

# 2010 CROSS COUNTRY

## 2010 NJCAA CROSS COUNTRY NATIONAL CHAMPIONSHIPS

The Broncos scored 40 points to beat runner-up Alfred State by 50 points. Sophomore Jason Phillips, Moravia NY, finished 2nd overall to earn 1st team NJCAA All-American honors. Chris Burnett finished 3rd also earning 1st team honors, Lyle Haywood finished 7th and Evan VanOsdol 10th to earn 2nd team honors. Nick Lynch finished 18th, Zavior Brown 33rd, and Tim Scudds 41st.

The Lady Broncos finished a close 3rd to Ocean CC, missing 2nd by only 2 points. Two runners earned NJCAA All-American honors: Meghan Visser (East Syracuse Minoa, NY) finished 8th and Hannah Backus (Delaware Academy HS, NY) finished 11th. Next in were Lauren Schuppel in 16th, Missy Riehl in 26th, and Briteleigh Levens in 29th.

## 2010 NJCAA NATIONAL CHAMPIONS - MEN 2010 NJCAA 3RD PLACE TEAM - WOMEN



pictured above: Left photo - top to bottom left to right. Coach Wood, Ohure Sam, Zavior Brown, Coach Caprotti, Nick Lynch, Jason Phillips, Chris Burnett, Evan VanOsdol, Lyle Haywood, Tim Scudds  
pictured above: Right photo - top to bottom left to right. Kristin Callaghan, Lauren Schuppel, Meghan Visser, Hannah Backus, Briteleigh Levens, Amber Shortsleeve, Missy Riehl



## 2010 NJCAA REGION III CHAMPIONSHIPS

On 10/29 the Men and Women competed in the Region III Championships hosted by Finger Lakes Community College. The men won their 8th consecutive Region III title with a score of 17 points. Freshman Chris Burnett won the individual title with Jason Phillips and Lyle Haywood close behind to make it a 1-2-3 finish. Eight runners earned All-Region honors: Chris Burnett (1st), Jason Phillips (2nd), Lyle Haywood (3rd), Ohure Sam (5th), Evan Van Osdol (6th), Nick Lynch (8th), and Tim Scudds (9th).

For the 2nd week in a row the Lady Broncos have had a tough battle with Mohawk Valley CC. The women finished 2nd in the team standings losing to MVCC by 6 points. Five runners earned All-

Region honors: Hannah Backus (5th), Taryn Van Valen (6th), Amber Shortsleeve (7th), Lauren Schuppel (8th), and Missy Riehl (10th).

Next up the men and women will travel on 11/12/2010 to Sunken Meadow State Park, LI for the 2010 NJCAA Cross Country National Championships

### **2010 MOUNTAIN VALLEY CONFERENCE CHAMPIONSHIPS**

The Broncos won their 8th consecutive MVC Championship on 10/22 at Proctor Park, Utica. Jason Phillips led the team with the individual championship running a time of 22:05 over 4 miles. The men scored 26 points to win easily over Mohawk Valley CC's 46 points. The Lady Broncos finished 2nd overall, losing to MVCC by 1 point. Freshman Amber Shortsleeve led the way with a 4th place finish and 5 were SUNY Delhi athletes. In 5th was Lauren Schuppel, 6th Hannah Backus, 7th Meghan Visser, 8th Taryn Van Valen, and 9th was Missy Riehl. Next up is the Region III Championships on 10/30 @ Finger Lakes CC in Canandaigua NY.

Chris Burnett, a freshman from Bainbridge NY, broke the SUNY Delhi record for 8k on Friday at the Oneonta State Airfield Invitational. Burnett ran a time of 25:08 and averaged 5:04 per mile. He finished 4th overall in a field of 288 and was the top freshman runner. Chris Mason was the previous record holder with a time of 25:17 set at the 2008 UAlbany Invitational. Mason is now at Middle Tennessee State University.

### **PREVIEW**

The SUNY Delhi cross country teams open up the 2010 season on Saturday, September 4th at Colgate University. After a successful recruiting season Head Coach Justin Wood has high hopes for both squads. The Lady Broncos return two top 20 finishers from the 2009 NJCAA Cross Country National Championships. Hannah Backus was 2nd team NJCAA All-American with a 6th place finish and Briteleigh Levens finished 19th, just four spots out of All-American honors. Six freshman join the Lady Broncos including; Taryn Van Valen from Ithaca HS, Meghan Visser from East Syracuse Minoa HS, Kristin Callaghan from Commack HS, Amber Shortsleeve from South Kortright HS, Lauren Schuppel from Walton HS, and Missy Riehl from Liverpool HS. The Lady Broncos finished 3rd at the 2008 NJCAA Cross Country National Championships and 4th in 2009.

The men return four NJCAA All-American's from the 2009 NJCAA National Championship team. Lyle Haywood (Nyack HS) finished 4th to earn 1st team honors, Jason Phillips (Moravia HS) finished 5th also earning 1st team honors, Steve Challacombe (Newburgh Free Academy) finished 7th, and Zavior Brown (Pine Bush HS) finished 9th. In addition, 7 sophomores return and 7 freshman join the Broncos. Most notable are Chris Burnett (Bainbridge) who finished 7th at the 2009 NYS PHAA Cross Country Championship Class D race, Ohure Sam (Tully HS) who finished 17th in the Class C race, and Dylan Lowry (Cornwall HS) who finished 75th in the Class A race. The Broncos have won 6 consecutive NJCAA Cross Country National Championships beginning in 2004 - 2009.

**2009 NATIONAL CHAMPIONS**

**(Chris Burke, Zavior Brown, Will Ennis, Steve Challacombe, Jason Phillips,  
Mike Cauwels)**

**\*Not pictured: Lyle Haywood**

