



Long-Short Invitational Race History

2005 Long Course - Short Course Men's Results

2005 Short Course Results - 29 Teams, 206 Runners

1. Chris Carrier (Allegheny)	12:14	1. Allegheny	10
2. Dana Irrer (Carnegie Mellon)	12:17	2. CMU	27
3. Ryan Place (Allegheny)	12:24	3. Elizabethtown	30

2005 Long Course Results - 33 Teams, 225 Runners

1. Joe Fransisco (Widener)	25:45	1. Widener	20
2. Tom Rhodes (Dickinson)	26:28	2. Trinity	33
3. Brad Ruffo (Penn State-Behrend)	26:40	3. Dickinson	49

2005 Overall - 22 Teams

1. Allegheny	60
2. Carnegie-Mellon	98
3. Trinity	99

2005 Long Course - Short Course Women's Results

2005 Short Course Results - 34 Teams, 211 Runners

1. Caitlin Bradley (Dickinson)	14:52	1. Dickinson	8
2. Darcy McDonald (Dickinson)	15:06	2. Millersville	22
3. Scarlett Graham (Allegheny)	15:07	3. Swarthmore	42

2005 Long Course Results - 36 Teams, 247 Runners

1. Bonnie Axman (Frostburg State)	21:42	1. Dickinson	19
2. Amy Bower (MISE)	22:00	2. Grove City	39
3. Elisa Pedersen (Grove City)	22:36	3. Haverford	69

2005 Overall - 25 Teams

1. Dickinson	27
2. Trinity	139
3. Messiah	159

2004 Long Course - Short Course Men's Results

2004 Short Course Results - 21 Teams, 127 Runners

1. Matt Liebal (Dickinson)	12:43	1. Dickinson	18
2. Brian Bonn (Frostburg)	12:58	2. Swarthmore	25
3. James Golden (Swarthmore)	12:59	3. Chris. Newport	27

2004 Long Course Results - 20 Teams, 133 Runners

1. Mike Vidumsky (DeSales)	26:35	1. Mt. Union	22
2. Kyle Basista (Mt. Union)	26:58	2. Ithaca	36
3. Shawn Calabrese (Ithaca)	27:00	3. Dickinson	47

2004 Overall - 16 Teams

1. Dickinson	65
2. Ithaca	94
3. Christopher Newport	97

2004 Long Course - Short Course Women's Results

2004 Short Course Results - 19 Teams, 141 Runners

1. Tara Barlow (DeSales)	14:41	1. Ithaca	18
2. Bridgette Pilling (Ithaca)	15:11	2. Dickinson	28
3. Joanna Simonis (Bryn Mawr)	15:17	3. Bryn Mawr	50

2004 Long Course Results - 14 Teams, 101 Runners

1. Emily Hulme (Dickinson)	22:47	1. Dickinson	23
2. Dara Ford (Mt. Union)	22:59	2. Mt. Union	43
3. Gina Lucrezi (DeSales)	23:14	3. Bald-Wallace	50

2004 Overall - 13 Teams

1. Dickinson	51
2. Ithaca	81
3. Mt. Union	97

2003 Long Course - Short Course Men's Results

2003 Short Course Results - 19 Teams, 199 Runners

1. John Somers (Shippensburg)	12:50	1. Shippensburg	7
2. Dan Helfrick (Shippensburg)	12:51	2. Swarthmore	23
3. Lang Reynolds (Swarthmore)	12:54	3. Wash & Lee	45

2003 Long Course Results - 32 Teams, 260 Runners

1. Macharia Yuot (Widener)	26:21	1. CMU	25
2. Mike Vidumsky (DeSales)	26:33	2. Allegheny	27
3. Bobby Dressler (Messiah)	26:36	3. Widener	30

2003 Overall - 19 Teams

1. Dickinson	137
2. Messiah	154
3. Mary Washington	193

2003 Long Course - Short Course Women's Results

2003 Short Course Results - 36 Teams, 242 Runners

1. Callie Bradley (Dickinson)	14:31	1. Shippensburg	20
2. Kelly Stewart (Shippensburg)	14:49	2. Dickinson	27
3. Gina Lucrezi (DeSales)	14:52	3. Allegheny	39

2003 Long Course Results - 36 Teams, 203 Runners

1. Jane Steinman (Haverford)	22:54	1. Haverford	20
2. Emily Hulme (Dickinson)	22:57	2. Dickinson	35
3. Stacey Muchal (Marywood)	23:03	3. Allegheny	37

2003 Overall - 17 Teams

1. Dickinson	62
2. Allegheny	76
3. Gettysburg	104

2002 Long Course - Short Course Men's Results

2002 Short Course Results - 27 Teams, 165 Runners

1. Dan Prinic (Allegheny)	12:45	1. Allegheny	6
2. Kevin Pool (Allegheny)	12:49	2. Lynchburg	24
3. Jeff Conroy (Allegheny)	12:52	3. Swarthmore	39

2002 Long Course Results - 6 Teams, 131 Runners

1. Andrew Musinguzi (LaRoche)	26:55	1. Widener	13
2. Matt Enders (Widener)	27:04	2. DeSales	39
3. Mike Vidumsky (DeSales)	27:13	3. Allegheny	48

2002 Overall - 21 Teams

1. Allegheny	54
2. Widener	106
3. Dickinson	107

2002 Long Course - Short Course Women's Results

2002 Short Course Results - 27 Teams, 172 Runners

1. Katie Dougherty (Ursinus)	14:48	1. Dickinson	25
2. Alex Forte (Dickinson)	14:59	2. Swarthmore	27
3. Leah Shovey (Allegheny)	15:38	3. Allegheny	28

2002 Long Course Results - 24 Teams, 117 Runners

1. Callie Bradley (Dickinson)	22:55	1. Dickinson	14
2. Erin Connelly (Mary Washington)	23:02	2. Mary Wash.	22
3. Danielle Kramer (Bloomsburg)	23:30	3. Allegheny	36

2002 Overall - 20 Teams

1. Dickinson	39
2. Allegheny	64
3. Bloomsburg	147

2001 Long Course - Short Course Men's Results

2001 Short Course Results - 21 Teams, 118 Runners

1. J.B. Haglund (Haverford)	12:14	1. Elizabethtown	29
2. Dave Berdon (Elizabethtown)	12:19	2. Haverford	56
3. Dustin Scott (Elizabethtown)	12:25	3. Dickinson	74

2001 Long Course Results - 27 Teams, 200 Runners

1. Lowell Ladd (Dickinson Alumni)	26:07	1. Haverford	53
2. Andrew Musinguzi (LaRoche)	26:12	2. Connecticut	86
3. Ronnie Bosset (Haverford)	26:14	3. Dickinson	167

2001 Overall - 19 Teams

1. Haverford	32
2. Dickinson	78
3. Messiah	127

2001 Long Course - Short Course Women's Results

2001 Short Course Results - 24 Teams, 188 Runners

1. Alex Forte (Dickinson)	14:47	1. Dickinson	15
2. Erin Walworth (Connecticut)	15:10	2. Messiah	20
3. Rebecca Lewis (Messiah)	15:10	3. Connecticut	33

2001 Long Course Results - 18 Teams, 114 Runners

1. Maura Danahy (Connecticut)	22:06	1. Haverford	11
2. Jane Steinmann (Haverford)	22:15	2. Dickinson	26
3. Kristen Wilson (Haverford)	22:24	3. Connecticut	33

2001 Overall - 15 Teams

1. Dickinson	41
2. Connecticut	66
3. Messiah	76