

2017 Virginia Tech Cross Country Men's and Women's Season Bests



Men

	HOKIE INVITE	VT ALUMNI INVITE	LOUISVILLE SPORTS COMM.	ADIDAS PRE-NATIONALS	ACC CHAMP.	HOKIE OPEN	REGIONAL CHAMPS
DISTANCE	6k	8k	8k	8k	8k	6k	10k
DATE	9/1/2017	9/15/2017	9/30/2017	10/14/2017	10/27/2017	11/3/2017	11/10/2017
FIELD	70 runners	147 runners	279 runners	292 runners	129 runners	38 runners	230 runners
Owen Buck	19:38.3 (20)	26:20.8 (53)	25:47.21 (165)	25:37.8 (81, Black)	-----	19:09.3 (9)	-----
Kevin Cianfarini	20:12.8 (32)	-----	-----	-----	-----	-----	-----
Vincent Ciattei	-----	25:11.5 (5)	24:18.58 (35)	24:00.7 (51)	24:00.3 (18)	-----	30:25.7 (42)
Andrew Eason	18:33.3 (2)	25:11.9 (8)	24:47.98 (67)	24:46.3 (21, Black)	24:32.6 (48)	18:20.0 (1)	-----
Ben Fleming	18:48.9 (5)	25:20.5 (13)	-----	-----	-----	18:51.0 (6)	-----
Andrew Goldman	18:30.7 (1)	-----	25:44.07 (160)	24:53.0 (26, Black)	25:38.2 (100)	19:00.5 (8)	-----
Neil Gourley	-----	-----	24:16.32 (31)	23:50.8 (42)	23:54.7 (12)	-----	30:29.6 (44)
Will Griffen	19:07.9 (8)	25:48.6 (29)	-----	-----	-----	18:37.5 (3)	-----
Osman Humeida	18:52.7 (7)	26:51.1 (66)	-----	-----	-----	19:28.3 (11)	-----
Daniel Jaskowak	-----	25:12.0 (10)	24:05.87 (23)	23:25.2 (13)	23:52.9 (11)	-----	29:26.1 (10)
Patrick Joseph	-----	-----	23:55.71 (19)	23:51.3 (43)	24:05.3 (25)	-----	29:40.8 (21)
Jack Joyce	-----	25:11.8 (7)	24:24.98 (38)	24:13.5 (66)	24:06.1 (27)	-----	30:19.0 (37)
Baron Kieffer	-----	-----	-----	-----	-----	-----	-----
Bashir Mosavel-Lo	19:12.5 (9)	26:11.3 (46)	-----	-----	-----	18:42.2 (4)	-----
Brent Musselman	-----	25:48.1 (28)	25:54.57 (175)	25:24.3 (63, Black)	-----	18:50.0 (5)	-----
Peter Seufer	-----	25:11.6 (6)	23:48.74 (15)	23:10.4 (2)	23:31.4 (7)	-----	29:25.3 (9)
Fitsum Seyoum	-----	-----	24:42.65 (60)	24:41.0 (18, Black)	24:21.3 (40)	-----	-----
David Whitfield	20:11.1 (31)	27:04.1 (72)	-----	-----	-----	19:38.1 (13)	-----
Zachary Witt	-----	-----	-----	-----	-----	20:31.2 (17)	-----
Thierry Siewe Yanga	21:00.1 (44)	27:37.3 (82)	-----	-----	-----	20:10.6 (16)	-----
Diego Zarate	-----	-----	24:16.65 (33)	24:06.8 (55)	24:15.0 (32)	-----	30:11.3 (32)
Team Finish	N/A	1/7 (36 pts)	3/30 (121 pts)	4/41 (148 pts)	2/15 (73 pts)	1/5 (23 pts)	2/32 (109 pts)

NCAA CHAMPIONSHIPS

DISTANCE	10k
DATE	11/18/17
FIELD	254 runners
Peter Seufer	30:08.58 (45)
Patrick Joseph	30:12.41 (52)
Daniel Jaskowak	30:53.96 (119)
Jack Joyce	31:14.76 (163)
Vincent Ciattei	31:29.46 (190)
Diego Zarate	31:38.50 (202)
Neil Gourley	31:43.44 (207)
Team finish:	20/31 (481 pts)

italics = ran unattached

Women

	HOKIE INVITE	VT ALUMNI INVITE	LOUISVILLE SPORTS COMM.	ADIDAS PRE-NATIONAL	ACC CHAMP.	HOKIE OPEN	REGIONAL CHAMPS.
DISTANCE	4k	6k	5k	6k	6k	4k	6k
DATE	9/1/2017	9/15/2017	9/30/2017	10/14/2017	10/27/2017	11/3/2017	11/10/2017
FIELD	51 runners	116 runners	329 runners	297 runners	132 runners	27 runners	257 runners
Laurie Barton	-----	21:39.4 (5)	17:26.13 (44)	21:11.5 (98)	20:52.9 (24)	-----	22:34.5 (106)
Emily Beatty	-----	-----	-----	-----	-----	-----	-----
Lauren Berman	-----	-----	18:08.67 (128)	-----	21:18.4 (39)	-----	21:42.1 (46)
Ella Breidenstine	-----	-----	-----	-----	-----	-----	-----
Ellie Brush	<i>14:54.6 (6)</i>	-----	18:03.94 (117)	-----	22:23.9 (89)	14:29.8 (2)	-----
Sarah Edwards	-----	-----	17:31.28 (54)	20:54.2 (68)	21:02.1 (29)	-----	21:06.5 (24)
Jennifer Fleming	-----	-----	-----	-----	-----	-----	-----
Sara Freix	14:53.7 (3)	21:40.4 (6)	17:46.17 (79)	20:59.4 (77)	21:19.3 (41)	-----	21:18.9 (31)
Maryellen Hauver	<i>16:01.8 (28)</i>	-----	-----	-----	-----	-----	-----
Katie Kennedy	14:53 (1)	-----	-----	20:44.5 (50)	20:44.2 (19)	-----	20:45.6 (15)
Katy Lobeda	<i>15:02.3 (8)</i>	<i>22:45.6 (23)</i>	-----	-----	-----	<i>14:48.7 (5)</i>	-----
Rachel Pocratsky	-----	-----	17:50.81 (93)	21:40.9 (149)	21:38.8 (51)	-----	22:09.2 (70)
Shannon Quinn	15:29.3 (23)	24:03.8 (56)	-----	24:26.1 (228, Black)	-----	15:22.7 (7)	-----
Kayla Richardson	14:53.6 (2)	-----	17:19.13 (36)	21:15.1 (106)	20:46.8 (20)	-----	21:02.2 (22)
Emily Schiesl	<i>15:03.6 (10)</i>	-----	-----	-----	-----	-----	-----
Alyssa Shupe	14:54.3 (5)	22:35.0 (19)	18:40.73 (197)	22:59.2 (131, Black)	23:18.8 (119)	15:06.7 (6)	-----
Catherine Stone	15:08.60 (12)	-----	-----	-----	-----	-----	-----
Amanda Swaak	14:54.3 (4)	22:19.8 (14)	18:28.07 (169)	-----	22:40.9 (101)	-----	-----
Amanda Thomas	-----	-----	-----	-----	-----	-----	-----
Team Finish	1/5 (15 pts)	3/7 (80 pts)	10/37 (296 pts)	11/43 (389 pts)	3/15 (129 pts)	N/A	4/37 (138 pts)

italics = ran unattached

2017 Virginia Tech Cross Country Men's and Women's Season Bests



Italics = ran unattached

Women's Individual Results:

Sept. 1; Hokie Invite; Blacksburg, Va.; 4K

Katie Kennedy (1).....	14:53
Kayla Richardson (2).....	14:53.6
Sara Freix (3).....	14:53.7
Amanda Swaak (4).....	14:54.3
Alyssa Shupe (5).....	14:54.3
<i>Ellie Brush (6).....</i>	<i>14:54.6</i>
<i>Katy Lobeda (8).....</i>	<i>15:02.3</i>
<i>Emily Schiesel (10).....</i>	<i>15:03.6</i>
Cate Stone (12).....	15:08.6
Shannon Quinn (23).....	15:29.3
<i>Maryellen Hauver (28).....</i>	<i>16:01.8</i>

Team finish: 1st (15 pts)

Field: 51 total runners

Sept. 15; VT Alumni Invite; Blacksburg, Va.; 6K

Lauren Berman (5).....	21:39.4
Sara Freix (6).....	21:40.4
Amanda Swaak (14).....	22:19.8
Alyssa Shupe (19).....	22:35.0
<i>Katy Lobeda (23).....</i>	<i>22:45.6</i>
Shannon Quinn (56).....	24:03.8

Team finish: 3rd (80 pts.)

Field: 116 total runners

Sept. 30; Louisville Sports Comm. Classic, Louisville, Ky.; 5K

Kayla Richardson (36).....	17:19.13
Laurie Barton (44).....	17:26.13
Sarah Edwards (54).....	17:31.28
Sara Freix (79).....	17:46.17
Rachel Pocratsky (93).....	17:50.81
Ellie Brush (117).....	18:03.94
Lauren Berman (128).....	18:08.67
Amanda Swaak (169).....	18:28.07
Alyssa Shupe (197).....	18:40.73

Team finish: 10th (296 pts.)

Field: 329 runners

Oct. 14; Adidas Pre-Nationals, Louisville, Ky.; 6K

Laurie Barton (98).....	21:11.5
Sarah Edwards (68).....	20:54.2
Sara Friex (77).....	20:59.4
Katie Kennedy (50).....	20:44.6
Rachel Pocratsky (149).....	21:40.9
Kayla Richardson (106).....	21:15.1
Alyssa Shoupe (131, Black).....	22:59.2
Shannon Quinn (228, Black).....	24:26.1

Team finish: 11th (389 pts.)

Field: 297 runners

Oct. 27; ACC Championships, Louisville, Ky.; 6K

Katie Kennedy (19).....	
Kayla Richardson (20).....	20:46.8

Laurie Barton (24).....	20:52.9
Sarah Edwards (29).....	21:02.1
Lauren Berman (39).....	21:18.4
Sara Freix (41).....	21:19.3
Rachel Pocratsky (51).....	21:38.8
Ellie Brush (89).....	22:23.9
Amanda Swaak (101).....	22:40.9
Alyssa Shupe (119).....	23:18.8

Team finish: 3rd (129 pts.)

Field: 132 runners

Nov. 3; Hokie Open; Blacksburg, Va.; 6K

Ellie Brush (2).....	14:29.8
<i>Katy Lobeda (5).....</i>	<i>14:48.7</i>
Alyssa Shupe (6).....	15:06.7
Shannon Quinn (7).....	15:22.7

Team finish: N/A (0 pts.)

Field: 27 runners

Nov. 10; NCAA Southeast Regional; Charlottesville, Va.; 8K

Katie Kennedy (15).....	20:45.6
Kayla Richardson (22).....	21:02.2
Sarah Edwards (24).....	21:06.5
Sara Freix (31).....	21:18.9
Lauren Berman (46).....	21:42.1
Rachel Pocratsky (70).....	22:09.2
Laurie Barton (106).....	22:34.5

Team finish: 4th (138 pts.)

Field: 257 runners

Men's Individual Results

Sept. 1; Hokie Invite; Blacksburg, Va.; 6K

Andrew Goldman (1).....	18:30.7
Andrew Eason (2).....	18:33.3
<i>Ben Fleming (5).....</i>	<i>18:48.9</i>
<i>Osman Humeida (7).....</i>	<i>18:52.7</i>
<i>Will Griffen (8).....</i>	<i>19:07.9</i>
<i>Bashir Mosavel-Lo (9).....</i>	<i>19:12.5</i>
Owen Buck (20).....	19:38.3
<i>David Whitfield (31).....</i>	<i>20:11.1</i>
Kevin Cianfarini (32).....	20:12.8
<i>Thierry Siewe Yanga (44).....</i>	<i>21:00.1</i>

Team finish: N/A

Field: 70 total runners

Sept. 15; VT Alumni Invite; Blacksburg, Va.; 8K

Vincent Ciattel (5).....	25:11.5
Peter Seuffer (6).....	25:11.6
Jack Joyce (7).....	25:11.8
Andrew Eason (8).....	25:11.9
Daniel Jakowak (10).....	25:12.0
<i>Ben Fleming (13).....</i>	<i>25:20.5</i>
Brent Musselman (23).....	25:48.1
<i>Will Griffen (29).....</i>	<i>25:48.6</i>
<i>Bashir Mosavel-Lo (46).....</i>	<i>26:11.3</i>
Owen Buck (53).....	26:20.8

<i>Osman Humeida</i> (66)	26:51.1
<i>David Whitfield</i> (72).....	27:04.1
<i>Thierry Siewe Yanga</i> (82)	27:37.3
Team finish: 1st (36 pts.)	
Field: 147 total runners	

Sept. 30; Louisville Sports Comm. Classic, Louisville, Ky.; 8K

Peter Seufer (15)	23:48.74
Patrick Joseph (19)	23:55.71
Daniel Jaskowak (23)	24:05.87
Neil Gourley (31).....	24:16.32
Diego Zarate (33).....	24:16.65
Vincent Ciattei (35).....	24:18.58
Jack Joyce (38).....	24:24.98
Fitsum Seyoum (60).....	24:42.65
Andrew Eason (67)	24:47.98
Andrew Goldman (160)	25:44.07
Owen Buck (165).....	25:47.21
Brent Musselman (175)	25:54.57
Team finish: 3rd (121 pts.)	
Field: 279 runners	

Oct. 14; Adidas Pre-Nationals, Louisville, Ky.; 8K

Peter Seufer (2)	23:10.4
Daniel Jaskowak (13)	23:25.2
Neil Gourley (42).....	23:50.8
Patrick Joseph (43)	23:51.3
Vincent Ciattei (51).....	24:00.7
Diego Zarate (55).....	24:08.8
Jack Joyce (66).....	24:13.5
Fitsum Seyoum (18, Black)	24:41.0
Andrew Eason (21, Black).....	24:46.3
Andrew Goldman (26, Black).....	24:53.0
Brent Musselman (63, Black)	25:24.3
Owen Buck (81, Black)	25:37.8
Team finish: 4th (148 pts.)	
Field: 292 runners	

Oct. 27; ACC Championships, Louisville, Ky.; 8K

Peter Seufer (7)	23:31.4
Daniel Jaskowak (11)	23:52.9
Neil Gourley (12).....	23:54.7
Vincent Ciattei (18).....	24:00.3
Patrick Joseph (25)	24:05.3
Jack Joyce (27).....	24:06.1
Diego Zarate (32).....	24:15.0
Fitsum Seyoum (40).....	24:21.3
Andrew Eason (48)	24:32.6
Andrew Goldman (100)	25:38.2
Team finish: 2nd (73 pts.)	
Field: 129 runners	

Nov. 3; Hokie Open; Blacksburg, Va.; 6K

Andrew Eason (1).....	18:20.0
<i>Will Griffen</i> (3).....	18:37.5
<i>Bashir Mosavel-Lo</i> (4).....	18:42.2
Brent Musselman (5).....	18:50.0
<i>Ben Fleming</i> (6).....	18:51.0
Andrew Goldman (8).....	19:00.5
Owen Buck (9).....	19:09.3
<i>Osman Humeida</i> (11).....	19:28.3

<i>Dave Whitfield</i> (13)	19:38.1
<i>Thierry Siewe Zanga</i> (16)	20:10.6
<i>Zachary Witt</i> (17).....	20:31.2
Team finish: 1st (23 pts.)	
Field: 38 runners	

Nov. 10; NCAA Southeast Regional; Charlottesville, Va.; 10K

Peter Seufer (9)	29:25.3
Daniel Jaskowak (10)	29:26.1
Patrick Joseph (21)	29:40.8
Diego Zarate (32).....	30:11.3
Jack Joyce (37).....	30:19.0
Vincent Ciattei (42).....	30:25.7
Neil Gourley (44).....	30:29.6
Team finish: 2nd (109 pts.)	
Field: 230 runners	

Nov. 18; NCAA Championships; Louisville, Ky., 10K

Peter Seufer (45)	30:08.58
Patrick Joseph (52)	30:12.41
Daniel Jaskowak (119)	30:53.96
Jack Joyce (163).....	31:14.76
Vincent Ciattei (190).....	31:29.46
Diego Zarate (202)	31:38.50
Neil Gourley (207).....	31:43.44
Team finish: 20th (481 pts.)	
Field: 254 runners	

2017 Virginia Tech Cross Country Women's Career Bests



Name	XC Dist.	Time	Event	Year
Laurie Barton	4k	14:28.50	Hokie Invite	2016
	5k	17:26.13	Louisville Sports Commission	2017
	6k	20:52.9	ACC Championships	2017
Emily Beatty	4k	14:23.20	Hokie Invite	2016
	5k	-----	-----	-----
	6k	22:28.50	VT Alumni Invite	2016
Lauren Berman	4k	14:16.10	Hokie Invite	2016
	5k	17:49.00	Greater Louisville Classic	2016
	6k	20:54.1	ACC Championships	2016
Ella Breidenstine	4k	14:23.70	Hokie Invite	2016
	5k	17:57.90	Greater Louisville Classic	2016
	6k	21:44.00	Penn State National Open	2016
Ellie Brush	4k	14:29.8	Hokie Open	2017
	5k	18:03.94	Louisville Sports Commission	2017
	6k	-----	-----	-----
Sarah Edwards	4k	14:13.8	Hokie Open	2016
	5k	17:31.28	Louisville Sports Commission	2017
	6k	20:54.2	Adidas Pre-Nationals	2017
Jennifer Fleming	4k	13:59.34	Hokie Invite	2015
	5k	-----	-----	-----
	6k	22:02.13	VT Alumni Invite	2015
Sara Freix	4k	14:19.20	Hokie Invite	2016
	5k	17:46.17	Louisville Sports Commission	2017
	6k	20:58.6	Adidas Pre-Nationals	2017
Maryellen Hauver	4k	16:01.8	Hokie Invite	2017
	5k	-----	-----	-----
	6k	-----	-----	-----
Katie Kennedy	4k	14:16.10	Hokie Invite	2016
	5k	17:15.00	Greater Louisville Classic	2016
	6k	20:22.3	ACC Championships	2016
Katy Lobeda	4k	14:48.7	Hokie Open	2017
	5k	-----	-----	-----
	6k	22:45.6	VT Alumni Invite	2017
Rachel Pocratsky	4k	13:58.1	Hokie Open	2016
	5k	17:50.81	Louisville Sports Commission	2017
	6k	21:38.8	ACC Championships	2017
Shannon Quinn	4k	15:01.2	Hokie Open	2016
	5k	-----	-----	-----
	6k	23:50.30	VT Alumni Invite	2016
Kayla Richardson	4k	14:13.90	Hokie Invite	2016
	5k	17:19.13	Louisville Sports Commission	2017
	6k	20:46.8	ACC Championships	2017

Emily Schiesl	4k	15:03.6	Hokie Invite	2017
	5k	-----	-----	-----
	6k	-----	-----	-----
Alyssa Shupe	4k	14:41.16	Hokie Invite	2015
	5k	18:40.73	Louisville Sports Commission	2017
	6k	22:35.0	VT Alumni Invite	2017
Catherine Stone	4k	15:08.6	Hokie Invite	2017
	5k	-----	-----	-----
	6k	-----	-----	-----
Laura Sullivan	4k	14:58.61	Hokie Invite	2015
	5k	-----	-----	-----
	6k	22:55.40	VT Alumni Invite	2016
Amanda Swaak	4k	14:35.26	Hokie Invite	2015
	5k	18:28.07	Louisville Sports Commission	2017
	6k	21:27.5	NCAA Pre-Nationals	2015
Amanda Thomas	4k	15:50.0	Hokie Open	2016
	5k	-----	-----	-----
	6k	-----	-----	-----

2017 Virginia Tech Cross Country Men's Career Bests



Name	XC Dist.	Time	Event	Year
Owen Buck	6k	19:09.3	Hokie Open	2017
	8k	25:37.8	Adidas Pre-National	2017
	10k	-----	-----	-----
Kevin Cianfarini	6k	19:01.9	Hokie Open	2016
	8k	25:50.55	Wake Forest Invitational	2015
	10k	-----	-----	-----
Vincent Ciattei	6k	18:49.50	Hokie Open	2015
	8k	24:00:3	ACC Championships	2017
	10k	30:25.7	NCAA Southeast Regional	2017
Andrew Eason	6k	18:20.0	Hokie Open	2017
	8k	24:32.6	ACC Championships	2017
	10k	-----	-----	-----
Ben Fleming	6k	18:48.9	Hokie Invite	2017
	8k	25:20.5	VT Alumni Invite	2017
	10k	-----	-----	-----
Andrew Goldman	6k	18:12.9	Hokie Open	2016
	8k	24:53.0	Adidas Pre-National	2017
	10k	-----	-----	-----
Neil Gourley	6k	19:13.40	Hokie Invite	2016
	8k	23:47.9	NCAA Pre-Nationals	2015
	10k	30:29.6	NCAA Southeast Regional	2017
Will Griffen	6k	19:07.9	Hokie Invite	2017
	8k	25:48.6	VT Alumni Invite	2017
	10k	-----	-----	-----
Osman Humeida	6k	18:52.7	Hokie Invite	2017
	8k	26:51.1	VT Alumni Invite	2017
	10k	-----	-----	-----
Daniel Jaskowak	6k	18:52.70	Hokie Invite	2016
	8k	23:25.2	Adidas Pre-National	2017
	10k	29:26.1	NCAA Southeast Regional	2017
Patrick Joseph	6k	19:06.60	Hokie Invite	2016
	8k	23:51.3	Adidas Pre-National	2017
	10k	29:40.8	NCAA Southeast Regional	2017
Jack Joyce	6k	18:57.60	Hokie Invite	2016
	8k	24:06.1	ACC Championships	2017
	10k	30:19.0	NCAA Southeast Regional	2017
Baron Kieffer	6k	18:33.2	Hokie Open	2016
	8k	24:54.2	ACC Championships	2016
	10k	-----	-----	-----
Bashir Mosavel-Lo	6k	18:42.2	Hokie Open	2017
	8k	26:11.3	VT Alumni Invite	2017

	10k	-----	-----	-----
Brent Musselman	6k	18:50.0	Hokie Open	2017
	8k	24:14.0	ACC Championships	2016
	10k	29:53.8	NCAA Southeast Regional	2016
Peter Seufer	6k	18:52.90	Hokie Invite	2016
	8k	23:10.4	Adidas Pre-National	2017
	10k	29:25.3	NCAA Southeast Regional	2017
Fitsum Seyoum	6k	18:53.40	Hokie Invite	2016
	8k	24:21.3	ACC Championships	2017
	10k	-----	-----	-----
Dave Whitfield	6k	19:38.1	Hokie Open	2017
	8k	27:04.1	VT Alumni Invite	2017
	10k	-----	-----	-----
Thierry Siewe Yanga	6k	20:10.6	Hokie Open	2017
	8k	27:37.3	VT Alumni Invite	2017
	10k	-----	-----	-----
Diego Zarate	6k	18:55.60	Hokie Invite	2016
	8k	23:53.9	ACC Championships	2016
	10k	30:11.3	NCAA Southeast Regional	2017