

2009 EPCC CROSS COUNTRY

FIRST MEET at Luzerne CCC on Sat. Sept. 12, 2009.

There were (5) medalists for Men/Women and Team awards for Men/Women.

Top Five Women:

- 1.) Zafirah Green, Phil. 23:05
- 2.) Sophia Downey, Phil. 24:22
- 3.) Angela Holmes, Johnson College 24:42
- 4.) Jessica Alston, Phil. 28:57
- 5.) Edna Marant, Phil. 30:18

Women's Team Winner: Community College of Philadelphia

Top Five Men:

- 1.) Chad Barnington, Thaddeus Stevens College 30:18
- 2.) Edwin Miles, Phil. 32:21
- 3.) Melchizeh Bryant, Phil. 33:35
- 4.) Tyrik Smith, Phil. 34:21
- 5.) Luke Shillington, Luzerne 34:28

Men's Team Winner: Community College of Philadelphia

SECOND MEET at PSU Mont Alto on Sat. Sept 19, 2009.

There were five medalist for the Men/Women and team awards.

Top Five Women:

- 1.) Sophia Downey, Phil. 21:09
- 2.) Zafirah Green, Phil. 21:30
- 3.) Angela Holmes, Johnson College 21:41
- 4.) Teri Williams, Phil. 23:16
- 5.) Jessica Alston, Phil. 25:22

Women's Team Winner: Community College of Philadelphia

Top Five Men:

- 1.) Chad Barnington, Thaddeus Stevens College 32:33
- 2.) Tyrik Smith, Phil. 34:15
- 3.) Melchizeh Bryant, Phil. 34:36
- 4.) Scott Willis, Phil. 36:22
- 5.) Edmond Hawi, Phil. 36:32

Men's Team Winner: Community College of Philadelphia

THIRD MEET at PSU Scranton on Sat. Sept. 26, 2009.

There were five medalists for the Men/Women and team awards.

Top Five Women:

- 1.) Zafirah Green, Phil. 27:45
- 2.) Sophia Downey, Phil. 28:46
- 3.) Teri Williams, Phil. 29:25
- 4.) Siobhan Richardson, Phil. 36:57
- 5.) Edna Marant, Phil. 37:16

Women's Team Winner: Community College of Philadelphia

Top Five Men:

- 1.) Chad Barninger, Thaddeus Stevens College 29:35
- 2.) Melchizeh Bryant, Phil. 31:27
- 3.) Tyrik Smith, Phil. 32:42
- 4.) Thomas Ilgenfritz, Thaddeus Stevens College 33:50
- 5.) Edmond Hawi, Phil. 33:53

Men's Team Winner: Community College of Philadelphia

EPCC Cross-Country Championship Sat. Oct. 3, 2009 at PSU Wilkes-Barre.

There were five medalists for Men/Women and team awards.

Top Five Women:

- 1.) Sophia Downey, Phil. 21:36
- 2.) Teri Williams, Phil. 22:24
- 3.) Edna Marant, Phil. 25:21
- 4.) Siobhan Richardson, Phil. 26:28
- 5.) Narayah Lowechin, Phil. 27:28

EPCC Women's Team Winner: Community College of Philadelphia

Top Five Men:

- 1.) Chad Barninger, Thaddeus Stevens College 27:50
- 2.) Tyrik Smith, Phil. 28:51
- 3.) Melchizeh Bryant, Phil. 29:43
- 4.) Stephan Muse, Phil. 31:17
- 5.) Luke Shillington, Luzerne CCC 31:18

EPCC Men's Team Winner: Community College of Philadelphia