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NEWS

ATTENTION COLLEGE SPORTS DESK

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USP WINS CACC WOMEN’S CROSS COUNTRY CHAMPIONSHIP

PHILADELPHIA, PA (October 22, 2005) – The University of Sciences in Philadelphia won its first-ever Central Atlantic Collegiate Conference women’s cross country championship today at Belmont Plateau in Philadelphia, PA. The Devils won the closest race in conference history as just three points separated the top three schools. The Devils tallied 63 points and were followed closely by Felician and defending champion Georgian Court with 65 and 66 points, respectively. The top-15 finishers were all named to the All-CACC team.

Senior **Wendy Muckell** of Nyack won the individual title for the second consecutive season, finishing the 5,000-meter course in 20:04.95. For her efforts, she was named CACC Runner of the Year. Sophomore **Melissa Hale** of Holy Family crossed the finish line in a time of 20:14.95 and was named CACC Rookie of the Year. The rest of the top-five was composed of sophomore **Joy Aifuwa** of USP (20:38.62), freshman **Jessica Lappe** of Philadelphia (20:54.50) and sophomore **Amanda Scibetta** of Felician (20:57.52).

Hayley Lentz was the second runner to finish for the champion Devils, crossing the line in ninth place with a personal best time of 21:26.19. She was followed by **Shelby Rance** in 14th place with a time of 21:49.75, also a personal best. USP’s fourth and fifth finishers also recorded personal bests on the day. **Maureen McNally** finished in 25th place overall with a time of 22:53.80 while **Dana Lulias** was 29th overall with a time of 23:21.42.

At the conclusion of the meet, **Bob Heller** of USP was named CACC Coach of the Year and the Team Sportsmanship Award was given to Caldwell College. The head coaches conducted the voting for the awards.

NJIT and Philadelphia were not eligible for the team championship and thus their runners were not counted in the team results. Full results for the meet can be found at <http://www.geocities.com/xcrests/>.

TEAM STANDINGS

| | | | | | | | |
|-------------------|----|----|----|----|----|----|-----|
| 1. USP | 3 | 7 | 12 | 19 | 22 | -- | 63 |
| 2. Felician | 4 | 11 | 15 | 17 | 18 | -- | 65 |
| 3. Georgian Court | 9 | 10 | 13 | 14 | 20 | -- | 66 |
| 4. Nyack | 1 | 6 | 16 | 28 | 33 | -- | 84 |
| 5. Wilmington | 5 | 8 | 23 | 31 | 46 | -- | 113 |
| 6. Holy Family | 2 | 24 | 30 | 39 | 50 | -- | 145 |
| 7. Caldwell | 29 | 35 | 38 | 43 | 44 | -- | 189 |
| 8. Bloomfield | 27 | 32 | 37 | 45 | 59 | -- | 200 |
| 9. Goldey-Beacom | 21 | 34 | 42 | 56 | 58 | -- | 211 |
| 10. Dominican | 48 | 53 | 54 | 55 | 60 | -- | 270 |

2005 ALL-CACC TEAM

| | |
|-------------------------------------|----------|
| 1. Wendy Muckell, Nyack | 20:04.95 |
| 2. Melissa Hale, Holy Family | 20:14.95 |
| 3. Joy Aifuwa, USP | 20:38.62 |
| 4. Jessica Lappe, Philadelphia | 20:54.50 |
| 5. Amanda Scibetta, Felician | 20:57.52 |
| 6. Kara Laufer, Philadelphia | 21:11.36 |
| 7. Janet O’Brien, Wilmington | 21:17.29 |
| 8. Joleen Butterfield, Nyack | 21:24.82 |
| 9. Hayley Lentz, USP | 21:26.19 |
| 10. Jill Maxwell, Wilmington | 21:26.85 |
| 11. Kimberly Galvin, Georgian Court | 21:35.58 |
| 12. Katherine Czajkowski, GCU | 21:37.01 |

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|-------------------------------------|----------|
| 13. Melissa Barraquero, Felician | 21:39.04 |
| 14. Shelby Rance, USP | 21:49.75 |
| 15. Adrianna Correa, Georgian Court | 21:57.94 |

RUNNER OF THE YEAR

Wendy Muckell, Nyack

NEWCOMER OF THE YEAR

Melissa Hale, Holy Family

COACH OF THE YEAR

Bob Heller, USP

TEAM SPORTSMANSHIP AWARD

Caldwell