



NORTH COAST ATHLETIC CONFERENCE

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ALLEGHENY COLLEGE ★ DENISON UNIVERSITY ★ EARLHAM COLLEGE ★ HIRAM COLLEGE ★ KENYON COLLEGE
OBERLIN COLLEGE ★ OHIO WESLEYAN UNIVERSITY ★ WABASH COLLEGE ★ WITTENBERG UNIVERSITY ★ COLLEGE OF WOOSTER

NCAC Cross Country Championships

For Immediate Release

ALLEGHENY CLAMS MEN'S, KENYON TAKES WOMEN'S NCAC TITLES; RUSSO, JOHNSON TAKE INDIVIDUAL HONORS

Nov. 2, 2008

OBERLIN, Ohio -- Allegheny claimed the men's title while Kenyon took the women's at the 25th annual North Coast Athletic Conference Championships, held at Oberlin Nov. 1. The Gators captured their eighth men's title and sixth in the past seven years, while the Ladies took their first since 2001 and third overall.

On the men's side, Allegheny successfully defended its title for the fourth straight year. The Gators defeated second-place Denison by 32 points as all seven Allegheny runners finished in the top 15. Allegheny now owns eight NCAC men's championships. Denison senior **Grant Russo (Medina, OH/Medina)** won the race and Runner of the Year recognition after he won the eight-kilometer race in 24:56. It was his fourth appearance on the All-NCAC team and his first on the first team. Gator sophomore **Zac Ross (Meadville, PA/Meadville)**, last year's Newcomer of the Year, was runner up to earn his second straight first-team honor with a time of 25:09. Denison freshman **Makorobondo "Dee" Salukombo (Lakewood, OH/Lakewood)** was third and was named the 2008 Newcomer of the Year as the top freshman finisher in the meet. Gator senior **Matt Hoy (Moon Twp., PA/Moon)** was fourth and was a first-team honoree for the first time after earning second-team recognition in 2006 and 2007 and honorable mention in 2005. Rounding out the first team are Wabash sophomore **Seth Einterz (Zionsville, IN/Zionsville)**, Allegheny junior **Tony Dipre (Twinsburg, OH/Walsh Jesuit)** and Denison senior **Skyler Mosenthal (Briarcliff, NY/Briarcliff)**.

In the women's race, Kenyon topped second-place Ohio Wesleyan by 16 points to claim its first women's title since 2001 and third overall. Oberlin sophomore **Joanna Johnson (Chico, CA/Chico)** earned Runner of the Year honors for the second time as she successfully defended her NCAC individual title with a time of 21:02 over six kilometers. Denison sophomore **Katie Navarre (Upper Arlington, OH/Upper Arlington)** was second, 12 seconds behind. Oberlin senior **Nicky Ouellet (Dunbarton, NJ/Goffstown)** moved up to the first team after a second-team appearance a season ago as she finished in third place. Kenyon sophomore **Lauren Brady (Tyngsboro, MA/Phillips Exeter)** repeated on the first team, finishing in fourth. A pair of Wittenberg freshman were next, with **Mary Pfeifer (Dublin, OH/Coffman)** claiming Newcomer of the Year recognition as the highest freshman finisher in the race. A second behind her was Tiger teammate **Anna Henry (Chagrin Falls, OH/Kenston)**. Rounding out the first team was Ohio Wesleyan sophomore **Kat Zimmerly (Edinboro, PA/General McLane)**, who moves up to the first team after earning second-team honors last year.

Bill Ross of Allegheny earned Men's Coach of the Year honors for the sixth time in seven years. Kenyon head coach **Duane Gomez** was named the Women's Coach of the Year for the fourth time.

-- NCAC --

2008 Men's Cross Country Championships

1. Allegheny College.....	34
2. Denison University.....	66
3. Wabash College.....	93
4. Kenyon College.....	102
5. Oberlin College.....	108
6. Ohio Wesleyan University.....	114
7. Wittenberg University.....	218
8. College of Wooster.....	233
9. Earlham College.....	278
10. Hiram College.....	288

2008 Women's Cross Country Championships

1. Kenyon College.....	65
2. Ohio Wesleyan University.....	81
3. Oberlin College.....	87
4. Wittenberg University.....	99
5. Allegheny College.....	100
6. Denison University.....	132
7. College of Wooster.....	190
8. Earlham College.....	226
9. Hiram College.....	250

2008 ALL-NCAC WOMEN'S CROSS COUNTRY

CLEVELAND -- The following performers earned All-North Coast Athletic Conference honors at the 2008 NCAC Cross Country Championships on Saturday, Nov. 1 at Oberlin College.

FIRST TEAM

Name	School	Yr.	PL	TIME	Hometown/High School
Joanna Johnson *	Oberlin	So.	1	21:02	Chico, CA/Chico
Katie Navarre	Denison	So.	2	21:14	Upper Arlington, OH/Upper Arlington
Nicky Ouellet %	Oberlin	Sr.	3	22:23	Dunbarton, NH/Goffstown
Lauren Brady *	Kenyon	So.	4	22:34	Tyngsboro, MA/Phillips Exeter
Mary Pfeifer	Wittenberg	Fr.	5	22:37	Dublin, OH/Coffman
Anna Henry	Wittenberg	Fr.	6	22:38	Chagrin Falls, OH/Kenston
Kat Zimmerly %	Ohio Wesleyan	So.	7	22:39	Edinboro, PA/General McLane

Runner of the Year: Joanna Johnson, Oberlin

Newcomer of the Year: Mary Pfeifer, Wittenberg

Coach of the Year: Duane Gomez, Kenyon

SECOND TEAM

Name	School	Yr.	PL	TIME	Hometown/High School
Mia Symoniak + *	Allegheny	So.	8	22:43	East Snyder, NY/Amherst Central
Darcy Dubuc	Wittenberg	Fr.	9	22:49	Grand Haven, MI/Grand Haven
Morgan O'Connor	Kenyon	Fr.	10	22:54	San Francisco, CA/San Fran. Univ.
Michelle Crane @	Earlham	Sr.	11	22:58	Mansfield, OH/St. Peter's
Allie Nichols	Ohio Wesleyan	Fr.	12	23:00	Mansfield, OH/Lexington
Leah Schmelzer # \$	Ohio Wesleyan	Sr.	13	23:02	Marion, OH/Pleasant
Katie Stancik *	Allegheny	So	14	23:06	South Russell, OH/Chagrin Falls

HONORABLE MENTION

Name	School	Yr.	PL	TIME	Hometown/High School
Chrissy Ostrowski	Kenyon	So.	15	23:15	Oakmont, PA/Riverview
Margaret Pokryfki	Hiram	So.	16	23:16	Shaker Hts., OH/Shaker Hts.
Lauren Metzger \$	Kenyon	So.	17	23:17	Ann Arbor, MI/Pioneer
Rachel Hutchinson *	Allegheny	So.	18	23:17	Mohnton, PA/Governor Mifflin
Jess Francois & # *	Kenyon	Sr.	19	23:18	Yorktown Hts., NY/Yorktown
Sarah Appleton	Wooster	Fr.	20	23:18	Portsmouth, OH/Notre Dame
Kat Dougherty	Kenyon	Fr.	21	23:23	Chevy Chase, MD/National Cathedral

Key: * 1st team 2007; % 2nd team 2007; \$ honorable mention 2007; +1st team 2006; # 2nd team 2006; @ 2nd team 2005;
& honorable mention 2005

2008 ALL-NCAC MEN'S CROSS COUNTRY

CLEVELAND -- The following performers earned All-North Coast Athletic Conference honors at the 2008 NCAC Cross Country Championships on Saturday, Nov. 1 at Oberlin College.

FIRST TEAM

Name	School	Yr.	PL	TIME	Hometown/High School
Grant Russo & \$ @	Denison	Sr.	1	24:56	Medina, OH/Medina
Zac Ross *	Allegheny	So.	2	25:09	Meadville, PA/Meadville
Makorobondo Salukombo	Denison	Fr.	3	25:13	Lakewood, OH/Lakewood
Matt Hoy & # @	Allegheny	Sr.	4	25:15	Moon Twp, PA/Moon
Seth Einterz @	Wabash	So.	5	25:20	Zionsville, IN/Zionsville
Tony Dipre *	Allegheny	Jr.	6	25:24	Twinsburg, OH/Walsh Jesuit
Skyler Mosenthal	Denison	Sr.	7	25:33	Briarcliff, NY/Briarcliff

Runner of the Year: Grant Russo, Denison

Newcomer of the Year: Makorobondo "Dee" Salukombo, Denison

Coach of the Year: Bill Ross, Allegheny

SECOND TEAM

Name	School	Yr.	PL	TIME	Hometown/High School
Jim Boston % # *	Kenyon	Sr.	8	25:35	Brookfield, WI/Marquette
Jakeb Zimmerman ♦	Allegheny	Jr.	9	25:35	Leechburg, PA/Kiski School
Kaleb Keyserling	Kenyon	Sr.	10	25:35	Chapel Hill, NC/East Chapel Hill
Ryan King	Oberlin	Sr.	11	25:40	Glastonbury, CT/Glastonbury
Clay Davis @	Ohio Wesleyan	Sr.	12	25:41	Dublin, OH/Coffman
Jeramie Parker	Allegheny	So.	13	25:42	Middletown, OH/Middletown
Ryan Sullivan	Allegheny	So.	14	25:44	Homer, NY/Homer

HONORABLE MENTION

Name	School	Yr.	PL	TIME	Hometown/High School
Devon Flynnperrault + @	Allegheny	Jr.	15	25:46	Lafayette, CA/Campolindo
Hugh Jackson ♦	Wabash	Sr.	16	25:53	Fort Wayne, IN/South Side
Justin Warner	Oberlin	So.	17	25:53	Kingston, MA/Silver Lake Regional
Evan Hitchcock	Ohio Wesleyan	Fr.	18	25:54	Fishers, IN/Hamilton Southeastern
David Stefanik # @	Ohio Wesleyan	Sr.	19	25:56	Wooster, OH/Wooster
Pat McLaughlin	Allegheny	Fr.	20	25:57	Maple Glen, PA/Upper Dublin
Matt Riley	Kenyon	Jr.	21	25:58	Lawrence, KS/Lawrence

Key: *1st team 2007; @ 2nd team 2007; ♦ Honorable mention 2007; # 2nd team 2006; \$ honorable mention 2006;
+ 1st team 2005; % 2nd team 2005; & honorable mention 2005