SUNY Cortland Cross Country

at NCAA Div. III Atlantic Regionals
Saturday, November 12, 2005; Genesee Valley Park; Rochester, N.Y.

MEN'S FINISH: 5th place
WOMEN'S FINISH: 6th place

ROCHESTER, N.Y. – Cortland senior C. Fred Joslyn (Chenango Forks) qualified as an individual for the NCAA Division III Cross Country Championships with a third-place finish out of 231 runners at the NCAA Atlantic Regionals, hosted by the University of Rochester at Genesee Valley Park. Joslyn's time of 25:21.4 over 8,000 meters earned him a spot at next Saturday's national championship meet at Delaware, Ohio.

Cortland's men finished fifth out of 32 teams at the regional, while the Red Dragon women placed sixth out of 28 teams. The top two men's and top three women's teams qualified for nationals.

The College of New Jersey won the men's race with 64 points, followed by Geneseo (65), NYU (68), Rochester (145), Cortland (151) and Plattsburgh (206). Plattsburgh's Matt DeShane was the men's individual champion with a time of 25:16.1.

Geneseo was the women's team champion with 22 points, followed by Ithaca (80), The College of New Jersey (97), Rochester and St. Lawrence (217 each), Cortland (231) and Plattsburgh (249). Plattsburgh's Allison Busby won the race in 21:54.7 over 6,000 meters.

Joslyn was one of four men to individually qualify for the national race. Cortland freshman Shamus Nally (Burnt Hills/Burnt Hills-Ballston Lake) missed qualifying by two spots. He placed sixth overall in 25:47.2, about 24 seconds behind the final qualifier.

Joslyn, Nally and freshman Josh Henry (Truxton/Homer) each earned all-region honors with their top-35 finishes. Henry finished the race in 29th place (26:32.2). Freshman Ken Little (Burnt Hills/Burnt Hills-Ballston Lake) just missed all-region honors with a 37th-place showing (26:45.9) and junior Tom DeRusso (East Berne/Berne Knox Westerlo) placed 77th (27:21.1). Cortland's top seven runners all finished in the top 100 – freshman Niko Viglione (Purdy/Somers) was 89th (27:32.2) and sophomore James Barracca (Center Moriches/Stony Brook) finished 98th (27:42.7).

On the women's side, two Red Dragons earned all-region honors. Sophomore Sarah Allen (Scipio Center/Southern Cayuga) was Cortland's top finisher in 23rd place (23:39.0) and freshman Ashley Wirges (Hopewell Junction/Arlington) finished 31st (23:56.8). Senior Jessie Lynch (West Islip) was 44th (24:22.3), junior Rachel Sweet (Rochester/Greece Athena) finished 53rd (24:32.9) and freshman Liz Wolff (Syracuse/Henninger) ended the race 84th (25:25.6). The Red Dragons also received top-100 finishes from freshman Erin McGrath (Oakdale/Connetquot) (87th, 25:28.8) and freshman Kristy Chase (Scotia/Burnt Hills-Ballston Lake) (98th, 25:39.4).

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