



2004-2005 VCU MEN'S CROSS COUNTRY



INDIVIDUAL RESULTS

Daniel Cancro

So. ~ Mechanicsville, Va./Lee-Davis

| <u>Event</u> | <u>Dist.</u> | <u>Place</u> | <u>Time</u> |
|---------------|--------------|--------------|-------------|
| U of R Invite | 5k | 23rd/30 | 18:10.4 |
| UVa. Invite | 8k | 98th/113 | 29:58.4 |
| CAA's | 8k | 63rd/68 | 30:51.4 |

Adam Canning

So. ~ Williamsburg, Va./Bruton

| <u>Event</u> | <u>Dist.</u> | <u>Place</u> | <u>Time</u> |
|---------------|--------------|--------------|-------------|
| U of R Invite | 5k | 6th/30 | 15:48.6 |
| UVa. Invite | 8k | 67th/113 | 27:31.7 |
| Lehigh Invite | 8k | 114th/163 | 26:33.2 |
| Pre-NCAA's | 8k | 232nd/242 | 27:24.7 |
| CAA's | 8k | 48th/68 | 29:08.4 |
| NCAA Reg.'s | 10k | 173rd/200 | 34:40.2 |

Brent Carson

Fr. ~ Mechanicsville, Va./Atlee

| <u>Event</u> | <u>Dist.</u> | <u>Place</u> | <u>Time</u> |
|---------------|--------------|--------------|-------------|
| U of R Invite | 5k | 21st/30 | 17:38.6 |
| UVa. Invite | 8k | 90th/113 | 29:16.5 |
| CAA's | 8k | 57th/68 | 30:01.7 |

Lukasz Matusiewicz

So. ~ Warsaw, Poland/nv 7 in Warsaw

| <u>Event</u> | <u>Dist.</u> | <u>Place</u> | <u>Time</u> |
|---------------|--------------|--------------|-------------|
| U of R Invite | 5k | 18th/30 | 16:58.6 |
| UVa. Invite | 8k | 78th/113 | 28:09.4 |
| Lehigh Invite | 8k | 131st/163 | 27:00.5 |
| CAA's | 8k | 32nd/68 | 27:59.3 |
| NCAA Reg.'s | 10k | 168th/200 | 34:26.7 |

Nulie Macarthy

So. ~ Alexandria, Va./T.C. Williams

| <u>Event</u> | <u>Dist.</u> | <u>Place</u> | <u>Time</u> |
|---------------|--------------|--------------|-------------|
| U of R Invite | 5k | 13th/30 | 16:33.6 |
| UVa. Invite | 8k | 88th/113 | 29:05.8 |
| CAA's | 8k | 45th/68 | 28:55.7 |

Mariusz Mostrag

So. ~ Krajnik, Poland/ZS Na. 3 in Krajnik

| <u>Event</u> | <u>Dist.</u> | <u>Place</u> | <u>Time</u> |
|---------------|--------------|--------------|-------------|
| U of R Invite | 5k | 9th/30 | 16:10.6 |
| UVa. Invite | 8k | 58th/113 | 27:12.8 |
| Lehigh Invite | 8k | 115th/163 | 26:34.7 |
| Pre-NCAA's | 8k | 226th/242 | 26:57.6 |
| CAA's | 8k | 24th/68 | 27:15.8 |
| NCAA Reg.'s | 10k | 134th/200 | 33:24.0 |

Daniel Ndungu

Sr. ~ Nairobi, Kenya/Nanyuki

| <u>Event</u> | <u>Dist.</u> | <u>Place</u> | <u>Time</u> |
|---------------|--------------|--------------|-------------|
| U of R Invite | 5k | 4th/30 | 15:47.3 |
| UVa. Invite | 8k | 45th/113 | 26:51.0 |
| Lehigh Invite | 8k | 55th/163 | 25:15.6 |
| Pre-NCAA's | 8k | 223rd/242 | 26:51.7 |
| CAA's | 8k | 25th/68 | 27:20.3 |

Riad Ouled

So. ~ Fontainbleau, France/Francois Couperin

| <u>Event</u> | <u>Dist.</u> | <u>Place</u> | <u>Time</u> |
|---------------|--------------|--------------|-------------|
| UVa. Invite | 8k | 75th/113 | 27:54.2 |
| Lehigh Invite | 8k | 154th/163 | 28:16.8 |
| Pre-NCAA's | 8k | 230th/242 | 27:19.2 |
| CAA's | 8k | 18th/68 | 26:49.4 |
| NCAA Reg. | 10k | 80th/200 | 32:19.4 |

Mike Stoop

So. ~ Virginia Beach, Va./Bayside

| <u>Event</u> | <u>Dist.</u> | <u>Place</u> | <u>Time</u> |
|---------------|--------------|--------------|-------------|
| U of R Invite | 5k | 5th/30 | 15:48.3 |
| UVa. Invite | 8k | 54th/113 | 27:09.0 |
| Lehigh Invite | 8k | 148th/163 | 27:43.4 |



2004-2005 VCU MEN'S CROSS COUNTRY



INDIVIDUAL RESULTS

Steve Walters

Fr. ~ Virginia Beach, Va./Green Run

| <u>Event</u> | <u>Dist.</u> | <u>Place</u> | <u>Time</u> |
|---------------|--------------|--------------|-------------|
| U of R Invite | 5k | 3rd/30 | 15:32.3 |
| UVa. Invite | 8k | 12th/113 | 25:45.0 |
| Lehigh Invite | 8k | 85th/163 | 25:47.6 |
| Pre-NCAA's | 8k | 166th/242 | 25:59.7 |
| CAA's | 8k | 7th/68 | 25:54.5 |
| NCAA Reg.'s | 10k | 78th/200 | 32:18.4 |



2004-2005 VCU MEN'S CROSS COUNTRY



RESULTS BY MEET

Spider Alumni Open

Hosted by University of Richmond

5k race ~ 30 runners

| | | |
|-----------------------|------|---------|
| 1. Steve Walters | 3rd | 15:32.3 |
| 2. Daniel Ndungu | 4th | 15:47.3 |
| 3. Mike Stoop | 5th | 15:48.3 |
| 4. Adam Canning | 6th | 15:48.6 |
| 5. Mariusz Mostrag | 9th | 16:10.6 |
| 6. Nulie Macarthy | 13th | 16:33.6 |
| 7. Lukasz Matusiewicz | 18th | 16:58.6 |
| 8. Brent Carson | 21st | 17:38.6 |
| 9. Daniel Cancro | 23rd | 18:10.4 |

Lou Onesty Invitational

Hosted by University of Virginia

8k race ~ 113 runners

| | | |
|-----------------------|------|---------|
| 1. Steve Walters | 12th | 25:45.8 |
| 2. Daniel Ndungu | 45th | 26:51.1 |
| 3. Mike Stoop | 54th | 27:09.0 |
| 4. Mariusz Mostrag | 58th | 27:12.8 |
| 5. Adam Canning | 67th | 27:31.7 |
| 6. Riad Ouled | 75th | 27:54.2 |
| 7. Lukasz Matusiewicz | 78th | 28:09.4 |
| 8. Nulie Macarthy | 88th | 29:05.8 |
| 9. Brent Carson | 90th | 29:16.5 |
| 10. Daniel Cancro | 98th | 29:58.4 |

31st Lehigh University Paul Short Run

Hosted by Lehigh University

8k race ~ 163 runners

| | | |
|-----------------------|-------|---------|
| 1. Daniel Ndungu | 55th | 25:15.6 |
| 2. Steve Walters | 85th | 25:47.6 |
| 3. Adam Canning | 114th | 26:33.2 |
| 4. Mariusz Mostrag | 115th | 26:34.7 |
| 5. Lukasz Matusiewicz | 131st | 27:00.5 |
| 6. Mike Stoop | 148th | 27:43.4 |
| 7. Riad Ouled | 154th | 28:16.8 |

NCAA Pre-Nationals

Hosted by Indiana State University

8k race ~ 242 runners

| | | |
|--------------------|-------|---------|
| 1. Steve Walters | 166th | 25:59.7 |
| 2. Daniel Ndungu | 223rd | 26:51.7 |
| 3. Mariusz Mostrag | 226th | 26:57.6 |
| 4. Riad Ouled | 230th | 27:19.2 |
| 5. Adam Canning | 232nd | 27:24.7 |

CAA Championships

Hosted by James Madison University

8k race ~ 68 runners

| | | |
|-----------------------|------|---------|
| 1. Steve Walters | 7th | 25:54.5 |
| 2. Riad Ouled | 18th | 26:49.4 |
| 3. Mariusz Mostrag | 24th | 27:15.8 |
| 4. Daniel Ndungu | 25th | 27:20.3 |
| 5. Lukasz Matusiewicz | 32nd | 27:59.3 |
| 6. Nulie Macarthy | 45th | 28:55.7 |
| 7. Adam Canning | 48th | 29:08.4 |
| 8. Brent Carson | 57th | 30:01.7 |
| 9. Daniel Cancro | 63rd | 30:51.4 |

NCAA Southeast Regional

Hosted by East Carolina University

10k race ~ 200 runners

| | | |
|-----------------------|-------|---------|
| 1. Steve Walters | 79th | 32:18.4 |
| 2. Riad Ouled | 80th | 32:19.4 |
| 3. Mariusz Mostrag | 134th | 33:24.0 |
| 4. Lukasz Matusiewicz | 168th | 34:26.7 |
| 5. Adam Canning | 173rd | 34:40.2 |