

Cross-Country History

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	Immanual 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
Kimberly 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.

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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 medalist, 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.

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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	-

Coachs: 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 Drydan, 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 Bendandi 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 Bendandi	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 Giesbrecht	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 Bendandi 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 Bendandi	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