

2016 Lancaster Bible College
Men's 8k
September 22nd, 2016

Men's 8k Team Results

1. 21 Lebanon Valley (28:21 2:21:43 0:46)

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1	2	Garrett Santis	27:59
2	3	Noah Brady	28:15
3	4	Ibsen Powers	28:18
4	5	Nick Scullin	28:26
5	7	Kyle Munro	28:45
6	(16)	Terrence Habiyaremye	29:53
7	(17)	Chad Bomgardner	29:56

2. 55 McDaniel (29:14 2:26:10 3:47)

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1	1	Jim Heilman	27:30
2	6	Will Green	28:37
3	8	Gavin Gibson	29:09
4	13	Shaun Thompson	29:37
5	27	Cyrus Daroowalla	31:17
6	(29)	Kyle Crouse	31:56
7	(36)	Ricardo Loyola	33:26

3. 78 Cairn (29:51 2:29:15 0:51)

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1	11	Matthew Benedict	29:23
2	14	Joel Varughese	29:49
3	15	Caleb Basile	29:51
4	18	Dylan Rowles	29:58
5	20	Stephen Basile	30:14
6	(25)	Jonathan Snider	31:02
7	(31)	Matt Deflavis	32:08

4. 83 Penn St. Abington (30:06 2:30:29 2:34)

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1	9	Yannik Cahnbley	29:09
2	10	Michael Cooney	29:20
3	12	Nelson Costa, Jr.	29:29
4	24	Alexander Beltz	30:48
5	28	Gregory Gallagher	31:43
6	(30)	Minaam Ahmed	31:59

5. 157 Lancaster Bible (32:17 2:41:22 3:21)

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1	21	Tanner Krob	30:20
2	26	Clay Brenner	31:03
3	33	Tyler McNaire	32:40
4	38	Etahn Prouse	33:38
5	39	Richard Haines	33:41
6	(53)	Ryan Farnham	35:43
7	(68)	Daniel Jones	38:45

6. 178 Gwynedd Mercy (32:51 2:44:15 4:50)

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1	19	Justin Deluzio	30:02
2	22	Matt Brown	30:32
3	42	Lance Joseph	34:06
4	46	Armani Rivera	34:43
5	49	Matt French	34:52

7. 200 Cabrini (33:53 2:49:22 6:10)

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1	23	Andrew Sennett	30:44
2	35	Michael Feraco	33:24
3	37	Joe Pacifico	33:35
4	47	Zachary Debow	34:45
5	58	Devon Johnson	36:54
6	(67)	Tyree Holmes	38:39
7	(72)	Kevin Blake	39:44

8. 203 Penn St. Berks (33:52 2:49:16 2:55)

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1	32	Mihai Sanchez	32:24
2	34	Will Graybill	32:41
3	43	Austin Strohl	34:21
4	44	Andre Lawson	34:31
5	50	Joe Hartley	35:19
6	(62)	Brett Marino	37:33
7	(69)	Troy Seiberling	38:53

9. 262 Gallaudet (35:53 2:59:23 4:52)

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1	40	Kai Christenberry	33:41
2	41	John Isaacson	33:49
3	56	James Weichel	36:22
4	59	Dalton Attanasi	36:58
5	66	Jordan Manges	38:33
6	(71)	Joshua Branscomb	39:12
7	(74)	Daniel Carson	39:51

10. 287 Bryn Athyn (36:45 3:03:42 5:10)

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1	45	Jesse Frazier	34:34
2	48	Bryan Martinez	34:49
3	51	Shane McCurdy	35:25
4	70	Ben Adams	39:10
5	73	Alex Hyatt	39:44
6	(75)	Amit Padmanabhan	40:32
7	(77)	Mark Strange	41:53

11. 293 Penn College (37:00 3:04:58 2:35)

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1	54	Josh Velez	35:45
2	55	Thomas Runner	35:45
3	57	Nathaniel Mashack	36:49
4	63	Liam McGarvey	38:19
5	64	Chris Traugher	38:20

12. 314 Valley Forge (38:03 3:10:13 5:48)

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1	52	Uriah Dickerson	35:35
2	60	Matthew Blankenship	37:21
3	61	Jalen Archer	37:31
4	65	Levi Worthington	38:23
5	76	Bariq London	41:23
6	(78)	Colton Swan	47:19

2016 Lancaster Bible College

Men's 8k

September 22nd, 2016

Timing by Run the Day

WWW.RUNTHEDAY.COM

***** LIST OF ALL FINISHERS *****

Place	Name	Team	Year	Time	Pace
1	Jim Heilman	McDaniel	Sr.	27:30	5:32
2	Garrett Santis	Lebanon Valley	Fr.	27:59	5:38
3	Noah Brady	Lebanon Valley	So.	28:15	5:41
4	Ibsen Powers	Lebanon Valley	Sr.	28:18	5:42
5	Nick Scullin	Lebanon Valley	Jr.	28:26	5:44
6	Will Green	McDaniel	Fr.	28:37	5:46
7	Kyle Munro	Lebanon Valley	So.	28:45	5:47
8	Gavin Gibson	McDaniel	So.	29:09	5:52
9	Yannik Cahnbley	Penn St. Abington	So.	29:09	5:52
10	Michael Cooney	Penn St. Abington	Fr.	29:20	5:55
11	Matthew Benedict	Cairn	Jr.	29:23	5:55
12	Nelson Costa, Jr.	Penn St. Abington	Jr.	29:29	5:56
13	Shaun Thompson	McDaniel	Fr.	29:37	5:58
14	Joel Varughese	Cairn	Fr.	29:49	6:00
15	Caleb Basile	Cairn	Sr.	29:51	6:01
16	Terrence Habiaremye	Lebanon Valley	So.	29:53	6:01
17	Chad Bomgardner	Lebanon Valley	Jr.	29:56	6:02
18	Dylan Rowles	Cairn	Fr.	29:58	6:02
19	Justin Deluzio	Gwynedd Mercy	Sr.	30:02	6:03
20	Harrison Kelly	Lebanon Valley	So.	30:08	6:04
21	Stephen Shelly	Lebanon Valley	Jr.	30:13	6:05
22	Noah Baxter	Lebanon Valley	Fr.	30:13	6:05
23	Stephen Basile	Cairn	So.	30:14	6:05
24	Michael Gang	Lebanon Valley	Sr.	30:15	6:05
25	Tanner Krob	Lancaster Bible	So.	30:20	6:07
26	Matt Brown	Gwynedd Mercy	Jr.	30:32	6:09
27	Andrew Sennett	Cabrini	So.	30:44	6:11
28	Alexander Beltz	Penn St. Abington	Fr.	30:48	6:12
29	Ben Tanner	Lebanon Valley	Gr.	30:52	6:13
30	Jonathan Snider	Cairn	Jr.	31:02	6:15
31	Clay Brenner	Lancaster Bible	Fr.	31:03	6:15
32	Cyrus Daroowalla	McDaniel	So.	31:17	6:18

33	Gregory Gallagher	Penn St. Abington	Fr.	31:43	6:23
34	Kyle Crouse	McDaniel	Sr.	31:56	6:26
35	Minaam Ahmed	Penn St. Abington	So.	31:59	6:27
36	Matt Deflavis	Cairn	Sr.	32:08	6:28
37	Mihai Sanchez	Penn St. Berks	Fr.	32:24	6:31
38	Tyler McNaire	Lancaster Bible	Fr.	32:40	6:35
39	Will Graybill	Penn St. Berks	Fr.	32:41	6:35
40	Nathaniel Clugston	Lebanon Valley	Fr.	32:43	6:35
41	Michael Feraco	Cabrini	So.	33:24	6:44
42	Ricardo Loyola	McDaniel	Fr.	33:26	6:44
43	Joe Pacifico	Cabrini	So.	33:35	6:46
44	Etahn Prouse	Lancaster Bible	Sr.	33:38	6:46
45	Dustin Shepler	Lebanon Valley	Jr.	33:39	6:47
46	Richard Haines	Lancaster Bible	Jr.	33:41	6:47
47	Kai Christenberry	Gallaudet	Fr.	33:41	6:47
48	John Isaacson	Gallaudet	Jr.	33:49	6:49
49	Lance Joseph	Gwynedd Mercy	So.	34:06	6:52
50	Daniel College	Lebanon Valley	So.	34:13	6:53
51	Austin Strohl	Penn St. Berks	So.	34:21	6:55
52	Andre Lawson	Penn St. Berks	Fr.	34:31	6:57
53	Jesse Frazier	Bryn Athyn	So.	34:34	6:58
54	Armani Rivera	Gwynedd Mercy	Fr.	34:43	7:00
55	Zachary Debow	Cabrini	Fr.	34:45	7:00
56	Bryan Martinez	Bryn Athyn	So.	34:49	7:01
57	Matt French	Gwynedd Mercy	Sr.	34:52	7:01
58	Alex Panagakos	McDaniel	Jr.	35:13	7:05
59	Joe Hartley	Penn St. Berks	So.	35:19	7:07
60	Shane McCurdy	Bryn Athyn	So.	35:25	7:08
61	Uriah Dickerson	Valley Forge	Fr.	35:35	7:10
62	Ryan Farnham	Lancaster Bible	So.	35:43	7:12
63	Josh Velez	Penn College	Fr.	35:45	7:12
64	Thomas Runner	Penn College	So.	35:45	7:12
65	James Weichel	Gallaudet	So.	36:22	7:19
66	Nathaniel Mashack	Penn College	Sr.	36:49	7:25
67	Devon Johnson	Cabrini	Fr.	36:54	7:26
68	Dalton Attanasi	Gallaudet	Fr.	36:58	7:27
69	Zachary Kauffman			36:59	7:27
70	Matthew Blankenship	Valley Forge	So.	37:21	7:31
71	Jalen Archer	Valley Forge	So.	37:31	7:33
72	Brett Marino	Penn St. Berks	So.	37:33	7:34
73	Liam McGarvey	Penn College	So.	38:19	7:43
74	Chris Traugher	Penn College	So.	38:20	7:43

75	Levi Worthington	Valley Forge	So.	38:23	7:44
76	Jordan Manges	Gallaudet	Fr.	38:33	7:46
77	Tyree Holmes	Cabrini	Fr.	38:39	7:47
78	Daniel Jones	Lancaster Bible	Fr.	38:45	7:48
79	Troy Seiberling	Penn St. Berks	Jr.	38:53	7:50
80	Ben Adams	Bryn Athyn	Sr.	39:10	7:53
81	Joshua Branscomb	Gallaudet	Jr.	39:12	7:54
82	Kevin Blake	Cabrini	Jr.	39:44	8:00
83	Alex Hyatt	Bryn Athyn	Jr.	39:44	8:00
84	Daniel Carson	Gallaudet	Fr.	39:51	8:01
85	Amit Padmanabhan	Bryn Athyn	Fr.	40:32	8:10
86	Bariq London	Valley Forge	Fr.	41:23	8:20
87	Mark Strange	Bryn Athyn	Sr.	41:53	8:26
88	Brandon Henriquez	Penn St. Berks	Jr.	42:06	8:29
89	Andrew Rhoades	Cabrini	Fr.	42:14	8:30
90	Luis Reyes	Cabrini	Fr.	44:01	8:52
91	Toraneau Varice	Gallaudet	So.	45:49	9:13
92	Colton Swan	Valley Forge	Fr.	47:19	9:32
93	Harsh Shah	Gallaudet	Fr.	47:20	9:32
94	David Hernandez	Gallaudet	Fr.	48:55	9:51
95	Joe Torres	Penn St. Berks	Fr.	53:59	10:52

2016 LBC Invitational Women's 6k

September 22nd, 2016

Women's 6k Team Results

1. 20 Lebanon Valley (26:10 2:10:47 1:42)

=====
1 1 Kate Mowrey 25:11
2 2 Hannah Kurek 25:47
3 4 Rebecca Sitler 26:07
4 6 Lauren Decker 26:49
5 7 Brittany Rees 26:53
6 (8) Mackenzie Lausch 26:54
7 (11) Samantha Gates 27:26

2. 85 McDaniel (29:21 2:26:44 4:03)

=====
1 9 Carinna Powell 27:02
2 15 Steph Becker 29:08
3 16 Sarah Lighter 29:10
4 20 Mable Buchanan 30:19
5 25 Lucy Benson 31:05
6 (33) Jill Shephard 32:01
7 (38) Mollie Murphy 33:48

3. 92 Penn St. Abington (29:29 2:27:22 6:59)

=====
1 5 Valerie Santangelo 26:25
2 10 Claire Reeves 27:19
3 14 Megan Glanz 29:01
4 26 Ivana Camachio 31:13
5 37 Caileen Dolan 33:24

4. 103 Lancaster Bible (30:03 2:30:14 5:30)

=====
1 3 Liz Davis 25:54
2 22 Anna Stefano 30:47
3 23 Abigail Swartzbaugh 30:52
4 27 Andie Scheid 31:17
5 28 Lydia Sabatine 31:24

6 (32) Mekayla Morrison 31:46
7 (42) Jaimee McGuinness 34:40

5. 145 Penn St. Berks (33:08 2:45:39 11:21)

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1	12	Mikaela Smith	28:27
2	13	Amanda Hauser	28:34
3	24	Jordan Bascome	30:58
4	47	Rachel Hodgson	37:52
5	49	Hallie Music	39:48
6	(54)	Kayla Frison	44:54

6. 151 Cabrini (32:31 2:42:35 6:05)

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1	18	Emily Lauziere	30:12
2	19	Mackenzie Patterson	30:16
3	31	Gemma Pasewicz	31:38
4	39	Kristina Giles	34:12
5	44	Jordan Horseley	36:17
6	(50)	Raisha Lightfoot Bott	40:49
7	(51)	Samantha Tarallo	40:52

7. 155 Bryn Athyn (32:13 2:41:02 5:12)

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1	17	Miranda Hyatt	29:48
2	29	Janalene Phillips	31:35
3	30	Kristina Clark	31:37
4	36	Kat Morrill	33:02
5	43	Michelle Bedford	35:00
6	(45)	Chantal Farmer	37:01
7	(46)	Alair Brock	37:14

8. 219 Gallaudet (39:56 3:19:40 16:51)

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1	21	Kristina Lunda	30:38
2	35	Fatuma Ali	32:59
3	52	Lourdes Valenzuela	42:01
4	55	Rudy Sewell	46:33
5	56	Udan Liu	47:29
6	(57)	Jamila Hubbard	50:19
7	(63)	Ololade Olasanoye	1:15:04

9. 226 Valley Forge (39:42 3:18:30 19:15)

1	34	Bailey Mayforth	32:55
2	40	Carlee Conrad	34:15
3	41	Jade Lawrence	34:17
4	53	Lisbeth Casasola	44:53
5	58	Zaria Woodard	52:10

10. 290 Penn College (1:00:41 5:03:21 28:22)

1	48	Kylee Kalnas	38:26
2	59	Ashley Mahaffey	1:05:40
3	60	Kaitlyn Anderson	1:05:40
4	61	Female Runner	1:06:47
5	62	Michelle Hermus	1:06:48

Incomplete Teams:

Cairn

Allyssa Hampson

Gwynedd Mercy

Dana Rose, Julianna Green, Charmaine Moore, Cara Landis

2016 LBC Invitational Women's 6k
 September 22nd, 2016
 Timing by Run the Day
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***** LIST OF ALL FINISHERS *****

Place	Name	Year	Time	Pace	Team
1	Kate Mowrey	Fr.	25:11	6:46	Lebanon Valley
2	Hannah Kurek	So.	25:47	6:55	Lebanon Valley
3	Liz Davis	Sr.	25:54	6:57	Lancaster Bible
4	Rebecca Sitler	Sr.	26:07	7:01	Lebanon Valley
5	Allyssa Hampson	Sr.	26:16	7:03	Cairn
6	Valerie Santangelo	Sr.	26:25	7:06	Penn St. Abington
7	Lauren Decker	Sr.	26:49	7:12	Lebanon Valley
8	Brittany Rees	So.	26:53	7:13	Lebanon Valley
9	Mackenzie Lausch	So.	26:54	7:13	Lebanon Valley
10	Dana Rose	Fr.	26:58	7:14	Gwynedd Mercy
11	Carinna Powell	So.	27:02	7:16	McDaniel
12	Claire Reeves	So.	27:19	7:20	Penn St. Abington
13	Samantha Gates	Fr.	27:26	7:22	Lebanon Valley
14	Brittney Kettinger	So.	27:28	7:22	Lebanon Valley
15	Katrina Zicot	Jr.	28:12	7:34	Lebanon Valley
16	Mikaela Smith	So.	28:27	7:38	Penn St. Berks
17	Amanda Hauser	Fr.	28:34	7:40	Penn St. Berks
18	Janessa Cruz	So.	28:57	7:46	Lebanon Valley
19	Megan Glanz	So.	29:01	7:47	Penn St. Abington
20	Steph Becker	Fr.	29:08	7:49	McDaniel
21	Sarah Lighter	Sr.	29:10	7:50	McDaniel
22	Lillian Zenner	Fr.	29:14	7:51	Lebanon Valley
23	Julianna Green	Fr.	29:16	7:51	Gwynedd Mercy
24	Alexa Muffly	Gr.	29:27	7:54	Lebanon Valley
25	Miranda Hyatt	Sr.	29:48	8:00	Bryn Athyn
26	Emily Lauziere	Jr.	30:12	8:06	Cabrini
27	Mackenzie Patterson	So.	30:16	8:07	Cabrini
28	Mable Buchanan	Jr.	30:19	8:08	McDaniel
29	Kristina Lunda	Sr.	30:38	8:13	Gallaudet
30	Anna Stefano	Sr.	30:47	8:16	Lancaster Bible
31	Abigail Swartzbaugh	Sr.	30:52	8:17	Lancaster Bible
32	Jordan Bascome	Fr.	30:58	8:19	Penn St. Berks
33	Lucy Benson	Sr.	31:05	8:21	McDaniel
34	Ivana Camachio	Sr.	31:13	8:23	Penn St. Abington

35	Andie Scheid	So.	31:17	8:24	Lancaster Bible
36	Lydia Sabatine	Fr.	31:24	8:26	Lancaster Bible
37	Janalene Phillips	Fr.	31:35	8:29	Bryn Athyn
38	Kristina Clark	Sr.	31:37	8:29	Bryn Athyn
39	Gemma Pasewicz	Fr.	31:38	8:29	Cabrini
40	Mekayla Morrison	Sr.	31:46	8:32	Lancaster Bible
41	Jill Shephard	Fr.	32:01	8:35	McDaniel
42	Bailey Mayforth	Jr.	32:55	8:50	Valley Forge
43	Fatuma Ali	Fr.	32:59	8:51	Gallaudet
44	Kat Morrill	Jr.	33:02	8:52	Bryn Athyn
45	Caileen Dolan	Fr.	33:24	8:58	Penn St. Abington
46	Mollie Murphy	Sr.	33:48	9:04	McDaniel
47	Kristina Giles	Sr.	34:12	9:11	Cabrini
48	Carlee Conrad	Fr.	34:15	9:11	Valley Forge
49	Jade Lawrence	Fr.	34:17	9:12	Valley Forge
50	Jaimee McGuinness	So.	34:40	9:18	Lancaster Bible
51	Brianne Smith	Sr.	34:41	9:18	Lancaster Bible
52	Michelle Bedford	Sr.	35:00	9:24	Bryn Athyn
53	Sarah Wetzel	So.	35:38	9:34	Lancaster Bible
54	Charmaine Moore	So.	35:52	9:38	Gwynedd Mercy
55	Jordan Horseley	So.	36:17	9:44	Cabrini
56	Cara Landis	So.	36:34	9:49	Gwynedd Mercy
57	Chantal Farmer	Fr.	37:01	9:56	Bryn Athyn
58	Charlotte Jones	So.	37:04	9:57	Lebanon Valley
59	Alair Brock	So.	37:14	10:00	Bryn Athyn
60	Rachel Hodgson	So.	37:52	10:10	Penn St. Berks
61	Kylee Kalnas	Fr.	38:26	10:19	Penn College
62	Hallie Music	So.	39:48	10:41	Penn St. Berks
63	Raisha Lightfoot Bott	Fr.	40:49	10:57	Cabrini
64	Keana Schoennagle	Sr.	40:49	10:57	Bryn Athyn
65	Samantha Tarallo	Fr.	40:52	10:58	Cabrini
66	Lourdes Valenzuela	So.	42:01	11:17	Gallaudet
67	Macey Thornburg	Fr.	44:31	11:57	Lancaster Bible
68	Lisbeth Casasola	Fr.	44:53	12:03	Valley Forge
69	Kayla Frison	Fr.	44:54	12:03	Penn St. Berks
70	Rudy Sewell	Fr.	46:33	12:30	Gallaudet
71	Amy Antal	Fr.	47:27	12:44	Cabrini
72	Udan Liu	Fr.	47:29	12:45	Gallaudet
73	Jamila Hubbard	Jr.	50:19	13:30	Gallaudet
74	Zaria Woodard	So.	52:10	14:00	Valley Forge
75	Ashley Mahaffey	So.	1:05:40	17:37	Penn College
76	Kaitlyn Anderson	So.	1:05:40	17:37	Penn College

77 Female Runner		1:06:47	17:55	Penn College
78 Michelle Hermus	Fr.	1:06:48	17:55	Penn College
79 Ololade Olasanoye	Fr.	1:15:04	20:09	Gallaudet