

# NYSCTC Cross Country

## Team Champion History

<i>Year</i>	<i>Men</i>	<i>Points</i>	<i>Women</i>	<i>Points</i>
<b>2008</b>	Rochester	53	St. Lawrence	35
<b>2007</b>	Geneseo	56	Geneseo	31
<b>2006</b>	Geneseo	37	Geneseo	35
<b>2005</b>	Geneseo	49	Geneseo	<b>21</b>
<b>2004</b>	Geneseo	33	Geneseo	29
<b>2003</b>	Geneseo	38	Ithaca	56
<b>2002</b>	St. Lawrence	25	Geneseo	36
<b>2001</b>	Ithaca	30	Ithaca	42
<b>2000</b>	Ithaca	36	Ithaca	59
<b>1999</b>	St. Lawrence	35	Geneseo	42
<b>1998</b>	St. Lawrence	56	Geneseo	74
<b>1997</b>	St. Lawrence	31	Geneseo	103
<b>1996</b>	Rochester	25	Buffalo State	90
<b>1995</b>	Rochester	25	Geneseo	39
<b>1994</b>	Rochester	23	Geneseo	76
<b>1993</b>	Rochester	34	Geneseo	44
<b>1992</b>	Rochester	36	Geneseo	44
<b>1991</b>	Rochester	31	Ithaca	35
<b>1990</b>	Rochester	39	Ithaca	32
<b>1989</b>	Rochester	35	Ithaca	22
<b>1988</b>	Rochester	27	Ithaca	37
<b>1987</b>	Rochester	32	Ithaca	31
<b>1986</b>	Siena	58	Ithaca	37
<b>1985</b>	St. Lawrence	84	Ithaca	33
<b>1984</b>	Siena	72	Ithaca	56
<b>1983</b>	Siena	31	Cortland	42
<b>1982</b>	Siena	54	Cortland	30
<b>1981</b>	Fredonia	46	Army	44
<b>1980</b>	Siena	63	Army	41
<b>1979</b>	Fredonia	52		
<b>1978</b>	Fredonia	58		
<b>1977</b>	Rochester	43		
<b>1976</b>	Rochester	64		
<b>1975</b>	Hamilton	92		
<b>1974</b>	Colgate	50		
<b>1973</b>	Colgate	39		

<b>1972</b>	Colgate	49		
<b>1971</b>	Hamilton	85		
<b>1970</b>	Brockport	56		
<b>1969</b>	Buffalo State	65		
<b>1968</b>	Brockport	77		
<b>1967</b>	Buffalo State	83		
<b>1966</b>	Roberts Wesleyan	72		
<b>1965</b>	Roberts Wesleyan	57		
<b>1964</b>	Roberts Wesleyan	80		
<b>1963</b>	Roberts Wesleyan	46		
<b>1962</b>	Roberts Wesleyan	61		
<b>1961</b>	Alfred	43		
<b>1960</b>	Alfred	41		
<b>1959</b>	Alfred	20		
<b>1958</b>	Hamilton	60		
<b>1957</b>	Hamilton	51		
<b>1956</b>	Alfred	58		
<b>1955</b>	Buffalo State	49		
<b>1954</b>	Buffalo State	59		
<b>1953</b>	Buffalo State	<b>15</b>		
<b>1952</b>	Buffalo State	53		
<b>1951</b>	Alfred	46		
<b>1950</b>	Rensselaer	38		

# NYSCTC Cross Country

## Championship History

<i>Year</i>	<i>Host</i>	<i>Men's Team Champs</i>	<i>Individual Champion</i>	<i>Host</i>	<i>Women's Team Champs</i>	<i>Individual Champion</i>
<b>2008</b>	Hamilton	Rochester	Peter Kosgei, Hamilton	Hamilton	St. Lawrence	Wendy Pavlus, St. Lawrence
<b>2007</b>	Rensselaer	Geneseo	Peter Kosgei, Hamilton	Rensselaer	Geneseo	Liz Montgomery, Geneseo
<b>2006</b>	St. Lawrence	Geneseo	Jesse Williamson, RIT	St. Lawrence	Geneseo	Liz Montgomery, Geneseo
<b>2005</b>	Hamilton	Geneseo	C. Fred Joslyn, Cortland	Hamilton	Geneseo	Shannon Griggs, Geneseo
<b>2004</b>	Geneseo	Geneseo	Ted Turner, Geneseo	Geneseo	Geneseo	Renne Catalano, Geneseo
<b>2003</b>	Rensselaer	Geneseo	Ted Turner, Geneseo	Rensselaer	Ithaca	Amanda Laytham, Ithaca
<b>2002</b>	Oswego	St. Lawrence	Adam Van Nortwick, St. Lawrence	Oswego	Geneseo	Melissa White, Geneseo
<b>2001</b>	Hamilton	Ithaca	Kris Enwright, St. Lawrence	Hamilton	Ithaca	Melissa White, Geneseo
<b>2000</b>	Hamilton	Ithaca	Dale Cocca, Ithaca	Hamilton	Ithaca	Amanda Laytham, Ithaca
<b>1999</b>	Oswego	St. Lawrence	Garrett Wagner, Ithaca	Oswego	Geneseo	Maggie Hanson, Hamilton
<b>1998</b>	Union	St. Lawrence	Ian Golden, Ithaca	Union	Geneseo	Kristen Dohler, Geneseo
<b>1997</b>	Brockport	St. Lawrence	Lawton Redman, St. Lawrence	Brockport	Geneseo	Christine Whitmore, Oswego
<b>1996</b>	Rochester	Rochester	Jeff Toten, Rochester	Rochester	Buffalo St.	Debbie Danehy, St. Lawrence
<b>1995</b>	St. Lawrence	Rochester	Todd Reeser, Rochester	Plattsburgh	Geneseo	Christine Sisting, Geneseo
<b>1994</b>	Rensselaer	Rochester	Jeff Lyndaker, St. Lawrence	Geneseo	Geneseo	Lisa Naste, Albany
<b>1993</b>	Binghamton	Rochester	Jeff Lyndaker, St. Lawrence	Oswego	Geneseo	Gloria Hill, Ithaca
<b>1992</b>	Fredonia	Rochester	Todd Reeser, Rochester	Binghamton	Geneseo	Beth Anne Cincotta, Geneseo
<b>1991</b>	Union	Rochester	Todd Orvis, Albany	Geneseo	Ithaca	Ann Marie Delsignore, Ithaca
<b>1990</b>	Union	Rochester	Frank Minosh, Rensselaer	Plattsburgh	Ithaca	Jennifer McNerney, Fredonia
<b>1989</b>	Roberts Wesleyan	Rochester	Petri Aho, St. Lawrence	Binghamton	Ithaca	Jennifer McNerney, Fredonia
<b>1988</b>	Binghamton	Rochester	John Trowse, Brockport	Fredonia	Ithaca	Janette Bonrouhi, Ithaca
<b>1987</b>	Union	Rochester	Jukka Tammissuo, St. Lawrence	Albany	Ithaca	Josefa Benzoni, Rochester
<b>1986</b>	Geneseo	Siena	Jukka Tammissuo, St. Lawrence	Union	Ithaca	Carolyn Misch, Rochester
<b>1985</b>	Rochester	St. Lawrence	Tom Tuori, Rochester	Albany	Ithaca	Jayne Hahin, Rochester

<b>1984</b>	Siena	Siena	Jukka Tammissuo, St. Lawrence	Binghamton	Ithaca	Cathy Livingston, Ithaca
<b>1983</b>	Buffalo	Siena	Marc Gosselin, St. Lawrence	Hamilton	Cortland	Melissa Lacasse, Cortland
<b>1982</b>	LeMoyne	Siena	Bernie Prabucki, Fredonia	Geneseo	Cortland	Sarah Grygiel, Hamilton
<b>1981</b>	Albany	Fredonia	Bernie Prabucki, Fredonia	Binghamton	Army	Ellen Block, Cortland
<b>1980</b>	Fredonia	Siena	Tom Dalton, Siena	Albany	Army	Betsy Shillito, Cortland
<b>1979</b>	Binghamton	Fredonia	Tom Dalton, Siena			
<b>1978</b>	Union/RPI	Fredonia	James Hallgren, Fredonia			
<b>1977</b>	Rochester	Rochester	Hartwick			
<b>1976</b>	Colgate	Rochester	Bill Orlando, Oswego			
<b>1975</b>	Hamilton	Hamilton	Bruce Carter, Hamilton			
<b>1974</b>	LeMoyne	Colgate	Bruce Carter, Hamilton			
<b>1973</b>	Fredonia	Colgate	Dave Moller, Rochester			
<b>1972</b>	Roberts Wesleyan	Colgate	Dave Moller, Rochester			
<b>1971</b>	Rensselaer	Hamilton	Fran Verdoliva, Oswego			
<b>1970</b>	Buffalo	Brockport	Rod Williams, Brockport			
<b>1969</b>	Binghamton	Buffalo St.	Ed Fuchs, Buffalo			
<b>1968</b>	Oswego	Brockport	William Pollack, Rensselaer			
<b>1967</b>	LeMoyne	Buffalo St.	Ken Dempster Roberts Wesleyan			
<b>1966</b>	Alfred	Roberts Wesleyan	Robert Fitts, Cortand			
<b>1965</b>	Roberts Wesleyan	Roberts Wesleyan	Pat Glover, Hartwick			
<b>1964</b>	Oswego	Roberts Wesleyan	Robert Lally, Cortland			
<b>1963</b>	Buffalo	Roberts Wesleyan	Robert Lally, Cortland			
<b>1962</b>	Ithaca	Roberts Wesleyan	James Webb, Roberts Wesleyan			
<b>1961</b>	Harpur	Alfred	Tim Burns, Buffalo St.			
<b>1960</b>	Roberts Wesleyan	Alfred	Larrie Seet, Alfred			
<b>1959</b>	Alfred	Alfred	Alfred			
<b>1958</b>	Rensselaer	Hamilton	Tom Hoffman, Union			
<b>1957</b>	Buffalo St.	Hamilton	Fred Best, Rensselaer			
<b>1956</b>	Hamilton	Alfred	Frank Finnerty, Alfred			
<b>1955</b>	Harpur	Buffalo St.	John Parillo, Union			
<b>1954</b>	Hartwick	Buffalo St.	Al Shaler, Hamilton			

<b>1953</b>	Buffalo	Buffalo St.	Phil Ellsworth, Buffalo St.			
<b>1952</b>	Ithaca	Buffalo St.	Harold Snyder, Alfred			
<b>1951</b>	Alfred	Alfred	Alfred			

**1950** Cortland Rensselaer Per Anderson, Alfred

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## Championship History

### Team and Individual Championships Won

Men's Team	Team	Individual	Women's Team	Team	Individual
Rochester	13	6	Geneseo	12	9
Buffalo State	6	2	Ithaca	11	6
St. Lawrence	5	10	Cortland	2	3
Alfred	5	6	Army	2	
Roberts Wesleyan	5	2	Buffalo State	1	
Siena	5	2	Rochester		3
Geneseo	5	2	Fredonia		2
Hamilton	4	5	Hamilton		2
Fredonia	3	3	Albany		1
Colgate	3		Oswego		1
Ithaca	2	3	St. Lawrence	1	2
Brockport	2	2			
Rensselaer	1	3			
Cortland		4			
Hartwick		2			
Oswego		2			
Union		2			
Albany		1			
RIT		1			
U of Buffalo		1			

# NYSCTC Cross Country

## Championship History

<i><b>Team Notes:</b></i>	<b>Men</b>	<b>Number</b>	<b>Women</b>	<b>Number</b>
<b>Most Team Championships</b>	Rochester	13	Geneseo	12
<b>Most Individual Champions</b>	St. Lawrence	10	Geneseo	9
<b>Longest Championship Streak</b>	Rochester (87-96)	10	Ithaca (84-91)	8
<i><b>Individual Notes:</b></i>				
	<b>Name / School</b>	<b>Number (yrs)</b>	<b>Name / School</b>	<b>Number (yrs)</b>
<b>Repeat / Multiple Champions</b>	Jukka Tammissuo, St. Lawrence	3 (84, 86, 87)	Jennifer McNerney, Fredonia	2 (89, 90)
	Harold Snyder, Alfred	2 (51, 52)	Melissa White, Geneseo	2 (01, 02)
	Frank Finnerty, Alfred	2 (56, 59)	Amanda Laytham, Ithaca	2 (00, 03)
	Robert Lally, Cortland	2 (63, 64)	Liz Montgomery, Geneseo	2 (06, 07)
	Dave Moller, Rochester	2 (72, 73)		
	Bruce Carter, Hamilton	2 (74, 75)		
	Tom Dalton, Siena	2 (79, 80)		
	Bernie Prabucki, Fredonia	2 (81, 82)		
	Jeff Lyndaker, St. Lawrence	2 (93, 94)		
	Todd Reeser, Rochester	2 (92, 95)		
	Ted Turner, Geneseo	2 (03, 04)		
	Peter Kosgei, Hamilton	2(07, 07)		

# NYSCTC Cross Country

## Championship History

<i><b>Year</b></i>	<i><b>Men's Runner of the Year</b></i>	<i><b>Men's Rookie of the Year</b></i>	<i><b>Men's Coach of the Year</b></i>	<i><b>Women's Runner of the Year</b></i>	<i><b>Women's Rookie of the Year</b></i>	<i><b>Women's Coach of the Year</b></i>
<b>2008</b>	Peter Kosgei, Hamilton	James Vavra, Rochester	John Izzo, Rochester	Wendy Pavlus, St. Lawrence	Jenna Hulton, St. Lawrence	Mike Howard, St. Lawrence
<b>2007</b>	Peter Kosgei, Hamilton	Tom Reubens, Geneseo	Mike Woods, Geneseo	Liz Montgomery, Geneseo	Wendy Pavlus, St. Lawrence	Mike Woods, Geneseo
<b>2006</b>	Jesse Williamson, RIT	Lee Gabler, Geneseo	Mike Woods, Geneseo	Liz Montgomery, Geneseo	McKenzie Clemens, Alfred	Mike Woods, Geneseo
<b>2005</b>	C. Fred Joslyn, Cortland	Shamus Nally, Cortland		Shannon Griggs, Geneseo	Liz Montgomery, Geneseo	
<b>2004</b>						
<b>2003</b>		Weston Fellows, Oswego			Shannon Sodano, NYU	
<b>2002</b>						
<b>2001</b>						

**2000**