SUNY Cortland Cross Country

at SUNYAC Championships
Saturday, October 22, 2005; Plattsburgh, N.Y.

MEN’S FINISH: 2nd place
WOMEN’S FINISH: 3rd place

PLATTSBURGH, N.Y. – Cortland’s men’s cross country team finished second and its women’s team placed third at the State University of New York Athletic Conference (SUNYAC) Cross Country Championships, hosted by SUNY Plattsburgh.

Geneseo won both the men’s and women’s titles. In the men’s race, Geneseo finished with 43 points and Cortland totaled 67 points. Brockport was third (77), followed by Plattsburgh (92), Fredonia (138), Oswego (145), Oneonta (172), Buffalo State (247), SUNYIT (287), Potsdam (290) and New Paltz (332). In the women’s race, Geneseo won easily with 19 points after taking five of the top six individual spots. Brockport was second (83), Cortland third (96) and Plattsburgh fourth (106). Rounding out the field were Fredonia (129), Oneonta (152), Buffalo St. (189), New Paltz (207) and Oswego (228).

Senior C. Fred Joslyn (Chenango Forks) finished third in a field of 125 runners with a time of 25:36.8 on an 8,000-meter course. Freshman Shamus Nally (Burnt Hills/Burnt Hills-Ballston Lake) placed fifth in 25:44.5. Both Joslyn and Nally earned first team All-SUNYAC honors with their performances. The top seven runners are first team all-league, while finishers 8-15 are second team. In addition, Nally earned a spot in the SUNYAC Cross Country Hall of Fame with his finish. To be in the Hall of Fame, a runner must finish in the top five once, the top 10 twice or the top 15 three times. Joslyn was already in the Hall with his fourth place showing last season.

Rounding out Cortland’s scoring five were freshman Ken Little (Burnt Hills/Burnt Hills-Ballston Lake) in 18th place (26:27.9), freshman Josh Henry (Truxton/Homer) in 20th place (26:35.2) and junior Tom DeRusso (East Berne/Berne Knox Westerlo) in 21st place (26:38.5). Plattsburgh’s Matt DeShane won the race in 25:03.6.

In the women’s race, Cortland was led by sophomore Sarah Allen’s (Scipio Center/Southern Cayuga) 14th place time of 23:14.0 over 6,000 meters. Allen is a second team all-league honoree with her finish.

Freshman Ashley Wirges (Hopewell Junction/Arlington) finished 18th (23:41.3), senior Jessie Lynch (West Islip) was 22nd (24:04.5), junior Rachel Sweet (Rochester/Greece Athena) placed 23rd (24:09.2) and freshman Brittany Brunnetto (Beacon) finished 39th (25:17.5). Freshman Liz Montgomery of Geneseo won the race with a time of 21:21.2.

Cortland will next compete at the New York State Collegiate Track Conference (NYSCTC) Cross Country Championships at Hamilton College Nov. 5.

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