



# SAINT JOSEPH'S UNIVERSITY

## 2016 Women's Cross Country Quick Facts

Contact: Nikki Philpot • Phone: 610-660-2601 • Fax: 610-660-1724 • Email: nicole.philpot@sju.edu • www.sjuhawks.com

### SAINT JOSEPH'S UNIVERSITY

Location .....Philadelphia, Pa. (19131)  
 Founded .....1851  
 Enrollment .....4,560  
 Denomination .....Roman Catholic (Jesuit)  
 Nickname .....Hawks  
 Colors .....Crimson and Gray  
 Athletic Affiliation .....NCAA Division I  
 Conference .....Atlantic 10  
 President .....Mark C. Reed, Ed.D.  
 VP for Athletics/Athletic Director .....Don DiJulia  
 Athletic Department Phone .....610-660-1707

### COACHING STAFF

Head Coach .....Melody O'Reilly (2nd Year)  
 Alma Mater .....Arkansas '89  
 Assistant Coach .....Teddy Meyers (2nd Year)  
 Alma Mater .....Saint Joseph's '07  
 Women's Cross Country Office Phone .....610-660-1731

### TEAM INFORMATION

2015 Atlantic 10 Finish .....7th  
 2015 NCAA Mid-Atlantic Regional Finish .....11th  
 2015 ECAC Finish .....4th  
 Letterwinners Returning/Lost .....14/5  
 Newcomers .....18

### ATHLETIC MEDIA RELATIONS

Women's Cross Country Contact .....Nikki Philpot  
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 Email .....nicole.philpot@sju.edu  
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 .....Athletic Department  
 .....5600 City Ave.  
 .....Philadelphia, PA 19131

### SOCIAL MEDIA

Website .....www.sjuhawks.com  
 Facebook .....www.facebook.com/SJUXCTF  
 Twitter .....www.twitter.com/SJUHawks\_WTXC

### 2016 WOMEN'S CROSS COUNTRY SCHEDULE

#### SEPTEMBER

Sat. 3	TCNJ Blue/Gold Classic	Hopewell, N.J.
Fri. 9 *	Friend Big 5 Invitational	Philadelphia, Pa.
Sat. 10	Harry Groves Spiked Shoe Invitational	New York, N.Y.
Fri. 16	Rider Invitational	Hopewell, N.J.

#### OCTOBER

Sat. 1	Paul Short Run	Bethlehem, Pa.
Sat. 15	Princeton Invitational	Princeton, N.J.
Sat. 15	Lafayette Leopard Invitational	Easton, Pa.
Sat. 29	Atlantic 10 Championship	Mechanicsville, Va.

#### NOVEMBER

Fri. 11	NCAA Mid-Atlantic Regional Championship	Princeton, N.J.
Sat. 19	ECAC Championship	Bronx, N.Y.
Sat. 19	NCAA Championship	Terre Haute, Ind.

\* - This meet will be raced locally at Fairmount Park's Belmont Plateau.

The 2016 Atlantic 10 Women's Cross Country Championship will be hosted by the University of Richmond at Pole Green Park.

### 2016 WOMEN'S CROSS COUNTRY ROSTER

Name	Yr.	Hometown (High School/Previous School)
Katelyn Ambrose	Sr.	Coopersburg, Pa. (Southern Lehigh)
Rose Barrett	Fr.	Freehold, N.J. (Freehold Township)
Emily Bracken	Fr.	West Chester, Pa. (Bishop Shanahan)
June Chiango	Sr.	Wyomissing, Pa. (Wyomissing Area/Goucher)
Sydney Coughlin	Sr.	Franklin Lakes, N.J. (Indian Hills)
Elizabeth Del Rio	So.	Blandon, Pa. (Fleetwood Area)
Joanna DeSousa	Fr.	Massapequa, N.Y. (Plainedge)
Julia Donahue	So.	Lancaster, Pa. (Lancaster Catholic)
Elaine Estes	So.	Oxford, Pa. (Oxford Area)
Alicia Ezekiel-Pipkin	Jr.	Haddonfield, N.J. (Haddon Township)
Alexandra Fiesel	Sr.	Wilton, Conn. (Wilton)
Britton Gagliardi	So.	Reading, Pa. (Wilson)
Lucy Harmon	So.	Charlton, Mass. (Shepherd Hills Regional)
Julia Jenkins	Sr.	Pittsford, N.Y. (Our Lady of Mercy)
Caroline Keegan	Jr.	West Grove, Pa. (Avon Grove)
Annie Knabb	Fr.	Reading, Pa. (Exeter Township)
Jessica Knobloch	So.	Freehold, N.J. (Freehold Township)
Maggie Malloy	Sr.	Newtown Square, Pa. (Academy of Notre Dame de Namur)
Samantha Mayers	Fr.	Pittston, Pa. (Pittston Area)
Abigail McGann	Fr.	Cranford, N.J. (Mount Saint Mary Academy)
Erin McGuire	So.	Avon, Conn. (Avon)
Angelena Minniti	Sr.	Lansing, Mich. (Lansing Catholic)
Kiersten Moylan	Sr.	Jenkintown, Pa. (Saint Basil Academy)
Megan O'Dowd	Jr.	Colts Neck, N.J. (Colts Neck)
Lindsey Oremus	So.	Wyoming, Pa. (Dallas)
Sara Rankin	So.	Springfield, Pa. (Cardinal O'Hara)
Sarah Regnault	Sr.	Green Brook, N.J. (Mount Saint Mary Academy)
Emily Schaeffer	Fr.	Mullica Hill, N.J. (Clearview Regional)
Meridith Twomey	Fr.	Yardley, Pa. (Pennsbury)
Michaela Urbach	Fr.	Cherry Hill, N.J. (Paul VI)
Andrea Warren	Jr.	West Chester, Pa. (Villa Maria Academy)
Cassidy Weimer	Jr.	Leonardo, N.J. (Middletown South)

**Captains:** Sydney Coughlin, Sarah Regnault

#### Returning scorers from 2015 Atlantic 10 Championship:

Sarah Regnault (19th), Lindsey Oremus (22nd), Britton Gagliardi (37th), Sydney Coughlin (45th)

#### Graduated scorers from 2015 Atlantic 10 Championship:

Lauren Hehir (33rd)



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### TEAM RESULTS

DATE	EVENT	FINISH
9/5	Blue/Gold Classic (The College of New Jersey - Rosedale Park - Hopewell, N.J.)	1st of 3
9/11	Friend Big 5 Invitational (Temple University - West Fairmount Park - Philadelphia, Pa.)	3rd of 5
9/19	Meet of Champions (Iona College - Van Cortlandt Park - Bronx, N.Y.)	7th of 11
10/2	Paul Short Run (Lehigh University - Goodman Campus - Bethlehem, Pa.)	1st of 45
10/17	Princeton Invitational (Princeton University - West Windsor Fields - Princeton, N.J.)	10th of 24
10/17	Leopard Invitational (Lafayette College - Metzgar Fields - Easton, Pa.)	3rd of 5
10/31	Atlantic 10 Championship (University of Richmond - Pole Green Park - Mechanicsville, Pa.)	7th of 14
11/13	NCAA Mid-Atlantic Regional Championship (Princeton University - West Windsor Fields - Princeton, N.J.)	11th of 30
11/21	ECAC Championship (Van Cortlandt Park - Bronx, N.Y.)	4th of 8

## 2015 SAINT JOSEPH'S WOMEN'S CROSS COUNTRY RESULTS

Race:	Blue/Gold Inv.	Big 5 Invitational	Meet of Champions	Paul Short Run	Princeton Inv.	Leopard Inv.	A-10 Champs.	NCAA Mid-Atlantic	ECAC Champs.
Course:	Rosedale Park	Belmont Plateau	Van Cortlandt	Goodman	West Windsor	Metzgar Fields	Pole Green Park	West Windsor	Van Cortlandt
City:	Pennington, N.J.	Philadelphia, Pa.	New York, N.Y.	Bethlehem, Pa.	Princeton, N.J.	Easton, Pa.	Mechanicsville, Pa.	Princeton, N.J.	New York, N.Y.
Host, Date:	TCNJ, 9/5	Temple, 9/11	Iona, 9/19	Lehigh, 10/2	Princeton, 10/17	Lafayette, 10/17	Richmond, 10/31	Princeton, 11/13	N/A, 11/21
Distance:	5k	4k	6k	6k Brown/Open	6k	6k	5k	6k	5k Champs/Open
# of Runners:	46	62	135	387/298	206	71	129	200	80/60
Chaundy	19:48 23rd		24:47.5 75th	23:22 151st		24:03.53* 21st			20:35.2 63rd
Chiango	20:44 33rd	16:17.1 46th	25:28.4 97th	24:06^ 107th		23:49.62* 19th			19:30.1 39th
Cols	19:29 17th	16:01.0 41st	24:49.3 78th	23:28 163rd		<b>23:48.64* 18th</b>	18:54.6 77th		20:25.9 59th
Coughlin	18:46* 4th	15:00.7* 22nd	23:49.4* 43rd	22:10* 29th	22:34.4* 50th		18:31.7* 37th	22:59.5* 84th	19:19.8* 32nd
Ezekiel-Pipkin	20:17 29th		25:49.6 106th	24:23^ 123rd					
Fiesel	19:20 15th	15:27.7 32nd	26:35.6 119th	22:56^ 38th	23:16.1 94th		19:10.6 91st		20:37.9 64th
Gagliardi	18:37* 3rd	15:04.2* 23rd	23:29.8* 31st	22:30* 53rd	22:57.8* 77th		18:22.4* 37th	22:53.0* 80th	19:19.5* 31st
Harmon	20:43 32nd	16:42.4 51st	27:45.5 127th	24:40^ 142nd		25:46.40* 38th			21:30.7^ 28th
Hehir	19:32 T-18th	15:46.1 37th	24:26.8* 64th	22:20* 42nd	22:40.0* 59th		18:14.4* 33rd	22:39.1* 68th	19:27.1 38th
Jenkins	19:32 T-18th	15:28.5 33rd	24:27.6 65th	22:34 57th	23:18.1 99th		18:49.7 68th	23:48.6 130th	19:23.6 36th
Malloy	22:16 41st			25:00^ 162nd		26:07.70 41st			21:05.9^ 18th
McGuire	22:54 45th	18:44.2 62nd		26:28^ 234th		26:52.99 56th			22:55.3^ 48th
Moran									
O'Dowd	21:35 39th			24:55^ 158th		26:02.66 40th			21:53.9^ 38th
Oremus	<b>18:33* 2nd</b>	<b>14:31.6* 8th</b>	<b>23:24.5* 24th</b>	<b>21:50* 11th</b>	<b>22:29.6* 46th</b>		18:03.9* 22nd	<b>22:06.9* 44th</b>	<b>18:46.6* 16th</b>
Radzwilka	19:11* 10th	15:27.3* 31st	24:33.0 71st	22:51 89th	23:32.8 110th		19:12.5 92nd		19:22.3* 35th
Rankin	20:30 31st	16:02.3 43rd	25:45.2 104th	23:37^ 76th		25:26.43* 33rd			21:03.3^ 16th
Regnault	18:53* T-7th	15:15.7* 26th	23:28.9* 29th	22:12* 31st	22:35.3* 52nd		<b>18:00.1* 19th</b>	22:40.7* 69th	19:00.8* 24th
Weimer	19:13 12th	15:57.6 40th	25:31.6 98th	22:51^ 32nd	23:52.6 127th		18:49.3 66th	24:06.6 143rd	19:37.6 40th

**Bold** - SJU's top performer  
 \* - Point scorer      ^ - Open race