



LEHIGH WOMEN'S CROSS COUNTRY

2016 TEAM RESULTS (FINAL)

Date	Meet	Distance	Time/Place/Result	Location
9/2/16	Lehigh Invitational	6K	2nd of 5, 2nd of 2 (D1)	Goodman Campus
9/17/16	Lafayette Dual	6K	W, 18-44	Easton, Pa.
9/24/16	Ted Owen Invitational	5K	3rd of 11	New Britain, Conn.
10/1/16	Paul Short Run	6K	20th of 44	Goodman Campus
10/14/16	Penn State Nationals	6K	15 of 19	University Park, Pa.
10/15/16	Leopard Invitational	6K	No Team Score	Easton, Pa.
10/29/16	Patriot League Championships	6K	2nd of 10	Easton, Pa.
11/11/16	NCAA Mid-Atlantic Regional	6K	11 of 28	University Park, Pa.

Lehigh Invitational - Goodman Campus

Sept. 2

Division I

Team Scores (26 finishers):

1. Delaware - 25 (2, 3, 5, 6, 9, 10, 11)	Avg. Time - 22:37
2. Lehigh - 32 (1, 4, 7, 8, 12, 13, 24)	Avg. Time - 22:39

OVERALL

Team Scores (57 finishers):

1. Delaware - 36 (3, 4, 8, 9, 12, 13, 14)	
2. Lehigh - 43 (1, 6, 10, 11, 15, 16, 27)	Avg. Time - 22:39
3. Moravian - 72 (2, 7, 20, 21, 22, 24, 25)	
4. Muhlenberg - 102 (5, 17, 19, 28, 33, 34, 35)	
5. West Chester - 126 (18, 23, 26, 29, 30, 31, 32)	

Lehigh	Team Place	Overall Place	Time
Hannah Bonaguidi	1	1	21:32.5
Diana Hammerstone	2	6	22:27.3
Amanda Ruschel	3	10	22:55.9
Ashleigh Crawford	4	11	22:57.2
Stephanie Hayes	5	15	23:26.5
Jenn Mickens	6	19	23:52.5
Sydney Brannon	7	35	24:58.7
Sarah Boyer	8	37	25:03.7
Leah Holmes	9	44	25:55.9

Lafayette Dual - Easton, Pa.

Sept. 17

Team Scores (25 finishers):

1. Lehigh - 18 (1, 2, 4, 5, 6, 7, 9)	Avg. Time - 22:45
2. Lafayette - 44 (3, 8, 10, 11, 12, 13, 14)	Avg. Time - 24:14

Lehigh	Team Place	Overall Place	Time
Hannah Bonaguidi	1	1	22:07.9
Maura Henderson	2	2	22:42.6
Marissa Karl	3	4	22:47.7
Ashleigh Crawford	4	5	23:02.4
Diana Hammerstone	5	6	23:08.3
Amanda Ruschel	6	7	23:10.3
Ashley Stryko	7	9	23:47.5
Jenn Mickens	8	10	23:58.5
Stephanie Hayes	9	11	24:29.6
Sydney Brannon	10	12	24:30.8
Jennifer Burke	11	18	25:18.7
Sarah Boyer	12	19	25:21.9
Leah Holmes	13	23	26:11.9



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Ted Owen Invitational - New Britain, Conn. Sept. 24

Team Scores (156 finishers):

1. Vermont - 50 (6, 9, 10, 12, 13, 14, 18)
2. Marist - 57 (4, 5, 8, 17, 23, 27, 38)
3. **Lehigh - 76 (1, 2, 15, 16, 42, 45, 49) Avg. Time - 18:21**
4. Saint Francis (Pa.) - 107 (3, 11, 21, 31, 41, 43, 50)
5. Rhode Island - 120 (7, 19, 24, 34, 36, 37, 54)
6. Hartford - 157 (20, 29, 33, 35, 40, 44, 46)
7. Bryant - 194 (25, 32, 39, 47, 51, 53, 59)
8. Central Conn St. - 195 (26, 28, 30, 48, 63)
9. Fairleigh Dickinson - 277 (22, 56, 58, 70, 71)
10. NJIT - 306 (55, 60, 62, 64, 65, 66, 67)
11. Wagner - 307 (52, 57, 61, 68, 69)

Lehigh	Team Place	Overall Place	Time
Maura Henderson	1	1	17:43.5
Marissa Karl	2	2	17:54.6
Stephanie Hayes	3	16	18:27.6
Ashley Stryko	4	17	18:29.1
Grace Eckstein	5	55	19:12.6
Laura Barnes	6	66	19:24.1
Jennifer Burke	7	74	19:34.8
Stacie Nadel	8	84	19:50.8
Leah Holmes	9	95	20:17.2

Paul Short Run - Goodman Campus Oct. 1

Team Scores (Gold Race - 44 Teams) (405 finishers):

1. Yale - 92
2. Georgetown - 119
- 3.* West Virginia - 127
- 3.* Penn - 127
5. Florida - 175
6. Villanova - 176
7. Adams State - 218
8. Cornell - 219
9. Dartmouth - 249
10. Utah State - 275
20. **Lehigh - 600 (28, 73, 157, 164, 178, 232, 244) Avg. Time - 21:29**

Lehigh	Team Place	Overall Place	Time
Maura Henderson	1	28	20:39.5
Hannah Bonaguidi	2	74	21:06.9
Marissa Karl	3	171	21:50.1
Amanda Ruschel	4	178	21:51.1
Ashleigh Crawford	5	193	21:57.8
Stephanie Hayes	6	261	22:27.0
Ashley Stryko	7	274	22:34.5
Diana Hammerstone	8	279	22:37.6
Jenn Mickens	9	327	22:56.0
Laura Barnes	10	375	23:36.2

Penn State Nationals Open - University Park, Pa. Oct. 14

Team Scores (19 Teams) (224 finishers):

1. Penn State - 47 (1, 2, 3, 19, 22, 46, 62)
2. Mississippi - 94 (5, 14, 15, 29, 31, 38, 50)
3. Oklahoma State - 114 (9, 12, 13, 26, 54, 59, 71)
4. West Virginia - 145 (10, 11, 23, 48, 53, 64, 67)
5. Texas - 147 (6, 24, 33, 35, 49, 52, 88)
6. Cornell - 172 (18, 32, 39, 40, 43, 56, 61)
7. Wyoming - 199 (17, 30, 42, 47, 63, 78, 85)
8. William and Mary - 221 (4, 28, 51, 65, 73, 101, 103)
9. Bucknell - 223 (16, 20, 37, 66, 84, 89, 93)
10. Pittsburgh - 233 (7, 36, 44, 72, 74, 76, 82)
15. **Lehigh - 439 (34, 95, 96, 104, 110, 113, 125) Avg. Time - 22:00**

Lehigh	Team Place	Overall Place	Time
Maura Henderson	1	36	21:06.5
Marissa Karl	2	113	22:04.7
Amanda Ruschel	3	118	22:07.7
Diana Hammerstone	4	139	22:17.1
Ashleigh Crawford	5	151	22:25.6
Stephanie Hayes	6	159	22:32.2
Laura Barnes	7	183	22:57.9
Jenn Mickens	8	193	23:06.7
Ashley Stryko	9	195	23:11.7
Grace Eckstein	10	196	23:11.9
Hannah Bonaguidi	11	204	23:34.1
Sydney Brannon	12	206	23:36.0

Leopard Invitational - Easton, Pa. Oct. 15

Team Scores (53 finishers):

1. Temple - 33 (1, 2, 5, 8, 17, 18, 27)
2. Bucknell - 43 (3, 6, 9, 11, 14, 20, 24)
3. Lafayette - 78 (4, 12, 16, 21, 25, 30, 32)
4. Seton Hall - 83 (7, 10, 13, 22, 31, 34, 35)
5. St. Joseph's - 111 (15, 19, 23, 26, 28, 29, 33)

Lehigh (No Team Score)

Lehigh	Team Place	Overall Place	Time
Leah Holmes	1	17	24:35.1
Jennifer Burke	2	20	24:45.8
Anne Birkenmaier	3	35	25:30.7
Sarah Boyer	4	40	25:46.1



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Patriot League Championships - Easton, Pa. Oct. 29

Team Scores (109 finishers):

1. Bucknell - 23 (1, 2, 3, 4, 13, 16, 17)
2. **Lehigh - 75 (5, 8, 10, 21, 31, 39, 40)** Avg. Time - 22:11
3. Holy Cross - 78 (6, 7, 15, 22, 28, 35, 36)
4. Navy - 122 (20, 23, 24, 26, 29, 30, 33)
5. Army West Point - 124 (11, 14, 18, 38, 43, 54, 56)
6. Boston University - 166 (12, 32, 37, 41, 44, 45, 57)
7. American - 172 (9, 25, 42, 46, 50, 51, 61)
8. Loyola - 205 (27, 34, 47, 48, 49, 55, 58)
9. Lafayette - 260 (19, 53, 59, 63, 66, 67, 68)
10. Colgate - 303 (52, 60, 62, 64, 65, 69, 70)

Lehigh	Team Place	Overall Place	Time
Maura Henderson	1	5	21:38.6
Marissa Karl	2	8	21:57.9
Amanda Ruschel	3	10	22:01.9
Diana Hammerstone	4	22	22:32.0
Ashleigh Crawford	5	34	22:46.9
Stephanie Hayes	6	44	23:05.0
Laura Barnes	7	46	23:11.4
Grace Ecksetin	8	57	23:24.3
Ashley Stryko	9	58	23:29.5
Jenn Mickens	10	72	23:53.5
Jennifer Burke	11	85	24:35.1
Leah Holmes	12	96	25:09.8

NCAA Mid-Atlantic Regional - University Park, Pa. Nov. 11

Team Scores (198 finishers):

1. Penn State - 36
2. Villanova - 93
3. Penn - 99
4. West Virginia - 112
5. Georgetown - 141
6. Bucknell - 174
7. Pittsburgh - 185
8. Princeton - 198
9. Maryland - 266
10. Duquesne - 287
11. **Lehigh - 348 (14, 44, 75, 106, 109, 113, 130)** Avg. Time - 22:07
12. Monmouth - 374
13. Navy - 403
14. UMBC - 408
15. George Washington - 416
16. St. Joseph's - 449
17. Delaware - 507
18. Towson - 509
19. Temple - 514
20. Saint Francis (Pa.) - 561
21. Marshall - 573
22. Loyola - 582
23. Rutgers - 633
24. Lafayette - 725
25. La Salle - 759
26. Seton Hall - 785
27. Robert Morris - 821
28. NJIT - 895

Lehigh	Team Place	Overall Place	Time
Maura Henderson	1	14	20:58.5
Marissa Karl	2	45	21:49.9
Amanda Ruschel	3	77	22:15.0
Ashleigh Crawford	4	109	22:41.9
Stephanie Hayes	5	115	22:44.5
Laura Barnes	6	119	22:48.4
Diana Hammerstone	7	136	23:06.3



LEHIGH WOMEN'S CROSS COUNTRY

2016 INDIVIDUAL RESULTS (FINAL)

LAURA BARNES

Meet	Overall Place (Team)	Time
Ted Owen Invitational	66 of 156 (6)	19:24.1
Paul Short Run (Gold)	375 of 405 (10)	23:36.2
Penn State Nationals	183 of 224 (7)	22:57.9
Patriot League Championships	46 of 109 (7)	23:11.4
NCAA Mid-Atlantic Regional	119 of 198 (6)	22:48.4

ANNE BIRKENMAIER

Meet	Overall Place (Team)	Time
Paul Short Run (Open)	193 of 406	24:23.2
Leopard Invitational	35 of 53 (3)	25:30.7

HANNAH BONAGUIDI

Meet	Overall Place (Team)	Time
Lehigh Invitational	1 of 57 (1)	21:32.5
Lafayette Dual	1 of 25 (1)	22:07.9
Paul Short Run (Gold)	74 of 405 (2)	21:06.9
Penn State Nationals	204 of 224 (11)	23:34.1

SARAH BOYER

Meet	Overall Place (Team)	Time
Lehigh Invitational	37 of 57 (8)	25:03.7
Lafayette Dual	19 of 25 (12)	25:21.9
Paul Short Run (Open)	238 of 406	24:57.1
Leopard Invitational	40 of 53 (4)	25:46.1

SYDNEY BRANNON

Meet	Overall Place (Team)	Time
Lehigh Invitational	35 of 57 (7)	24:58.7
Lafayette Dual	12 of 25 (10)	24:30.8
Paul Short Run (Open)	65 of 406	22:37.6
Penn State Nationals	206 of 224 (12)	23:36.0

JENNIFER BURKE

Meet	Overall Place (Team)	Time
Lafayette Dual	18 of 25 (11)	25:18.7
Ted Owen Invitational	74 of 156 (7)	19:34.8
Paul Short Run (Open)	185 of 406	24:18.4
Leopard Invitational	20 of 53 (2)	24:45.8
Patriot League Championships	85 of 109 (11)	24:35.1

ASHLEIGH CRAWFORD

Meet	Overall Place (Team)	Time
Lehigh Invitational	11 of 57 (4)	22:57.2
Lafayette Dual	5 of 25 (4)	23:02.4
Paul Short Run (Gold)	193 of 405 (5)	21:57.8
Penn State Nationals	151 of 224 (5)	22:25.6
Patriot League Championships	34 of 109 (5)	22:46.9
NCAA Mid-Atlantic Regional	109 of 198 (4)	22:41.9

GRACE ECKSTEIN

Meet	Overall Place (Team)	Time
Ted Owen Invitational	55 of 156 (5)	19:12.6
Paul Short Run (Open)	83 of 406	22:57.9
Penn State Nationals	196 of 224 (10)	23:11.9
Patriot League Championships	57 of 109 (8)	23:24.3

DIANA HAMMERSTONE

Meet	Overall Place (Team)	Time
Lehigh Invitational	6 of 57 (2)	22:27.3
Lafayette Dual	6 of 25 (5)	23:08.3
Paul Short Run (Gold)	279 of 405 (8)	22:37.6
Penn State Nationals	139 of 224 (4)	22:17.1
Patriot League Championships	22 of 109 (4)	22:32.0
NCAA Mid-Atlantic Regional	136 of 198 (7)	23:06.3

STEPHANIE HAYES

Meet	Overall Place (Team)	Time
Lehigh Invitational	15 of 57 (5)	23:26.5
Lafayette Dual	11 of 25 (9)	24:29.6
Ted Owen Invitational	16 of 156 (3)	18:27.6
Paul Short Run (Gold)	261 of 405 (6)	22:27.0
Penn State Nationals	159 of 224 (6)	22:32.2
Patriot League Championships	44 of 109 (6)	23:05.0
NCAA Mid-Atlantic Regional	115 of 198 (5)	22:44.5

MAURA HENDERSON

Meet	Overall Place (Team)	Time
Lafayette Dual	2 of 25 (2)	22:42.6
Ted Owen Invitational	1 of 156 (1)	17:43.5
Paul Short Run (Gold)	28 of 405 (1)	20:39.5
Penn State Nationals	36 of 224 (1)	21:06.5
Patriot League Championships	5 of 109 (1)	21:38.6
NCAA Mid-Atlantic Regional	14 of 198 (1)	20:58.5



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LEAH HOLMES

<u>Meet</u>	<u>Overall Place (Team)</u>	<u>Time</u>
Lehigh Invitational	44 of 57 (9)	25:55.9
Lafayette Dual	23 of 25 (13)	26:11.9
Ted Owen Invitational	95 of 156 (9)	20:17.2
Paul Short Run (Open)	178 of 406	24:14.4
Leopard Invitational	17 of 53 (1)	24:35.1
Patriot League Championships	96 of 109 (12)	25:09.8

MARISSA KARL

<u>Meet</u>	<u>Overall Place (Team)</u>	<u>Time</u>
Lafayette Dual	4 of 25 (3)	22:47.7
Ted Owen Invitational	2 of 156 (2)	17:54.6
Paul Short Run (Gold)	171 of 405 (3)	21:50.1
Penn State Nationals	113 of 224 (2)	22:04.7
Patriot League Championships	8 of 109 (2)	21:57.9
NCAA Mid-Atlantic Regional	45 of 198 (2)	21:49.9

HANNAH LESKOW

<u>Meet</u>	<u>Overall Place (Team)</u>	<u>Time</u>
Did Not Compete		

JENN MICKENS

<u>Meet</u>	<u>Overall Place (Team)</u>	<u>Time</u>
Lehigh Invitational	19 of 57 (6)	23:52.5
Lafayette Dual	10 of 25 (8)	23:58.5
Paul Short Run (Gold)	327 of 405 (9)	22:56.0
Penn State Nationals	193 of 224 (8)	23:06.7
Patriot League Championships	72 of 109 (10)	23:53.5

STACIE NADEL

<u>Meet</u>	<u>Overall Place (Team)</u>	<u>Time</u>
Ted Owen Invitational	84 of 156 (8)	19:50.8

AMANDA RUSCHEL

<u>Meet</u>	<u>Overall Place (Team)</u>	<u>Time</u>
Lehigh Invitational	10 of 57 (3)	22:55.9
Lafayette Dual	7 of 25 (6)	23:10.3
Paul Short Run (Gold)	178 of 405 (4)	21:51.1
Penn State Nationals	118 of 224 (3)	22:07.7
Patriot League Championships	10 of 109 (3)	22:01.9
NCAA Mid-Atlantic Regional	77 of 198 (3)	22:15.0

ASHLEY STRYSKO

<u>Meet</u>	<u>Overall Place (Team)</u>	<u>Time</u>
Lafayette Dual	9 of 25 (7)	23:47.5
Ted Owen Invitational	17 of 156 (4)	18:29.1
Paul Short Run (Gold)	274 of 405 (7)	22:34.5
Penn State Nationals	195 of 224 (9)	23:11.7
Patriot League Championships	58 of 109 (9)	23:29.5

ASHLEIGH THURSTON

<u>Meet</u>	<u>Overall Place (Team)</u>	<u>Time</u>
Did Not Compete		