

Cross Country History

2022-2023

OUA Championships: Men (3rd), Women (Champions)

U SPORTS Championships: Men (5th), Women (3rd)

The Gryphons varsity cross country team experienced another strong season in 2022-23, with the women capturing the 19th OUA title in program history and the men reaching the provincial podium for the 26th consecutive season. The Gryphons opened the season strong, with a pair of Top 5 finishes at the Western Invitational on both the men's and women's side. At the Don Mills Open the Gryphon women received 5 Top 20 finishes to lead all OUA teams in points. At the final meet of the season, the Bay Front Open, Sadie-Jane Hickson topped the leaderboard. The team also had Gryphons finish 4th, 5th, 10th, and 11th to head into the OUA Championships riding high. At the conference championships it was Sadie-Jane Hickson who once again stole the show, crossing the finish line first to become the 10th different U of G women's cross-country runner to take home OUA MVP honours and the second in as many seasons. Behind Hickson the Gryphons had a total of 6 runners finish in the Top 15 to blow away the competition and take their 19th championship by a 48-point margin. Nina Whitford (2nd), Annika Ariano (4th), Olivia Roussel (6th), Hannah Woodhouse (8th), Michelle Gray (12th), and Sandra Guga (13th) rounded out the women's finishes. On the men's side, the Gryphons were led by Christian Rachner who finished 9th followed by Alec Purnell (11th), and Nicholas Bannon (14th) to earn the team a bronze medal finish behind the McMaster Marauders and Queen's Gaels. At the U SPORTS Championships in Halifax, the Gryphon women finished 3rd in the team standings thanks to a trio of top performances from Sadie-Jane Hickson (4th) and Nina Whitford (5th) who solidified First team All-Canadian honours, as well as Olivia Roussel who earn Second Team honours with a 9th place finish. The Gryphon men meanwhile earned a 5th place overall finish thanks to Nicholas Bannon's 9th place finish.

OUA First Team All-Stars:

Sadie-Jane Hickson
Nina Whitford
Annika Ariano
Olivia Roussel

OUA Second Team All-Stars:

Hannah Woodhouse
Michelle Gray
Sandra Guga
Christian Rachner
Alec Purnell
Nicholas Bannon

OUA Major Awards:

MVP (Women) – Sadie-Jane Hickson
Rookie of the Year (Women) – Michelle Gray
Rookie of the Year (Men) – Gaetano Pocchi
Community Service Award (Women) – Hannah Woodhouse
Community Service Award (Men) – Nicholas Bannon
Coach of the Year (Women) – Terry Radchanko

U SPORTS Major Awards:

Student-Athlete Community Service Award (Women) – Hannah Woodhouse

U SPORTS First Team All-Canadians

Sadie-Jane Hickson
Nina Whitford

U SPORTS Second Team All-Canadians:

Olivia Roussel
Kiana Gibson
Olivia Roussel
Nicholas Bannon

2022-23 Coaching Staff

Head Coach: Terry Radchenko (2nd Season)

Assistant Coaches: Kyle Boorsma, Charlotte Ward

2022-23 Roster:

Men:

Nicholas Bannon
Mason Basson
Eric Campbell

Will Cowling
Anthony Cuzen

Max Davies
Kalum Delaney

Dylan Ferri
Ryder Horton
Gavin Hughes
Will Leather
Jack Lehto

Kyle Madden
Brock McKenzie
Carter Mikkelsen
Gaetano Pocchi
Alexander Purnell

Christian Rachner
Alanzo Ryan
Adam Schmidt

Women:

Julia Agostinelli
Annika Ariano
Katherine Blunden
Jaya Boucher
Haley Davis
Gabby Eastwood
Keegan Gaunt
Michelle Gray
Sandra Guga

Sadie-Jane Hickson
Emma Hubbard
Dale Kenny
Laura Kuszaj
Jardine Lam-Colling
Beatrix Maddocks
Anna May
Alexandra McDougall
Grace Munro
Cameron Ormond

Maeve Pestonji
Eirlys Rauliuk Dunn
Catie Robinson
Olivia Roussel
Kayla Sanderson-Kirby
Maria Sandor
Leah Stapleton
Nina Whitford
Hannah Woodhouse
Laura Yanth

2021-2022

OUA Championships: Men (Champions), Women (Champions)

U SPORTS Championships: Men (2nd), Women (3rd)

It was a standout year as the Gryphons continued their legacy as one of the winningest programs in the nation after capturing a banner sweep at the OUA championships for the first time since 2015. In his inaugural season with the program, head coach Terry Radchenko took the teams to gold at each regular season meet as veterans Kiana Gibson and Mitchell Ubene led with two gold medals each. The teams travelled to the OUA championships where the Gryphons reigned supreme as the women took home their first OUA title since 2016-17 and the men claimed their 18th OUA conference title. On the No.2 nationally-ranked men's team, Runner of the Year Mitchell Ubene earned silver while John Perrier, Nicholas Bannon, Gavin Hughes, and Alex Purnell captured 6th - 9th place respectively. Hughes earned First Team All-Star honours after improving an astounding 27 spots from his last season's OUA finish. The No. 1 nationally-ranked women's team had four runners finish in a top-five spot. Kiana Gibson earned another gold medal in the 8km while Olivia Roussel claimed silver (a 14-spot improvement of her previous result). The Gryphons rounded out the top five with fifth-year Sadie-Jane Hickson in 4th and third-year Annika Ariano in 5th, both improving ten places on their 2019-20 results. The teams continued their dominance at the U SPORTS championship where they claimed a silver and bronze medal as four Gryphons finished in the top 23. Mitchell Ubene was awarded the honour of U SPORTS Men's Athlete of the Year on the back of a gold medal run while 4th-year teammates John Perrier and Nicholas Bannon came home with 5th and 9th place respectively. Gibson and Roussel captured top ten finishes at 8th and 10th for the women's team. A total of ten Gryphons earned OUA All-Star statuses this season with five of those runners also going on to earn U SPORTS All-Canadian honours.

OUA First Team All-Stars:

Gavin Hughes
Alec Purnell

OUA Second Team All-Stars:

Mitchell Ubene
John Perrier
Nicholas Bannon
Kiana Gibson
Olivia Roussel
Sadie-Jane Hickson
Annika Ariano
Nina Whitford

U SPORTS Major Awards:

Men's Athlete of the Year – Mitchell Ubene
Women's Student-Athlete Community Service Award – Kiana Gibson

U SPORTS First Team All-Canadians

Mitchell Ubene
John Perrier

U SPORTS Second Team All-Canadians:

Nicholas Bannon
Kiana Gibson
Olivia Roussel

2021-22 Coaching Staff

Head Coach: Terry Radchenko (1st Season)

Assistant Coaches: Kyle Boorsma, Charlotte Ward, Jeff Haller

Chiropractor: Kate Henderson, Rob Winslow,
Athletic Therapist: Nicole Allen

2021-22 Roster:

Men:

Ajandan Arulananthan
Nicholas Bannon
Jackson Bull
Eric Campbell
Anthony Cuzen
Kalum Delaney

Ryder Horton
Gavin Hughes
Kyle Madden
Brock McKenzie
Carter Mikkelsen
John Perrier

David Poloni
Alexander Purnell
Christian Rachner
Alanzo Ryan
Adam Schmidt
Mitchell Ubene

Women:

Julia Agostinelli
Annika Ariano
Katherine Blunden
Hillary Clark
Haley Davis
Gabby Eastwood
Keegan Gaunt

Kiana Gibson
Sandra Guga
Sadie-Jane Hickson
Emma Hubbard
Fiona Joynes
Laura Kuszaj
Beatrix Maddocks

Cameron Ormond
Eirlys Rauliuk Dunn
Catie Robinson
Olivia Roussel
Clover Stempski Kelly
Nina Whitford
Hannah Woodhouse

2020-2021

SEASON CANCELLED DUE TO COVID-19 PANDEMIC

2020-21 Coaching Staff

Head Coach: Jason Kerr

Assistant Coaches: Scott MacDonald, Rob Winslow, Jeff Haller

Strength & Conditioning: Holly Pitters

2020-21 Roster:

Men:

Nicholas Bannon
Aaron Canfield
Anthony Cuzen
Kalum Delaney
Ryder Horton
Gavin Hughes

Ethan Kruisselbrink
Kyle Madden
Brock McKenzie
John Perrier
David Poloni
Alexander Purnell

Christian Rachner
Timothy Ryan
Adam Schmidt
William Stewart
Mitchell Ubene

Women:

Julia Agostinelli
Annika Ariano
Katherine Blunden
Haley Davis
Keegan Gaunt
Kiana Gibson

Sandra Guga
Sadie-Jane Hickson
Emma Hubbard
Beatrix Maddocks
Cameron Ormond
Eirlys Rauliuk Dunn

Catie Robinson
Olivia Roussel
Nina Whitford
Hannah Woodhouse

2019-2020

OUA Championships: Men (Champions), Women (2nd)

U SPORTS Championships: Men (3rd), Women (2nd)

In 2019, the Gryphons' cross country program continued their decade of success. The Gryphons showed signs of early success with the women coming in first and men taking second at the Bill Salter Western Invitational. The women came in second at the OUA Championships with Top 10 finishes from Hannah Woodhouse and Kiana Gibson. The men took home gold at the OUA Championships in Hamilton on the backs of Mitchell Ubene's first place finish and 4th place finishes for Mark Patton and Kalum Delaney. Fourth-year student Mitchell Ubene was named U SPORTS athlete of the week after leading the Gryphons to their 17th OUA title in 21 years, and he became the 16th runner in Gryphon history to earn the title of individual champion at the OUA Cross Country Championships. At the U Sports Championships in Kingston, the Gryphons were determined to continue their decade of success. The women claimed silver again following a sixth-place finish from Hannah Woodhouse and ninth-place finish from Danielle Jossinet earning them both U Sports All-Canadian honours. The men claimed bronze with a second-place overall finish for Mitchell Ubene and eight-place finish for Kalum Delaney earning them both their first U Sports All-Canadian accolades. The future looks bright for the Gryphons running dynasty as Kalum Delaney and John Perrier will be returning for their third year and OUA Second Team All-Star Cameron Ormond will only be entering her second year of competition in the OUA.

U SPORTS Awards:

U SPORTS First Team All-Canadians:

Mitchell Ubene
Hannah Woodhouse

U SPORTS Second Team All-Canadians:

Kalum Delaney
Danielle Jossinet
John Perrier

OUA All-Stars:

OUA MVP:
Mitchell Ubene

OUA Coach of the Year:
Kyle Boorsma

OUA First Team All-Stars:
Kalum Delaney
Mark Patton
Hannah Woodhouse
Mitchell Ubene

OUA Second Team All-Stars:
Kiana Gibson
Sadie-Jane Hickson
Cameron Ormond
John Perrier

Team Awards

(Men's): Rookie of the Year (Al Claremont Freshman Harrier Trophy) – Aaron Canfield
(Men's): M.V.P. (Art Hackett Trophy) – Mitchell Ubene
(Women's): Rookie of the Year – Cameron Ormond
(Women's): M.V.P. (Vic Matthews Award) – Hannah Woodhouse

2019-20 Coaching Staff

Assistants: Kyle Boorsma, Jeff Haller
Team Manager: Scott MacDonald
Therapists: Marco Lozej, **Marcell** Meresz, Brenda Scott-Thomas,

2019-2020 Roster

Jack Amos
Nicholas Bannon
Cameron Bates
Aaron Canfield
Braydon Clarke
Jack Cooper
Kalum Delaney
Brady Graves

Cameron Hoggarth
Ryder Horton
Gavin Hughes
Joshua Kellier
Kyle Madden
Michael Mather
Mark Patton
John Perrier

David Poloni
Alec Purnell
Simon Quann
Alanzo Ryan
Adam Schmidt
William Stewart
Mitchell Ubene

Annika Ariano
Katherine Blunden
Dana Earhart
Keegan Gaunt
Kiana Gibson
Sandra Guga

Sadie-Jane Hickson
Emma Hubbard
Danielle Jossinet
Beatrix Maddocks
Cameron Ormond
Eirlys Rauliuk Dunn

Olivia Roussel
Jenna Smith
Nina Whitford
Hannah Woodhouse

2018-2019

OUA Championships: Men (3rd), Women (2nd)

U SPORTS Championships: Men (2nd), Women (3rd)

The Gryphons' cross-country program has become synonymous with success and there were early signs that Guelph would be in for another excellent season in 2018. The team opened the campaign by sweeping both the women's and men's titles at the Western International Invitational, with fourth-year man Mark Patton establishing a new course record en route to OUA Male Athlete of the Week honours in late September. The Gryphons would travel to Texas later in the season and the men came home with another team title amongst top NCAA competition at Texas A&M's Arturo Barrios Invitational. Guelph entered the OUA Championships in great shape and the women earned a silver medal thanks to Top 10 finishes from Hannah Woodhouse, Danielle Jossinet, Heather Petrick and Emma Hubbard. Patton placed second at the OUA meet, leading the Gryphon men to a bronze medal. But Guelph wasn't done and history would be made on a cold, windy day in Kingston at the U SPORTS Championships. Jossinet, a fourth-year veteran, battled her way to All-Canadian honours by placing fourth on a women's team that took Bronze. For fifth-year runner Connor Black, his final collegiate race was memorable. After missing the OUA Championships with a foot injury, Black showed an incredible kick down the stretch to finish his

career with a gratifying gold medal and Athlete of the Year honours. That performance helped the Guelph men place second overall in the team competition.

U SPORTS Awards:

U SPORTS Athlete of the Year:

Connor Black

U SPORTS First Team All-Canadians:

Connor Black
Danielle Jossinet

U SPORTS Second Team All-Canadians:

Hannah Woodhouse

OUA All-Stars:

OUA First Team All-Stars:

Mark Patton
Hannah Woodhouse
Danielle Jossinet

OUA Second Team All-Stars:

Andrew Shepherd
Heather Petrick
Emma Hubbard
Dana Earhart

Team Awards

(Men's): Rookie of the Year (Al Claremont Freshman Harrier Trophy) – Alec Purnell

(Men's): M.V.P. (Art Hackett Trophy) – Connor Black

(Women's): Rookie of the Year – Nina Whitford

(Women's): M.V.P. (Vic Matthews Award) – Danielle Jossinet

University of Guelph Awards

Connor Black – W.F. Mitchell Sportsman of the Year

Mostafa Elkurdy – President's Trophy (Male)

2018-19 Coaching Staff

Head Coach: Dave Scott-Thomas (22nd season)

Assistants: Kyle Boorsma, Jeff Haller, Jenna Westaway

Team Manager: Scott MacDonald

Therapists: Marco Lozej, Marcel Meresz, Brenda Scott-Thomas, Rob Winslow

2018-19 Roster

Nicholas Bannon
Cameron Bates
Connor Black
Braydon Clarke
Dylan Cooper
Kalum Delaney
Mostafa Elkurdy
Levi Fretz
Jonathan Goodridge
Brady Graves

Cameron Hoggarth
Ryder Horton
Gavin Hughes
Joshua Kellier
Thomas Kemp
Kyle Madden
Logan Martineau
Michael Mather
Mark Patton
John Perrier

David Poloni
Alexander Purnell
Simon Quann
Andrew Shepherd
William Stewart
Noah Tinevez
Mitchell Ubene
Benjamin Workman

Hillary Clark
Dana Earhart
Keegan Gaunt
Kiana Gibson
Sadie-Jane Hickson

Emma Hubbard
Danielle Jossinet
Heather Petrick
Olivia Romaniw
Jenna Smith

Charlotte Ward
Nina Whitford
Sarah Wismer
Hannah Woodhouse

2017-2018

OUA Championships: Men – champions, Women - bronze

U SPORTS Championships: Men – champions, Women - 5th

With their incomparable success, the Gryphons are the envy of U SPORTS programs across Canada. Head coach Dave Scott-Thomas, who swept the OUA men's and U SPORTS Coach of the Year awards, saw the talented members of his cross country team flex their muscles again in 2017. Guelph's men were led by fourth-year captain Connor Black, winning the H.R. Little Cup as the OUA champions for the 16th time in 19 years. Black took the individual gold in Windsor amongst a competitive field of 93 runners to help the Gryphons lift the banner yet again. Andrew Shepherd, Mark Patton and Mitchell Ubene were all named Second Team OUA All-Stars. The Guelph women were impressive throughout the season but had their incredible streak of 13 consecutive OUA championships snapped when they placed third for a bronze medal, behind the top two teams in U SPORTS, Queen's and Toronto. Danielle Jossinet, Sarah Wismer and Hannah Woodhouse were Second Team OUA All-stars.

The Gryphon men were far from done after the triumph in Windsor. At the U SPORTS championship meet held in Victoria, B.C., Guelph earned its 14th title in 19 years, with Black once again anchoring the group. The Human Kinetics major from Forest, ON navigated the muddy course in a time of 31:19, good for the silver medal, only four seconds behind Laval's two-time individual champion Yves Sikubwabo. Black was a First Team All-Canadian, while Patton made the Second Team. The women were dealt a harsh blow at Nationals when captain Charlotte Ward was forced to drop out of the race with an injury. Jossinet finished 10th among the 151 runners to earn Second Team All-Canadian honours, while helping the Gryphons to a fifth-place finish. The future of the Gryphon dynasty is secure considering that all 14 athletes who ran in Victoria are eligible to return for the 2018 season.

Connor Black	4H	Brady Graves	2L	Logan Martineau	1L	Noah Tinevez	1L
Braydon Clarke	1L	Gavin Hughes	1L	Michael Mather	1L	Mitchell Ubene	2L
Dylan Cooper	1L	Joshua Kellier	2L	Mark Patton	3L	Caelum Wishart	4H
Mostafa Elkurdy	4H	Thomas Kemp	4H	David Poloni	1L	Benjamin Workman	3L
Jonathan Goodridge	1L	Kyle Madden	2L	Andrew Shepherd	2L		
Mackenzie Cameron	2L	Kiana Gibson	1L	Danielle Jossinet	3L	Charlotte Ward	4H
Dana Earhart	2L	Sadie-Jane Hickson	1L	Francesca Maltais	2L	Sarah Wismer	2L
Isabelle Gerardi	1L	Emma Hubbard	1L	Olivia Romaniw	5L	Hannah Woodhouse	2L

Awards Summary

OUA First Team All-Stars

Connor Black
Josh Kellier

OUA Second Team All-Stars

Mark Patton
Andrew Shepherd
Mitchell Ubene
Danielle Jossinet
Sarah Wismer
Hannah Woodhouse

OUA Major Award Winners

Connor Black Men's Cross Country MVP
Dave Scott-Thomas Men's Cross Country Coach of the Year

U SPORTS First Team All-Canadians- Connor Black

U SPORTS Second Team All-Canadians- Mark Patton, Danielle Jossinet

U SPORTS Major Award Winners- Dave Scott-Thomas Men's Cross Country Coach of the Year

Team Awards

Women's Rookie of the Year- Sadie Jane Hickson

Women's MVP- Danielle Jossinet

Men's Rookie of the Year- Braydon Clarke

Men's MVP- Connor Black

Head Coach: Dave Scott-Thomas

Assistants: Jennie Biewald, Kyle Boorsma, Jeff Haller, Taylor Milne

Manager: Scott MacDonald

Therapists: Marco Lozej, Marcel Meresz, Brenda Scott-Thomas, Rob Winslow

2016-2017

OUA Championships (team results): Women = Gold Men = Bronze
U SPORTS Championships (team results): Women = Gold Men = 9th

In 2016, the Gryphons women's cross country team continued their remarkable run of team championships at both the provincial and national levels. On Sunday, October 30th the OUA Cross Country Championships were hosted by U of T at Centennial Park in Etobicoke. The Gryphons dominated, claiming their 13th consecutive OUA title with a total of five Gryphon runners earning OUA All-Star status. At the CIS Championships in Quebec City, the Gryphons women's team won their 12th straight national title, setting a new CIS record for consecutive national titles (surpassing UBC's women's swim team who won 11 straight national titles from 1997-98 to 2007-08). Fourth year runner Katelyn Ayers was the first Gryphon to cross the finish line at the CIS Championships, earning a Bronze medal. Gryphons head coach Dave Scott-Thomas was named Coach of the Year on the women's side at both the OUA and CIS level.

On the men's side, the Gryphons fielded their youngest squad in 19 years at the OUA's. It was also the first time in 19 years that the men finished outside the top two teams at the provincial level. The men were led by three OUA All-Stars in Brayden Seneca (7th), Benjamin Workman (9th) and Mark Patton (11th). The Gryphons finished 3rd in the team standings behind Windsor and Western, as the Mustangs were able to finally put an end to Guelph's remarkable 11 consecutive OUA titles. At the CIS Championships in Quebec City, the Gryphons men's team finished 9th out of 21 schools in the team standings. Brayden Seneca was the first Gryphon to cross the finish line at nationals, finishing 23rd in the field.

Connor Black	3L	Andrew Leblanc	1L	Andrew Shepherd	1L
Mostafa Elkurdy	3L	Taylor Lyman	1L	Liam Stiles	4H
Levi Fretz	1L	Kyle Madden	1L	Jeffrey Thornber	3L
Brady Graves	1L	Caleb Main	1L	Mitchell Ubene	1L
Chris Hutton	5L	Mark Patton	2L	Jason Wilson	1L
Joshua Kellier	1L	Simon Quann	1L	Caelum Wishart	3L
Thomas Kemp	3L	Peter Quosai	3L	Benjamin Workman	2L
Thomas Land	4H	Brayden Seneca	5L		
Katrina Allison	5L	Francesca Maltais	1L	Sophia Watts	4H
Katelyn Ayers	4H	Cheryse Mitton	4H	Sarah Welch	2L
MacKenzie Cameron	1L	Heather Petrick	4H	Hannah Woodhouse	1L
Dana Earhart	1L	Olivia Romaniw	4H	Madeline Yungblut	4H
Emily Gordon	5L	Kelsey Serviss	2L		
Danielle Jossinet	2L	Charlotte Ward	3L		

Awards Summary

OUA First Team All-Stars

Katelyn Ayers
Brayden Seneca

OUA Second Team All-Stars

Heather Petrick
Sophia Watts
Cheryse Mitton
Katrina Allison
Benjamin Workman
Mark Patton

OUA Major Award Winners

Dave Scott-Thomas – Coach of the Year (Women's)

U SPORTS First Team All-Canadians

Katelyn Ayers

U SPORTS Second Team All-Canadians

Heather Petrick

U SPORTS Major Award Winners

Dave Scott-Thomas – Coach of the Year (Women's)

Team Awards

Women's Rookie of the Year

Hannah Woodhouse

Women's MVP (Vic Matthews Award)

Katelyn Ayers

Men's Rookie of the Year

Mitchell Ubene

Men's MVP (Art Hackett Trophy)

Brayden Seneca

Coaching Staff

Head Coach: Dave Scott-Thomas

Assistants: Jenny Biewald, Kyle Boorsma, Jeff Haller, Taylor Milne

Therapists: Marco Lozej, Marcell Meresz, Brenda Scott-Thomas, Devon Truscott, Robert Winslow

2015-2016

OUA Championship Results: Men & Women Gold Medalists

CIS Championship Results: Men Silver Medalists & Women Gold Medalists

For the 11th straight year, the Gryphons men's cross country team was crowned OUA Champions. Of those 11 provincial titles, never had there been one this close. The Gryphons finished just 1 point ahead of second place Windsor in what quickly became a three-school race for the title between Guelph, Windsor and McMaster all in the chase for an OUA banner. The Marauders ultimately finished with a bronze in the team standings, just 11 points back of Guelph. The Gryphons were led by Aaron Hendrikkx (4th) and Tristan Woodfine (5th) at the OUA Championships, which were hosted by the University of Waterloo.

It would be the Gryphons turn to host when it came time for the CIS Championships. For the first time since 2005, somebody other than Guelph won the team title on the men's side. The Victoria Vikes ended the Gryphons streak of 9 straight CIS team titles. Despite the fact the Gryphons did not come out on top of the team standings, where they finished 2nd, the first athlete across the finish line was wearing red, black and gold. Aaron Hendrikkx ended his Gryphon career by being named CIS Male Athlete of the Year. It marked the second time in his career that Hendrikkx earned the title of individual champion at the CIS Cross Country Championships after also having accomplished the feat in 2013 at Western.

The women's cross country team continued their dynasty in 2015-16. The team tied a CIS record by winning their 11th straight CIS title this year, and now share the national record for most consecutive national titles with the UBC women's swimming team. The Gryphons didn't earn an individual medal at nationals, which was hosted in Guelph, but placed two runners in the top ten. Katrina Allison finished sixth and was named a First Team All-Canadian while Katelyn Ayers was eighth and named to the Second Team. At the OUA Championships the Gryphons earned their 12th straight conference banner. The individual battle at the front was very exciting as six athletes were battling for podium positions throughout the race. Katelyn Ayers finished fourth overall and Katrina Allison sixth. Both were named OUA First Team All-Stars. Danielle Jossinet took home OUA Rookie of the Year honours after being the first rookie to cross the line, finishing 10th overall and was also named a Second Team All-Star. Once again, head coach Dave Scott-Thomas was selected by his peers as the OUA Women's Coach of the Year.

The event overall was the first time the Gryphons played host to the CIS Cross Country championships in 11 years.

Drew Anderson	5L	Christian Gravel	4H	Marcus Noble	1L	Liam Wilson	2L
Tyler Bartfai	3L	Aaron Hendrikkx	5L	Mark Patton	1L	Caelum Wishart	2L
Connor Black	2L	Thomas Kemp	1L	Peter Quosai	2L	Tristan Woodfine	3L
Mostafa Elkurdy	2L	Chris Kimmerer	1L	Brayden Seneca	4H	Benjamin Workman	1L
Andrew Gordon	5L	Brandon Kirkup	3L	Liam Stiles	3L		
Katrina Allison	4H	Janelle Hanna	2L	Cheryse Mitton	3L	Sophia Watts	3L
Katelyn Ayers	3L	Danielle Jossinet	1L	Heather Petrick	3L	Sarah Wismer	2L
Emily Gordon	5L	Deanna Kerekes	2L	Charlotte Ward	2L		

Coach: Dave Scott-Thomas

Assistants: Chris Moulton, Scott Arnald, Kyle Boorsma,

Strength Trainer: Taylor Milne

Therapists: Marco Lozej, Marcell Meresz, Brenda Scott-Thomas,

Devon Truscott

2014-2015

Championship Results: Men & Women OUA & CIS Gold Medalists

The dynasty continues. In 2014, the Gryphon men's and women's cross country teams completed their ninth consecutive team title sweep at the CIS Championships, which were held in St. John's, Newfoundland for the first time. The Gryphons also took home top spot in the individual competition for both men's and women's, with Ross Proudfoot and Carise Thompson being named Male and Female MVP's. The Gryphons had not swept all four CIS titles – individual and team – since 2011. With the result, the Gryphon women have now won 10 straight CIS Championships, while the men have taken home nine straight CIS banners.

In early October, the Gryphons travelled to Pennsylvania to take part in one of the premiere cross country events on the NCAA calendar in the Paul Short Run at Lehigh University. The Gryphons did not just hang with some of the best that the NCAA had to offer, they dominated. On the women's side, the Gryphons beat the fifth and sixth ranked NCAA teams (Georgetown & Florida State) by a combined 75 points while placing four athletes in the top seven finishers. Katrina Allison and Heather Petrick had silver and bronze medal showings, as both crossed the line in 19 minutes 58 seconds (both performances moved into the top ten all-time in the meet's 41-year history). The Gryphon men also had their best ever showing at the Paul Short Run, finishing second overall.

At the OUA Championships, the Gryphons swept both the team and individual titles with Ross Proudfoot and Heather Petrick leading the way. For the men, it marked their 10th straight OUA title. For the women, it marked their 11th straight OUA title. In Proudfoot's five years competing at the OUA Championships, he has won the individual title twice, finished second twice, and finished fifth in his rookie year.

To say conditions were difficult at the CIS Championships would be an understatement. With winds peaking around 110 km/h and sometimes hail-like conditions facing the athletes, the Gryphons were nevertheless able to run away and claim both the team and individual titles. Proudfoot took top spot in the men's 10-kilometre race with a time of 33:47.2. On the women's side, Carise Thompson, who was coming off second-place finishes each of the past two years, captured the women's gold medal in the six-kilometre event thanks to a time of 22 minutes and 42.2 seconds.

Dave Scott-Thomas was named male and female coach of the year for both the OUA and CIS. He has been named the CIS men's cross country coach of the year nine straight years. Overall, Scott-Thomas has been named CIS coach of the year 23 times (13 times on the men's side, 10 times on the women's).

Drew Anderson	4H	Christian Gravel	3L	Ross Proudfoot	5L	Caelum Wishart	1L
Logan Chappell	2L	Kyle Grieve	4H	Peter Quosai	1L	Tristan Woodfine	2L
Chris Dulhanty	5L	Aaron Hendrixx	4H	Brayden Seneca	3L	Sophia Watts	2L
Mostafa Elkurdy	1L	Nicholas Holden	2L	Yves Sikubwabo	3L	Sarah Wismer	1L
Andrew Gordon	4H	Brandon Kirkup	2L	Liam Stiles	2L	Madeline Yungblut	3L
Katrina Allison	3L	Katelyn Ayers	2L	Cheryse Mitton	2L		
		Valerie Cote	5L	Heather Petrick	2L		
		Jen Dowling-Medley	4H	Olivia Romaniw	2L		
		Janelle Hanna	1L	Carise Thompson	5L		
		Rachyl MacPhail	1L	Charlotte Ward	1L		

Head Coach: Dave Scott-Thomas

Assistants: Chris Moulton, Scott Arnald, John Marsden, Craig Taylor

Therapists: Marcel Meresz, Brenda Scott-Thomas, Devon Truscott

Strength Trainer: Taylor Milne

Awards Summary

OUA First Team All-Stars

Aaron Hendrixx
Yves Sikubwabo
Ross Proudfoot
Tristan Woodfine
Katrina Allison
Heather Petrick
Katelyn Ayers

OUA Second Team All-Stars

Carise Thompson
Madeline Yungblut
Sophia Watts
Jenn Dowling-Medley
Christian Gravel

OUA Major Award Winners

Ross Proudfoot, OUA MVP
Heather Petrick, OUA MVP
Dave Scott-Thomas – OUA Men's Coach of the Year
Dave Scott-Thomas – OUA Women's Coach of the Year

CIS First Team All-Canadians

Carise Thompson
Katrina Allison
Katelyn Ayers
Ross Proudfoot
Tristan Woodfine
Yves Sikubwabo
Aaron Hendrixx

CIS Second Team All-Canadians

Heather Petrick
Madeline Yungblut
Christian Gravel

CIS Major Award Winners

Ross Proudfoot – CIS MVP
Carise Thompson – CIS MVP
Dave Scott-Thomas – CIS Women's Coach of the Year
Dave Scott-Thomas – CIS Men's Coach of the Year

University of Guelph Awards

Male Athlete of the Year – Ross Proudfoot

Female Athlete of the Year – Carise Thompson

2013-2014

Championship Results: Men & Women OUA & CIS Gold Medalists

The cross country teams continued to set records in the 2013 season claiming both the men's and women's OUA and CIS Team Championships. The women won their tenth OUA consecutive championship, with the men winning their ninth. At the national championships, the women's team earned their ninth and the men their eighth straight CIS banner. At the CIS Championships, the Gryphons tallied an incredible 13 All-Canadians, swept the rookie of the year awards and had three of the six individual medalists.

At the OUA Championships, the Gryphon men's team swept the podium. Aaron Hendrixx won his first OUA title, Ross Proudfoot grabbed the silver and Tristan Woodfine captured bronze. Andrew Nixon earned himself fourth overall, giving the Gryphons a sweep of the top four places while Christian Gravel placed ninth. Hendrixx was named the OUA MVP and Woodfine received the OUA rookie of the year award. At the CIS Championships, Hendrixx continued his domination, taking home the gold and CIS MVP honours. Rookie standout Woodfine earned a CIS silver and the rookie of the year award. Overall, the Gryphons easily captured the team title with a team score of 22 points, their second best total ever. Rounding out the top Gryphon finishes were Nixon (4th), Proudfoot (7th), Yves Sikubwabo (8th) and Gravel (13th). All six were named All-Canadians. Dave Scott-Thomas was named the CIS coach of the year.

For the women, Carise Thompson earned a bronze medal at the OUA Championships to lead the team. The Gryphons swept the next four spots with Madeline Yungblut finishing fourth, Heather Petrick (5th), Katrina Allison (6th) and Geneviève Lalonde (7th). Rounding out the scoring was Robyn Mildren securing a top ten finish placing ninth overall, while Joanna Brown finished 14th insuring all seven Gryphon runners received OUA all-star distinctions. Petrick was awarded the OUA rookie of the year award. At the CIS Championships, the Gryphons placed seven runners in the top 14 with Thompson taking home the silver medal. Rookie Petrick was fourth overall and named the CIS rookie of the year. Rounding out the rest of the Gryphon All-Canadians was Yungblut (7th), Lalonde (8th), (10th), Brown (12th) and Mildren (13th).

Drew Anderson	3L	Kyle Grieve	3L	Brandon Kirkup	1L	Brayden Seneca	2L
Logan Chappell	1L	Aaron Hendrixx	3L	Andrew Nixon	4H	Yves Sikubwabo	2L
Chris Dulhanty	4H	Tyler Hewlett	1L	Ross Proudfoot	4H	Tristan Woodfine	1L
Christian Gravel	2L	Stephen Holmes	5L				
Katrina Allison	2L	Jen Dowling-Medley	3L	Alison Ludzki	2L	Heather Petrick	1L
Joanna Brown	3L	Geneviève Lalonde	5L	Robyn Mildren	5L	Carise Thompson	4H
Sophia Watts	1L		Madeline Yungblut	2L			

Head Coach: Dave Scott-Thomas

Assistants: Chris Moulton, Scott Arnald, John Marsden, Craig Taylor

Therapists: Marcel Meresz, Brenda Scott-Thomas, Devon Truscott

Strength Trainer: Taylor Milne

Awards Summary

OUA First Team All-Stars

Aaron Hendrixx
Andrew Nixon
Ross Proudfoot
Tristan Woodfine
Katrina Allison
Geneviève Lalonde
Heather Petrick
Carise Thompson
Madeline Yungblut

OUA Second Team All-Stars

Christian Gravel
Joanna Brown
Robyn Mildren

OUA Major Award Winners

Chris Dulhanty, OUA Male Community Service Award
Aaron Hendrixx, Male MVP of the Year
Tristan Woodfine, Male Rookie of the Year
Heather Petrick, Female Rookie of the Year

CIS First Team All-Canadians

Carise Thompson
Heather Petrick
Madeline Yungblut
Aaron Hendrixx
Andrew Nixon
Tristan Woodfine
Ross Proudfoot

CIS Second Team All-Canadians

Genevieve Lalonde
Katrina Allison
Robyn Mildren
Joanna Brown
Yves Sikawabu
Christian Gravel

CIS Major Award Winners

Heather Petrick – CIS Female Rookie of the Year
Aaron Hendrixx – CIS MVP
Tristan Woodfine – CIS Male Rookie of the Year
Dave Scott-Thomas – CIS Men's Coach of the Year

Team Awards

Al Claremont Freshman Harrier – Tristan Woodfine
Women Rookie – Heather Petrick

Art Hacket MVP – Aaron Hendrixx
Vic Matthews MVP – Carise Thompson

University of Guelph Awards

Dr. Mary Beverley Burton Female Rookie – Katelyn Ayers
Scott Yanchus Male Rookie of the Year – Tristan Woodfine
Don Cameron Award – Aaron Hendrixx
President's Award Male – Andrew Nixon
Male Athlete of the Year – Ross Proudfoot

2012-2013

Championship Results: Men & Women OUA & CIS GOLD Medalists

The cross country teams continued to push forward in the record books after another memorable chapter to their legacy as they once again claimed both the men's and women's OUA and CIS Team Championships. Head Coach Dave Scott-Thomas was named CIS Coach of the Year for his contributions to both the men's and women's success.

The Gryphon men captured their seventh consecutive CIS team title to build on their CIS record. At the CIS Championships, the team closed the day with 2-3-4 finish in the 10km race. Ross Proudfoot (Sudbury, Ont.) led the Gryphon pack with a silver, four seconds ahead of teammate Aaron Hendriks (Parkhill, Ont.) for the 2-3 finish. Defending CIS Champion, Aaron Nixon (Thunder Bay, Ont.) placed fourth and, with an impressive finish to his rookie year, Yves Sikubwabo (Ottawa, Ont.) was seventh place and became the fourth Gryphon to be named First Team All-Canadian. At the OUA Championships, the Gryphon men earned their eighth consecutive banner.

With an impressive sweep of the podium, Ross Proudfoot led the team claiming gold and was named the OUA Most Valuable Athlete at the Meet. Yves Sikubwabo earned silver, less than a second ahead of teammate Andrew Nixon who took bronze. Sikubwabo was named the OUA Rookie of the Year for his performance. Aaron Hendriks was sixth, these four Gryphons were recognized as OUA First Team All-Stars.

The Gryphon women captured their eighth consecutive CIS team title. At the CIS Championships, the Gryphons placed six runners in the top ten including an impressive 1-2 finish. Andrea Seccafien (Guelph, Ont.) claimed her first CIS title; just over six seconds ahead of teammate Carise Thompson (Lynden, Ont.). Former CIS Champion Geneviève Lalonde (Moncton, NB) placed fourth followed closely by Madeline Yungblut (Wroxeter, Ont.) to be the fourth Gryphon to be named First Team All-Canadian. At the OUA Championships, Geneviève Lalonde took home gold and was named the OUA MVP. With an impressive third place finish, Madeline Yungblut claimed bronze as well as recognition as the OUA's Rookie of the Year. Andrea Seccafien and Carise Thompson completed the 3-4-5 finish, and both were named OUA First Team All-Stars.

Drew Anderson	2L	Christian Gravel	1L	Rob Jackson	5L	Adam Rowles	1L
Tyler Bartfai	1L	Kyle Grieve	2L	Tommy Lecours	2L	Brayden Seneca	1L
Benoit Boulay	4H	Aaron Hendriks	2L	Andrew Nixon	3L	Yves Sikubwabo	1L
Chris Dulhanty	3L	Stephen Holmes	3L	Ross Proudfoot	3L	Grady Van Pinxteren	1L
Andrew Gordon	2L						
Katrina Allison	1L	Emily Driedger	3L	Alison Ludzki	1L	Andrea Seccafien	2L
Joanna Brown	2L	Lydia Frost	4H	Alannah MacDonald	1L	Carise Thompson	3L
Jen Dowling-Medley	2L	Nadine Frost	4H	Robyn Mildren	4H	Madeline Yungblut	1L
		Geneviève Lalonde	4H				

Coach: Dave Scott-Thomas
Assistants: Chris Moulton, Scott Arnald, Andrew Maloney,
Craig Taylor

Therapists: Marcel Meresz, Brenda Scott-Thomas
Strength Trainer: Taylor Milne

Awards Summary

OUA First Team All-Stars

Aaron Hendriks
Andrew Nixon
Ross Proudfoot
Yves Sikubwabo
Genevieve Lalonde
Andrea Seccafien
Carise Thompson
Madeline Yungblut

OUA Second Team All-Stars

Kyle Grieve
Tommy Lecours
Joanna Brown
Lydia Frost
Nadine Frost

OUA Major Award Winners

Ross Proudfoot OUA Cross Country Male MVP of the Year
Genevieve Lalonde OUA Cross Country Female MVP of the Year
Yves Sikubwabo OUA Cross Country Male Rookie of the Year
Madeline Yungblut OUA Cross Country Female Rookie of the Year
Dave Scott-Thomas OUA Cross Country Women's Coach of the Year

CIS First Team All-Canadians

Yves Sikubwabo
Aaron Hendriks
Andrew Nixon
Ross Proudfoot
Genevieve Lalonde
Andrea Seccafien
Carise Thompson
Madeline Yungblut

CIS Second Team All-Canadians

Joanna Brown
Nadine Frost

CIS Major Award Winners

Andrea Seccafien CIS Cross Country Female MVP of the Year
Madeline Yungblut CIS Cross Country Female Rookie of the Year
Dave Scott-Thomas CIS Cross Country Men's Coach of the Year
Dave Scott-Thomas CIS Cross Country Women's Coach of the Year

2011-2012

Championship Results: Men & Women OUA & CIS Gold Medalists

The Gryphon cross country team added another memorable chapter to their ever growing legacy, once again claiming both the men's and women's OUA and CIS Team Championships.

The Gryphon men captured their sixth consecutive CIS team title, a CIS record. At the CIS championships, the team finished the 10-km race with a championship-low 20 points, including a 1-2 finish. Andrew Nixon (Thunder Bay, ON) won the individual title with a time of 31:42.8, six seconds faster than teammate, Alex Genest (Lac-aux-Sables, QC) with a time of 31:48.6. Ross Proudfoot (Sudbury, ON) clocked in at 31:59.1 to take the fourth spot, Aaron Hendrikkx (Parkhill, ON) claimed sixth with a time of 32:15.4 and Allan Brett (Ottawa, ON) rounded out the top ten in the seventh spot with a time of 32:22.6. All five were named First Team All-Canadians. Nixon was awarded CIS Athlete of the Year while Hendrikkx captured the CIS Rookie of the Year title. At the OUA Championships, the Gryphon men earned their seventh consecutive banner for Guelph in Ottawa, ON. Nixon led the team with a time of 30:51.8 and was named the OUA MVP. Finishing just two seconds behind Nixon, was teammate and 2010 OUA Rookie of the Year, Proudfoot who bettered last year's fourth place finish with second place in a time of 30:53.9, while Genest finished fourth and Hendrikkx placed sixth. Hendrikkx's performance was enough to earn him OUA Rookie of the Year and he was the first rookie under 21 years of age and in his first year of eligibility to cross the finish line with a time of 31:15.0. All six men were recognized as First Team All-Stars along with Allan Brett (Ottawa, ON) who placed seventh. Tommy Lecours (Quebec City, QC) finished twelfth and was named a Second Team All-Star.

The Gryphon women won their eighth OUA team title and their seventh consecutive CIS team title. At the CIS Championships in the women's five-kilometre event, the Gryphons placed five runners in the top 10 to finish with 31 points. Genevieve Lalonde (Moncton, NB) once again led the Gryphon squad to victory and finished first overall with a time of 18:00.04. Carise Thompson (Lynden, ON) placed fourth with a time of 18:16.5, Lydia Frost (St. Andrews, ON) placed seventh clocking 18:29.5. All three were named First Team All-Canadians. Lindsay Furtado (Brampton, ON) came in tenth with a time of 18:37.5, close behind was Andrea Seccafien (Guelph, ON) 18:39.7 and Nadine Frost (St. Andrews) with a time of 18:40.4. Rounding out the top 14 was Joanna Brown (Carp, ON) with a time of 18:47.3. All four women were named Second Team All-Canadians. At the OUA Championships, the Gryphons won the team title for the eighth straight season. They were led by Lalonde who was second with a time of 17:46.1, Seccafien was third with 17:49.7, and rounding out the top finishers was Thompson in fifth. All three were First Team OUA All-Stars. Rookie Joanna Brown was named OUA Rookie of the Year after a 15th place finish.

Drew Anderson	1L	Chris Dulhanty	2L	Alexander Hinton	2L	Andrew Nixon	2L
Benoit Boulay	3L	Alex Genest	2L	Stephen Holmes	2L	Kaelan Parker	1L
Allan Brett	4H	Andrew Gordon	1L	Rob Jackson	4H	Ross Proudfoot	2L
Connor Clerke	1L	Kyle Grieve	1L	Tommy Lecours	1L	Ryan Tapley	1L
Ian Donald	1L	Aaron Hendrikkx	1L				
Samantha Beattie	4H	Emily Driedger	2L	Lindsay Furtado	5L	Robyn Mildren	3L
Jennifer Biewald	2L	Emily Dulhanty	1L	Ciara Kary	1L	Andrea Seccafien	1L
Joanna Brown	1L	Lydia Frost	3L	Genevieve Lalonde	3L	Carise Thompson	2L
Valerie Cote	2L	Nadine Frost	3L	Sally McIntyre	1L	Rebecca Wolff	1L
Jen Dowling-Medley	1L						

Coach: Dave Scott-Thomas
Assistants: Chris Moulton, Andrew Maloney, Shantelle Novak,
Craig Taylor

Therapists: Marcel Meresz, Brenda Scott-Thomas
Trainer: Josh Roundell

Awards Summary

OUA First-Team All-Stars

Andrew Nixon
Alex Genest
Ross Proudfoot
Aaron Hendrikkx
Allan Brett
Genevieve Lalonde

Carise Thompson

Andrea Seccafien

OUA Second-Team All-Stars

Tommy Lecours

CIS First Team All-Canadians

Andrew Nixon
Alex Genest

Ross Proudfoot

Aaron Hendrikkx

Allan Brett

Genevieve Lalonde

Carise Thompson

Lydia Frost

CIS Second Team All-Canadians

Lindsay Furtado

Andrea Seccafien

Nadine Frost

Joanna Brown

Major Awards

Andrew Nixon – OUA Cross Country Male MVP
Aaron Hendrikkx – OUA Cross Country Male Rookie of the Year
Joanna Brown – OUA Cross Country Female Rookie of the Year
Andrew Nixon – CIS Cross Country Male Athlete of the Year
Aaron Hendrikkx – CIS Cross Country Male Rookie of the Year

Team Awards

Scott Yanchus Male Rookie of the Year – Aaron Hendrikkx
Don Cameron Award – Andrew Nixon
Al Claremont Freshman Harrier Award (Men) – Aaron Hendrikkx
Art Hackett MVP of the Year (Men) – Andrew Nixon
Rookie of the Year (Women) – Joanna Brown

2010-2011

Championship Results: Men & Women OUA & CIS Gold Medalists

The Gryphon cross country team added another illustrious chapter to their ever growing legacy, once again winning both the men's and women's OUA and CIS banners.

The Gryphon men captured their fifth consecutive CIS men's team title and ninth crown in 12 years. At the CIS Championships, the team finished the 10-km race with 24 points finishing 1-2-4-6-11. Kyle Boorsma (Guelph, Ont.) won the individual title with a time of 31:53.0. Boorsma led four Gryphons in the top six as teammate Alex Genest (Lac-aux-Sables, Que.) was second, Allan Brett (Ottawa, Ont.) fourth, and rookie Ross Proudfoot (Sudbury, Ont.) sixth. Second-year Andrew Nixon (Thunder Bay, Ont.) rounded out the Gryphon scorers with his 11th place finish. All five were named All-Canadian. Proudfoot was awarded the CIS Rookie of the Year and Boorsma captured MVP honours. At the OUA Championships, the Gryphon men earned their sixth consecutive banner for Guelph, as the Gryphons hosted the OUA Championships. The Gryphons swept the medal podium and had five of the top six runners. Alex Genest led the team in a time of 30:30.5 and was named the men's OUA MVP. Finishing nine seconds behind Genest was teammate Kyle Boorsma who won back-to-back OUA silvers. Allan Brett (Ottawa), the two-time defending OUA champion finished third, while first year Ross Proudfoot was fourth and was named the OUA men's Rookie of the Year. Andrew Nixon rounded out the top five finishers in sixth place. All five were named OUA first-team all-stars. Tommy Mosher (Toronto, Ont.) finished 14th and was named a second-team All-Star.

The Gryphon women earned their sixth consecutive CIS team title. Rachel Cliff (Vancouver, B.C.) led the Gryphons contingent and finished second overall with a time of 17:50.0. Genevieve Lalonde (Moncton, N.B.) earned her first ever CIS medal, finishing third with a time of 18:14.0. The Gryphons had an incredible six of their seven competitors obtain All-Canadian status. Jessica Vanhie (Ailsa Craig, Ont.) finished 10th, Lindsay Furtado (Brampton, Ont.) was 11th and Emily Driedger (Georgetown, Ont.) was 14th and was also named the Rookie of the Year. At the OUA Championships, the Gryphon women won their seventh straight title. The team was led by Rachel Cliff and Courtney Laurie (North York, Ont.), finishing second and third respectively. Rookie Emily Driedger and Genevieve Lalonde were fifth and sixth respectively. Driedger was named the OUA Rookie of the Year and the top seven finishers were named OUA first-team all-stars. Meanwhile, Jessica Vanhie and Lindsay Furtado were eighth and 10th and named second-team all-stars.

Gryphon Head Coach Dave Scott-Thomas was awarded his 18th and 19th CIS Coach of The Year awards making him the most decorated coach in CIS history.

Kyle Boorsma	5L	Chris Dulhanty	1L	Rob Jackson	3L	Cody Murray	5H
Benoit Boulay	2L	Luca Geiser	1L	Robert Koziarski	5L	Andrew Nixon	1L
Allan Brett	3L	Alex Genest	1L	Thomas Mosher	2L	Ross Proudfoot	1L
Samantha Beattie	3L	Lydia Frost	2L	Melissa Jones	-	Carise Thompson	1L
Rachel Cliff	5L	Nadine Frost	2L	Genevieve Lalonde	2L	Jessica Vanhie	4H
Valerie Cote	1L	Lindsay Furtado	4H	Courtney Laurie	5L	Jennifer Wynands	1L
Emily Driedger	1L	Karoline Hoy	4H	Tara MacDonald	5L		
Gabrielle Foran	3L	Dominika Jamnicki	1L	Vanessa Piacente	1L		

Coach: Dave Scott-Thomas
Assistants: Chris Moulton, Shantelle Novak

Therapists: Lance Dawson, Marcell Meresz, Brenda Scott-Thomas
Doctor: Dr. Margo Mountjoy

Awards Summary

OUA First Team All-Stars

Kyle Boorsma
Allan Brett
Alex Genest
Andrew Nixon
Ross Proudfoot
Rachel Cliff
Emily Driedger

Genevieve Lalonde
Courtney Laurie

OUA Second Team All-Stars

Tommy Mosher
Lindsay Furtado
Jessica Vanhie

CIS First Team All-Canadians

Kyle Boorsma
Allan Brett
Alex Genest
Ross Proudfoot
Rachel Cliff
Genevieve Lalonde
Courtney Laurie

CIS Second Team All-Canadians

Andrew Nixon
Emily Driedger
Lindsay Furtado
Jessica Vanhie

Major Awards

Alex Genest, OUA Cross Country Male MVP of the Year
Ross Proudfoot, OUA Cross Country Male Rookie of the Year
Emily Driedger, OUA Cross Country Female Rookie of the Year
Dave Scott-Thomas, OUA Cross Country Men's Coach of the Year
Kyle Boorsma, CIS Cross Country Male MVP
Ross Proudfoot, CIS Cross Country Male Rookie of the Year
Emily Driedger, CIS Cross Country Female Rookie of the Year

Team Awards

Men's Al Claremont Freshman Harrier Trophy – Ross Proudfoot
Men's Art Hackett M.V.P. Trophy – Kyle Boorsma
Women's Rookie Award – Emily Driedger
Women's Vic Matthews M.V.P – Rachel Cliff

University of Guelph Awards

Male Athlete of the Year – Kyle Boorsma
Dr. Mary Beverley-Burton Female Rookie – Emily Driedger
Scott Yanchus Male Rookie – Ross Proudfoot

2009-2010

Championship Results: Men & Women OUA & CIS Gold Medalists

The 2009 edition of Gryphon cross country had a magical run which saw the Gryphons win both the men's and women's OUA and CIS banners. The Gryphons proved they are in a class of their own, having won both CIS team titles for a record fourth straight year. Guelph became the most successful cross country program in CIS history with the most CIS banners captured by a single school, with 15.

The Gryphon men earned their fourth consecutive CIS banner. Overall it is Guelph's ninth men's title, tying a CIS all-time record for most first-place finishes. At the National Championships, the Gryphons cruised through the race with three runners among the first five to cross the finish line and were named First Team All-Canadians, including individual champion Matt Brunsting (Stirling, ON) who won for the second straight season, silver medalist Kyle Boorsma (Guelph, ON) and Allan Brett (Ottawa, ON) who finished fifth. Individual honours were awarded to Brunsting as the CIS Athlete of the Year and Dave Scott-Thomas was named the CIS Men's Coach of the Year for the fourth straight season. At the OUA Championships, the Gryphons earned their fifth consecutive banner and swept the medal podium. Two time individual champion Allan Brett took the first place spot, while Kyle Boorsma and Matt Brunsting finished second and third respectively. Overall the Gryphons finished with five of the top six runners and earned a total of six OUA all-star honours. In addition Allan Brett was named the OUA MVP while Dave Scott Thomas was named the OUA Men's Coach of the Year for the fifth straight season.

The Gryphon women's squad won its fifth straight CIS team title and also entered the history books becoming the first team to earn five championship banners in a row. The team finished with a 57-point tally blowing away the competition as Toronto was second at 144 points. Leading the way for Guelph once again was Lindsay Carson (Cambridge, ON) with a silver medal finish, which earned her first team All-Canadian honours. Rachel Cliff and Genevieve Lalonde finished eighth and ninth respectively and were named second team All-Canadians. Lalonde was also named the CIS Women's Rookie of the Year and Dave Scott-Thomas earned his fifth straight Women's CIS Coach of the Year award. At the OUA Championships, the women's team won their sixth consecutive title, setting an OUA record for most consecutive wins. Three Gryphons finished in the top five including Rachel Cliff, Courtney Laurie and Genevieve Lalonde who finished third, fourth and fifth respectively and earned OUA first team all-star honours. Lalonde was named the OUA Women's Rookie of the Year. Dave Scott Thomas was named the OUA Women's Coach of the Year.

Kyle Boorsma	4H	Stephen Holmes	1L	Cody Murray	4H	Marco Venne	-
Benoit Boulay	1L	Rob Jackson	2L	Gavin Osborne	-	Nigel Wray	1L
Allan Brett	2L	Robert Koziarski	4H	John Parrott	5L		
Matthew Brunsting	5L	George MacDonald	-	Greg Pigeon	1L		
Paul Cochrane	-	Patrick Mallory	2L	David Quinn	1L		
Alexander Hinton	1L	Kevin Medeiros	1L	Evan Stevens	-		
Rachel Aubry	-1	Lydia Frost	-1	Courtney Laurie	4H	Jessica Vanhie	3L
Samantha Beattie	2L	Nadine Frost	-1	Tara MacDonald	4H	Jenni Vanos	-5
Lindsay Carson	3L	Lindsay Furtado	3L	Laura McIvor	3L		
Rachel Cliff	4H	Karoline Hoy	3L	Robyn Mildren	2L		
Gabrielle Foran	2L	Genevieve Lalonde	1L	Corinne Smith	-		

Coach: Dave Scott-Thomas

Assistant: Chris Moulton

Awards Summary

OUA First Team All-Star

Rachel Cliff
Courtney Laurie
Genevieve Lalonde
Allan Brett
Kyle Boorsma
Matt Brunsting
John Parrott
Nigel Wray

OUA Second Team All-Star

Lindsay Furtado
Jess Vanhie
Laura McIvor
Robert Koziarski
Robert Jackson

CIS First Team All-Canadians

Lindsay Carson
Matt Brunsting
Kyle Boorsma
Allan Brett

CIS Second Team All-Canadians

Rachel Cliff
Genevieve Lalonde
Nigel Wray
John Parrott

Major Awards

OUA Men's MVP – Allan Brett
OUA Women's Rookie of the Year – Genevieve Lalonde
OUA Men's Coach of the Year – Dave Scott-Thomas
OUA Women's Coach of the Year – Dave Scott-Thomas
CIS Women's Rookie of the Year – Genevieve Lalonde
CIS Women's Coach of the Year – Dave Scott-Thomas
CIS Men's Athlete of the Year – Matt Brunsting
CIS Men's Coach of the Year – Dave Scott-Thomas

Team Awards

Men's Al Claremont Freshman Harrier Trophy – Alexander Hinton
Men's Art Hackett M.V.P. Trophy – Matt Brunsting
Women's Rookie Award – Genevieve Lalonde
Women's Vic Matthews M.V.P – Lindsay Carson

University of Guelph Awards

Male Athlete of the Year – Kyle Boorsma
Female Athlete of the Year – Rachel Cliff
President's Trophy Male – Kyle Boorsma

2008-2009

The Men's Cross Country team won both the OUA and CIS banners this year. They were ranked No. 1 in the CIS in all seven polls this season. At the OUA Championships, the team left with their fourth consecutive banner. Allan Brett (Ottawa, ON) and Matt Brunsting (Sterling, ON) collected the top two podium positions, with Brett claiming the race with a time of 33:23.3 and Brunsting three seconds behind (33:36.9). Joe Brunsting (Sterling, ON) rounded out the OUA All-Stars in seventh place. These three were named as OUA First Team All-Stars. Teammates Derek Snider (9th), Rob Jackson (10th), John Parrott (11th) and Josh Roundell (13th) earned Second Team All-Star honours. In addition to the seven OUA All-Star awards, Allan Brett was named the OUA MVP, while Rob Jackson was named the OUA Rookie of the Year and Dave Scott Thomas was named the OUA Coach of the Year for the fourth straight season. At the CIS Championships, the team claimed their seventh banner in 10 years and their eighth since the inaugural men's championship was held in 1963, moving them to within one of the all-time record for most national titles held by the Toronto Varsity Blues. At the Championships, they cruised through the race, finishing with 27 points, the lowest total since 1986 and the adoption of a large field. Four Gryphons were among the first six runners to cross the line and were named First Team All-Canadians, including individual champion Matt Brunsting and silver medalist Kyle Boorsma (Guelph, ON). Teammates Allan Brett and Derek Snider were fourth and sixth respectively. Individual honours were awarded to Matt Brunsting as the CIS Athlete of the Year and Dave Scott-Thomas was named the CIS Men's Coach of the Year for the third straight season.

Kyle Boorsma	3L	Matthew Brunsting	4H	Rob Jackson	1L	John Parrott	4H
Allan Brett	1L	Andrew Cliff	1L	Robert Koziarski	3L	Josh Roundell	5L
Joseph Brunsting	4H	Jordan Cote	2L	Cody Murray	2L	Derek Snider	5L

The Women's Cross Country team was ranked first in the CIS in six of seven polls all year and they did not disappoint winning both the OUA and CIS Championship banners this season. At the OUA Championships, the women's team won their fifth consecutive title. The team finished with three runners in the top ten. Leading the way for Guelph was second-year Lindsay Carson (Cambridge, ON) in second place, followed by Rachel Cliff (Vancouver, BC) in fourth, and Courtney Laurie (Toronto, ON) in seventh. Carson, Cliff and Laurie were all named OUA First Team All-Stars. At the CIS Championships, the team made history winning their fourth straight national title, tying a CIS mark set by Western from 1981 to 1984 and by Victoria from 1998 to 2001. Leading the way for Guelph once again was Lindsay Carson with a bronze medal finish, which earned her First Team All-Canadian honours. Rachel Cliff finished tenth and was named a Second Team All-Canadian. For the fourth straight season, head coach Dave Scott-Thomas was named the CIS Women's Coach of the Year. Future prospects are high once again for this young team that might not lose a single athlete next season.

Samatha Beattie	1L	Lydia Frost	1L	Laura McIvor	2L	Jenni Vanos	5L
Lindsay Carson	2L	Lindsay Furtado	2L	Robyn Mildren	1L	Catherine Zidar	1L
Rachel Cliff	3L	Karoline Hoy	2L	Shantelle Novak	4H		
Haley Digel	1L	Courtney Laurie	3L	Heather Sinclair	1L		
Gabrielle Foran	1L	Tara MacDonald	3L	Jessica Vanhie	2L		

Coach: Dave Scott-Thomas Trainers: Lance Dawson, Marcel Meresz, Brenda Scott-Thomas
Assistant: Chris Moulton

Awards Summary

OUA / CIS Awards

OUA 1st Team All-Stars – Allan Brett, Joseph Brunsting, Matt Brunsting, Lindsay Carson, Rachel Cliff and Courtney Laurie

OUA 2nd Team All-Stars – Ron Jackson, Josh Roundell, John Parrott and Derek Snider

OUA Cross Country Men's MVP – Allan Brett

OUA Cross Country Men's Rookie of the Year – Ron Jackson

OUA Cross Country Men's Coach of the Year – Dave Scott-Thomas

CIS 1st Team All-Canadian – Kyle Boorsma, Allan Brett, Matthew Brunsting, Derek Snider and Lindsay Carson

CIS 2nd Team All-Canadian – Rachel Cliff

CIS Cross Country Men's Coach of the Year - Dave Scott-Thomas

CIS Cross Country Women's Coach of the Year - Dave Scott-Thomas

CIS Cross Country Men's MVP – Matt Brunsting

Team Awards

Men's Al Claremont Freshman Harrier Trophy – Rob Jackson

Men's Art Hackett M.V.P. Trophy – Matt Brunsting

Women's Rookie Award – Gabrielle Foran

Women's Vic Matthews M.V.P. – Lindsay Carson

University of Guelph Awards

Male Athlete of the Year – Kyle Boorsma

Female Athlete of the Year – Lindsay Carson

President's Trophy Male – Joseph Brunsting

W.F. Mitchell Sportsman – Josh Roundell

Shirley Peterson Most Improved – Courtney Laurie

Scott Yanchus Rookie of the Year Award – Ron Jackson

2007-2008

The Men's Cross Country team won both the OUA and CIS titles this year. At the OUA Championships, the team left with their third consecutive banner. Kyle Boorsma (Guelph, Ont.) led the Gryphons finishing in a time of 31:48 to win the 10km race and was named a First Team OUA All-Star. Matthew Brunsting (Stirling, Ont.) and Andre Paul Baillargeon-Smith (St. Catharines, Ont.) were also named First Team All-Stars finishing fourth and fifth, respectively. Meanwhile, Angus Macaulay (Guelph, Ont.) and Joseph Brunsting (Stirling, Ont.) were 9th and 10th respectively and were named Second Team All-Stars. Dave Scott-Thomas was awarded the OUA Coach of the Year for the second straight season. At the CIS Championships, the team entered the record books sweeping the 2007 men's and women's titles becoming the first school in CIS history to return home with double gold in consecutive years. Guelph placed three runners in the top ten, with Matthew Brunsting (Stirling, Ont.) just missing the podium in fourth place, Kyle Boorsma and Joseph Brunsting were 7th and 10th, respectively. Boorsma and Matthew Brunsting earned First Team All-Canadians and Joseph Brunsting made Second Team. Dave Scott-Thomas was named the CIS Men's Coach of the Year for the second straight season.

AP Baillargeon-Smith	4H	Matthew Brunsting	3	Angus Macaulay	5	Josh Roundell	4H
Kyle Boorsma	2	Jordan Cote	1L	Thomas Mosher	2	Derek Snider	4H
Brendan Brooks	1L	Robert Koziarski	2	Maxime Paquette	5		
Joseph Brunsting	3	Adam Lewandowski	2	John Parrott	3		

The Women's Cross Country team won both the OUA and CIS banners this season. At the OUA Championships, the Gryphons won the title for the fourth year in a row and Lindsay Carson (Cambridge, Ont.) finished first in 17:36 over 5km. She was named the OUA Rookie of the Year, League MVP and a First Team All-Star. Other First Team All-Star honours went to Jessica Vanhie (Ailsa Craig, Ont.) and Rachel Cliff (Vancouver, BC.) who were fourth and fifth, respectively. While Shantelle Novak (Regina, SK) and Lindsay Furtado (Brampton, Ont.) finished 12th and 13th and were Second Team All-Stars, Dave Scott-Thomas was OUA Coach of the Year for the second consecutive season. At the CIS Championships, the team entered the record books sweeping the 2007 CIS Women's and Men's Cross Country titles becoming the first school in CIS history to return home with double gold in consecutive years. Continuing their dominance of the national cross country scene, the victory marked the third straight CIS crown for the Gryphon women, who finished with 57 points. Carson continued her standout rookie year capturing individual gold crossing the finish in 17:41.3. Carson, one of four Gryphons to place in the top ten, was both the CIS Female Athlete of the Year and Rookie of the Year. Teammates Rachel Cliff, Shantelle Novak and Jessica Vanhie were 7th, 8th, and 10th, respectively. Cliff and Carson were awarded First Team All-Canadians while Novak and Vanhie earned Second Team All-Canadian honours. For the second straight season, head coach Dave Scott-Thomas was selected the CIS Women's Coach of the Year.

Lindsay Carson	1L	Karoline Hoy	1L	Jennifer Mracek	1L	Jessica Vanhie	1L
Rachel Cliff	2	Courtney Laurie	2	Stephanie Muise	1L	Jenni Vanos	1L
Lindsay Furtado	1L	Tara MacDonald	2	Shantelle Novak	3	Kimberly Volterman	3
Dorelle Hinton	1L	Laura McIvor	1L	Rachel O'Reilly	1L		

Coach: Dave Scott Thomas
Assistant: Jeff Haller

Manager: Cody Murray

07-08 Awards Summary

Team Awards

Men's Al Claremont Freshman Harrier Trophy – Jordan Cote

Men's Art Hackett M.V.P. Trophy – Kyle Boorsma

Women's Rookie Award – Lindsay Carson

Women's Vic Matthews M.V.P – Lindsay Carson

University of Guelph Awards

Dr. Mary Beverley Burton Rookie of the Year – Lindsay Carson

Female Athlete of the Year – Lindsay Carson

2006-2007

This season, the Gryphons were ranked as the top Canadian Interuniversity Sport (CIS) team throughout the year. They won their second straight OUA title and sixth overall OUA title in the last ten years. The team dominated the provincial championships placing all five of their scoring runners in the top seven finishers, all of who garnered OUA All-Star status. Leading the team across the finish line was Steve Koziarski who finished second while team captain Greg Hutchinson captured the bronze medal. Rounding out the top Gryphons were Brendan Hunt (4th), Matt Brunsting (5th) and Kyle Boorsma (7th). To cap off their season, they captured the team title at the CIS Championships in Quebec City. The CIS banner was the first since the Gryphons' four-year title-run from 1999-2002. The men did not have a single runner in the top eight, but were consistent as Greg Hutchinson (9th), Stephen Koziarski (10th) and Brendan Hunt (12th) were named All-Canadians as they led a group of five scorers all placing in the top 20. Dave Scott-Thomas was named OUA and CIS Coach of the Year while Kyle Boorsma was selected OUA Rookie of the Year.

Kyle Boorsma	1L	Brendan Hunt	4H	Adam Lewandowski	1L	John Parrott	2
Robert Brown	2	Greg Hutchinson	5	Angus Macaulay	4H	Josh Roundell	3
Joseph Brunsting	2	Robert Koziarski	1L	Thomas Mosher	1L	Derek Snider	3
Matthew Brunsting	2	Stephen Koziarski	4H	Cody Murray	1L		
Andrew Hudson	4H	Corey Kull	3	Maxime Paquette	4H		

Ranked as the Canadian Interuniversity Sport (CIS) top team through the entire season, the women posted strong results throughout the schedule including a second-place team finish at the Western International, a third overall finish in the Penn State Invitational and a victory at the Albany Invitational. At the OUA Championships, the Gryphons claimed their third consecutive OUA provincial title, seventh overall title in the last ten years and featured four OUA All-Stars including bronze medalist Laura Moulton, Rachel Cliff (4th and OUA Rookie of the Year), Julia Beniusis (6th) and Erin Sask (7th). The Gryphons capped off the season in grand fashion winning the CIS team banner for the second straight year and the third overall title in Gryphon history. Five Gryphon scorers finished in the top 20 with First-Team All-Canadian honours going to Laura Moulton who led the way with a silver medal finish, while Rachel Cliff and Julia Beniusis were named Second Team All-Canadians. Rachel Cliff also earned the distinction of CIS Female Rookie of the Year following her eighth-place finish and Head Coach Dave Scott-Thomas was named the OUA and CIS Coach of the Year.

Diana Ashrafhosseini	-1	Tara MacDonald	1L	Erin Sask	4H	Vaiva Yaeger	2
Julia Beniusis	4H	Laura Moulton	4H	Mary Catherine Stewart	4H		
Rachel Cliff	1L	Shantelle Novak	2	Donna Verge	-2		
Courtney Laurie	1L	Stevie Poland	1L	Kimberly Volterman	2		

Coach: Dave Scott-Thomas
Assistants: Jeff Haller, Chris Moulton

2005-2006

The Men's team ranked in the top two in the CIS all season. The Gryphons finished 3rd at the Lakefront Invitational (Chicago), 3rd at the National Invitational (Penn State) and won the Western International. They were OUA champions and earned five OUA All-Stars including Cleve Thorson, Greg Hutchinson, Steve Koziarski, Andre-Paul Baillargeon-Smith and Brendan Hunt. Matt Brunsting placed 15th overall to earn OUA Rookie of the Year status while Dave Scott-Thomas was recognized as OUA Coach of the Year. At CI's, the Gryphons captured the silver medal, extending their CIS record setting streak of consecutive podium finishes to eight years, with the next longest streak at four years. Greg Hutchinson and Andre-Paul Baillargeon-Smith were top scorers for Guelph finishing 9th and 10th in a time of 31:04 and 31:10 respectively to earn Second Team All-Canadian status. Joining them on the Second Team were Steve Koziarski and Brendan Hunt who placed 13th and 14th respectively.

Number: indicates letters earned in that sport, 1L: indicates 1st Letter, H: indicates Honour Award (4 or more letters earned over 4 years)

AP Baillargeon-Smith	3	Andrew Hawkins	1L	Chris Leverette	1L	Immanuel Povelofskie	1L
Robert Brown	1L	Brendan Hunt	3	Angus Macaulay	3	Josh Roundell	2
Joseph Brunsting	1L	Greg Hutchinson	4H	Jon McDowell	1L	Derek Snider	2
Matthew Brunsting	1L	Sean Keaney	1L	Gareth Miller	2	Brady Straw	5
Patrick Cook	2	Stephen Koziarski	3	Maxime Paquette	3	Cleve Thorson	2
Seumas Doherty	1L	Corey Kull	2	John Parrott	1L	Nicholas Trevisan	1L

Ranked in the top two the entire season, the women won the prestigious Western International and were 5th at the Lakefront Invitational in Chicago against a field of over forty top NCAA teams. At the OUA Championships, the Gryphons claimed the gold for the sixth time in the past nine years and had five OUA All-Stars including Laura Moulton, Erin Sask, Julia Beniusis, captain Liz Forbes and Kate Henderson. To cap off their season, they captured the team title at the CIS Championships at Dalhousie. The CIS team banner was the first since 1997 and the second in history for the Gryphons. Dave Scott-Thomas was named OUA and CIS Coach of the Year. Laura Moulton earned the 3rd spot on the podium in a time of 17:13 to earn First Team All-Canadian honours. Erin Sask was Guelph's next highest finisher in 13th in a time of 17:50 for Second Team All-Canadian recognition.

Diana Ashrafhosseini	1L	Natalie Humphry	1L	Glynis Perrett	2	Kimberly Volterman	1L
Michelle Basu Roy	4H	Jenn McCallum	2	Erin Sask	3	Vaiva Yaeger	1L
Julia Beniusis	3	Laura Moulton	3	Mary Catherine Stewart	3		
Liz Forbes	3	Shantelle Novak	1L	Jenni Vanos	1L		
Kate Henderson	4H	Rachel O'Reilly	1L	Donna Verge	2		

Coach: Dave Scott-Thomas
Assistants: Jeff Haller, Ali Salfi

2004-2005

The men placed 5 runners in the top 11 overall at the OUA Championships to claim silver. Leading the way was sophomore Steve Koziarski, who placed 4th in 32:08. Cleve Thorson, Andre-Paul Baillargeon-Smith and Kyle Jones finished 5th, 7th and 9th respectively to earn OUA All-Star honours. Chris Moulton placed 11th. At the national championships, the Gryphons garnered silver as Cleve Thorson finished 7th overall in 31:49.2 to earn First Team All-Canadian honours. Last year's CIS Rookie of the Year, Andre-Paul Baillargeon-Smith, finished 10th for Second Team recognition.

Number: indicates letters earned in that sport, 1L: indicates 1st Letter, H: indicates Honour Award (4 or more letters earned over 4 years)

AP Baillargeon-Smith	2	Kyle Jones	2	Chris Moulton	2	Cleve Thorson	1
Brendan Brooks	2	Stephen Koziarski	2	Maxime Paquette	2	Erik Uuksulainen	2
Patrick Cook	1L	Corey Kull	1L	Ryan Polawski	2	Wade Van Der Kraak	1L
Kevin Coupland	2	Angus Macaulay	2	Josh Roundell	1L	Zac Wolochatiuk	3
Kyle Desormeaux	5	Mike McGill	1L	Derek Snider	1L		
Greg Hutchinson	3	Gareth Miller	1L	Brady Straw	4H		

At the OUA Championships, the Gryphons captured gold dominating the field with 24 points. Kristina Rody took the individual title and Laura Moulton followed up with silver. Megan Brown crossed the line in 6th spot to earn OUA Rookie of the Year while Liz Forbes and Serena Jennings placed 7th and 8th respectively. By virtue of their top ten placings, all five runners were recognized as OUA All-Stars. At the CIS Championships, Rody led the Gryphons to silver setting a new course record by over 30 seconds in 17:01.1 to capture the national crown and First Team All-Canadian honours. Megan Brown earned the CIS Rookie of the Year distinction with an 8th place finish and was named Second Team All-Canadian. Laura Moulton also grabbed her second All-Canadian award in as many years as she finished in 11th position.

Michelle Basu Roy	2	Liz Forbes	1L	Jenn McCallum	1G	Danielle Rowlands	4H
Jessica Baynton	2	Kate Henderson	3	Sophia Mizouni	1L	Erin Sask	2
Julia Beniusis	2	Serena Jennings	4H	Laura Moulton	2	Mary Catherine Stewart	2
Megan Brown	1L	Samantha Lawrence	1L	Glynis Perrett	1L	Donna Verge	1L
Susie Egar	3	Jennifer MacKenzie	1L	Kristina Rody	5		

Coach: Dave Scott-Thomas
 Assistants: Jeff Haller, Trent Stellingwerff

2003-2004

The incoming class was arguably the strongest in school history. With three rookies on the line, the men ran extremely well with savvy beyond their years capturing silver at the provincials and the nationals. This marks the 6th consecutive CIS medal and 7th OUA medal, both the longest streaks in each division. Mark Vollmer and rookies Andre-Paul Baillargeon-Smith and Kyle Jones were named OUA All-Stars. Kyle Desormeaux stepped up at the CI's and earned All-Canadian along with Baillargeon-Smith and Vollmer. Baillargeon-Smith was named OUA and CIS Rookie of the Year for his outstanding season.

(No.: indicates letters earned in that sport, G: indicates Gold G - 1st letter earned, H: indicates Honour Award - 4 or more letters earned over 4 years)

Steve Armitage	1	Kyle Desormeaux	4H	Chris Liddy	-	Ian Root	-
A.P. Baillargeon-Smith	1G	Andrew Dunbrack	-	Angus Macaulay	1G	Justin Steeds	-
Jon Belanger	-	Peter Dunbrack	3	Michael McDonough	3	Brady Straw	3
Robin Bourke	-	Andrew Hudson	1G	Chris Moulton	1G	Erik Uuksulainen	1G
Daniel Briand	1G	Brendan Hunt	2	Maxime Paquette	1G	Mark Vollmer	5
Brendan Brooks	1G	Greg Hutchinson	2	Ryan Polawski	1G	Zac Wolochatiuk	2
Kevin Coupland	1G	Kyle Jones	1G	Darren Prater	1G		
Mike Coupland	2	Brian King	1G	Mitchell Prevost	4H		
Adrian Delmonte	-1	Stephen Koziarski	1G	Gerard Pynenburg	1G		

The Gryphon women sported a vastly different look this fall. Fortunately, they had one of the strongest recruiting classes in school history. Early season goals were modest but in the end this very young team sustained Guelph's OUA conference medal-winning streak of 8 years by bringing home the bronze. At the CIS Championships, they finished 6th. Rookie sensation Laura Moulton finished 6th at OU's and 11th at CI's warranting her OUA All-Star and All-Canadian honours.

Michelle Basu Roy	1	Susie Egar	2	Kim Krause	-	Danielle Rowlands	3
Laurie Bayler	1G	Andrea Ellis	1G	Caitlin Malone	1G	Erin Sask	1G
Jessica Baynton	1G	Kristyn Englert	1G	Laura Moulton	1G	Kate Stewart	1
Julia Beniusis	1G	Kate Henderson	2	Sarah Ouellette	1G	Mary Catherine Stewart	1G
Kimberley Bowerman	4H	Stephanie Hermans	-	Ashley Renaud	1G	Lina Yaeger	1G

Coach: Dave Scott-Thomas
 Assistants: Jeff Haller, Trent Stellingwerff

2002-2003

The Gryphon men, OUA champions, were in pursuit of their 4th consecutive national title and accomplished their goal: a title that was won by a mere 1.5 seconds, the closest in CIS history. The Gryphs were led by three All-Canadians and OUA All-Stars: CIS bronze medallist and OUA MVP, Reid Coolsaet, Taylor Murphy (7th) earning First Team honours and Mark Vollmer (12th) Second Team status. Since taking over the helm 6 years ago, head coach, Dave Scott-Thomas, claimed his 10th OUA Coach of the Year Award and was recognized for the 5th time as CIS Coach of the Year.

The women's team entered the OUA Championships ranked tied for 3rd and came home with a silver. At the CIS Championships, the necessary depth was not there and the Gryphons finished in 7th place. The highlight was Michaela McClure's 12th place finish becoming the university's first

4-time All-Canadian woman.

(No.: indicates letters earned in that sport, G: indicates Gold G - 1st letter earned, H: indicates Honour Award - 4 or more letters earned over 4 years)

Nathan Carter	2	Kyle Desormeaux	3	Greg Hutchinson	1G	Brady Straw	2
Kristopher Chandroo	1G	Peter Dunbrack	2	Ryan Lacquement	-	Peter Sullivan	4
Reid Coolsaet	5	Jason Dunkerley	-	Michael McDonough	2	Mark Vollmer	4H
Mike Coupland	1G	Lee Glazier	3	Taylor Murphy	5	Wes Walters	-
Adrian Delmonte	1G	Brendan Hunt	1G	Mitchell Prevost	3	Zac Wolochatiuk	1G
Michelle Basu Roy	-	Emma Hann	-	Dawn Martin	1G	Danielle Rowlands	2
Kimberley Bowerman	3	Kate Henderson	1G	Michaela McClure	4H	Emily Smyth	4H
Michelle D'Arcy	-2	Serena Jennings	3	Laine Misch	1G	Tegan Upjohn	1G
Susie Egar	1G	Alyssa Kenny-Scherber	-	Kathleen Nolan	4H		

Coach: Dave Scott-Thomas

Assistant: Patrick Gordon

2001-2002

2001 marked the first time in 13 years that the University of Guelph had hosted the OUA Cross Country Championships. Furthermore, it was the last year of competition for many of the runners who have built the Gryphon powerhouse. In front of the hometown crowd, Guelph was impressive capturing the Men's and Women's title for the third straight year. The Gryphons grabbed 4 of 6 individual medals and 8 All-Star spots. Michaela McClure took top honours as she won the gold medal and was named the OUA MVP for the season. Leslie Carson and Kristina Rody also had powerful runs taking the bronze and 4th spots. On the Men's side, Steve Bendo, Reid Coolsaet and Taylor Murphy brought home silver, bronze and 4th place finishes. Dave Scott-Thomas was selected OUA Male Coach of the Year. At the CIS Championships, the Gryphons capped off an extraordinary meet with six All-Canadian selections; one individual medallist, a 4th place and a National team finish; two qualifiers for the World University Cross Country Championships and the Men's CIS Coach of the Year Honours. In one of the tightest team finishes in the CIS's history, only 9 points separated the 2nd to 5th place teams, the female Gryphons tied for 3rd but finished 4th on a tiebreaker. McClure garnered the bronze for First Team All-Canadian status and qualified to represent Canada at the World University Championships in Spain. Rody, the team captain, was Guelph's first 3-time All-Canadian woman with a 9th place finish. With an experienced crew, the Men brought home their third straight national title. Reid Coolsaet had a stunning run for 4th place overall, earned First Team All-Canadian honours and also qualified for the World University Championships. Steve Bendo, Taylor Murphy and Mark Vollmer were named Second Team All-Canadians.

(No.: indicates letters earned in that sport, G: indicates Gold G - 1st letter earned, H: indicates Honour Award - 4 or more letters earned over 4 years)

Steve Armitage	-	Adrian Delmonte	-	Matt Little	3	Trent Stellingwerff	2
Steve Auger	1G	Kyle Desormeaux	2	Michael McDonough		Brady Straw	1G
Steve Bendo	4H	Peter Dunbrack	1G		1G	Peter Sullivan	3
Andrew Brown	2	Nathan Farrell	1G	Christopher McLaren		Mark Vollmer	3
David Bywater	1G	Lee Glazier	2		5	Ben Wylie	1G
Nathan Carter	1G	Greg Hutchinson	-	Taylor Murphy	4H		
Reid Coolsaet	4H	Christopher Liddy	2	Mitchell Prevost	2		
Pamela Bennett	1G	Michelle D'Arcy	-2	Alyssa Kenny-Scherber		Kathleen Nolan	3
Kimberley Bowerman		Susie Egar	-		-	Kristina Rody	4H
	2	Elizabeth Forbes	-	Michaela McClure	3	Danielle Rowlands	1G
Leslie Carson	2	Serena Jennings	2	Kelly McManus	2	Emily Smyth	3
Sarah Clark	3	Jenny Kellar	3	Laurie Mutton	3	Caroline Tucker	1G

Coach: Dave Scott-Thomas

Assistant: Patrick Gordon

2000-2001

It was a rare day at the OUA Championships when so many Guelph runners hit a major race so well. OUA MVP, Steve Bendo, captured the gold (for his second individual title in 3 years) while Reid Coolsaet grabbed the silver and Taylor Murphy, the bronze en route to the team title. In fact, the Gryphs boasted an OUA record for the largest margin of victory (over McMaster by 67 points) and the OUA record for lowest point total ever, 19, beating the score of 20 set by Ottawa in the mid-80's. Six of the top 9 finishers were Gryphons. At the CIAU's, the Gryphons were by far the dominant school repeating as national champions. Bendo pulled in the first Guelph individual cross-country medal since 1978 with a bronze finish. Four Gryphons were named All Canadian: Bendo, Coolsaet (5th) and Drew Graham (6th) made First Team while Chris McLaren made 2nd team with a 12th place finish. Head Coach, Dave Scott-Thomas, was recognized as OUA and CIAU Coach of the Year.

(No.: indicates letters earned in that sport, G: indicates Gold G - 1st letter earned, H: indicates Honour Award - 4 or more letters earned over 4 years)

Team List:

Robin Adams	1G	Kyle Desormeaux	1G	Chris McLaren	4H
Stephen Bendo	3	Scott Duncan	2	Taylor Murphy	3
Oliver Blake	1G	Lee Glazier	1G	Mitchell Prevost	1G
John Booth	3	Drew Graham	4H	Trent Stellingwerff	1G
Andrew Brown	1G	Jason Henrikson	5	Peter Sullivan	2

Nathan Carter	-	Christopher Liddy	1G	Mark Vollmer	2
Reid Coolsaet	3	Matt Little	2	Philip Wiebe	3

Coach: Dave Scott-Thomas
Assistant: Patrick Gordon

At the OUA Championships, the Gryphons successfully defended their ownership of the OUA title. Leslie Carson had a spectacular showing finishing only 5 seconds back of a world championship team member to take the silver. Michaela McClure used her summer's 1500m training to her advantage by pushing from 1000m out for the bronze. Dave Scott Thomas was named OUA Coach of the Year. At the CIAU Championships, the Gryphons garnered silver as they crushed perennial rival, Western, by 32 points. Carson led Guelph with a 4th place finish while McClure finished 5th for First Team All Canadian status. Rody earned her 2nd All Canadian award with a 7th place result.

Team List:

Amanda Bonnell	4H	Jennifer Dixon	1G	Sarah McCullough	-
Kimberley Bowerman	1G	Jenny Holliday	3	Laurie Mutton	2
Christina Briante	-	Serena Jennings	1G	Sarah Newman	3
Leslie Carson	1G	Jenny Kellar	2	Kathleen Nolan	2
Sarah Clark	2	Dimitra Lebessis	1G	Kristina Rody	3
Michelle D'Arcy	2	Michaela McClure	2	Ann Walsh	1G

Coach: Dave Scott-Thomas
Assistant: Patrick Gordon

1999-2000

With OUA and CIAU Coach of the Year, Dave Scott-Thomas, at the helm, the Men's Cross Country Gryphons brought home their first national title since 1969 establishing a record for the narrowest split between runners; 32 seconds from runners 1-7 and a mere 7 seconds from 1-5. At the OUA Championships, the Gryphs iced it early on and demolished the field to take the crown. Chris McLaren finished the circuit in 6th spot while Drew Graham, Taylor Murphy, Steve Bendo and Reid Coolsaet finished 9th, 10th, 12th and 13th respectively. McLaren, Graham and Murphy were OUA All Stars. Mark Vollmer was awarded OUA Rookie of the Year honours.

(No.: indicates letters earned in that sport, G: indicates Gold G - 1st letter earned, H: indicates Honour Award - 4 or more letters earned over 4 years)

Team List:

Steve Bendo	2	Michael Gowan	1G	Taylor Murphy	2
Jasper Blake	1	Drew Graham	3	Levi Nicholson	1G
John Booth	2	Jason Henrikson	4H	Mark Reddington	1G
Shane Chipman	-	Shaun Kingerlee	-2	Hugh Simson	4H
Reid Coolsaet	2	Matthew Little	1G	Peter Sullivan	1G
Scott Duncan	1G	Jason Lobb	-	Mark Vollmer	1G
Jason Dunkerley	-	Rob Martin	1G	Ian Watson	-
Jim Gordon	-	Chris McLaren	3	Phil Wiebe	2

Coach: Dave Scott-Thomas
Assistant: Pat Gordon

The Women's Cross Country team now holds the conference record for both the largest margin of victory (70 points over Queen's in 1997) and the smallest margin of victory (1 point over Western in 1999) at the OUA Championships. Marta Valentic grabbed the bronze, Allison Drynan 7th, Kristina Rody 10th and Michaela McClure passed a runner at the line for 12 spot – a total team effort. Valentic, Drynan and Rody were OUA All Stars while Dave Scott-Thomas was awarded Coach of the Year. At the CIAU Championships in Kingston, the Gryphons made their third trip to the podium in the last 4 years as they claimed the bronze. Valentic ran her strongest race of the season to grab 5th spot earning her First Team All Canadian status.

Team List:

Brooke Allen	-1	Allison Drynan	5	Marianne Maertens	4H
Amanda Bonnell	3	Melissa Evans	-	Julie Martin	1G
Sarah Clark	-1	Jenny Holliday	2	Michaela McClure	1G
Michelle D'Arcy	1G	Jenny Kellar	1G	Kelly McManus	-1

Laurie Mutton	1G	Kristina Rody	2	Emily Smyth	2
Sarah Newman	2	Leanne Rowthorn	-	Marta Valentic	1G
Kathleen Nolan	1G	Lindsay Sachro	2	Nadia Zelisko	1G

Coach: Dave Scott-Thomas
Assistant: Pat Gordon

1998-1999

The youngsters continue to grow on the Men's Cross Country squad improving on last year's team bronze medal finish at the OUA Championships to a silver. This marks the best finish for Gryphon Men since 1969. Steve Bendo took the OUA Individual title. At the CIAU's, the Gryphons shocked veteran squads as they captured the silver medal. Gryphon runners placed 4th, 5th and 6th. Drew Graham became the first male Gryphon runner to make All Canadian since 1978.

(No.: indicates letters earned in that sport, G: indicates Gold G - 1st letter earned, H: indicates Honour Award - 4 or more letters earned over 4 years)

Team List:	Steve Bendo	1G	Matthew Martin	2
	John Booth	1G	Chris McLaren	2
	Michael Bowles	2	Taylor Murphy	1G
	Reid Coolsaet	1G	Hugh Simson	2
	Drew Graham	2	Peter Sullivan	-
	Jason Henrikson	3	Earl Thomson	-
	Shawn Kehoe	2	Philip Wiebe	-1
	Shaun Kingerlee	2		

Coach: Dave Scott-Thomas
Assistant: Pat Gordon

Nadine Devin claimed the silver medal at the OUA Championships in Windsor and lead the young Gryphon squad to a bronze. At the CIAU Championships, the women placed fourth in a field of 16 teams. Devin finished in 7th position to earn her First Team All Canadian status. A very young group with potentially all runners returning next season.

Team List:	Kirsten Addison	2	Jenny Holliday	-1
	Brooke Allen	1G	Jenny Jackson	1G
	Amanda Bonnell	2	Danielle MacNeil	-
	Sarah Clark	1G	Marianne Maertens	3
	Robyn Collins	2	Kelly McManus	1G
	Nadine Devin	4H	Sarah Newman	1G
	Allison Drynan	4H	Lindsay Sachro	1G
	Allison Dunn	1G	Emily Smyth	1G

Coach: Dave Scott-Thomas
Assistant: Pat Gordon

1997-1998

The Men's Cross Country Team had their best finish in recent memory as they won the bronze medal at the OUA Championships in Windsor. The team finished with 111 points just behind Windsor and Western. Jeff Bruin led a balanced team performance as he placed ninth overall and earned OUA All Star status. It was a testament to the team performance that they were able to finish third with only one runner in the top ten competitors. At the CIAU Championships in London, the men placed sixth overall.

(No.: indicates letters earned in that sport, G: indicates Gold G - 1st letter earned, H: indicates Honour Award - 4 or more letters earned over 4 years)

Team List:	Mike Bowles	1G	Jason Henrikson	2
	Jeff Bruin	4H	Shawn Kehoe	1G
	Robert Cairns	-3H	Shaun Kingerlee	1G
	Marc Casas	3H	Matthew Martin	1G
	Derek Didyk	1G	Chris McLaren	1G
	Joshua Douma	1G	Robert Seaby	1G
	Andrew Graham	1G	Philip Wiebe	1G

Coach: Dave Scott-Thomas

Assistant: Pat Gordon

The Women's Cross Country Team had their greatest season ever as they captured the gold medal at both the OUA and the CIAU Championships. The team's performances were outstanding as they finished 70 points ahead of the field at the OUA Championships in Windsor. Meegan Larsen took the bronze medal while Nadine Devin and Clare Hargreave placed sixth and tenth respectively. At the CIAU Championships in London, the Gryphons finished 48 points ahead of runner up, Alberta, with Larsen winning the silver medal. Heidi Loewen along with Larsen earned First Team All Canadian honours while Ali Drynan and Devin were Second Team All Canadians. David Scott-Thomas was selected as both OUA Women's and CIAU Women's Coach of the Year.

Kirsten Addison	1G	Clare Hargreave	4H
Amanda Bonnell	-	Jenny Holliday	1G
Robyn Collins	1G	Meegan Larsen	5
Nadine Devin	3	Heidi Loewen	5
Allison Drynan	3	Marianne Maertens	2
Sonya Goldberg	4H	Laura Wagland	3

Coach: Dave Scott-Thomas

Assistant: Pat Gordon

1996-1997

The Men's Cross Country had an impressive 4th place finish at the OUAA Championships in Kingston. Jeff Krar and Jeff Bruin were the top finishers as they recorded 11th and 16th place finishes. At the CIAU Championship at Montreal the Gryphons finished in the top 10th with a 10th place finish. Jeff Krar was again the top Guelph finisher as he placed 25th in the country.

(No.: indicates letters earned in that sport, G: indicates Gold G - 1st letter earned, H: indicates Honour Award - 4 or more letters earned over 4 years)

Team List:	Marvin Bauman	1G	Russ Gordon	-
	Trevor Brown	-2	Jason Henrikson	1G
	Jeff Bruin	3	Shawn Kehoe	-
	Robert Cairns	3	Greg Kinch	-1
	Chris Carrick	4	Jeff Krar	5
	Marc Casas	2	Brad MacNeil	-
	Gordon Culbert	1G	Jeff Morley	-1
			Hugh Simson	1G

The Women's Cross Country team had a great season as they finished 2nd at both the OWIAA and CIAU Championships. In Kingston, Guelph finished behind Waterloo as Meegan Larson placed 7th overall in a balanced team effort. At the National Championships Guelph again was second to Waterloo and all five runners finished in the top 31 placings. Kristina Rody was the top finisher with an 11th place finish.

Team List:	Nadine Devin	2	Marianne Maertens	1G
	Allison Drynan	2	Elaine Penny	-
	Sonya Goldberg	3	Kristina Rody	1G
	Clare Hargreave	3	Tracy Rupke	2
	Meegan Larsen	1	Jennifer Tessier	-
	Heidi Loewen	4H	Kristen Yarker	-

Coaches: Rick Schroeder / Rich Tremain

Trainer: Andrew Lu

1995-1996

Despite wet and windy conditions, the Men's Cross Country team had a 5th place finish in a field of 16 teams at the OUAA Championships at the University of Waterloo. Jeffrey Krar placed 4th in the 10km race with a time of 32:52 and was awarded OUAA All Star honours. Jeffrey Bruin, Derek Mailman, Chris Carrick and Gregory Kinch placed 12th, 33rd, 35th and 50th respectively in a field of 89 competitors.

(No.: indicates letters earned in that sport, G: indicates Gold G - 1st letter earned, H: indicates Honour Award - 4 or more letters earned over 4 years)

Trevor Brown	2	Chris Carrick	3	Jeff Krar	4H
Jeff Bruin	2	Derek Hallman	5	Jeff Morley	1G
Robert Cairns	2	Greg Kinch	1G		

Coach: Rick Schroeder/Jason Wilkes

The Women's Cross Country team finished up in 5th position out of 15 teams at the OWIAA Championships in Waterloo. Heidi Loewen placed 19th overall with a time of 19:27 in the 5 km race. Clare Hargreave, Allison Drynan, Amy Darling and Nadine Devin completed the race in 25th, 30th, 33rd and 35th respectively in a field of 69 finishers.

Kristi Adamo	4H	Nicole Faulkner	2	Pamela McKetsy	2
Allison Back	2	Sonya Goldberg	-2	Tracy Rupke	1G
Amy Darling	2	Clare Hargreave	2	Jennifer Tessier	
Nadine Devin	1G	Gena Jaspers-Fayer	1G	Natalie Welsh	2
Allison Drynan	1G	Johanna lies	2		
		Heidi Loewen	3		

Coach: Rick Schroeder/Jason Wilkes

1994-1995

The Men's Cross Country team had an impressive 4th place finish in a field of 17 teams at the OUAA Championships at Old Fort Henry in Kingston. Neil Manson led the team with a 6th place performance in a time of 32:44 in the 10 km race and was awarded OUAA All Star honours. Jeff Bruin, Derek Hallman, Marc Casas, Chris Carrick and Lawrence Bemandi placed 22nd, 28th, 35th, 37th and 39th respectively out of 99 competitors. Their success was due to a strong overall team performance.

(No.: indicates letters earned in that sport, G: indicates Gold G - 1st letter earned, H: indicates Honour Award - 4 or more letters earned over 4 years)

Lawrence Bemandi	4H	Chris Carrick	2	Neil Manson	3
Trevor Brown	1G	Marc Casas	1	Rich Martin	4H
Jeff Bruin	1G	Derek Hallman	4H	Tim Martin	3
Rob Cairns	1G	Brian Lindsay	-3		

Coaches: Rick Schroeder/Jason Wilkes

The Women's Cross Country team finished up in 6th position out of 15 teams at the OWIAA Championships in Kingston. Lesley Shaffer placed 13th overall with a time of 19:13 in the 5 km race. Sonya Goldberg, Clare Hargreave and Rowena Giesebrecht completed the race in 27th, 30th and 33rd respectively in a field of 93 finishers.

Allison Back	1	Clare Hargreave	1G	Tracey Rupke	-
Amy Darling	1G	Johanna lies	1G	Lesley Shaffer	3
Nicole Faulkner	1G	Heidi Loewen	2	Kristen Yarker	1G
Rowena Giesebrecht	1G	Pamela McKetsy	1G		
Sonya Goldberg	2	Julie Merrick	2		

Coach: Rick Schroeder

Trainers: Kim Jones/Greg Patterson

1993-1994

The Men's Cross Country team had a very strong finish and placed fourth out of fourteen teams at the OUAA Championships in Waterloo. Neil Manson had a team leading eighth place finish out of a field of 96 runners. Pat Gordon, Jeff Krar, Mark Lake and Lawrence Bemandi also placed in the top half of the field.

(No.: indicates letters earned in that sport, G: indicates Gold G - 1st letter earned, H: indicates Honour Award - 4 or more letters earned over 4 years)

Lawrence Bemandi	3	Derek Hallman	3	Tim Martin	2
Chris Carrick	1	Jeff Krar	3	Wes Peel	3
Marc Casas		Brian Lindsay	3	Jeff Walsh	4H
Chris Duggan	2	Neil Manson	2		
Pat Gordon	5	Rich Martin	3		

Head Coach: Rick Schroeder Gordon MacOdrum

Trainer: Chris Elder

The Women's Cross Country team finished up in seventh position at the OWIAA Championships in Waterloo. Kathy Butler was a repeat winner of the OWIAA title and placed sixth at the CIAU Championships despite feeling ill throughout race day. Heidi Loewen also placed in the top 20 in the OWIAA Championships.

Kathy Butler	2	Cori Hutton	1	Julie Merrick	1G
Michelle Becker		Michelle Jackman	2	Malia Perry	1G
Margaret Grodde	2	Heidi Loewen	1G	Jen Turner	2
Sonya Goldberg	1G	Kathy McClure	2	Nat Welsh	1G

Coach: Rick Schroeder

Trainer: Janeen Schaeffler

1992-1993

The Men's Cross Country Team placed eighth out of fourteen teams at the OUAA Championships in Toronto. Pat Gordon finished twenty-seventh in a field of ninety-six finishers with a time of 33:48 in the 10 km event. Jeff Krar and Chris Duggan also finished in the top half of the field.

(No.: indicates letters earned in that sport, G: indicates Gold G - 1st letter earned, H: indicates Honour Award - 4 or more letters earned over 4 years)

Chris Duggan	1G	Gord MacOdrum	1	Jeff Van Heumen	1G
Patrick Gordon	4	Richard Martin	2	Jeff Walsh	3
Derek Hallman	2	Tim Martin	1G	Jason Wilkes	4
Jeff Krar	2	Erie Noronha	1G		
Brian Lindsay	2	Wes Peel	3		

Coach: Rick Schroeder
Assistant: Rob Zilles
Trainer: Helen McAllister

The Women's Cross Country Team had one of their best finishes ever as they placed fourth in the twelve team OWIAA Championships in Toronto. Kathy Butler won the OWIAA title with a time of 17:37 and went on to win the silver medal at the CIAU Championships in Montreal.

Allison Back		Margaret Grodde	1	Lesley Shaffer	2
Shoana Blackadder	1G	Michelle Jackman	1	Carol Stewart	1G
Jill Blasko	2	Kathy McClure	1G	Lindsay Tomlinson	4
Kathy Butler	1G	Deb Robinson	1	Jennifer Turner	1G
April Elliott	4H	Alison Seely	1G		

Coach: Rick Schroeder
Assistant: Rob Zilles
Trainer: Helen McAllister

1991-1992

The Men's Cross Country team finished 8th out of 14 teams at the OUAA Championships held in Toronto in November. Neil Manson was the top individual finisher as he placed 24th in a time of 33:22 for the 10 km course. Pat Gordon was the next best as he placed 28th.

(No.: indicates letters earned in that sport, G: indicates Gold G - 1st letter earned, H: indicates Honour Award - 4 or more letters earned over 4 years)

Markus Carl	5	Jeff Krar	1G	Scott O'Connor	5
Dan Dufraimont	1G	Brian Lindsay	1G	Wesley Peel	2
Patrick Gordon	3H	Neil Manson	1G	Jeff Walsh	2
Derek Hallman	1G	Richard Martin	1G	Jason Wilkes	3
Carson Hill	1G	Tim Martin		Paul Wismer	4
Chris Jones	2	Greg McNab	2		

Coach: Rick Schroeder
Trainer: Pam Cryderman

The Women's Cross Country team placed 6th out of 11 teams at the OWIAA Championships in Toronto. Heather Noble earned OWIAA All Star status by finishing 6th individually completing the 5 km course in a time of 18:30. Guelph finished the season ranked 9th in Canada.

Jill Blasko	1G	Cori Hutton	1G	Heather Noble	4H
Alison Duncan	4H	Denise Jordan	2	Lesley Shaffer	1G
April Elliott	3	Helen McAllister		Elizabeth Thompson	
Janet Goddard	1	Jennifer Miners	1		

Coach: Rick Schroeder
Trainer: Pam Cryderman

1990-1991

The Men's Cross Country team placed 7th at the OUAA Championships in Kingston. David Scott-Thomas was the top Guelph finisher as he finished 27th individually while Bernard Kenny placed 31st out of 94 entrants.

(No.: indicates letters earned in that sport, G: indicates Gold G - 1st letter earned, H: indicates Honour Award - 4 or more letters earned over 4 years)

Kevin Belcourt	5	Scott O'Connor	4H
Lawrence Bendandi	2	Wesley Peel	1G
Markus Carl	4H	David Scott-Thomas	4
Patrick Falconer	2	Chris Serran	3H
Rodd Heino	2	Jeff Walsh	1G
Bernard Kenny	1G	Jason Wilkes	2
Greg McNab	1G	Paul Wismer	3H

Coach: Allen Keele

Assistants: Rick Schroeder/David Scott-Thomas

The Women's Cross Country team placed 7th out of ten teams at the OWIAA Championships in Kingston. Heather Noble was the top individual performer with a 7th place finish. She was selected as an OWIAA All-Star for the second straight year.

Stacey Berdan	1G	Denis Jordan	1G
Alison Duncan	3	Jennifer Miners	1G
April Elliott	2	Heather Noble	3
Janet Goddard	1	Lindsay Tomlinson	3
Jennifer Heffron	1G	Rhonda Wilson	3

Coach: Allen Keele

Assistants: Rick Schroeder/David Scott-Thomas

1989-1990

The men's team finished 10th at the championship race held in Kingston. Dave Scott-Thomas finished the 9.9 km course in a time of 33:18 and was the top Guelph competitor.

(No.: indicates letters earned in that sport, G: indicates Gold G - 1st letter earned, H: indicates Honour Award - 4 or more letters earned over 4 years)

Lawrence Bendandi	1G	Gordon MacOdrum	-
Markus Carl	3	Ken Misener	
George Chiang		Scott O'Connor	3
Patrick Falconer	1G	Dave Scott-Thomas	3
Patrick Gordon	2	Chris Serran	2
Spencer Greenwood	1G	Jason tfilkes	-1
Rodd Heino	1G	Paul Wismer	2

Coach: Allen Keele

The Gryphon's placed 6th in OWIAA competition in Kingston. Heather Noble placed 8th and was 1 of 10 named All-Ontario. Missy McCleary placed 11th.

Jennifer Andrews	1G	Missy McCleary	1G
Stacey Berdan		Heather Noble	2
Alison Duncan	2	Connie Powers	2H
April Elliott	1G	Lindsay Tomlinson	2

Coach: Allen Keele

1988-1989

The men's team played host to the 1988 OUAA Championships and placed seventh among the ten teams that competed. Geof Cameron was a top Guelph finisher, placing seventh overall in a time of 32:21 for the 10 km course.

(No.: indicates letters earned in that sport, G: indicates Gold G - 1st letter earned, H: indicates Honour Award - 4 or more letters earned over 4 years)

Geof Cameron	3 H	Ross Lizee	4 H	Frank Solinger	1 G
Markus Carl	2	Andrew Miller	1 G	Chris Ursulak	
James Carson	3	Scott O'Connor		Paul Wismer	1 G
Patrick Gordon	1 G	David Scott-Thomas	2		
Richard Harris	5	Chris Serran	1 G		

Coach: Allen Keele

Kathy Lindsay had an outstanding year winning the individual title at the OVIAA Finals in Guelph and winning a bronze medal at the CIAU Championships hosted by Laval University. The team placed sixth in the ten school OVIAA Championship meet hosted by Guelph.

Sarah Apedaile	1 H	Heather MacKinnon	3H	Lindsay Tomlinson	1 G
Alison Duncan	1 G	Heather Noble	1G		
Kathy Lindsay	4 H	Connie Powers	1		

Coach: Allen Keele

1987-1988

The men's team finished eighth at the OUAA Cross Country Championships in Kingston. Geoff Cameron was Guelph's top individual finisher as he completed the 10 km course in a time of 31:20.7 good enough for 15th place overall while Rick Harris finished 25th in the 83 man field. (No.: indicates letters earned in that sport, G: indicates Gold G - 1st letter earned, H: indicates Honour Award - 4 or more letters earned over 4 years)

Chris Cameron	3 H	Ian Dickson		Ross Lizee	3
Geof Cameron	2	Luigi Di Raimo		Scott O'Connor	1 G
Markus Carl	1 G	Rick Harris	4 H	Dave Scott-Thomas	1 G
Jim Carson	2	Dave Keedwell			
Bob Chappie		Graham Kendall			

Coach: Allen Keele

The women's team finished seventh at the OWIAA Cross Country Championships in Kingston. The top finishers individually were Heather MacKinnon and Kathy Lindsay who finished 13th and 28th respectively out of the 69 entrants.

Agnita Eikelenboom	4 H	Shirley Lee	2	Heather MacKinnon	2
Rosslyn Kendrick	1 G	Kathy Lindsay	3	Isabel Reis	2

Coach: Gary Gardiner

1986-1987

The men's cross country team finished tied for 7th at the OUAA Finals, as Geof Cameron was Guelph's best individual with a time of 37:46 which was good enough for 16th place. (* Denotes letter winner, ** Denotes first time letter winner).

Chris Cameron *	Chris Duke	Rick Harris *
Geof Cameron **	Steve Fleck *	Ross Lizee *
Jim Carsons **	Gavin Fletcher	Luigi di Ramio **
Rick Cybulski **	Garth Franklin	Steve Ross**

Coach: Albert Tschirhart

The Gryphons tied for 6th place at the OWIAA Cross Country Championships held at Royal Military College in Kingston. Pat Watson was the top Guelph performer with a time of 18:43.

Louise Chercuitte *	Agneta Eikelenboom *	Kelly May **
Chrissy de Jonge *	Shirley Lee **	Heather MacKinnon **
Martha Doney **	Kathy Lindsay *	Pat Watson **

Coach: Albert Tschirhart

1985-1986

The Gryphons placed ninth overall at the OUAA finals in Waterloo. This was an improvement of one spot over last years finish. John Milligan was the top finisher for Guelph with a time of :33:10 for the 10 kilometre course good for the 19th spot. (* Denotes letter winner, ** Denotes first time letter winner).

Chris Cameron **	Malcolm Gains *	John Milligan *
Luigi di Raimo	Rick Harris *	Craig Pestell **
Jeff Fidler	Ross Lizee **	Manuel Salvati
Garth Franklin *	Dave McLeod	Mike Wilkins

Vic Matthews (Coach)
Tom Drysdale (Asst. Coach/Manager)

The women placed fifth out of ten teams at the championships in Waterloo. Louise MacKenzie was again the top finisher for Guelph in 15th spot. She covered the 5 kilometre course in a time of :21:01.

Louise Chercuitte **	Kathy Lindsay **	Linda Vogel**
Chrissy deJonge **	Louise MacKenzie *	
Agneta Eikelenboom *	Isabel Reis**	

Doone Riley (Assistant Coach)

1984-1985

The men's cross country team hosted and competed in the CIAU Championships. The team finished tenth in the OUAA finals and came seventh in the National Championships. John Milligan was Guelph's best individual performer at the nationals as he finished the 10 km race in a time of 33:52. (* Denotes letter winner, ** Denotes first time letter winner).

Ed Eybel **	John Milligan *	David Scott-Thomas
Steve Fleck *	Neil Mitchell	Mike Wilkins
Garth Franklin *	Mark MacDonald *	Glenn Eleiter
Rick Harris **	Doug Plowman *	

Vic Matthews (Coach)
Tom Drysdale (Manager)

The Gryphons finished third in the OWIAA Championships which were held at the University of Waterloo. Tracey Robinson and Louise MacKenzie were the top Guelph performers with Tracey Robinson finishing in 15th place.

Ann Campbell	Anne Hubbs	Tracey Robinson*
Agneta Eikelenboom **	Louise MacKenzie *	
Louise Ferrie **	Doone Riley *	

Vic Matthews (Coach)

1983-1984

The cross country team finished eighth in the OUAA Championship but had some individual highlights. Manuel Salvati was Guelph's leading runner in all races that he entered and he finished second at the RMC Invitational Tournament. It was a young team with many returning next season, including Salvati. The 1984 CIAU Championships will be held in Guelph and this should be a big incentive for the team. (* Denotes letter winner, ** Denotes first time letter winner).

Patrick Berkhold **	Neil Mitchell
Garth Franklin	Mark MacDonald **
Charles Gardner	Doug Plowman **
Randy Gimblett **	Manuel Salvati **
Neil Irwin *	Tim Sanderson *
John Milligan **	

Vic Matthews (Coach)
Tom Drysdale (Asst. Coach)

Silvia Ruegger had an outstanding season as she won both the OWIAA and CIAU Individual titles. The team placed second at the OWIAA Championship behind champion Western. Ruegger won the national title for the 4.5 km race in a time of 16:23, at Sudbury's Laurentian University.

Kelly Bruce **	Tracey Robinson
Joanne Fisher	Silvia Ruegger
Louise MacKenzie **	Dorothy Van Esbroeck *
Lisa Peckham **	
Janet Pegrum *	

Vic Matthews (Coach)

1982-1983

The men's cross country team is in a building stage with a young team and look forward to running more consistently next year.
(* Denotes letter winner, ** Denotes first time letter winner).

Chris Coulthard	**	Neil Irwin	*	Tim Sanderson	**
Steve Fleck	*	Kelly Kramp	*	John Steele	*
Chuck Gardner		Mark MacDougall	*		
Dave Hendry	**	Manuel Salvati			

Alan Brookes (Faculty Advisor)
Tom Drysdale (Manager)
Vic Matthews (Coach)

At the start of the season the women's team had great potential but due to injuries they had only a partial team at the finals. Prospects for next year look good.

Janet Beatty	*	Tracey Robinson	*
Joanne Fisher	*	Silvia Ruegger	*

Janet Dick (Coach)

1981-1982

The men's cross country Gryphons turned in strong performances at meets leading up to the OUAA Championship. The team played spoilers at the meet and ended up a respectable seventh at the championships.
(* Denotes letter winner, ** Denotes first time letter winner).

Thomas Drysdale	x	Stephen Fleck	xx	Stephen Paquette	xx
Murray Eby	x	Franklin Hargrave	xx	Earl Perry	x
Gerrard Flannigan	xx	Kelly Kramp	xx		

Coach - Vic Matthews
Manager - Neil Irwin

The women's team lost the services of defending CIAU Champion Silvia Ruegger due to injuries, but still managed a strong showing at the OWIAA Championships placing eighth behind the strength of Janet Beatty's 5th place finish.

Janet Beatty	x	Janet Pegrum	x	Jeanne Vallance	xx
Alison Cook		Tracey Robinson	xx	Dorothy Van Esbroeck	x
Joanne Fisher	xx	Silvia Ruegger	x		
Carolyn MacDonald		Betty Szilassey	xx		

Coach - Vic Matthews

1980-1981

It was a year of firsts in women's cross country running, with the first ever CIAU Championship held at Guelph. In that meet, Silvia Ruegger, a first year student, became the first ever women's champion. The team ended up second overall capping a strong season.
(* Denotes letter winner, ** Denotes first time letter winner).

Janet Pegrum		Silvia Ruegger	**
Janet Beatty		Chris Lavallee	
Dorothy VanEsbroeck	**	Rea Travers	**
Judy Bowen	**	Cathy Taylor	**
Doone Riley			

Coach - Londo Iacovelli
Manager - Sharon Muir

The Men's team also had a good year, ending up fourth in the National Championships. Many of the runners from both teams will be back next season, and the future looks very bright for Gryphon runners.

Marc Beaudoin	**	Peter Watson	**
Rod Perry	**	Malcolm Gains	

Kevin Hutchinson **
David Helton **
Mark MacDougall **
John Phelps **

Tom Drysdale *
John Thomas
Jim Wyatt

Coach - Vic Matthews

1979-1980

A good year for the Women's Cross Country team. They placed third overall out of 13 teams at the OWIAA Finals at Western. Chris Laval lee placed second in the individual standings, with Wilma Kennis seventh and Janet Pegrum tenth. The team also attended a number of invitational meets and did very well.

(* Denotes letter winner, ** Denotes first time letter winner).

Janet Beatty	x	Sonya Nehr	x	Julie Rossall
Wilma Kennis	x	Janet Pegrum	x	
Chris Laval lee	x	Kelly Rogers	x	

Coach - L. Iacovelli

The Men's team ended up fifth overall in the OUAA, with Nil Lavallee placing second individually. At the CIAU, he placed fifth, up from ninth place finish last year.

Murray Clark	x	Andy Holt	x	Dan Foster	x
Malcolm Gains	xx	Murray Eby	x	Nil Lavallee	x
Tom Drysdale	xx	Neil Irwin	xx		

Coach - L. Iacovelli