

ESU Men's Cross Country Letterwinners (1970-01, 05-24)

A-A-A		F-F-F		M-M-M	
Frank Adragna	2007	George Fair	1990	Mike Lelko	1978-79
Amr Aldeen	2009-12	Phil Falkowski	1978	Matt Lloyd	2016-17
Jim Alexander	1976-79	Bill Farquhar	1985-87, 89	Mike Loenser	2000-01
Jeff Appel	1983-85	Bob Farr	1994	Andy Lopez	2018-19
Ted Araujo	1977	Mike Farrell	1995-97	Anthony Mahon	1980-81
Gayland Aston	1991	Anthony Femia	2005-06	Dave Mahon	1978
B-B-B		Frank Fezza	2009, 11-12	John Makuvek	1979-80
Mike Badway	2001	Colin Fisher	1999	Koodsha Manjaro	2019, 21
Dennis Bakey	1992-95	Ed Fisher	1977-79	Timothy McEwen	1971-72
Tom Bartie	1990-92	Matt Frable	2006-07	Brian McGarrity	2021-22, 24
Jack Becker	2023-24	G-G-G		Brad Meixsell	2013-16
Kelly Betz	1990-91	Tim Gale	2023	Cory Miduri	2023-24
Dan Bowden	2007-09	Nicholas Gdowik	2024	Irv Miller	1980
Matt Bowman	2001	Mark Gerber	1983-86	Peter Miller	2005
Landon Boyle	2022-23	Emmanuel Gitonga	2022-24	J.P. Montgomery	2015-17
Martin Brans	1987-90	Chris Gleason	1997	Steve Montick	1977-79, 84
Kyle Brightbill	1993-96	Damon Godfrey	1992	Teddy Mostellar	2017-19, 21
John Briner	1971-74	Michael Gordon	2015	Kevin Mullen	1982
Darryl Brown	2000	Rick Grab	1996-97	N-N-N	
Ken Brown	1977	Bruce Gramling	1975	Zach Nekich	2019
Mike Browne	2000-01	John Green	1980	Drew Nesbit	2005-06
Sam Bruce	1976-79	Justin Green	2021	Matt Noll	1984
Dan Buccino	2014, 16-17	Joe Grejdus	1993	Chip Noonan	1995-97
Jeff Buck	2007-09	Charles Grose	1979-82	Sean Norberg	2008
Dave Bucko	1997-99	Louis Gunderman	1970	Frederick Norchi	1970-72
C-C-C		H-H-H		Jim Norley	2007
John Cahill	1993	Mike Hall	1978	O-O-O	
Jeff Callan	1999-00	Sean Halligan	2014-15	Jim Ochse	1976
Pat Carr	2005, 08-09	Robert Hancock	1973, 75	Bob Orazem	1976-78
Aaron Carey	1996-97	Liam Hansberry	2023-24	Chris Ott	2011-13, 15
Tom Ciaccio	2016-18	Ed Hayes	1989-90	P-P-P	
Roger Cohen	1991	Phillip Headland	1982	Alejandro Paez	2021
Matt Collins	2005-06	Pete Heesen	1973-76	Daniel Palma	1971-73
Brian Conley	1992-94	Chris Heinz	1991-92	Mike Patrizi	2001
Matt Cook	2007	Matt Hemmer	1995-98	Michael Pereira	2009-12
James Coomber	2005	Ray Hoffman	1991-92	Bryan Perry	2017
Keith Crispin	1996-87, 89	Ethan Holcomb	2023-24	Caleb Peters	2022-23
Jordan Cruise	2017	Jon Holland	2005-06	Taylor Piekos	2014, 16
Pat Cunningham	1995-96	Richard Hunsicker	1975	Iuri Pinto	2005-07
Jack Cuvo	1985-87	Gerry Hunt	1997	Frank Pucher	1989
D-D-D		Gregory Hunt	1982	R-R-R	
Josh D'Agostino	2019, 21	J-J-J		Alex Race	2018-19
Evan Daney	2007	Doug Jankowski	2008	Steve Raguckas	1988
Dan Davis	2013	Sam Janssen	2008, 11	Jeyvi Ramirez Valencia	2024
Drew Davis	1983-84	Ben Jezovnik	1992-93	Jeremy Rapposelli	2014-16, 19
John DelSordo	1974-76	K-K-K		Devon Reed	1993
Kevin Demarest	2019	Charles Kagel	1972-73	Kyle Reese	2012-14
Gavin DeYoung	2018	John Kalinay	1988	Russ Reich	1990
John Diestel	1970	Dan Keefer	1992	Ben Reisenweaver	2018-19
Vinne DiSciullo	1993	Michael Keim	1981	Jacob Renner	1982
Kevin Dolan	1970	Bryce Kennoy	2023-24	Jeremy Rigotti	2016
Mark Donio	1999-01	Blake Killmer	2019	Sean Roberts	2021
Jon Douglas	2006	Justin Kimbrough	2010	Thomas Rogers	1980-82
Andrew Dowdell	2022-24	Jeffrey Kinsey	1974	Ken Rolek	1980-83
Alvin Doyle	1976	James Koch	1971	Kory Rolek	2014
Ryan Doyle	2006-08	Kevin Koch	1975	Jim Romano	2009-12
E-E-E		Zack Krieger	2014, 16-17	Marc Rosenblatt	1999
Casey Ellis	2017-19, 21	Seth Kuchar	1993-96	Steve Ruch	2011-13, 15
Rob Emerick	1992	L-L-L		Anthony Ruiz	2013-15
Dennis Engles	1988	Rob Lado	2001		
Arthur Evans	1972-73	Greg Laraia	2008-11		
		Jim Lauck	1986-87		
		Kyle Layton	2006		
		Jon Leary	1976		
		Alec Lederer	2013-16		

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S-S-S

Khai Samuels	2017-18
Mike Saparito	2010-12
Pete Sarro	1997-99
Robert Schanbacher	1970-71
Chris Schneider	2011-13
Dylan Senatore	2018-19
Nathan Senatore	2018-19
Camden Shaffer	2021-22
Mike Sheptuk	2017
George Smawley	1990-93
Jeremy Smith	2017-19
Bredan Solano	2021
Steve Sousa	1985, 87-89
Jared Sparks	2000
Donald Spier	1973
Dennis Stacknick	1994
Robert Stanaback	1978-81
Matt Stohl	1997-99
Cole Streisel	2021
Shawn Strohm	1998-99
Robert Stuetz	2019
Wade Sweeney	1990-91

T-T-T

Andrew Tatesure	2024
Lucas Thaler	2023-24
Robert Thomas	1974
Michael Thomson	1981
Mario Traca	1989, 91
Kevin Tran	2009
Bob Tremblay	1986-87, 89
Brian Trentowski	1998-00

V-V-V

Neil Valanty	1971-72
Luke Valdevit	2018-19, 21-22
George Vance	1971, 73

W-W-W

Joe Walker	2024
Bill Wallace	1984-87
Brian Wallace	1982-83
Justin Walters	2022-24
James Ward	2010
Brent Watkins	1991-92, 94-95
Mark Weber	1973-75
Mike Webster	1998, 2000
Doug Weeks	2007
Mark Weikert	1996
Kyle Weir	2008-09
Steven Werley	1978, 81
Rusty Whitham	1984-86
Adorn Wiggins	1973-74
Dan Wills	2014
Jared Wilson	2009-12
Donald Wisniewski	1972
Eric Wolfe	1987
Evan Wooby	2021-22, 24
Bill Woodring	1988, 91
Joe Worden	1975-76
Donald Wuenschel	1972-75

Z-Z-Z

Chris Zadroga	2007-10
Tom Zarnoch	2008-10
Scott Zoscin	2021
Alex Zubko	2012-13, 15-16

ESU Women's Cross Country Letterwinners (1981-01, 05-24)

A-A-A					
Debbie Abrams	1987-89	Stacie Gallagher	2000	Holly Orr	2018-19, 21
Megan Adams	1994-95	Khyrstina Gallego	1986	Rachel Ostroski	2006-07
Jasmine Amro	2015-17	Allison Galvin	2009		P-P-P
Melinda Amundsen	1981	Julie Genovese	1987-88, 90	Madison Palmer	2021
Vanessa Andes	2005	Cari Anne Gerbino	2005-06	Alexandra Palumbo	2016-18
Jamie Andrejko	1996	Molly Ginley	1981-82	Niki Pasquarella	2006-09
Keely Arndt	2021	Alyssa Giungo	2015	Caitlin Perry	2014-15
Bridget Arrow	2013	Mary Beth Glaccum	1991	Katie Peterson	1999-00
Melanie Avenarius	1992-93	Kristine Goemaat	2007-08	Marla Petronella	1999
		Carolyn Goyanes	1992	Heather Philmeck	1993
B-B-B		Kathy Greaney	1982-85	Emily Pierre	2016
Shari Barbosa	1984	Chrissy Greer	2005	Mary Pratt	1994
Jocelyn Barnett	1984	Jane Grendel	2001		R-R-R
Carla Bautista	2023-24	Erin Grucelski	2019	Kaylene Raczka	2018-19, 21
Jody Beers	1992		H-H-H	Janet Rapine	1992-93
Steph Belbey	2016	Jacqueline Hannon	1981-82	Lauren Reightneour	2018-19, 21
Karen Bettleyon	1983	Tara Haring	2023-24	Abigail Rosas	2021
Heather Bjorndahl	2000-01	Emily Haws	2009-10, 12	Melanie Riley	2013-15
Jan Blake	1993-96	Bri Hennett	2023	Abby Ross	2012-13
Jean Bohan	1986-87-88	Chrissy Herczku	1992, 94	Mary Ann Roth	1990
Aubrey Bonner	2024	Christel Hibbard	1998-01	Nicole Royer	2000
Christina Borghese	2016	Tammy Higley	1988-91	Kelsy Rushing	2010-11
Amanda Bradbury	2006-08	Holly Holtzinger	2001		S-S-S
Mary Bradley	1984	Amber Horn	2005-07	Jean Sabo	1988
Samantha Brawner	2019, 21-22	Sidney Hutt	2024	Jen Sabol	1989-91
Kelly Brennan	2005		J-J-J	Amy Sadownicak	1992-93
Meg Brenner	1996-99	Molloy Jacobs	2018-19	Donna Saeger	1984
Carol Bullen	2005	Sarah Jahanbakhsh	2015	Tiffany Sauber	2005-06
Julia Burgess	2024	Beth Ann Javornik	1987-88	Heather Schenkel	1999
Tara Bures	1990	Nicole Jensen	2015	Erica Sengbusch	1994
		Lori Johanson	2005-07	Sarah Sheldon	1994-97
C-C-C			K-K-K	Wendy Shipe	1986-89
Brittany Callahan	2013	Carolina Kaczmarek	2024	Linda Siberini	1983
Suzanne Carden	1981	Abigail Kaspszyk	2015-17	Mia Sisilli	2023-24
Brittany Carratura	2017-19, 21	Bree Kelly	2006, 08	Hannah Skelly	2023-24
Danielle Centurione	1997-00	Autumn Kemler	1982-83	Alycia Smith	2021-24
Lisa Cerviello	1994	Mary-Kate Killoran	2016	Holly Smith	2001
Holly Chambers	2023	Abby Kolb	2023	Martha Smith	1982-83
Katie Chawner	2005-06	Minda Krawitz	1982-83	Haven Snyder	2018-19
Alex Chobany	2024		L-L-L	Emily Soldridge	2019
Jess Chong	2005-06	Cassandra Lacorazza	2009-12	Stephanie Soni	2013-14
Caitlyn Clarke	2019	Sarah Laird	2009	Kylie Stangle	2018-19, 21
Chelsea Conover	2012-15	Samantha LaPergola	2007	Becky Stephens	1994
Clarissa Coobla	2007	Staci Lingenfelter	1997	Cheryl Stokes	1986
Erin Coyne	2000-01	Lisa Lower	2010-11	Michele Straut	1988
Olympia Curley-Katrishen	2021	Kim Lowry	2010-13	Karen Suda	1991
Betty Cummins	1982		M-M-M	Karen Sweeney	1983-84
Kelly Curry	2000-01	Kathleen Magerr	2007-08		T-T-T
D-D-D		Kelly Martin	2022-24	Brianna Thomas	2015
Maura Daltwas	2018-19	Rose Mascoli	2009-12	Katie Thomas	2013
Rachael Davalos	2017-19	Laura Mason	1981-84	Nova Tindall	1998-99, 2001
Allison Decker	2014-16	Sue Maynard	1985-86	Taylor Tobias	2013
Karen Delle Donne	2012	Bridget McCarron	2009-12	Lauren Toth	2013-14, 16
Cindy Dillon	1996-99	Marissa McDougall	2024	Deborah Townsend	1982
Brooke Dunphy	2008	Zorada McFadden	1987-88	Riley Trentowski	2024
E-E-E		Georgianna Messinger	1984-87	Jonna Trexler	2008-10
Emily Eder	2016-19	Lauren Monteith	2013-15	Mary Lou Tuttle	1985
Rachel Eidson	2016-17	Chelsea Morales	2011-13		U-U-U
Megan Elgrim	2022-24	Amy Moratz	2007-08	Rebeca Urrutia	1996
Kristen Erario	1995	Danielle Morello	1992-93		V-V-V
F-F-F		Jenn Moyer	1988-91	Jill Van Meter	1989-91, 93
Payton Falkenstein	2023-24	Chrissy Mucha	1994-97	Jenna Vledder	2016-19
Joelle Fenn	1991	Sue Murray	1994-96	Tina Vosper	1995-98
Mandy Fine	2017-19, 21		N-N-N		W-W-W
Jenna Fisher	2008-09	Daniella Napoli	2024	Amy Walbert	1996-99
Corinne Fitzgerald	2009-12		O-O-O	Melissa Werner	2000
Hannah Frankenfield	2021	Krista O'Connor	2017	Kim Wernersbach	2010-13
Emily Furlong	2021	Gabriela Orama	2023-24	Kaylyn West	2014-17
G-G-G					

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Cindy White	1985
Kristi Wilkinson	1989-92
Alyssa Williams	1985-87
Cheryl Williams	1983
Jada Williams	2021-23
Sheara Williamson	1995
Kiera Wimbush	2023-24
Chelsea Wootten	2011-13
Sarah Wysocki	2010-11

Y-Y-Y

Gina Young	1993
Jackie Young	2005
Samantha Young	2015-17

Z-Z-Z

Michelle Zazzero	2015
Savannah Zeaman	2024