

# 2012

## CROSS COUNTRY



2012 - 2013



## CD Cross Country News

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The following will be leaving for the District III XC Championships

Boys:

- 1) 16:26 James Wood (16:50)
- 2) 16:46 Mitch Coakley (17:26)
- 3) 16:48 Eric Deignan (18:54)
- 4) 16:57 Eric Simons (17:00)
- 5) 17:08 Ben Wilson (17:13)
- 6) 17:16 Alex Nally (17:19)
- 7) 17:36 Michael Azzato (17:36)
- 8) 17:42 Zac Patton (17:49)
- 9) 17:36 Alex Pankiw (17:51)

*This was posted on 10-24-2012*



## CD Cross Country News

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The following will be leaving for the District III XC Championships

Girls:

- 1) 21:34 Allie Hoffman (22:15)
- 2) 22:24 Sarah Smith (22:24)
- 3) 22:25 Lina Silvers (24:08\*)
- 4) 22:29 Zuzka Durcova (23:48)
- 5) 22:31 Laura Kibathi (23:04)
- 6) 22:44 Maggie Reading (24:54)
- 7) 21:08 Lauren Schlusser (23:33)
- 8) 22:50\* Emma Krampe (23:09)

\* Converted time

*This was posted on 10-24-2012*



## CD Boys Cross Country Special Report

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[Click here to view the video](#)



## CD Girls Cross Country Special Report

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[Click here to view the video](#)



## Paul Short Invitational at Lehigh University Special Report

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[Click here to view the video](#)



## CD Cross Country News

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On Friday, the Boys Cross Country Team won the white race at the Paul Short Invitational at Lehigh University. Paul Short is the most prestigious race on the east coast with 86 high school teams and 220 colleges totaling over 5000 runners.

*This was posted on 10-1-2012*

C	sb	cb	pb	C	Finish	Name	Gd
1	x	x	x	1	17:03	James Wood	12
3		x		3	17:15	Eric Deignan	12
4		x		4	17:21	Mitch Coakley	11
5		x		5	17:35	Eric Simons	10
6		x		6	17:50	Alex Pankiw	12
7	x	x	x	7	17:50	Ben Wilson	10
8	x	x	x	8	17:51	Zac Patton	12
10		x		10	18:04	Alex Nally	11
17	x	x	x	17	19:21	Matthew Coakley	9
22		x		22	19:54	Nathan Veli	12
24		x		24	20:04	Wesley Huff	9
28	x	x	x	28	20:12	Joey Consoli	12
29		x		29	20:13	Nick Rabuck	11
32		x		32	20:24	Ryan Seibert	10
34		x		34	20:29	Gnesh Kumar	10
35		x		35	20:32	Conner Irvin	10
36		x		36	20:34	Mike Henning	10
37	x	x	x	37	20:43	Noah Krampe	11
39	x	x	x	39	20:50	Troy Groleau	10
42	x	x		42	21:14	Brandon Weller	10
43	x	x		43	21:32	David Williams	12
44	x	x	x	44	21:44	Chris Martin	9
48		x		48	22:09	Andrew Kime	9
53		x		53	22:36	Tim Medic	11
54		x		54	22:44	Justin Rohrer	12
55		x		55	22:54	Miles Skocik	11
60	x	x	x	60	23:49	William Leuschner	9
61		x		61	23:54	Carter Eck	9
63		x		63	24:32	Jon Veli	9

C	sb	cb	pb	C	Finish	Name	Gd
6	x	x	x	6	22:29	Zuzka Durcova	11
12	x	x	x	12	23:00	Sarah Smith	9
13				13	23:34	Allie Hoffman	10
15		x		15	23:52	Lina Silvers	11
18	x	x	x	18	24:41	Emma Krampe	9
19	x			19	24:54	Lauren Schlusser	11
21	x	x	x	21	25:41	Kalli Seibert	11
22	x	x	x	22	26:05	Susie Schrum	9
23	x	x	x	23	26:08	Sonal Amin	9
26	x	x	x	26	27:57	Molly Oken	10
27				27	28:07	Chelsea Moody	9
28	x	x	x	28	28:24	Valerie Green	9
29	x	x	x	29	29:21	Emily Woolf	11
30	x	x		30	29:30	Roberta Beard	11
31		x		31	29:38	Sarah Good	11
32		x		32	29:57	Rebecca Shappell	12
34				34	DNF	Maggie Reading	12
35				35	DNF	Rocky Kuhlmann	10

## CD Cross Country News

Here are yesterday's results for XC.

The abbreviations are:

C-overall place against Carlisle

sb-season best time

cb-course best time

pb-personal best time

Example: James Wood won the boy's race establishing his personal fastest time in his XC career.

*This was posted on 9-26-2012*





## CD Cross Country News

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Yesterday CD had 2 big wins on the Boys side but came up short on the Girls. The Boys XC Team ran extremely well and placed the entire varsity in the top 15 of the tri-meet against 2 quality teams. The Boys beat Chambersburg 24-38 and State College 19-24 (remember, like golf the low score wins). Here are their times.

1. Dan Klink, Chamb 17:07
2. James Wood, CD 17:15
3. Grant Frey, Chamb 17:19
4. Kyle Adams, SC 17:26
5. Mitch Coakley, CD 17:26
6. Eric Deignan, CD 17:29
7. Eric Simons, CD 17:29
8. Alex Nally, CD 18:02
9. Chris Golembeski, SC 18:07
10. Ben Wilson, CD 18:15
11. Zac Patton, CD 18:20
12. Matt Beyerle, SC 18:27
13. Mitch Maier, Chamb 18:37
14. Tanner Amsley, Chamb 18:39
15. Alex Pankiw, CD 18:41

*This was posted on 9-21-2012*



## CD Cross Country News

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Yesterday CD had 2 big wins on the Boys side but came up short on the Girls. The Girls were shut out by Chambersburg 15-55 and lost to State College 18-43. The top CD Girls were:

- 17. Zuzka Durcova, 23:47
- 18. Sarah Smith, 23:53
- 19. Lina Silvers, 23:57

*This was posted on 9-21-2012*



## Bulldog XC Invitational

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JV Boys - 3rd place team

12th place 19:22 Nathan Veli (12)  
16th place 19:28 Cody Harkins (12)  
18th place 19:30 Ryan Seibert (10)  
27th place 19:59 Matt Coakley (9)

Also receiving medals were:

Varsity Girls - 7th place team

30th place 22:47 Allie Hoffman (10)

JV Girls

19th place 24:07 Emma Krampe (9)

We run State College and Chambersburg on Tuesday here at CD at 4:30 pm.

*This was posted on 9-17-2012*





## CD Cross Country News

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Last night Central Dauphin XC faced the best team in District 3, Cumberland Valley. The Boys XC team ran extremely well as the top 13 runners ran under 18 minutes on Cumberland Valley's tough course. The Boys lost 27-28. Here are their times.

1. Alec Kunzweiler, CV 16:56
2. James Wood, CD 17:04
3. Eric Deignan, CD 17:06
4. Mitch Coakley, CD 17:06
5. Kyle Rohde, CV 17:09
6. Ryan Kidd, CV 17:21
7. Quinn Wasko, CV 17:28
8. Alex Coburn, CV 17:32
9. Alex Pankiw, CD 17:36
10. Eric Simons, CD 17:37
11. Alex Nally, CD 17:50
12. Connor Plessl, CV 17:53
13. Zac Patton, CD 17:57

*This was posted on 9-12-2012*



## CD Cross Country News

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Last night Central Dauphin XC faced the best team in District 3, Cumberland Valley. The Girls lost 15-52.

The top CD girls were:

- 7. Allie Hoffman, 22:23
- 12. Laura Kibathi, 23:45
- 15. Zuzka Durcova, 24:10
- 18. Sarah Smith, 24:24
- 19. Maggie Reading, 24:43

*This was posted on 9-12-2012*

# CROSS COUNTRY

## Boys

MICHAEL AZZATO DANIEL BEARD MATTHEW COAKLEY JON VELI  
MILES SKOCKI BRANDON WELLER RYAN SEIBERT ERIC SIMMONS  
JAMES WOOD DAVID WILLIAMS BEN WILSON NATHAN VELI  
MITCH COAKLEY JOEY CONSOLI ERIC DEIGNAN CARTER ECK  
TROY GROLEAU CODY HARKINS MIKE HENNING WESLEY HUFF  
CONNER IRVIN ANDREW KIME JACOB KOTELEC NOAH KRAMPE  
GNESH KUMER WILLIAM LEUSCHNER CHRIS MARTIN TIM MEDIC  
ALEX PANKIW ZAC PATTON NICHOLAS RABUCK JUSTIN ROHER



2012-2013



# CROSS COUNTRY

## GIRLS

Allie Hoffmen Maggie Reading Sarah Smith Emily Trayner Emma Krampe  
Solsn Amin Rebecca Van Selow Emily Woolf Emma Yingst Chelsea Moody  
Roberta Beard Hayley Hoyer Lauren Schlusser Rebecca Shappell  
Zuzka Durcova Laura Kibathi Susie Schrum Rochelle Kuhlman  
Kalli Seibert Valerie Green Lina Silvers Sarah Good Molly Oken



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