

For Immediate Release: October 24, 2005
Contact: Janelle Feuz, SUNYAC Publicist

GENESEO SWEEPS SUNYAC MEN'S AND WOMEN'S CROSS COUNTRY TITLES

Montgomery and DeShane claim individual crowns as new course records are set

FREDONIA, N.Y. -- The SUNY Geneseo men's and women's cross country teams each won their sixth straight SUNYAC title at the 2005 State University of New York Athletic Conference Cross Country Championships at SUNY Plattsburgh Saturday. Geneseo head men's and women's cross country coach Mike Woods was named the 2005 SUNYAC Women's Coach of the Year as well as the 2005 SUNYAC Men's Coach of the Year.

The Geneseo women took the title with 19 points, taking seven of the top nine individual spots. First year Liz Montgomery (Glenville/Burnt Hills) was the individual champion with a new course record time of 21:21.2 in the 6K. Brockport finished second with 83 points, followed by Cortland in third (96) and host Plattsburgh in fourth (106). Fredonia was fifth with 129 points, with Oneonta (152) in sixth and Buffalo State (189) in seventh. Rounding out the field were New Paltz (207) and Oswego (228). Potsdam and SUNYIT had incomplete teams.

The Geneseo men scored 43 points to win the team title, led by senior Dan Moore (Lakewood/Southwestern), who finished fourth with a time of 25:40.1. Cortland took second place with 67 points, while host Brockport was third with 77. Plattsburgh finished in fourth with 92 points, followed by Fredonia (138), Oswego (145), Oneonta (172), Buffalo State (247), SUNYIT (287), Potsdam (290), and New Paltz (332).

Montgomery's teammates took third through sixth in the women's race. The top seven finishers earn All-SUNYAC First Team honors, while the second team consists of the competitors who finished 8th through 15th. Shannon Griggs (Hilton) was third in 22:06.1 with Marta Scott (South Wales/East Aurora) in fourth at 22:06.7 and Renne Catalano (Averill Park) in fifth 22:12.5 and Karen Merrill (Depew) in sixth place in 22:12.6. Plattsburgh had a pair of girls in the top seven as Allison Busby (Vestal/Seton) finished six second behind Montgomery for a second place finish at 21:27.6, and seventh place finisher, Toni Wiszowaty (Shirley/William Floyd), clocked at 22:14.2.

Plattsburgh's Matt DeShane (Norwood/Norwood-Norfolk) claimed the men's individual crown, setting a new course record with a time of 25:03.6 in the 8K. Brockport's Ryan Kolb (Rochester/Greece Athena) finished second with a time of 25:28.6, while Cortland's Fred Josyln (Chenango Forks/Chenango) came in third at 25:36.8. Other first team All-SUNYAC honors included fourth place finisher Moore, Cortland's Shamus Nally (Burnt Hills) at 25:44.5, Fredonia's Andrew Forma (Elma/St. Francis) in sixth at 25:45.3, and Geneseo's Mike McGrath (Kenmore/West) in seventh who clocked at 25:52.0.