krenzer (12)	19:32	22:34
131. Luke Mrozinski (11)	20:04	dnr
139. Phil Alesio (11)	20:19	19:50

Team Scores: Ithaca 26, L'pool 44, Canisius 124.....McQuaid 255, etc.

SOPHS 14TH OF 26 SCHOOLS

29. Brian Sparacino	17:38
56. Ben VanSon	19:15
105. Craig Hanna	19:37
128. Yigor Vinogradov	19:51
137. Chris Sponn	20:23
163. Chris Gschrey	20:37
180. Frank Wolfs	21:06
200. Tyler Gilmore	21:32
214. Connor McArthur	21:33
Chris Mathew	22:20

Team Scores: Fairport 72, F-M 104, Webster Thomas 111.....McQ 370



Bob, (This Thank-you goes to all of the
McQuaid families who hosted.)

I CAN'T BEGIN TO EXPRESS HOW MUCH IT MEANS
TO OUR TEAMS AS YOU AND YOUR PARENTS
CONTINUALLY EXTEND YOUR GRACIOUS HOSPITALITY.
OTHER THAN QUALIFYING AND RUNNING IN
OUR STATE MEET, THE "MCQUAID WEEKEND"
IS ONE OF THE HIGHLIGHTS OF OUR SEASON.
THANK YOU FOR ALL OF THE TIME AND
ENERGY YOU HAVE SPENT YEAR AFTER YEAR
HOSTING OUR TEAMS.

THE WALSH JESUIT
RUNNING WARRIORS

CITY-CATHOLIC BLOCKS 1 AND 2
Cobbs Hill - Tues. 9/27, Tues. 10/4

MCQUAID 15, MARSHALL 50

1. Brian Sparacino (10)	19:39 (5k)
2. Dan Plumeri (11)	20:00
3. Kevin DiCesare (11)	20:18
4. Ben VanSon (10)	20:19
5. Matt Glende (11)	20:36
6. Chris Burgart (11)	20:58
7. Craig Hanna (10)	21:08
Chris Sponn (10)	21:11
Yigor Vinogradov (10)	22:05
Frank Wolfs (10)	22:09
Phil Alesio (11)	22:27
Jeremy Krenzer (12)	22:29
Luke Mrozinski (11)	22:46
Chris Gschrey (10)	22:54
Chris Mathew (10)	24:34
Tyler Gilmore (10)	24:47
Connor McArthur (10)	25:48

MCQUAID 15, WILSON 40

		Improvement <u>Over 9/27</u>
1. Dan Plumeri	20:33	
2. Chris Burgart	20:34	24 sec.
3. Craig Hanna	20:44	24 "
4. Matt Glende	20:52	
5. Yigor Vinogradov	21:32	33 sec.
Chris Gschrey	22:03	51 "
Chris Sponn	22:13	
Luke Mrozinski	22:16	30 "
Jeremy Krenzer	22:38	
Phil Alesio	23:12	
Chris Mathew	23:59	35 sec.
Connor McArthur	24:05	103 "
Tyler Gilmore	24:53	

IRONDEQUOIT-PENFIELD INVITATIONAL
Harris-Whalen Park, Penfield Friday, 10/7/05

Weather: Rainy and Cool. Temp 58, Wind 10. Course muddy

VAR-SITY-1 THIRD OF 14 SCHOOLS

		<u>'04 time</u>	<u>'03 time</u>
6. Derek Seber (11)	17:07	17:38	
12. Mike Ansaldi (12)	17:39	18:55	19:31
16. Peter Schwalm (12)	17:50	19:44	18:55
37. Jim Lappin (12)	18:35	21:04	
38. Brian Sparacino (10)	18:36		
41. Tim Hanna (12)	18:39	19:36	19:29
50. Martin Wegman (12)	19:07	19:44	19:40

Team Scores: Penfield 49, HF-Lima 82, McQuaid 109, Victor 126, etc.

VAR-2/J.V. 3RD OF 8 SCHOOLS

6. Juan Habes (12)	19:19	18:27	dnf
10. Dan Plumeri (11)	19:35	19:43	
20. Craig Hanna (10)	20:02		
23. Matt Glende (11)	20:10	20:47	
32. Yigor Vinogradov (10)	20:26		
33. Chris Burgart (11)	20:27	20:51	
46. Jeremy Krenzer (12)	20:51	22:37	
48. Chris Gschrey (10)	20:55		
52. Phil Alesio (11)	21:12	21:26	
62. Luke Mrozinski (11)	22:11		
69. Tyler Gilmore (10)	22:30		
70 Chris Mathew (10)	22:31		
84. Connor McArthur (10)	23:22		

Team Scores: Penfield 39, HF-L 57. McQuaid 90, etc.

MCQUAID 15 SOTA 50
Cobbs Hill 10/11/05

Weather: Cloudy & cool. Temp 55; course wet and slippery

		<u>Improvement</u>
1. Martin Wegman (12)	19:23	
2. Matt Glende (11)	19:56	40 sec.
3. Chris Burgart (11)	20:06	28 "
4. Tom Murray (11)	20:09	
5. Ben VanSon (10)	20:13	6 "
Dan Plumeri (11)	20:33	
Craig Hanna (10)	20:37	7 "
Yigor Vinogradov (10)	20:44	48 "
Chris Gschrey (10)	21:08	55 "
Phil Alesio (11)	21:58	29 "
Jeremy Krenzer (12)	22:26	3 "
Chris Spohn (10)	22:28	
Luke Mrozinski (11)	22:30	
Tyler Gilmore (10)	23:51	62 "
Chris Mathew (10)	23:58	1 "
Connor McArthur (10)	24:05	

LIVERPOOL INVITATIONAL
Long Branch Park Sat. 10/15/05

Weather: Mix of sunny/mild and cool/rainy. Course soggy at start, very muddy by end of meet.

VARSITY 7TH OF 24 SCHOOLS

			Improvement over '04
First Flight	4. Derek Seber (11)	17:01	57 sec.
	36. Jim Lappin (12)	18:47	75 "
	37. Brian Sparacino (10)	18:49	dnr
Second Flight	2. Mike Ansaldi (12)	18:00	72 sec.
	14. Tim Hanna (12)	18:47	11 "
	31. Juan Habes (12)	19:30	

Team Scores: Marcellus 56, L'pool 80, Webster Thomas 81, Canastota 98, B'ville 119, Auburn 120, McQuaid 124, Beaver River 125, etc.

VARSITY-2/J.V. FIRST OF 19 SCHOOLS

First Flight	4. Martin Wegman (12)	19:26	37 sec.
	5. Chris Burgart (11)	19:34	65 "
	15. Dan Plumeri (11)	20:06	dnr
Second Flight	2. Ben VanSon (10)	19:30	dnr
	8. Tom Murray (11)	19:55	21 sec.
	12. Matt Glende (11)	20:15	42 "
	17. Yigor Vinogradov (10)	20:30	dnr
	22. Craig Hanna (10)	20:48	dnr
	24. Chris Sponn (10)	20:52	dnr
	26. Jeremy Krenzer (12)	21:01	142 sec.
	30. Phil Alesio (11)	21:11	43 "
	45. Luke Mrozinski (11)	22:07	dnr
	48. Tyler Gilmore (10)	22:13	dnr
	59. Chris Mathew (10)	23:02	dnr

74 runners finished

Team Scores: McQuaid 33, Central Square 37, Beaver River 40, Marcellus 67, etc.

WEEDSPORT INVITATIONAL
Weedsport HS Sat. 10/22/05

Weather: Rainy, cool. Course very muddy

VARSITY THIRD OF 5 'A' SCHOOLS

4. Derek Seber (11)	17:03 (3.0)*
6. Mike Ansaldi (12)	17:40
10. Peter Schwalm (12)	17:59
13. Brian Sparacino (10)	18:18
17. Tim Hanna (12)	18:39
20. Jim Lappin (12)	18:57
21. Juan Habes (12)	18:59

* Course was shortened by about 15 seconds from J.V. race in order to provide a safer downhill.

Team Scores: Baldwinsville 39, Auburn 42, McQuaid 50, West Genesee 93, Jamesville-DeWitt 146

VAR-2/JV FIRST OF 11 SCHOOLS

3. Ben VanSon (10)	19:25 (3.0)**
4. Martin Wegman (12)	19:26
5. Tom Murray (11)	19:29
12. Craig Hanna (10)	20:03
15. Chris Spohn (10)	20:26
19. Jeremy Krenzer (12)	20:34
21. Yigor Vinogradov (10)	20:44
22. Chris Burgart (11)	20:45
35. Phil Alesio (11)	21:24
40. Frank Wolfs (10)	21:57
43. Chris Gschrey (10)	22:00
46. Tyler Gilmore (10)	22:21
47. Chris Mathew (10)	22:23
51. Connor McArthur (10)	22:37
52. Luke Mrozinski (11)	22:39

67 runners finished

** Distance was about 75 yards longer than varsity race because of a course change. See note above

Team Scores: McQuaid 39, Baldwinsville 41, West Genesee 87, etc.

McQuaid finds hardware in the mud at invitationals

With all of their able runners in action in invitationals at Liverpool and Weedsport the past two Saturdays, McQuaid Jesuit's trophy case had the potential for six new additions. Faced with conditions raging from tolerable to miserable, the Knights emerged from the mud with four first-place trophies.

Last Saturday, at Weedsport, McQuaid began its rainy day with a tight 39-41 victory over Baldwinsville and 10 other JV teams. A 3-4-5 combination from Ben VanSon, Martin Wegman and Tom Murray gave the Knights an early edge in the 67-runner field. Then it took Craig Hanna (12) and Chris Spoon (15) to make that lead stand up.

An hour later, with the muddy trails turning liquid, the Knights' unbeaten junior high squad took on a strong West Genesee and was pushed to the limit before winning 25-33. With a quarter mile to go, it was anybody's race, but freshman Tom O'Rourke made a move past West Genny's 1-2 and held on for the victory. Chris DiPasquale (4), Dom Bozzelli (5), and Sam Mrozinski (9) and eight-grader Aidan Rubery with a key sixth gave

McQuaid its win.

The third race of the day saw the varsity course changed to provide a safer downhill around the mud, and McQuaid's varsity battled Section 3 rivals Baldwinsville and Auburn in a three-way race that wound up with B'ville at 39, Auburn at 43 and McQuaid at 50.

"Our five scorers were right up there, but only Derek (Seber, 4) and Mike (Ansaldi, 6) could hang on," said coach Bob Bradley.

Peter Schwalm closed with a rush that barely missed taking ninth, Brian Sparacino placed 13th and Tim Hanna finished 17th to complete the scoring.

A week earlier at Liverpool, McQuaid also pulled off the JV/JH sweep, but had to settle for sixth in the varsity race. Once again, the score was tight, 34-37, over Central Square. Van Son, Wegman and Murray were again key finishers, with Chris Burgart and Dan Plumeri filling the other scoring spots.

The junior high race was a 22-90 romp over Liverpool, with Bozzelli running his first race of the season and winning impressively.

MC QUAID 15 EDISON TECH 50
Cobbs Hill 10/18/05

Weather: Cloudy & cool. Temp 55; course okay

		<u>Improvement</u>
1. Juan Habes (12)	18:37	
2. Chris Burgart (11)	19:50	16 sec.
3. Yigor Vinogradov (10)	19:52	52 "
4. Ben VanSon (10)	19:53	20 "
5. Tom Murray (11)	19:54	15 "
Craig Hanna (10)	20:18	19 "
Matt Glende (11)	20:35	
Dan Plumeri (11)	20:44	
Chris Sponn (10)	20:45	26 sec.
Luke Mrozinski (11)	21:21	55 "
Jeremy Krenzer (12)	21:29	57 "
Phil Alesio (11)	21:32	26 "
Tyler Gilmore (10)	22:30	81 "
Chris Mathew (10)	22:54	64 "
Connor McArthur (10)	23:15	50 "

MCQUAID 18 EAST 42
Cobbs Hill Tues. 10/25

Weather: Rainy, Cool, and Windy. Course soggy; mud in spots

34TH CONSECUTIVE CITY-CATHOLIC CHAMPIONSHIP

1. Derek Seber (11)	17:37	17:20 ('04)
2. Peter Schwalm (12)	18:05	35 sec.
3. Tim Hanna (12)	18:13	17:56 ('04)
5. Mike Ansaldi (12)	18:27	26 sec.
7. Juan Habes (12)	18:41	17:58 ('04)
8. Jim Lappin (12)	18:46	57 sec.
10. Brian Sparacino (10)	18:55	44 "
12. Martin Wegman (12)	19:19	4 "
13. Tom Murray (11)	19:36	18 "
14. Ben VanSon (10)	19:45	8 "
15. Chris Burgart (11)	20:05	
16. Yigor Vinogradov (10)	20:15	
17. Matt Glende (11)	20:28	
18. Jeremy Krenzer (12)	20:30	59 sec.
20. Craig Hanna (10)	20:45	
22. Luke Mrozinski (11)	21:29	
23. Chris Sponn (10)	21:41	
24. Frank Wolfs (10)	21:42	27 "
25. Phil Alesio (11)	21:42	
26. Tyler Gilmore (10)	21:47	43 "
27. Chris Mathew (10)	21:47	67 "
28. Connor McArthur (10)	23:22	

Weather: Perfect for X-C. Temp 48, sunny, light breeze, course ok

**'05 Improvement
at Cobbs Hill**

1. Noel Bateman, AQ (12)	15:56*	
2. Derek Seber (11)	16:52**	45 sec.
3. Peter Schwalm (12)	17:32	33 "
4. Mike Ansaldi (12)	17:34	53 "
7. Tim Hanna (12)	18:07	6 "
8. Juan Habes (12)	18:09	28 "
9. Brian Sparacino (10)	18:20	79 "
12. Martin Wegman (12)	19:02	21 "
13. Ben VanSon (10)	19:17	28 "
16. Craig Hanna (10)	19:22	106 "
18. Yigor Vinogradov (10)	19:28	157 "
20. Chris Sponn (10)	19:58	73 "
21. Jeremy Krenzer (12)	20:08	141 "
22. Chris Burgart (11)	20:43	15 "

*New course record. Only runner ever to break 16 minutes at Cobbs.
Previous best was Bateman's 16:13 last year vs. McQuaid.

**School record at Cobbs Hill. Previous record : 16:54 by Joe LaMagna, '99
vs. Aquinas in 1998.

McQuaid wins 34th straight CC championship

The Knights also beat rival Aquinas on Thursday.

After two strong races at Cobbs Hill during the week, McQuaid Jesuit's cross country men were a tired bunch of campers at Saturday's 40th annual Greenman Invitational in Binghamton.

The Knights won their 34th straight City-Catholic championship by beating East, 18-42, in the wind and rain at Cobbs Hill on Tuesday, and came back with an impressive 24-33 victory over Aquinas in ideal conditions on Thursday.

Three hilly races in five days proved to be too much, however, as they struggled to a sixth-place finish among 13 schools over the always tough terrain at frigid Ely Park on Saturday.

"I was expecting a lot of our guys, and I wasn't surprised when they ran out of gas after that wicked uphill at Binghamton," said coach Bob Bradley of his team's first-ever three-meet week.

Even the Knights' top runner, junior Derek Seber, admitted to being just about wiped out in the last stages of his third race.

"I felt as if I could barely move my legs," was Seber's comment on his second-place finish behind Cooperstown's Josh Edmonds. He hung on, though, to run 16:07, and improvement of almost a minute over his '04 race, when he placed sixth. Seber chased another of the state's outstanding runners on Thursday and had a school record to show for it. Aquinas senior Noel Bateman broke his own Cobbs Hill 5k course record

with a super-fast 15:56, and Seber posted a 16:52 that chipped two seconds off the previous McQuaid best by Joe LaMagna in 1998.

Against Aquinas, McQuaid's top four seniors produced their best grouping of the season. Peter Schwalm (3), Mike Ansaldi (4), Tim Hanna (7), and Juan Habes (8) all had season's bests at Cobbs, and soph Brian Sparacino (9) provided a strong sixth man.

At Binghamton, Sparacino (45) moved up a notch to fifth man behind Ansaldi (18), Hanna (30) and Habes (40). Another sophomore, Ben VanSon, had a good day in the JV race, placing ninth as his team finished sixth. Behind him were juniors Tom Murray (17), Chris Burgart (39) and Matt Glende (43) and fast-improving soph Yigor Vinogradov (35).

While the older Knights were showing their weariness, the high-spirited junior high Knights of the future were in top form, beating Union-Endicott, 30-88, for their sixth invitational win and their first in four years at Binghamton.

Freshman Dom Bozzelli led the way in second place, followed in close order by eighth-grader Aidan Rubery (4) freshmen Tom O'Rourke (7), Chris DiPasquale (8), Adam Reask (9) and Pat Mueller (11) and eighth-grader Jonathan Ritter (12).

This Saturday, McQuaid will be a dark horse behind leading contenders Penfield and Fairport in the Class AA title race of the Section 5 championships at Marcus Whitman High School. The Knights will run at 1 p.m. in the fifth race of the 10-race program.

40TH ANNUAL GREENMAN INVITATIONAL
Ely Park Golf Course, Binghamton 10/29/05

Weather: Cold and breezy. Temp 40. Course soggy

Varsity Sixth of 13 Schools

		<u>'04</u>
2. Derek Seber (11)	16:07	16:55
18. Mike Ansaldi (12)	17:22	
30. Tim Hanna (12)	17:41	17:57
40. Juan Habes (12)	17:52	18:42
45. Brian Sparacino (10)	17:57	
55. Martin Wegman (12)	18:22	18:45('03)
59. Peter Schwalm (12)	18:33	17:37('03)

**Team Scores: Union-Endicott 48, St. Joe's, Buffalo 74, Cooperstown 77,
Binghamton 107, Vestal 127, McQuaid 135, etc.**

Var-2/JV Fifth of 9 Schools

9. Ben VanSon (10)	18:24
17. Tom Murray (11)	18:40
35. Yigor Vinogradov (10)	19:20
39. Chris Burgart (11)	19:26
43. Matt Glende (11)	19:29
45. Chris Sponn (10)	19:42
49. Jeremy Krenzer (12)	19:46
65. Craig Hanna(10)	20:08

CITY-CATHOLIC INDIVIDUAL CHAMPIONSHIPS

**Season's Improvement
At Cobbs Hill**

Varsity-2

10. Luke Mrozinski (11)	20:22	144 sec.
11. Phil Alesio (11)	21:01	86 "

J.V

2. Frank Wolfs (10)	20:59	70 sec.
3. Chris Gschrey (10)	21:23	91 "
4. Tyler Gilmore (10)	21:34	193 "
6. C. McArthur (10)	21:52	236 "
7. Chris Mathew (10)	21:55	159 "

SECTION FIVE CHAMPIONSHIPS

Marcus Whitman HS – Sat. 11/5/05

Weather: Unseasonably mild. Overcast and breezy. Temp 65. Course dry

MCQUAID FIFTH OF 14 AA SCHOOLS

		<u>9/17/05</u>	<u>11/06/04</u>
3. Derek Seber (11)	16:53	16:51	18:21
31. Mike Ansaldi (12)	18:24	18:13	dnr
35. Peter Schwalm (12)	18:30	18:15	18:48 (03)
43. Juan Habes (12)	18:41	dnr	19:33
52. Tim Hanna (12)	18:54	19:00	19:18
54. Jim Lappin (120)	18:59	19:34	dnr
62. Brian Sparacino (10)	19:16	19:16	dnr

Team Scores: Penfield 42, Fairport 57, Churchville-Chili 120,
Webster Thomas 136, McQuaid 164, Spencerport 198, etc.

McQuaid's Seber moves on to state championship meet

Consistency is the mark of every good runner, and McQuaid junior Derek Seber was his usual head-of-the-race self in Saturday's Section 5 championships, running a strong third place to qualify for his first state meet.

Seber, who placed 15th as a sophomore, ran a patient confident race, staying away from the lead until the halfway mark just past the

long uphill at the 5k Marcus Whitman course.

At that point, he was with a front cluster that included Fairport senior Matt Deady and Penfield seniors Craig Coon and Matt Martina. When Deady broke away, Seber did, too, and held on to second until the last few yards, when Spencerport junior Ryan Bloom closed with a rush to nip him by a step.

Seber's time of 16:53 bettered his '04 mark by almost a minute and a half and made him one of only seven of 471 boys to break 17:00 for the day.

This Saturday, he'll be one of five AA individuals who'll join Penfield's team champions in the 8:45 a.m. race, first of 10 races for state laurels at Queensbury High School near Glens Falls.

Some of McQuaid's team

will be there, too, to cheer him on. The Knights placed fifth in the sectionals, failing in their quest to break up the scoring groups of the favored Penfield and Fairport squads. Seniors Mike Ansaldi (31), Peter Schwalm (35), Juan Habes (43) and Tim Hanna (52) were the scorers, with senior Jim Lappin (54) and soph Brian Sparacino (62) completing the squad.

The following weekend they'll join Seber as McQuaid defends its Jesuit Schools title in the annual finale at Van Cortlandt Park in New York City.

Earlier last week at Black Creek Park, McQuaid's unbeaten junior high squad added the annual All Saints Invitational to its trophy list.

The winning cast of scorers was headed for the first

time this season by freshman Chris DiPasquale (1), followed by freshmen Tom O'Rourke (2), Sam Mrozinski (4), and Pat Mueller (7), and eighth-graders Aidan Rubery (3), Jonathan Ritter (6) and Sam Kernan (8).

The young Knights will face their final and probably toughest test of the season in the Jesuit meet, where they placed third last year.

61ST ANNUAL JESUIT SCHOOLS CHAMPIONSHIP
Van Cortlandt Park, NYC Sat. 11/19/05

Weather: Sunny and Cool. Temp. 40-45. Course dry and fast

VARSITY 8TH OF 9 SCHOOLS

		<u>2004</u>
1. Derek Seber (11)	13:18*	13:56
28. Tim Hanna (12)	14:36	14:53
31. Jim Lappin (12)	14:39	15:25
38. Brian Sparacino (10)	15:03	dnr
45. Juan Habes (12)	15:13	14:32
47. Peter Schwalm (12)	15:16	14:42
50. Martin Wegman (12)	15:21	15:52

**Team Scores: Loyola (Baltimore) 48, Gonzaga, D.C. 59, St. Joe's, Phila. 92,
Fordham Prep 134, Regis 138, Xavier 139, St. Peter's 139,
McQuaid 143 (ouch!), Loyola NYC Inc.**

***Our first individual winner at this meet since 1998 (John Chaintreuil 13:21)
Also, the fastest McQ time since 1993 (Adam Reitz, 1st in 13:15). Our school
record for the VCP course is 12:52 by John Farrell, all the way back in 1974.**

VAR-2/J.V. 4TH OF 7 SCHOOLS

19. Ben VanSon (10)	15:24	
21. Yigor Vinogradova (10)	15:27	
30. Tom Murray (11)	15:52	16:07
32. Dan Plumeri (11)	15:56	
37. Jeremy Krenzer (12)	16:14	
38. Matt Glende (11)	16:15	
45. Chris Sponn (10)	16:20	
50. Craig Hanna (10)	16:26	
51. Luke Mrozinski (11)	16:27	
55. Phil Alesio (11)	16:31	
62. Chris Burgart (11)	16:46	
68. Tyler Gilmore (10)	16:56	
83. Chris Mathew (10)	17:32	
99. Connor McArthur (10)	18:01	

**Team Scores: St. Joe's, Phila. 25, Gonzaga, D.C. 61, Xavier 134, McQ 139,
Fordham Prep 172, Regis 257, St. Peter's, Jersey City 391**

Seber takes 1st in Jesuit Championships

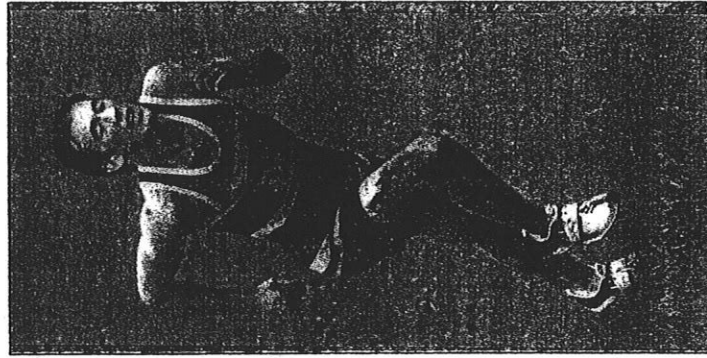
The junior covers the Van Cortlandt Park course in 13:18.

Junior Derek Seber couldn't lead his teammates to a championship on Saturday, Nov. 19, at the annual Jesuit schools meet in New York City, so he did the next best thing — he became the individual champion.

Heading into the Van Cortlandt Park hills at the three-quarter mile mark, Seber was just where he wanted to be, right at the heels of the lead runner. Coming out of the hills a mile later, he was the clear leader and went onto a 50-yard victory over Ken Gregory from Gonzaga High in Washington, D.C. It was his first multi-school win since he swept all six of his junior high races as a freshman.

Seber's time of 13:18 for the 2.5 miles was the fastest Jesuit meet time in recent years and McQuaid's best since Adam Reitz won with a 13:15 in 1993. Last time a Knight runner took first was in 1998, when John Chaintreuil won in 13:21.

On those occasions,



FILE PHOTO/CRAIG POTTER

Derek Seber had a fantastic finish to the fall season.

McQuaid was also team champion, but the Knights fell far short this time. With dependable No. 2 man Mike Ansal di out of action, McQuaid's link to the front of the race was gone, and its scoring group of

Tim Hanna (27), Jim Lappin (29), Brian Sparacino (40), and Juan Habes (46) added up to a seventh-place total of 143. Lappin, normally McQuaid's fifth man, made his senior finale a good one, improving by 46 seconds over last year.

In the junior varsity race, McQuaid was fourth, and sophomores Ben Van Son and Yigor Vinogradova took medals for placing 19th and 21st.

High spot to the day came from the Knights' junior high team, which used its group strength to edge Fordham Prep, 55-64, for its seventh victory in an unbeaten season.

A Fordham cluster in the top 10 seemed to have decided the race, but the Little Rams had to go back to 40th place for their fifth man, and by that time, the Knights had poured 11 men across the line.

Leading the way was freshman Dom Bozzelli in third, followed by freshman Tom O'Rourke (10), and Chris DiPasquale (16), and eighth-graders Sam Kerian (12) and Aidan Rubery (14). Also taking home Top 25 medals were freshman Pat Mueller (17) and **Matt DiDonna (18), and seventh-grader Rob Hurlbut (24).**

A week earlier, the only McQuaid runner in competition was Seber, and his state meet performance at Queensbury High School earned him All-Section 5 honors. The temperature was near freezing when the 8:45 AA race got under way, but the pace was a torrid 4:30 for the first mile, and Seber, wisely laid off the leaders. He worked his way through the field, though, and when the runners came back into sight with 600 yards to go, he was within striking distance of a Top 20 finish. His kick got him past eight runners into 24th place in a personal 5k best of 16:09, making him Section 5's second finisher and fifth fastest from the meet's five class races.

"Derek really popped a good one," said coach Bob Bradley. "That was a loaded race, maybe the best AA field ever. His time is one of the fastest we've ever had for a true 5k."

2005

Section V

Cross Country

BOYS ALL STAR TEAMS

All Section V First Team

1. Noel Bateman, ROY, State Champ Aquinas
2. Matt Deady Fairport
3. Zach Rivers Victor
- 4. Derek Seber McQuaid ←
5. Ryan Bloom Spencerport
6. Ben Hall Victor
7. Corey Robinson Greece Odyssey
8. Craig Coon Penfield
9. Matt Martina Penfield
10. Jon Peffley Penfield
10. Eric English Pittsford Mendon

All Section V Third Team

1. Chris Foss Honeoye Falls-Lima
2. Branden Morseman Addison
3. Matt Johnson Newark
4. Mike McNally Byron-Bergen
5. Tyler Stachecki Penfield
6. Corey Brown Batavia
7. Cheyne Hoag Dansville
8. Seth LaTray Newark
9. Robert Gardner HFL
10. Ruben Land Brighton

All Section V Second Team

1. Bobby Hennen Geneseo
2. Pat Dupont Fairport
3. Pete Manktelow Hornell
4. Tim Quinn Pittsford Sutherland
5. Anthony Wind Greece Athena
6. Christopher Mui Brighton
7. John Chambers Cuba-Rushford
8. Bill Phipps Pittsford Sutherland
9. Tim Chichester Mt. Morris
10. Jonathan Pinto Brighton

All Section V Honorable Mention

1. Michael Geary Brighton
2. Kyle Coulon Webster Thomas
3. Bill Juda Irondequoit
4. Scott Longwell Pittsford Sutherland
5. Brad Sawyer Hilton
6. Sean Vollenweider Canandaigua
7. Mark Streb Brockport
8. Dan Reilly Fairport
9. Brandon Pyer Hornell
10. Paul Phelan Pittsford Sutherland

Congratulations, Derek!