

Bryn Athyn College's NCAA DIII era



Men's Cross Country



Notes by Fredrik Bryntesson
Bryn Athyn College
June – September 2026

The Bryn Athyn College men's cross country team ran in 76 races¹ during the college's NCAA DIII era (2014-25).

Number of races by the BAC Men's cross country team 2014-25					
4 kilometers	5 kilometers	7 kilometers	8 kilometers	5 miles	Distance unknown
13	2	2	57	1	1

The team had 10 full seasons during this time (2020-21 was cancelled due to COVID).

The all-time roster, based on participation in races, includes 51 student-athletes.

BAC Men's All-time Cross Country Roster (NCAA DIII-era 2014-25)			
Name	Year(s)	Name	Year(s)
Adams, Ben	14-15, 15-16, 16-17	Kleckner, Trevor	18-19, 19-20
Alden, Joshua	14-15	Kozlowski, Tommy	18-19
Brock, Gaird	17-18, 18-19	Landels, Ryan	15-16
Brock, Zachary	19-20	Lawing, Magnus	21-22
Brock, Weston	23-24, 24-25	Louchie, Haybert	21-22
Brown, Jethro	23-24	Martinez, Bryan	15-16, 16-17, 17-18
Buick, Bennett	17-18, 19-20	McCurdy, Shane	15-16, 16-17, 17-18, 18-19
Buss, Derek	14-15	McCurdy, Travis	15-16
Campana, Jeff	14-15, 15-16	Moran, Robert	14-15, 15-16
Congdon, Tanner	17-18, 18-19, 19-20, 20-21	Olivares, Azel	19-20, 20-21
Coyle, Andrew	17-18	Padmanabhan, Amit	16-17
Cranch, Karl	22-23, 23-24	Pamaylaon, Zachary	18-19
Demaria, Dante	22-23	Rallo, Justin	17-18, 18-19, 19-20
Dyson, James	22-23	Reid, Jordan	15-16, 16-17
Evans, Benjamin	24-25	Sewell, Tyree	18-19
Fluellen, Jihaad	14-15	Shapcott, Jarrett	19-20
Flynn, Michael	17-18, 18-19	Strange, Mark	14-15, 15-16, 16-17, 17-18
Fox, Christopher	22-23, 23-24, 24-25	Syre, Isaac	18-19, 19-20
Frazier, Jesse	15-16, 16-17	Tate, Jonathan	16-17
Frazier, Trajan	21-22, 22-23, 23-24, 24-25	Todd, Peadar	24-25
Haas, Michael	19-20	Traber, Matt	19-20
Homber, Callum	21-22, 22-23, 23-24, 24-25	Tran, Ricky	17-18, 18-19
Hyatt, Alexander	15-16, 16-17, 17-18	Williams, Declan	21-22, 22-23, 23-24, 24-25
Jenkins, Malik	18-19	Williams, Rafe	21-22, 22-23, 23-24, 24-25
Johnson, Stephen	14-15, 15-16	York, Aidan	21-22
Jones, Michael	21-22		

¹ The number of races is based on the season schedules published by the BAC athletics department on their website (<https://brynathynathletics.com>). The results from the races are mostly based on official results document available online (published race recaps were used for a few races that lack official results documents). In addition, some institutions have changed their names over the years. Here the current, or most recent, names are used.

BAC men's cross country 2014-25 - the number of races each student-athlete completed

Name	#races	Name	#races
Williams, Rafe	32	Alden, Joshua	6
Williams, Declan	30	Peadar, Todd	6
McCurdy, Shane	23	York, Aidan	6
Frazier, Trajan	21	Jenkins, Malik	5
Homber, Callum	21	Johnson, Stephen	5
Hyatt, Alexander	20	McCurdy, Travis	5
Martinez, Bryan	19	Buss, Derek	4
Strange, Mark	19	Campana, Jeffrey	4
Fox, Christopher	18	Kozlowski, Thomas	4
Rallo, Justin	18	Brown, Jethro	3
Congdon, Tanner	17	Coyle, Andrew	3
Brock, Gaird	16	Fluellen, Jihaad	3
Adams, Benjamin	12	Flynn, Michael	3
Syre, Isaac	12	Jones, Michael	3
Brock, Weston	11	Dyson, James	2
Cranch, Karl	11	Louchie, Haybert	2
Frazier, Jesse	10	Olivares, Azel	2
Reid, Jordan	10	Pamaylayon, Zachary	2
Buick, Benett	9	Tate, Jonathan	2
Sewell, Tyree	8	Brock, Zachary	1
Evans, Benjamin	7	DeMaria, Dante	1
Kleckner, Trevor	7	Haas, Michael	1
Lawing, Magnus	7	Landels, Ryan	1
Moran, Robert	7	Padmanabhan, Amit	1
Tran, Ricky	7	Shapcott, Jarrett	1
		Traber, Matthew	1

BAC men's cross country 2014-25 - the number of years each student-athlete participated

Name	Years	Name	Years
Frazier, Trajan	4	Alden, Joshua	1
Homber, Callum	4	Brock, Zachary	1
McCurdy, Shane	4	Brown, Jethro	1
Strange, Mark	4	Buss, Derek	1
Williams, Declan	4	Coyle, Andrew	1
Williams, Rafe	4	DeMaria, Dante	1
Adams, Benjamin	3	Dyson, James	1
Congdon, Tanner	3	Evans, Benjamin	1
Fox, Christopher	3	Fluellen, Jihaad	1
Hyatt, Alexander	3	Haas, Michael	1
Martinez, Bryan	3	Jenkins, Malik	1
Rallo, Justin	3	Jones, Michael	1
Brock, Gaird	2	Kozlowski, Thomas	1
Brock, Weston	2	Landels, Ryan	1
Buick, Benett	2	Lawing, Magnus	1
Campana, Jeffrey	2	Louchie, Haybert	1
Cranch, Karl	2	McCurdy, Travis	1
Flynn, Michael	2	Olivares, Azel	1
Frazier, Jesse	2	Padmanabhan, Amit	1
Johnson, Stephen	2	Pamaylayon, Zachary	1
Kleckner, Trevor	2	Peadar, Todd	1
Moran, Robert	2	Sewell, Tyree	1
Reid, Jordan	2	Shapcott, Jarrett	1
Syre, Isaac	2	Tate, Jonathan	1
Tran, Ricky	2	Traber, Matthew	1
		York, Aidan	1

Bryn Athyn College belonged to three different conferences during the NCAA DIII era: NEAC (North Eastern Athletic Conference) in 2014-18, CSAC (Colonial States Athletic Conference) in 2018-23, and the United East Conference in 2023-25.

Conference awards and championships

1. Conference championships

Rafe Williams won the CSAC men's cross country individual championships twice - in 2021-22 and 2022-23. He finished in 11th place in 2023-24 and in 2nd place in 2024-25.

2. Conference Runner of the year

Rafe Williams in 2021-22 and 2022-23

3. Conference runner of the week

Rafe Williams was five times named the conference runner of the week (twice in 2021-22, and once per season in 2022-23, 2023-24, and 2024-25).

4. CSAC weekly honor roll (2018-23)

Rafe Williams was three times named to the conference's weekly honor roll (twice in 2021-22, and once in 2022-23).

Tanner Congdon was named the conference's weekly honor roll twice in 2019-20.

Trevor Kleckner was named the conference's weekly honor roll once in 2018-19.

Shane McCurdy was named the conference's weekly honor roll once in 2018-19.

5. All-conference teams

Michael Haas (2nd team in 2019-20)

Declan Williams (1st team in 2021-22 and 2nd team in 2022-23)

Rafe Williams (1st team in 2021-22, 1st team in 2022-23, 2nd team in 2023-24, and 1st team in 2024-25)

6. All-conference Sportsmanship teams

Justin Rallo (2018-19)

Bennett Buick (2019-20)

Trajan Frazier (2021-22)

Christopher Fox (2022-23)

Christopher Fox (2023-24)

Rafe Williams (2024-25)

All-Region Teams

Rafe Williams (2024-25)

Academic awards

1. Dean's List at Bryn Athyn College

56.86% (29/51) of the all-time men's cross country roster during the NCAA DIII era made the Dean's List during their time at Bryn Athyn College.

2. Conference Academic Awards

19 (37.25%) of the all-time men's cross country roster during the NCAA DIII era made the conference academic awards lists.²

The men's cross country team received the conference's annual Team Academic Award in 2022-23 and 2024-25.

Jesse King was the head coach 2014-25. He was assisted by Casey Shauder and Mary Williams-Heinrichs.

² The conference academic awards were given to participants that did well academically during the season they competed. The definitions are as follows: 2014-18 (NEAC) "A student-athlete competing in a conference-sponsored sport must achieve a combined grade point average of 3.4 or higher for the fall and spring semesters and must have been in good standing on his or her team." 2028-23 (CSAC) "In order to be selected, a student-athlete competing in a fall conference-sponsored sport must achieve a grade point average of 3.2 or higher for the fall semester and must have been in good standing on his or her team." 2023-25 (United East) "In order to be selected, a student-athlete competing in a fall conference-sponsored sport must achieve a grade point average of 3.2 or higher for the fall semester and must have been in good standing on his or her team."

Top 6 finishes during the NCAA DIII era (2014-25):

First place finishes			
Name	Date	Race	Distance
Tanner Congdon	October 2, 2019	Bryn Athyn Dual Meet with Rosemont	4K
Rafe Williams	October 30, 2021	CSAC Championships	8K
Rafe Williams	October 29, 2022	CSAC Championships	8K
Rafe Williams	September 23, 2023	Bryn Athyn Invitational	4K
Rafe Williams	September 28, 2024	Bryn Athyn Invitational	8K
Second place finishes			
Name	Date	Race	Distance
Bryan Martinez	September 30, 2016	Bryn Athyn Cross Country Invitational	8K
Rafe Williams	October 15, 2021	Bryn Athyn Invitational	4K
Rafe Williams	October 11, 2023	Cairn University Cross Country Meet	8K
Rafe Williams	September 7, 2024	Aggie Open	8K
Rafe Williams	October 5, 2024	Highlander Invitational	8K
Rafe Williams	November 2, 2024	United East Championships	8K
Third place finishes			
Name	Date	Race	Distance
Jesse Frazier	September 30, 2016	Bryn Athyn Cross Country Invitational	8K
Rafe Williams	September 3, 2021	Cairn 4K	4K
Rafe Williams	September 18, 2021	CSAC Preview Meet	8K
Rafe Williams	September 17, 2022	CSAC Preview Meet	8K
Rafe Williams	September 1, 2023	Bryn Mawr Invitational	5K
Rafe Williams	September 21, 2024	PSU Abington Invitational	8K
Fourth place finishes			
Name	Date	Race	Distance
Shane McCurdy	September 30, 2016	Bryn Athyn Cross Country Invitational	8K
Shane McCurdy	September 1, 2017	Dual Meet with PSU Abington	4K
Trevor Kleckner	October 2, 2019	Bryn Athyn Dual Meet with Rosemont	4K
Rafe Williams	September 13, 2024	Seahawk Classic	8K
Fifth place finishes			
Name	Date	Race	Distance
Jordan Reid	September 4, 2015	Lions' Night Run	7K
Alexander Hyatt	September 1, 2017	Dual Meet with PSU Abington	4K
Isaac Syre	October 2, 2019	Bryn Athyn Dual Meet with Rosemont	4K
Michael Jones	October 15, 2021	Bryn Athyn Invitational	4K
Rafe Williams	September 30, 2023	PSU Abington Invitational	8K
Sixth place finishes			
Name	Date	Race	Distance
Benjamin Adams	September 30, 2016	Bryn Athyn Cross Country Invitational	8K
Tanner Congdon	September 1, 2017	Dual Meet with PSU Abington	4K
Declan Williams	October 15, 2021	Bryn Athyn Invitational	4K
Declan Williams	October 30, 2021	CSAC Championships	8K
Rafe Williams	16-Sep-23	Cairn University Highlander XC Invitational	8K
Declan Williams	September 23, 2023	Bryn Athyn Invitational	4K

Team First place finishes		#Teams	
Date	Race	in competition	Distance
September 30, 2016	Bryn Athyn Cross Country Invitational	2	8k
October 2, 2019	Bryn Athyn Dual Meet with Rosemont	2	4k
October 15, 2021	Bryn Athyn Invitational	2	4k
Team Second place finishes			
Date	Race		Distance
October 3, 2015	Bryn Athyn Cross Country Invitational	4	8k
September 3, 2021	Cairn 4K	4	4k
September 23, 2023	Bryn Athyn Invitational	4	4k
October 11, 2023	Cairn University Cross Country Meet	6	8k
Team Fourth place finishes			
Date	Race		Distance
October 20, 2016	Immaculata Invitational	6	4k
September 28, 2018	Bryn Athyn Cross Country Invitational	7	8k
October 27, 2018	CSAC Championships	5	8k
September 18, 2021	CSAC Preview Meet	5	8k
October 30, 2021	CSAC Championships	6	8k
September 17, 2022	CSAC Preview Meet	5	8k
October 29, 2022	CSAC Championships	5	8k
Team Fifth place finishes			
Date	Race		Distance
October 22, 2015	Immaculata Invitational	6	4k
September 10, 2016	Highlander Invitational	7	8k
October 13, 2017	Bryn Athyn Cross Country Invitational	7	8k
October 19, 2017	Immaculata Invitational	8	4k
October 10, 2019	CSAC Preview Meet	7	8k
October 2, 2021	Dan Talbot Open	6	8k
September 28, 2024	Bryn Athyn Invitational	7	8k
October 5, 2024	Highlander Invitational	11	8k
Team Sixth place finishes			
Date	Race		Distance
October 18, 2018	Immaculata Invitational	7	4k
November 2, 2019	CSAC Championships	7	8k
October 1, 2022	Dan Talbot Open	9	8k
September 13, 2024	Seahawk Classic	8	8k
Note: placements have not been included if the team finished last (e.g. 2nd of 2 teams)			

134 colleges and universities that the Bryn Athyn College men's cross country team competed against during the NCAA DIII era (2014-25):

Colleges and Universities that the BAC men's cross country competed against during the NCAA DIII era (2014-25)		
Albright College	Haverford College	Rowan University
Alvernia University	Holy Family University	Rutgers University-Camden
Arcadia University	Hood College	Rutgers University-Newark
Army Prep	Hunter College	Salisbury University
Bergen Community College	Immaculata University	Sarah Lawrence College
Bloomfield College	John Hopkins University	Shenandoah University
Bridgewater College	Kean University	Southern Virginia University
Brookdale Community College	Keuka College	St Elizabeth University
Brooklyn College	Keystone College	St Joseph's University Brooklyn Campus
Bucks County Community College	King's College	St Joseph's University Long Island Campus
Cabrini University	Lackawanna College	St Mary's College of Maryland
Cairn University	Lancaster Bible College	St Vincent College
Caldwell University	Lebanon Valley College	Stevens Institute of Technology
Camden County College	Lincoln University	Stockton University
Catholic University of America	Luzerne County Community College	SUNY Cobleskill
Cazenovia College	Lycoming College	SUNY Cortland
Cecil College	Manor College	SUNY Maritime
Centenary University	Mary Washington University	SUNY Morrisville
Central Penn College	McDaniel College	SUNY New Paltz
Chestnut Hill College	Medgar Evers College	SUNY Polytechnic Institute
Cheyney University	Mercer County Community College	Swarthmore College
Christopher Newport University	Middlesex College	Temple University
Clarks Summit University	Monroe College	Thaddeus Stevens College of Technology
Community College of Philadelphia	Moravian University	The College of New Jersey
Concordia College-New York	Muhlenberg College	Thomas Jefferson University
Cumberland County College	Neumann University	United States Merchant Marine Academy
Delaware Technical Community College	New Jersey City University	University of Lynchburg
Delaware Valley University	Northampton Community College	University of Scranton
DeSales University	Notre Dame of Maryland University	University of the Sciences
Dominican University New York	Nyack College	University of Valley Forge
Drew University	Ocean County College	Ursinus College
Eastern University	Penn College	Utica University
Elizabethtown College	Philadelphia University	Valley Forge Military College
FDU Florham	Post University	Washington Adventist University
Felician University	Pratt Institute	Washington and Lee University
Franklin & Marshall College	PSU Abington	Wells College
Franklin Pierce University	PSU Berks	Wesley College
Gallaudet University	PSU Brandywine	West Chester University
Georgian Court University	PSU Harrisburg	Widener University
Gettysburg College	PSU Lehigh Valley	Wilkes University
Goldey-Beacom College	PSU Schuylkill	Williamson College of the Trades
Greater Philadelphia Technical College	PSU Scranton	Wilmington University
Gwynedd Mercy University	Ramapo College	Yeshiva University
Harcum College	Rosemont College	York College
Harrisburg Area Community College	Rowan College of South Jersey Cumberland	

BAC Men's Cross Country: Top 30 runners in the NCAA DIII era (2014-25): 8 kilometers

	Name	Time	Date	Race
1	Rafe Williams	25:42.0	November 16, 2024	NCAA DIII Metro Region Cross Country Championships
2	Benjamin Evans	30:29.3	November 16, 2024	NCAA DIII Metro Region Cross Country Championships
3	Jordan Reid	30:38.0	October 3, 2015	Bryn Athyn Cross Country Invitational
4	Travis McCurdy	30:41.4	October 3, 2015	Bryn Athyn Cross Country Invitational
5	Declan Williams	30:54.4	October 11, 2023	Cairn University Cross Country Meet
6	Bryan Martinez	30:58.2	October 13, 2017	Bryn Athyn Cross Country Invitational
7	Joshua Alden	31:52.1	November 1, 2014	NEAC Championships
	Jesse Frazier	31:52.1	September 30, 2016	Bryn Athyn Cross Country Invitational
9	Trevor Kleckner	32:28.2	September 14, 2018	Moravian and Cedar Crest Invitational
10	Michael Haas	32:30.8	November 2, 2019	CSAC Championship Race
11	Tanner Congdon	33:00.5	October 10, 2019	CSAC Preview Race at Bryn Athyn
12	Zachary Brock	33:18.1	November 2, 2019	CSAC Championship Race
13	Stephen Johnson	33:26.7	October 3, 2015	Bryn Athyn Cross Country Invitational
14	Alexander Hyatt	33:59.1	October 13, 2017	Bryn Athyn Cross Country Invitational
15	Benjamin Adams	34:20.3	September 30, 2016	Bryn Athyn Cross Country Invitational
16	Isaac Syre	34:25.7	September 14, 2018	Moravian and Cedar Crest Invitational
17	Gaird Brock	34:28.9	October 13, 2017	Bryn Athyn Cross Country Invitational
18	James Dyson	34:31.5	September 24, 2022	PSU Abington Invitational
19	Karl Cranch	35:19.3	October 29, 2022	CSAC Championships
20	Callum Homber	35:28.0	September 7, 2024	Aggie Open
21	Christopher Fox	35:32.8	November 11, 2023	NCAA DIII Metro Region Cross Country Championships
22	Tyree Sewell	35:40.0	October 27, 2018	CSAC Championships
23	Mark Strange	36:27.0	September 30, 2016	Bryn Athyn Cross Country Invitational
24	Michael Jones	36:38.0	October 30, 2021	CSAC Championships
25	Derek Buss	36:45.0	October 18, 2014	Alvernia Invitational
26	Ryan Landels	37:22.0	October 31, 2015	NEAC Championships
27	Jethro Brown	37:25.9	October 11, 2023	Cairn University Cross Country Meet
28	Thomas Kozlowski	37:39.1	October 27, 2018	CSAC Championships
29	Malik Jenkins	37:40.0	October 27, 2018	CSAC Championships
30	Todd Peadar	37:45.3	November 2, 2024	United East Championships

BAC Men's Cross Country: 30 fastest 8 kilometers races in the NCAA DIII era (2014-25)

	Name	Time	Date	Race
1	Rafe Williams	25:42.0	November 16, 2024	NCAA DIII Metro Region Cross Country Championships
2	Rafe Williams	26:02.0	October 19, 2024	Inter-Regional Border Battle
3	Rafe Williams	26:47.6	November 2, 2024	United East Championships
4	Rafe Williams	27:20.3	November 11, 2023	NCAA DIII Metro Region Cross Country Championships
5	Rafe Williams	27:36.3	October 5, 2024	Highlander Invitational
6	Rafe Williams	27:40.7	September 28, 2024	Bryn Athyn Invitational
7	Rafe Williams	27:47.1	October 11, 2023	Cairn University Cross Country Meet
8	Rafe Williams	28:12.3	October 1, 2022	Dan Talbot Open
9	Rafe Williams	28:12.8	September 21, 2024	PSU Abington Invitational
10	Rafe Williams	28:15.0	October 29, 2022	CSAC Championships
11	Rafe Williams	28:51.0	November 13, 2021	NCAA DIII Metro Region Cross Country Championships
12	Rafe Williams	29:00.0	November 12, 2022	NCAA DIII Metro Region Cross Country Championships
13	Rafe Williams	29:03.6	September 30, 2023	PSU Abington Invitational
14	Rafe Williams	29:22.6	September 24, 2022	PSU Abington Invitational
15	Rafe Williams	29:27.8	September 7, 2024	Aggie Open
16	Rafe Williams	29:42.2	September 16, 2023	Cairn University Highlander XC Invitational
17	Rafe Williams	29:43.8	October 7, 2023	Jack Saint Clair College Cross Country Invite
18	Rafe Williams	30:11.3	September 13, 2024	Seahawk Classic
19	Rafe Williams	30:17.1	September 17, 2022	CSAC Preview Meet
20	Rafe Williams	30:26.4	September 25, 2021	PSU Abington Invitational
21	Benjamin Evans	30:29.3	November 16, 2024	NCAA DIII Metro Region Cross Country Championships
22	Rafe Williams	30:33.3	September 9, 2023	Philadelphia Cross Classic
23	Jordan Reid	30:38.0	October 3, 2015	Bryn Athyn Cross Country Invitational
24	Travis McCurdy	30:41.4	October 3, 2015	Bryn Athyn Cross Country Invitational
25	Rafe Williams	30:47.1	October 30, 2021	CSAC Championships
26	Declan Williams	30:54.4	October 11, 2023	Cairn University Cross Country Meet
27	Rafe Williams	30:55.7	October 28, 2023	United East Championships
28	Bryan Martinez	30:58.2	October 13, 2017	Bryn Athyn Cross Country Invitational
29	Declan Williams	31:04.0	October 1, 2022	Dan Talbot Open
30	Declan Williams	31:05.7	November 11, 2023	NCAA DIII Metro Region Cross Country Championships

BAC Men's Cross Country: Top 30 runners in the NCAA DIII era (2014-25): 4 kilometers

	Name	Time	Date	Race
1	Rafe Williams	13:48.8	October 15, 2021	Bryn Athyn Invitational
2	Bryan Martinez	15:02.8	October 20, 2016	Immaculata Invitational
3	Travis McCurdy	15:12.9	October 22, 2015	Immaculata Invitational
4	Shane McCurdy	15:19.0	September 1, 2017	Dual Meet PSU Abington at Bryn Athyn College
5	Trevor Kleckner	15:22.2	September 5, 2018	Lions Invitational
6	Alexander Hyatt	15:24.0	September 1, 2017	Dual Meet PSU Abington at Bryn Athyn College
7	Michael Jones	15:40.2	October 15, 2021	Bryn Athyn Invitational
8	Declan Williams	15:45.8	September 23, 2023	Bryn Athyn Invitational
9	Jesse Frazier	15:48.1	October 20, 2016	Immaculata Invitational
10	Joshua Alden	15:59.0	October 23, 2014	Immaculata Invitational
11	Tanner Congdon	16:06.0	October 2, 2019	Bryn Athyn Dual Meet with Rosemont
12	Gaird Brock	16:10.4	October 19, 2017	Immaculata Invitational
13	Isaac Syre	16:31.7	September 5, 2018	Lions Invitational
14	Jordan Reid	16:44.6	October 22, 2015	Immaculata Invitational
15	Tyree Sewell	16:51.0	October 18, 2018	Immaculata Invitational
16	Malik Jenkins	17:27.8	August 31, 2018	Highlander Invitational
17	Mark Strange	17:29.0	September 1, 2017	Dual Meet PSU Abington at Bryn Athyn College
18	Thomas Kozlowski	17:38.0	October 18, 2018	Immaculata Invitational
19	Justin Rallo	17:59.0	October 18, 2018	Immaculata Invitational
20	Christopher Fox	18:02.3	September 23, 2023	Bryn Athyn Invitational
21	Benjamin Adams	18:12.7	October 20, 2016	Immaculata Invitational
22	Magnus Lawing	18:24.4	October 15, 2021	Bryn Athyn Invitational
23	Karl Cranch	18:24.7	September 23, 2023	Bryn Athyn Invitational
24	Aidan York	18:26.1	October 15, 2021	Bryn Athyn Invitational
25	Jethro Brown	18:39.8	September 23, 2023	Bryn Athyn Invitational
26	Callum Homber	18:48.7	September 23, 2023	Bryn Athyn Invitational
27	Haybert Louchie	19:04.1	September 3, 2021	Cairn 4K
28	Azel Olivares	19:18.5	October 2, 2019	Bryn Athyn Dual Meet with Rosemont
29	Bennett Buick	19:29.5	October 19, 2017	Immaculata Invitational
30	Andrew Coyle	19:36.7	October 3, 2017	Cairn University 4K

BAC Men's Cross Country: 30 fastest 4 kilometers races in the NCAA DIII era (2014-25)

	Name	Time	Date	Race
1	Rafe Williams	13:48.8	15-Oct-21	Bryn Athyn Invitational
2	Rafe Williams	13:55.8	23-Sep-23	Bryn Athyn Invitational
3	Rafe Williams	14:45.5	3-Sep-21	Cairn 4K
4	Bryan Martinez	15:02.8	20-Oct-16	Immaculata Invitational
5	Travis McCurdy	15:12.9	22-Oct-15	Immaculata Invitational
6	Bryan Martinez	15:18.1	19-Oct-17	Immaculata Invitational
7	Shane McCurdy	15:19.0	1-Sep-17	Dual Meet PSU Abington at Bryn Athyn College
8	Trevor Kleckner	15:22.2	5-Sep-18	Lions Invitational
9	Alexander Hyatt	15:24.0	1-Sep-17	Dual Meet PSU Abington at Bryn Athyn College
10	Trevor Kleckner	15:38.6	31-Aug-18	Highlander Invitational
11	Michael Jones	15:40.2	15-Oct-21	Bryn Athyn Invitational
12	Shane McCurdy	15:43.0	3-Oct-17	Cairn University 4K
13	Declan Williams	15:45.8	23-Sep-23	Bryn Athyn Invitational
14	Jesse Frazier	15:48.1	20-Oct-16	Immaculata Invitational
15	Declan Williams	15:53.8	15-Oct-21	Bryn Athyn Invitational
16	Shane McCurdy	15:56.0	19-Oct-17	Immaculata Invitational
17	Joshua Alden	15:59.0	23-Oct-14	Immaculata Invitational
18	Shane McCurdy	16:00.0	18-Oct-18	Immaculata Invitational
19	Tanner Congdon	16:06.0	2-Oct-19	Bryn Athyn Dual Meet with Rosemont
20	Shane McCurdy	16:07.3	31-Aug-18	Highlander Invitational
21	Tanner Congdon	16:08.0	1-Sep-17	Dual Meet PSU Abington at Bryn Athyn College
22	Gaird Brock	16:10.4	19-Oct-17	Immaculata Invitational
23	Tanner Congdon	16:13.7	5-Sep-18	Lions Invitational
24	Tanner Congdon	16:17.9	3-Oct-17	Cairn University 4K
25	Michael Jones	16:19.5	3-Sep-21	Cairn 4K
26	Shane McCurdy	16:20.0	20-Oct-16	Immaculata Invitational
27	Alexander Hyatt	16:24.7	3-Oct-17	Cairn University 4K
28	Gaird Brock	16:27.8	3-Oct-17	Cairn University 4K
29	Isaac Syre	16:31.7	5-Sep-18	Lions Invitational
30	Gaird Brock	16:33.0	18-Oct-18	Immaculata Invitational

BAC Men's Cross Country: 12 fastest 5 kilometers races in the NCAA DIII era (2014-25)

	Name	Time	Date	Race
1	Rafe Williams	17:23.5	September 1, 2023	Bryn Mawr Invitational
2	Rafe Williams	18:44.9	September 1, 2022	Bryn Mawr Invitational
3	Declan Williams	20:51.1	September 1, 2022	Bryn Mawr Invitational
4	Declan Williams	22:29.1	September 1, 2023	Bryn Mawr Invitational
5	Karl Cranch	24:06.2	September 1, 2022	Bryn Mawr Invitational
6	Karl Cranch	24:50.7	September 1, 2023	Bryn Mawr Invitational
7	Callum Homber	25:15.2	September 1, 2023	Bryn Mawr Invitational
8	Callum Homber	26:22.6	September 1, 2022	Bryn Mawr Invitational
9	Christopher Fox	26:36.9	September 1, 2022	Bryn Mawr Invitational
10	Trajan Frazier	26:47.9	September 1, 2023	Bryn Mawr Invitational
11	Weston Brock	27:33.0	September 1, 2023	Bryn Mawr Invitational
12	Trajan Frazier	29:17.4	September 1, 2022	Bryn Mawr Invitational

Note: the men's cross country program only competed in two 5k races in the NCAA DIII era (2014-25)

BAC Men's Cross Country: 11 fastest 7 kilometers races in the NCAA DIII era (2014-25)

	Name	Time	Date	Race
1	Joshua Alden	26:58.0	October 4, 2014	Bryn Athyn Cross Country Invitational
2	Jordan Reid	27:49.7	September 4, 2015	Lions' Night Run
3	Stephen Johnson	28:24.0	October 4, 2014	Bryn Athyn Cross Country Invitational
4	Travis McCurdy	28:44.4	September 4, 2015	Lions' Night Run
5	Derek Buss	28:49.0	October 4, 2014	Bryn Athyn Cross Country Invitational
6	Stephen Johnson	29:13.1	September 4, 2015	Lions' Night Run
7	Bryan Martinez	30:59.4	September 4, 2015	Lions' Night Run
8	Mark Strange	32:53.0	October 4, 2014	Bryn Athyn Cross Country Invitational
9	Mark Strange	34:38.0	September 4, 2015	Lions' Night Run
10	Alexander Hyatt	35:16.9	September 4, 2015	Lions' Night Run
11	Robert Moran	37:17.0	October 4, 2014	Bryn Athyn Cross Country Invitational

Note: the men's cross country program only competed in two 7k races in the NCAA DIII era (2014-25)

2014-15

The Bryn Athyn College men's cross country team competed in seven races in 2014-15. The season began in September and ended in November.

The team raced against 44 different colleges and universities during the 2014-15 season:

College or University	#races
Albright College	1
Alvernia University	1
Bergen Community College	1
Bloomfield College	1
Cabrini University	1
Cairn University	1
Caldwell University	1
Cazenovia College	1
Chestnut Hill College	1
Cheyney University	2
Clarks Summit University	1
Concordia College-New York	1
Cumberland County College	1
Delaware Valley University	1
Gallaudet University	2
Georgian Court University	1
Gwynedd Mercy University	1
Holy Family University	1
Hunter College	1
Immaculata University	2
Keuka College	1
Lancaster Bible College	4
Lincoln University	1
Middlesex College	1
Neumann University	2
Nyack College	1
Ocean County College	1
Penn College	2
Philadelphia University	1
Post University	1
PSU Abington	3
PSU Berks	3
PSU Brandywine	1
PSU Lehigh Valley	1
Rosemont College	2
Rutgers University-Newark	1
SUNY Cobleskill	1
SUNY Morrisville	1
SUNY Polytechnic Institute	1
University of the Sciences	1
University of Valley Forge	4
Valley Forge Military College	1
Wells College	1
Williamson College of the Trades	1

2014-15 BAC Men's Cross Country Roster

Adams, Benjamin
Alden, Joshua
Buss, Derek
Campana, Jeff
Fluellen, Jihaad
Johnson, Stephen
Moran, Robert
Strange, Mark

2014-15 BAC Men's Cross Country Head Coach

King, Jesse

**Bryn Athyn Lions**

August 25, 2014 · 🌐

...

Men's and Women's Informational Cross Country Meeting Tonight at 6:30 pm in the Brickman Dining Room!

First Race: September 6, 2014 – PSU Abington Invitational

**Bryn Athyn Lions**

September 6, 2014 · 🌐

...

Men's and Women's Cross Country teams head to the PSU-Abington Invitational for their first race of the year today! [#NEAC](#)

PSU Abington Invitational (September 6, 2014)**8 kilometers**

Place	Name	Time
18.	Joshua Alden	35:56
36.	Derek Buss	40:21
50.	Mark Strange	45:24
53.	Jihaad Fluellen	48:12
58.	Robert Moran	49:45

Team competition: 9th place (9/9)

60 runners finished the race. They represented Bryn Athyn College, Cumberland Community College, Gallaudet University, Lancaster Bible College, Ocean County College, Penn College, PSU Abington, PSU Berks, PSU Brandywine, and Valley Forge Military College.

Second Race: September 26, 2014 – Lancaster Bible Homecoming Invitational

Lancaster Bible Homecoming Invitational (September 26, 2014)		
8 kilometers		
Place	Name	Time
11.	Joshua Alden	34:55.9
24.	Robert Moran	44:03.3
25.	Benjamin Adams	44:04.7
26.	Mark Strange	44:06.0
27.	Jihaad Fluellen	46:28.7
Team competition: 5 th place (5/5)		

29 runners finished the race. They represented Bryn Athyn College, Cabrini University, Immaculata University, Lancaster Bible College, and University of Valley Forge.

Third Race: September 27, 2014 – Philadelphia Metropolitan Cross Country Championships

Philadelphia Metropolitan Cross Country Championships (September 27, 2014)		
5 miles		
Place	Name	Time
79.	Stephen Johnson	38:37
97.	Derek Buss	43:46
103.	Mark Strange	48:12
105.	Robert Moran	48:42
106.	Jihaad Fluellen	49:06
Team competition: 15 th place (15/15)		

110 runners finished the race. They represented Bryn Athyn College, Bergen Community College, Bloomfield College, Caldwell University, Chestnut Hill College, Cheyney University, Concordia College-New York, Georgian Court University, Holy Family University, Hunter College, Lincoln University, Middlesex College, Neumann University, Nyack College, Philadelphia University, Post University, Rosemont College, Rutgers University-Newark, University of the Sciences, and Williamson College of the Trades (and one runner from a mystery school referred to as Valley Forge College).



Bryn Athyn Lions
September 29, 2014 · 🌐

...

BRYNATHYNATHLETICS.COM

Bryn Athyn Cross Country Invitational

Parking: All vans and buses should park at the Junge Pavilion Parking Lot. We ask large bus...



Fourth Race: October 4, 2014 – Bryn Athyn Cross Country Invitational



Bryn Athyn Lions
October 4, 2014 · 🌐

...

Women's Cross Country gets set to run their first home invitational today at 10 am then the Men at 11 am on the new athletic field.

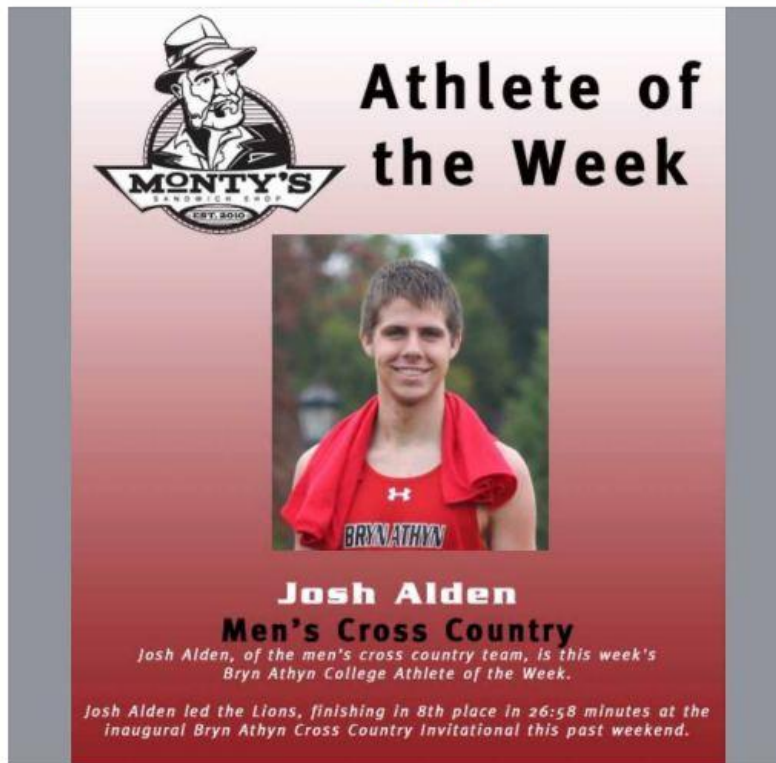
Bryn Athyn Cross Country Invitational (October 4, 2014)		
7 kilometers		
Place	Name	Time
8.	Joshua Alden	26:58
11.	Stephen Johnson	28:24
13.	Derek Buss	28:49
20.	Mark Strange	32:53
23.	Robert Moran	37:17
Team competition: 4 th place (4/4)		

24 runners finished the race. They represented Bryn Athyn College, Clarks Summit College (then called Baptist Bible College), PSU Abington, and University of Valley Forge.



Bryn Athyn Lions
October 7, 2014 · 🌐

Bryn Athyn Athlete of the Week | Josh Alden [#gobrynthyn](#)



Fifth Race: October 18, 2014 – Alvernia Invitational



Bryn Athyn Lions
October 18, 2014 · 🌐

Men's and Women's Cross Country head to Reading, Pa. for the Alvernia University Invitational today at 10 am. [#gobrynthyn](#)

Alvernia Invitational (October 18, 2014)		
8 kilometers		
Place	Name	Time
17.	Joshua Alden	34:48
20.	Derek Buss	36:45
28.	Benjamin Adams	44:56
29.	Mark Strange	44:56
30.	Stephen Johnson	44:56
Team competition: 4 th place (4/4)		

31 runners finished the race. They represented Bryn Athyn College, Albright College, Alvernia University, Delaware Valley College, PSU Berks, PSU Lehigh Valley, and University of Valley Forge.

Sixth Race: October 23, 2014 – Immaculata Invitational

Immaculata Invitational (October 23, 2014)		
4 kilometers		
Place	Name	Time
21.	Joshua Alden	15:59
40.	Mark Strange	18:57
47.	Robert Moran	21:53
52.	Jeffrey Campana	40:03
Team competition: no team result		

52 runners finished the race. They represented Bryn Athyn College, Cairn University, Cheyney University, Gwynedd Mercy University, Immaculata University, Lancaster Bible College, Neumann University, Rosemont College, and University of Valley Forge (three runners do not appear to have represented an institution).

Seventh Race: November 1, 2014 – NEAC Championships (Kenilworth Park, Washington DC)

From: Joseph, Abraham <Abraham.Joseph@brynathyn.edu>
Sent: Monday, October 27, 2014 8:09 PM
Subject: Cross Country Teams Competes in First-Ever NEAC Championships

Cross Country Teams Competes in First-Ever NEAC Championships

Bryn Athyn, Pa. – The Bryn Athyn College men's and women's cross country teams will appear in their first-ever NEAC Championships, hosted by Gallaudet University on Saturday, Nov. 1.

The meet is set for Kenilworth Park, Washington, D.C. The women's 6K race will begin at 10 a.m. followed by the men's 8K race at 11 a.m.

The men's cross-country team is led by Sophomore Josh Alden. Alden has placed in the top 20 in three races. At the Bryn Athyn Invitational, he came in 8th place for the Lions.

The women's cross-country team is led by Sophomore Kristina Clark. She has placed in the top 20 in two races. In the Bryn Athyn Invitational, Clark led Bryn Athyn, placing in 10th place.

This will be the first NEAC Championship Bryn Athyn will be competing in since joining the NCAA and NEAC this past summer.

Abraham Joseph
 Assistant Athletics Director / SID
 Head Men's and Women's Tennis Coach
 Bryn Athyn College
 267-502-6083
 Abraham.Joseph@brynathyn.edu



Bryn Athyn Lions
October 27, 2014 · 🌐

Cross Country Teams Competes in First-Ever NEAC Championships <http://ow.ly/DqVO2>
[#gobrynathyn](#) [#NEAC](#)

Cross Country Teams Competes in First-Ever NEAC Championships



BRYNATHYNATHLETICS.COM

Cross Country Teams Competes in First-Ever NEAC Championships

NEAC Championships (November 1, 2014)

8 kilometers

Place	Name	Time
43.	Joshua Alden	31:52.1
82.	Mark Strange	43:56.9
83.	Robert Moran	45:20.4

Team competition: no team result

83 runners finished the race. They represented Bryn Athyn College, Cazenovia College, Gallaudet University, Keuka College, Lancaster Bible College, Penn College, PSU Abington, PSU Berks, SUNY Cobleskill, SUNY Morrisville, SUNY Polytechnic Institute (then called SUNY-Institute of Technology at Utica), and Wells College.



(photos BAC Athletics)

2015-16

The Bryn Athyn College men's cross country team competed in seven races in 2015-16. The season began in September and ended in October.

The team raced against 35 different colleges and universities during the 2015-16 season:

College or University	#races
Albright College	1
Bloomfield College	1
Cairn University	1
Caldwell University	1
Cazenovia College	1
Chestnut Hill College	2
Concordia College-New York	1
Cumberland County College	1
Felician University	1
Franklin Pierce University	1
Gallaudet University	3
Gwynedd Mercy University	1
Holy Family University	1
Immaculata University	1
Keuka College	1
Lancaster Bible College	3
Lincoln University	1
Neumann University	1
Nyack College	1
Ocean County College	1
Penn College	2
Philadelphia University	1
Post University	1
PSU Abington	3
PSU Berks	2
Rosemont College	2
Rutgers University-Camden	1
SUNY Cobleskill	1
SUNY Morrisville	1
SUNY Polytechnic Institute	1
University of the Sciences	1
University of Valley Forge	4
Valley Forge Military College	1
Wells College	1
Williamson College of the Trades	1

2015-16 BAC Men's Cross Country Roster

Adams, Benjamin
Campana, Jeff
Frazier, Jesse
Hyatt, Alexander
Johnson, Stephen
Landels, Ryan
Martinez, Bryan
McCurdy, Shane
McCurdy, Travis
Moran, Robert
Reid, Jordan
Strange, Mark

2015-16 BAC Men's Cross Country Head Coach

King, Jesse



The 2015-16 BAC Men's Cross Country Team at the Bryn Athyn Cross Country Invitational on October 3, 2015. Back row: Alexander Hyatt, Benjamin Adams, Jesse King (Head Coach), Robert Moran, Mark Strange, Jordan Reid, Travis McCurdy, Stephen Johnson, and Jeffry Campana. Front row: Bryan Martinez. (photo by Fredrik Bryntesson).



Bryn Athyn Lions

August 23, 2015 · 🌐

...

Informational Men's and Women's Cross Country Meeting | August 24 | 6:00 pm | Brickman Great Hall



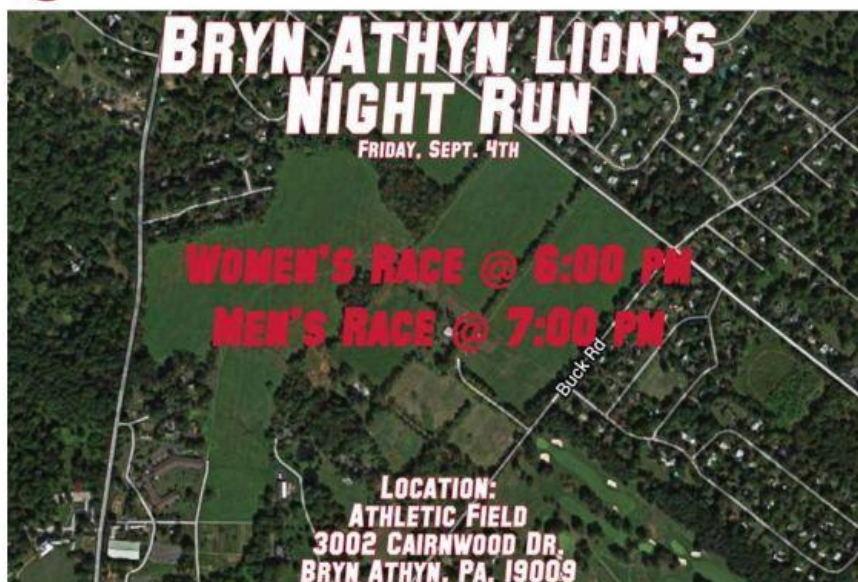
First Race: September 4, 2015 – Lions' Night Run at Bryn Athyn College



Bryn Athyn Lions

September 3, 2015 · 🌐

...



Lions' Night Run (September 4, 2015)		
7 kilometers		
Place	Name	Time
5.	Jordan Reid	27:49.7
7.	Travis McCurdy	28:44.4
8.	Stephen Johnson	29:13.1
9.	Bryan Martinez	30:59.4
10.	Mark Strange	34:38.0
11.	Alexander Hyatt	35:16.9
Team competition: 2 nd (2/2)		

11 runners finished the race. They represented Bryn Athyn College and PSU Abington.

Second Race: September 12, 2015 – Philadelphia Metropolitan Cross Country Championships



Bryn Athyn Lions
September 12, 2015 · 🌐

...

Men's and Women's Cross Country teams compete at Philadelphia Metro Run. Women Race at 1:30 pm and Men Race at 2:15 pm. [#gobrynthyn](#)

Philadelphia Metropolitan Cross Country Championships (September 12, 2015)		
8 kilometers		
Place	Name	Time
62.	Jordan Reid	34:46.7
81.	Bryan Martinez	37:12.2
90.	Mark Strange	39:06.8
106.	Alexander Hyatt	42:31.6
116.	Jeffrey Campana	49:00.6
120.	Robert Moran	51:12.5
Team competition: 14 th place (14/15)		

121 runners finished the race. They represented Bryn Athyn College, Albright College, Bloomfield College, Caldwell University, Chestnut Hill College, Concordia College-New York, Felician University, Franklin Pierce University, Holy Family University, Lincoln University, Neumann University, Nyack College, Ocean County College, Philadelphia University, Post University, Rosemont College, Rutgers University-Camden, University of the Sciences, Valley Forge Military College, Williamson College of the Trades

Third Race: September 19, 2015 – PSU Abington Invitational



Bryn Athyn Lions
September 19, 2015 · 🌐

...

Men's and Women's cross country teams compete in the PSU Abington Invitational at 9 am!
[#gobrynthyn](#)

PSU Abington Invitational (September 19, 2015)		
8 kilometers		
Place	Name	Time
25.	Jordan Reid	35:04.1
27.	Bryan Martinez	35:40.6
28.	Travis McCurdy	36:15.2
42.	Alexander Hyatt	42:54.9
44.	Mark Strange	43:58.4
Team competition: 7 th place (7/7)		

52 runners finished the race. They represented Bryn Athyn College, Cumberland Country Community College, Gallaudet University, Lancaster Bible College, Penn College, PSU Abington, and PSU Berks (three runners were unattached).

Fourth Race: September 24, 2015 – Lancaster Bible College Homecoming Invitational

Lancaster Bible College Homecoming Invitational (September 24, 2015)		
8 kilometers		
Place	Name	Time
9.	Jordan Reid	33:30.7
10.	Travis McCurdy	33:55.6
18.	Alexander Hyatt	38:23.5
21.	Benjamin Adams	42:24.2
25.	Mark Strange	46:00.4
27.	Jeffrey Campana	48:39.9
Team competition: 4 th place (4/4)		

29 runners finished the race. They represented Bryn Athyn College, Gallaudet University, Lancaster Bible College, and University of Valley Forge. One runner was unattached.



Bryn Athyn Lions

September 24, 2015 · 🌐

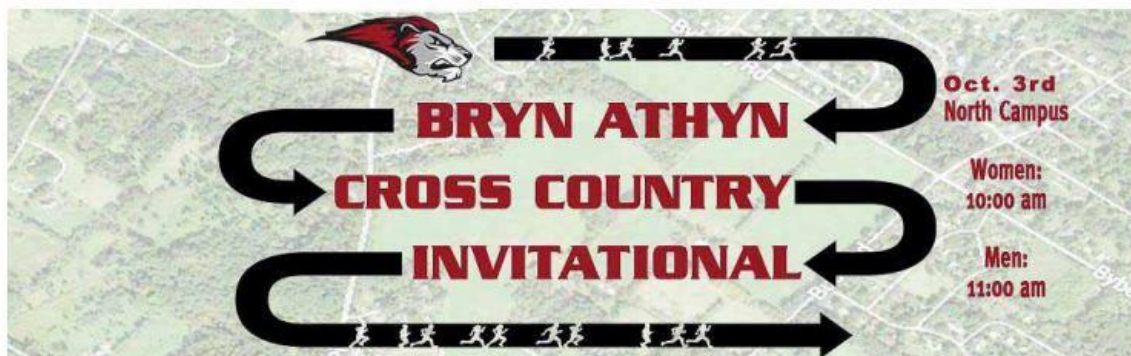
Women's and Men's Cross Country Competes at the Lancaster Bible Night Run.

<http://ow.ly/SE2Yj>

Fifth Race: October 3, 2015 – Bryn Athyn Cross Country Invitational



Athletic Director Matthew Kennedy and Assistant Athletic Director/Sports Information Director Abraham Joseph at the Bryn Athyn Cross Country Invitational on October 3, 2015 (photo by Fredrik Bryntesson)



Bryn Athyn Cross Country Invitational (October 3, 2015)		
8 kilometers		
Place	Name	Time
7.	Jordan Reid	30:38.0
8.	Travis McCurdy	30:41.4
9.	Bryan Martinez	31:41.7
13.	Stephen Johnson	33:26.7
16.	Alexander Hyatt	36:30.9
19.	Benjamin Adams	38:01.8
24.	Jeffrey Campana	46:35.5
Team competition: 2 nd place (2/4)		

24 runners finished the race. They represented Bryn Athyn College, Albright College, Chestnut Hill College, and University of Valley Forge.



The Bryn Athyn Cross Country Invitational on October 3, 2015 (photos by Fredrik Bryntesson).



Alexander Hyatt and Benjamin Adams at the Bryn Athyn Cross Country Invitational on October 3, 2015 (photos by Fredrik Bryntesson).



Bryn Athyn Lions

October 5, 2015 · 🌐

...

Athlete of the Week | Jordan Reid | Men's Cross Country



Athlete of the Week



Jordan Reid

Men's Cross Country

Jordan Reid, of the men's cross-country team, is this week's Bryn Athyn College Athlete of the Week.

Reid led the men's cross-country team finishing in 9th place at the Bryn Athyn XC Invitational and helped the Lions to a 2nd place finish.

Sixth Race: October 22, 2015 – Immaculata Invitational

Immaculata Invitational (October 22, 2015)		
4 kilometers		
Place	Name	Time
13.	Travis McCurdy	15:12.9
23.	Jordan Reid	16:44.6
24.	Jesse Frazier	16:45.8
27.	Shane McCurdy	17:22.5
29.	Alexander Hyatt	18:48.6
Team competition: 5 th place (5/6)		

36 runners finished the race. They represented Bryn Athyn College, Cairn University, Gwynedd Mercy University, Immaculata University, Rosemont College, and University of Valley Forge.

Seventh Race: October 31, 2015 – NEAC Championships (Jamesville Beach State Park, Jamesville, NY)

From: Bryntesson, Fredrik <Fredrik.Bryntesson@brynathyn.edu>
Sent: Wednesday, October 28, 2015 8:10 PM
To: Bryntesson, Fredrik <Fredrik.Bryntesson@brynathyn.edu>
Subject: Cross Country Teams Leaving for NEAC Championships

Dear Colleagues,

Our Men's and Women's Cross Country teams will take part in the NCAA North Eastern Athletics Conference (NEAC) Championships this weekend! This is an historic event for our college as we have never before had our athletic teams take part in the NEAC Championships!

You are all very welcome to meet the team and send them off with your well wishes at 3:45 pm on Friday at the Jungé Pavilion, before the bus leaves for Syracuse at 4 pm.

Best,
 ~Figge

Fredrik Bryntesson
 Faculty Athletics Representative, Bryn Athyn College
 P.O. Box 717 | Bryn Athyn, PA 19009
 Phone 267-502-2688 | fredrik.bryntesson@brynathyn.edu
brynathyn.edu



October 30, 2015: the BAC men and women's cross country teams leaving for the NEAC Championships. Left to right: Jesse King (head coach), Alexander Hyatt, Benjamin Adams, Ryan Landels, Jesse Frazier, Jordan Reid, Bryan Martinez, Alisha Benson, Gracelyn Bullard, Alair Brock, Marcquia Garvin, Katherine Morrill, Calisha Francis, Keanna Shoennagle, Kristina Clark, and Casey Schauder (volunteer assistant coach) (photo by Fredrik Bryntesson).



Bryn Athyn Lions

October 31, 2015 · 🌐

...

Men's and Women's Cross Country teams compete at NEAC Cross Country Championship hosted by Cazenovia today at 11 am / 12 pm! [#gobrynthyn](#)

NEAC Championships (October 31, 2015)

8 kilometers

Place	Name	Time
67.	Jordan Reid	34:49
85.	Jesse Frazier	36:56
87.	Ryan Landels	37:22
99.	Bryan Martinez	39:47
100.	Alexander Hyatt	40:49
104.	Benjamin Adams	42:27

Team competition: 12th place (12/12)

105 runners finished the race. They represented Bryn Athyn College, Cazenovia College, Gallaudet University, Keuka College, Lancaster Bible College, Penn College, PSU Abington, PSU Berks, SUNY Cobleskill, SUNY Morrisville, SUNY Polytechnic Institute, Wells College.



Bryn Athyn Lions

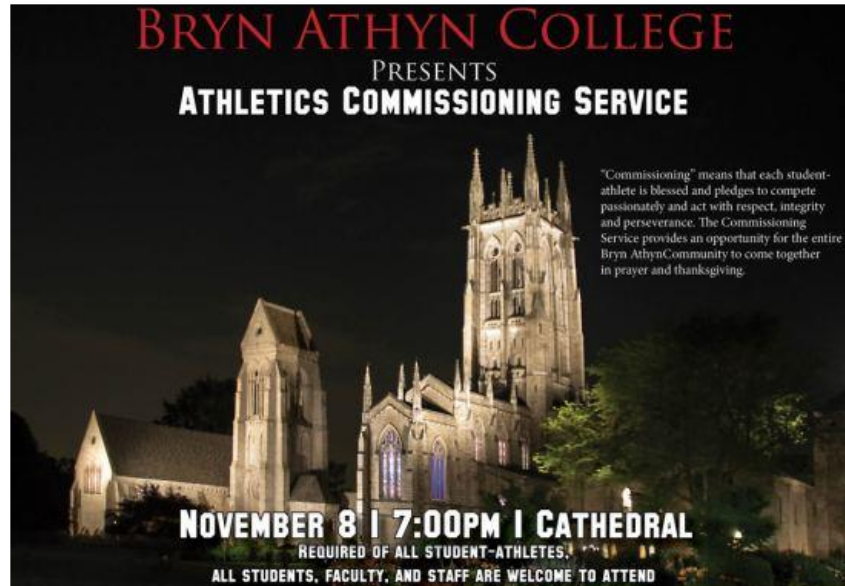
November 1, 2015 · 🌐

...

Men's and Women's Cross Country Teams Finishes Season at NEAC Championships!

<http://ow.ly/U6Rsa>

The first Bryn Athyn College Athletics Commissioning Service was held on November 8, 2015.



Athletic Commissioning Service

JUL 27, 2016

The Bryn Athyn College Athletic Department is excited to be launching a multifaceted spiritual life program for their student athletes. The first portion included an "Athletics Commissioning Service" which was held on Sunday, November 8, 2015 in the Bryn Athyn Cathedral. The commissioning service was led by Rev. Dr. Thane Glenn, and his talk explored the real meaning of courage and whole-heartedness on and off the field. Each of the twelve intercollegiate athletic programs, representing 130 student-athletes, received a blessing to carry with them into the athletic season by Glenn. He says "It was powerful to be able to speak to our athletes about how our spiritual mission might show up for them on and off the field. As chaplain, I look for opportunities to challenge our students to reflect on what a spiritual path might look like in their day-to-day lives. We talked about the kind of courage it takes to play the game for a higher win — for God and for our neighbors (whether they are on our team or our opponent's). To be able to stand with our students in the blessing circle and pray with them was incredibly rewarding."

In conjunction with the Commissioning Service, Bryn Athyn Athletics will launch a new "Athletic Chaplaincy" program for our student-athletes. A team chaplain is a college community volunteer who possesses both an understanding of Bryn Athyn College's mission and values as well as a desire to be more involved in student life. The primary responsibility is to be present to a designated athletic team by forming positive relationships and providing personal and spiritual support to student-athletes. Glenn shared his thoughts on the chaplaincy program: "I think that to be able to connect with a spiritual mentor could make a huge impact on many of these students' lives. Not only could it be a daily reminder of what it looks like to bring Bryn Athyn's spiritual mission into their play, it could also open up a new dimension in their individual lives. All of us face struggles as we walk our paths, and for our athletes to know someone is there for them, pulling for them and offering them guidance — that will be a blessing."

Team chaplains "walk with" student-athletes during their transformative journey by modeling core values, among them respect, integrity, and teamwork, in a manner that is authentic to the unique gifts chaplains offer as individuals. The team chaplain role is designed to be one of encouragement, vision, and leadership. The team chaplain maintains a partnership with the head coach and coaching staff and provides a healthy and balanced perspective to team members by capitalizing on moments that offer learning opportunities and leadership lessons. Graham Lermite, a Business/Psychology major, believes the initiative "will help teams to focus on the true meaning of courage, which is having the heart to do the right thing, even when it might not be easy...having a spiritual mentor in our corner will help us stay focused on what really matters."

The goal is to provide our students with a spiritual message each year at the Commissioning Service which can act as a touchstone for the teams as they practice, compete, and study together. With the help of the team chaplain, student-athletes will apply these messages on and off the court throughout the season. Finally, each season will conclude with an "Evening of Reflection" to examine how each student was able to apply the message.

2016-17

The Bryn Athyn College men's cross country team competed in eight races in 2016-17. The season began in September and ended in October.

The team raced against 50 different colleges and universities during the 2016-17 season:

College or University	#races
Albright College	1
Arcadia University	1
Bloomfield College	1
Cabrini University	1
Cairn University	4
Camden County College	1
Cazenovia College	1
Centenary University	2
Clarks Summit University	1
Cumberland County College	1
Felician University	1
Franklin & Marshall College	1
Gallaudet University	3
Georgian Court University	1
Goldey-Beacom College	1
Gwynedd Mercy University	2
Harcum College	1
Harrisburg Area Community College	1
Holy Family University	1
Immaculata University	2
Keuka College	1
Keystone College	1
Lancaster Bible College	3
Lebanon Valley College	1
Luzerne County Community College	1
Lycoming College	1
McDaniel College	1
Mercer County Community College	1
Monroe College	1
New Jersey City University	1
Northampton Community College	1
Penn College	3
Philadelphia University	1
Post University	1
PSU Abington	4
PSU Berks	3
PSU Brandywine	2
PSU Harrisburg	1
Rosemont College	2
Rutgers University-Camden	1
Rutgers University-Newark	1
Stockton University	1
SUNY Cobleskill	1
SUNY Morrisville	1
SUNY Polytechnic Institute	1
University of the Sciences	1
University of Valley Forge	3
Valley Forge Military College	1
Wells College	1
Wesley College	1
Williamson College of the Trades	1

2016-17 BAC Men's Cross Country Roster

Adams, Benjamin
Frazier, Jesse
Hyatt, Alexander
Martinez, Bryan
McCurdy, Shane
Padmanabhan, Amit
Reid, Jordan
Strange, Mark
Tate, Jonathan

2016-17 BAC Men's Cross Country Head Coach

King, Jesse

First Race: September 2, 2016 – Dual Meet PSU Abington at Bryn Athyn College



Bryn Athyn Lions

August 31, 2016 · 🌐

...

Men's and Women's Cross Country dual race against PSU Abington, Friday at 5:00 pm on the Bryn Athyn North Campus XC course. [#gobrynathyn](#)



Dual Meet PSU Abington at Bryn Athyn College (September 2, 2016)

?? kilometers

Place	Name	Time
7.	Jesse Frazier	22:54
8.	Bryan Martinez	23:07
9.	Jordan Reid	23:53
10.	Shane McCurdy	24:15
Team competition: 2 nd place (2/2)		

10 runners finished the race. They represented Bryn Athyn College and PSU Abington.

Second Race: September 10, 2016 – Highlander Invitational



Bryn Athyn Lions

September 10, 2016 · 🌐

...

Men's and Women's Cross Country teams compete at the Cairn Invitational today at 10 am!

[#gobrynthyn](#)

Highlander Invitational (September 10, 2016)

8 kilometers

Place	Name	Time
26.	Bryan Martinez	35:32.6
27.	Jesse Frazier	35:37.1
39.	Shane McCurdy	38:46.2
41.	Alexander Hyatt	39:53.6
48.	Benjamin Adams	40:43.5
Team competition: 5 th place (5/7)		

60 runners finished the race. They represented Bryn Athyn College, Arcadia University, Cairn University, Centenary University, Clarks Summit University, Immaculata University, Keystone College, Lycoming College, Monroe College, PSU Brandywine, and University of Valley Forge. Plus, one runner from a club.



Bryn Athyn Lions

September 10, 2016 · 🌐

...

Men's and Women's Cross Country Teams Compete at Highlander Invitational!

<http://ow.ly/CYUn3045Jyv>

BRYNATHYNATHLETICS.COM

Men's and Women's Cross Country Teams Compete at Highlander Invitational...

Bryn Athyn, Pa. – The Bryn Athyn College men's and women's cross country teams competed in the Highlander Invitational, hosted by Cairn University.

Third Race: September 17, 2016 – PSU Abington Invitational

PSU Abington Invitational (September 17, 2016)		
8 kilometers		
Place	Name	Time
48.	Bryan Martinez	35:10.3
57.	Jordan Reid	36:00.0
58.	Jesse Frazier	36:25.6
60.	Shane McCurdy	36:58.5
68.	Mark Strange	39:33.5
70.	Alexander Hyatt	39:44.5
74.	Benjamin Adams	40:46.0
Team competition: 9 th place (9/9)		

80 runners finished the race. They represented Bryn Athyn College, Cairn University, Centenary University, Cumberland Community College, Franklin & Marshall College, Lancaster Bible College, Mercer County Community College, Penn College, PSU Abington, PSU Berks, PSU Brandywine, and PSU Harrisburg.



Bryn Athyn Lions

September 17, 2016 · 🌐

...

Men's and Women's Cross Country Teams Compete at PSU Abington Invitational!
<http://ow.ly/p4bG304jirq>

BRYNATHYNATHLETICS.COM

Men's and Women's Cross Country Teams Compete at PSU Abington...

Bryn Athyn, Pa. – The Bryn Athyn College men's and women's cross country teams competed in the PSU Abington Invitational, hosted by PSU Abington.

i

Fourth Race: September 22, 2016 – Lancaster Bible College Homecoming Invitational



Bryn Athyn Lions

September 22, 2016 · 🌐

...

Men's and Women's Cross Country teams compete at the Lancaster Bible Homecoming Race!
[#gobrynathyn](#)

Lancaster Bible College Homecoming Invitational (September 22, 2016)		
8 kilometers		
Place	Name	Time
53.	Jesse Frazier	34:34
56.	Bryan Martinez	34:49
60.	Shane McCurdy	35:25
80.	Benjamin Adams	39:10
83.	Alexander Hyatt	39:44
85.	Amit Padmanabhan	40:32
87.	Mark Strange	41:53
Team competition: 10 th place (10/12)		

95 runners finished the race. They represented Bryn Athyn College, Cabrini University, Cairn University, Gallaudet University, Gwynedd Mercy University, Lancaster Bible College, Lebanon Valley College, McDaniel College, Penn College, PSU Abington, PSU Berks and University of Valley Forge.


Bryn Athyn Lions
 September 23, 2016 · 🌐

Men's and Women's Cross Country Teams Compete at Lancaster Bible Invitational.
<http://ow.ly/a7aD304u6gr>

BRYNATHYNATHLETICS.COM
Men's and Women's Cross Country Teams Compete at Lancaster Bible...
 Lancaster, PA – The Bryn Athyn College men's and women's cross country teams competed at the Lancaster Bible Homecoming Invitational.

Fifth Race: September 30, 2016 – Bryn Athyn Cross Country Invitational


Bryn Athyn Lions
 September 30, 2016 · 🌐

Cross Country host the Bryn Athyn XC Invitational today at 5 pm. [#gobrynathyn](#)

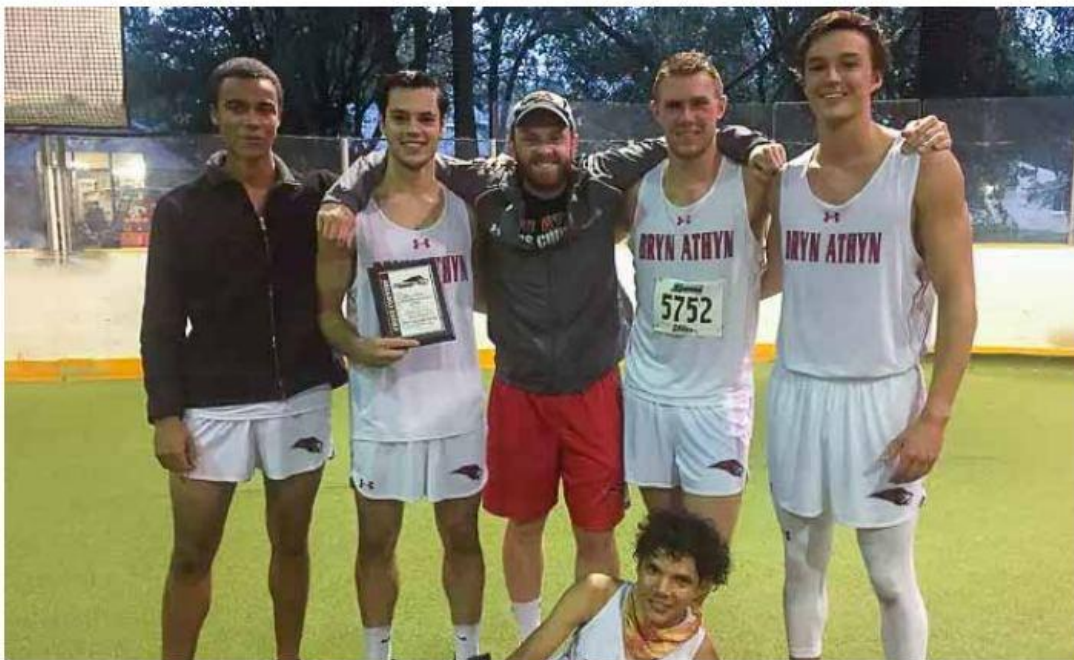
Bryn Athyn Cross Country Invitational (September 30, 2016)

8 kilometers

Place	Name	Time
2.	Bryan Martinez	31:30.1
3.	Jesse Frazier	31:52.1
4.	Shane McCurdy	32:13.0
6.	Benjamin Adams	34:20.3
8.	Mark Strange	36:27.0

Team competition: 1st place (1/2)

10 runners finished the race. They represented Bryn Athyn College and Albright College



(photo by BAC Athletics)



Bryn Athyn Lions

October 1, 2016 · 🌐

...

Men's Cross Country Finishes in First Place at the Bryn Athyn College XC Invitational!

#gobrynathyn <http://ow.ly/87oy304KmVp>

BRYNATHYNATHLETICS.COM

Men's Cross Country Finishes in 1st at the Bryn Athyn College XC...

Bryn Athyn, Pa. - The Bryn Athyn College men's and women's cross country teams hosted their annual Bryn Athyn College XC Invitational on a rainy...

Sixth Race: October 8, 2016 –**Jack Saint Clair Memorial Cross Country Championship**

Jack Saint Clair Memorial Cross Country Championship (October 8, 2016)		
8 kilometers		
Place	Name	Time
94.	Jesse Frazier	35:22.1
112.	Shane McCurdy	37:20.3
126.	Benjamin Adams	38:54.3
129.	Mark Strange	39:03.4
142.	Alexander Hyatt	42:38.2
159.	Jonathan Tate	58:12.2
Team competition: 21st place (21/21)		

162 runners finished the race. They represented Bryn Athyn College, Bloomfield College, Camden County College, Felician University, Gallaudet University, Georgian Court University, Goldey-Beacom College, Harcum College, Harrisburg Area Community College, Holy Family University, Luzerne County Community College, New Jersey City University, Northampton Community College, Philadelphia University, Post University, Rosemont College, Rutgers University-Camden, Rutgers University-Newark, Stockton University, University of Sciences, Valley Forge Military College, Wesley College, Williamson College of the Trades. (there were also several running clubs competing in the race).

Seventh Race: October 20, 2016 –**Immaculata Invitational**

Immaculata Invitational (October 20, 2016)		
4 kilometers		
Place	Name	Time
9.	Bryan Martinez	15:02.8
17.	Jesse Frazier	15:48.1
20.	Shane McCurdy	16:20.0
33.	Benjamin Adams	18:12.7
36.	Alexander Hyatt	18:58.7
41.	Jonathan Tate	24:55.1
Team competition: 4th place (4/6)		

42 runners finished the race. They represented Bryn Athyn College, Cairn University, Gwynedd Mercy University, Immaculata University, Rosemont College, and University of Valley Forge.

Eight Race: October 29, 2016 – NEAC Championships (Lancaster, PA)



Bryn Athyn Lions
October 29, 2016 · 🌐

...

Men's and Women's Cross Country teams compete at the NEAC Conference Championships hosted by Lancaster Bible today at 10 am. [#gobrynathyn](#) LV: <http://ow.ly/Mrpp305EAnr>

i

PORTAL.STRETCHINTERNET.COM
Lancaster Bible - Home

NEAC Championships (October 29, 2016)

8 kilometers

Place	Name	Time
40.	Bryan Martinez	31:12.9
53.	Jesse Frazier	32:37.5
57.	Shane McCurdy	32:55.5
73.	Jordan Reid	35:12.1
83.	Alexander Hyatt	37:33.4
84.	Mark Strange	37:43.5
86.	Benjamin Adams	38:52.6

Team competition: 11th place (11/12)

96 runners finished the race. They represented Bryn Athyn College, Cazenovia College, Gallaudet University, Keuka College, Lancaster Bible College, Penn College, PSU Abington, PSU Berks, SUNY Cobleskill, SUNY Morrisville, SUNY Polytechnic Institute, and Wells College.



Bryn Athyn Lions
October 29, 2016 · 🌐

...

Women's and Men's Cross County Teams Compete at NEAC Championships! [#gobrynathyn](#)
<http://ow.ly/CBtN305ETik>

i

BRYNATHYNATHLETICS.COM

Women's and Men's Cross County Teams Compete at NEAC Championships -...

Miranda Hyatt led the women's cross country teams to a 9th place finish at the NEAC Championships. She finished the race in 27:08 and came in 21st...



The team before the 2016 NEAC Men's Cross Country Championship race



Start of the 2016 NEAC Men's Cross Country Championship race (photo by NEAC)



Jordan Reid at the NEAC Championships, October 29, 2016 (photo by Lancaster Bible College Athletics)



Jesse Frazier at the NEAC Championships, October 29, 2016 (photos by Lancaster Bible College Athletics)



Shane McCurdy at the NEAC Championships, October 29, 2016 (photos by Lancaster Bible College Athletics)

BRYN ATHYN COLLEGE
PRESENTS
ATHLETICS COMMISSIONING SERVICE

"Commissioning" means that each student-athlete is blessed and pledges to compete passionately and act with respect, integrity and perseverance. The Commissioning Service provides an opportunity for the entire Bryn Athyn Community to come together in prayer and thanksgiving.

NOV. 6TH | 7:00PM | CATHEDRAL.
REQUIRED OF ALL STUDENT-ATHLETES. 🕯️ 🕯️
ALL STUDENTS, FACULTY, AND STAFF ARE WELCOME TO ATTEND

A nighttime photograph of the Bryn Athyn Cathedral, showing its illuminated Gothic architecture with multiple spires and stained glass windows.

The Bryn Athyn College Athletics Commissioning Service was held on November 6, 2016.



Bryn Athyn Lions

March 15, 2017 · 🌐

An insider's look at one of our cross country practices. [#gobrynthyn](#)

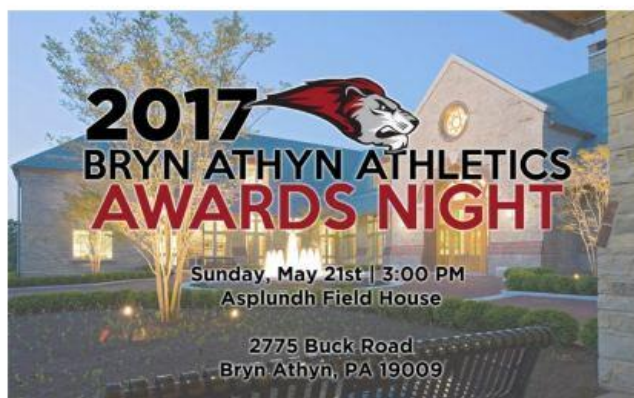


Bryn Athyn College

March 15, 2017 · 🌐

An insider's look at an athletic practice at BAC. How lucky we are to have the [Pennypack Ecological Restoration Trust](#) right in our backyard!

The Bryn Athyn College Athletics department hosted the end of year Athletics Awards Ceremony in the Asplundh Field House on May 21, 2017.





The 2016-17 men's cross country awards. Bryan Martinez (MVP), Shane McCurdy (Lions Award), and Jesse Frazier (Coaches Award) (photos BAC Athletics).

2017-18

The Bryn Athyn College men's cross country team competed in eight races in 2017-18. The season began in September and ended in October.

The team raced against 46 different colleges and universities during the 2017-18 season:

College or University	#races
Albright College	1
Arcadia University	1
Army Prep	1
Bergen Community College	1
Bloomfield College	1
Cairn University	2
Cazenovia College	1
Community College of Philadelphia	1
Cumberland County College	1
Delaware Valley University	1
Eastern University	1
FDU Florham	1
Gallaudet University	1
Gettysburg College	1
Gwynedd Mercy University	1
Harcum College	2
Harrisburg Area Community College	1
Immaculata University	1
Keuka College	1
Lackawanna College	1
Lancaster Bible College	2
Luzerne County Community College	1
Lycoming College	1
Moravian University	1
Neumann University	2
Northampton Community College	1
Nyack College	1
Penn College	2
PSU Abington	4
PSU Berks	3
PSU Brandywine	2
PSU Scranton	1
Rosemont College	2
Rutgers University-Camden	1
Rutgers University-Newark	1
Sarah Lawrence College	1
St Elizabeth University	1
SUNY Cobleskill	1
SUNY Morrisville	1
SUNY Polytechnic Institute	1
Temple University	1
Thomas Jefferson University	2
University of the Sciences	1
University of Valley Forge	2
Valley Forge Military College	2
Wells College	1
Wilkes University	1

2017-18 BAC Men's Cross Country Roster

Brock, Gaird
Buick, Bennett
Congdon, Tanner
Coyle, Andrew
Flynn, Michael
Hyatt, Alexander
Martinez, Bryan
McCurdy, Shane
Rallo, Justin
Strange, Mark
Tran, Ricky

2017-18 BAC Men's Cross Country Head Coach

King, Jesse

First Race: September 1, 2017 –**Dual Meet PSU Abington at Bryn Athyn College****Dual Meet PSU Abington at Bryn Athyn College
(September 1, 2017)****4 kilometers**

Place	Name	Time
4.	Shane McCurdy	15:19
5.	Alexander Hyatt	15:24
6.	Tanner Congdon	16:08
7.	Bryan Martinez	16:49
8.	Mark Strange	17:29
9.	Gaird Brock	17:48
11.	Ricky Tran	19:53
12.	Bennett Buick	20:09

12 runners finished the race. They represented Bryn Athyn College and PSU Abington.



(photo by BAC Athletics)

Second Race: September 16, 2017 – PSU Abington Invitational

PSU Abington Invitational (September 16, 2017)		
8 kilometers		
Place	Name	Time
7.	Bryan Martinez	32:49.3
14.	Shane McCurdy	34:56.5
18.	Alexander Hyatt	36:38.8
22.	Tanner Congdon	38:20.0
26.	Gaird Brock	43:12.2
28.	Andrew Coyle	44:24.8
31.	Bennett Buick	48:08.3
32.	Ricky Tran	48:18.3
Team competition: 3 rd place (3/3)		

32 runners finished the race. They represented Bryn Athyn College, Lancaster Bible College, PSU Abington, PSU Brandywine, and Valley Forge Military. One running club also took part in the race.

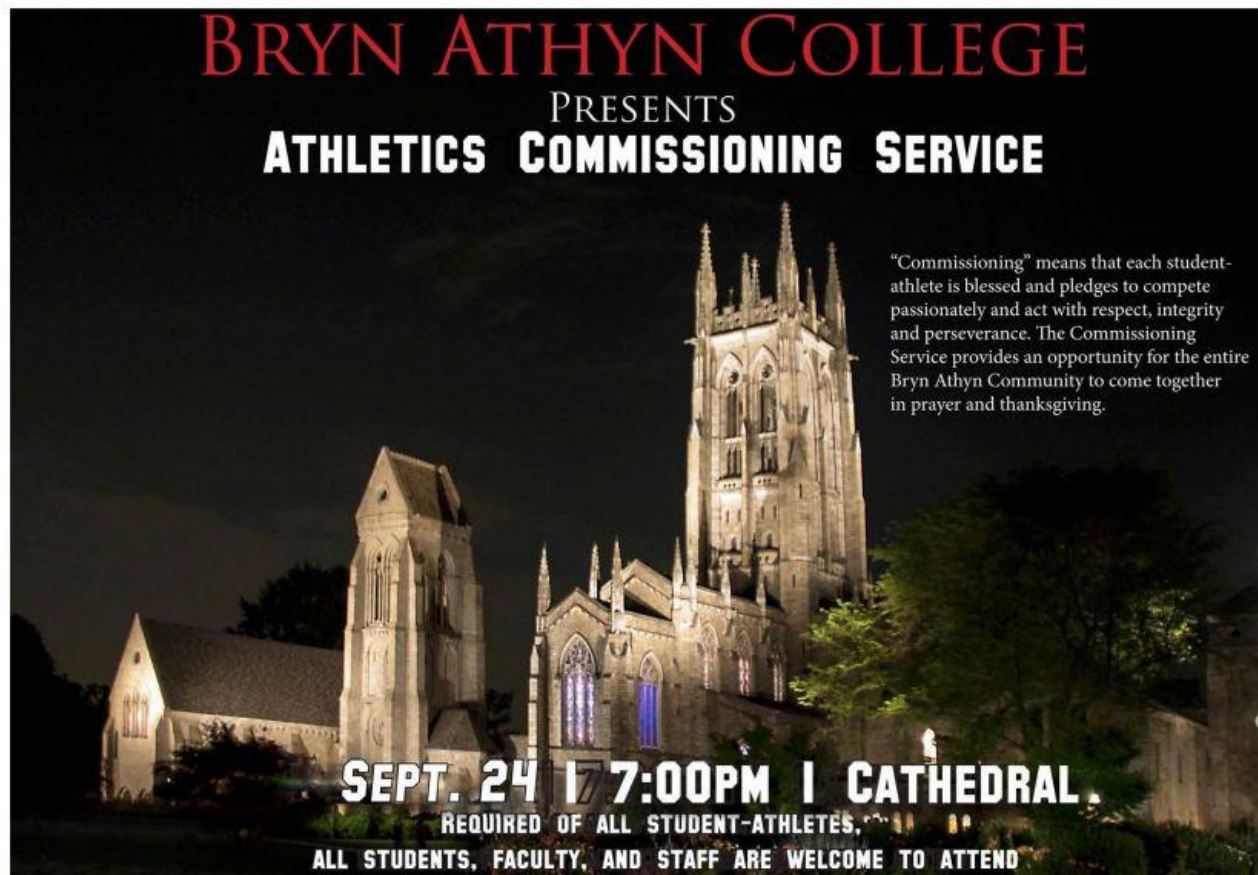


Back row: Ricky Tran, Tanner Congdon, Andrew Coyle, Gaird Brock, Alex Hyatt, Shane McCurdy, Bennett Buick, and Mark Strange. Front row: Bryan Martinez (photo by BAC Athletics)

Third Race: September 23, 2017 – Aggies Cross Country Open

Aggies Cross Country Open (September 23, 2017)		
8 kilometers		
Place	Name	Time
57.	Bryan Martinez	33:55.2
75.	Shane McCurdy	35:24.4
95.	Tanner Congdon	37:25.8
118.	Gaird Brock	42:59.3
126.	Bennett Buick	48:54.4
127.	Michael Flynn	50:17.7
Team competition: 13 th place (13/13)		

128 runners finished the race. They represented Bryn Athyn College, Arcadia University, Army Prep, Cumberland Community College, Delaware Valley University, Eastern University, FDU Florham, Gettysburg College, Lycoming College, Moravian University, Neumann University, Northampton Community College, PSU Berks, Sarah Lawrence College, Valley Forge Military, and Wilkes University. One runner was unattached.



BRYN ATHYN COLLEGE
PRESENTS
ATHLETICS COMMISSIONING SERVICE

"Commissioning" means that each student-athlete is blessed and pledges to compete passionately and act with respect, integrity and perseverance. The Commissioning Service provides an opportunity for the entire Bryn Athyn Community to come together in prayer and thanksgiving.

SEPT. 24 | 7:00PM | CATHEDRAL
REQUIRED OF ALL STUDENT-ATHLETES. 🙏🙏🙏
ALL STUDENTS, FACULTY, AND STAFF ARE WELCOME TO ATTEND

Fourth Race: October 3, 2017 – Cairn University 4K

Cairn University 4K (October 3, 2017)		
4 kilometers		
Place	Name	Time
9.	Shane McCurdy	15:42.98
11.	Tanner Congdon	16:17.93
12.	Alexander Hyatt	16:24.73
13.	Gaird Brock	16:27.83
16.	Andrew Coyle	19:36.73
17.	Ricky Tran	20:14.50
18.	Justin Rallo	20:17.64
19.	Bennett Buick	20:20.59
Team competition: 2 nd place (2/2)		

19 runners finished the race. They represented Bryn Athyn College and Cairn University.

Fifth Race: October 7, 2017 – Jack Saint Clair Memorial Cross Country Championship

Jack Saint Clair Memorial Cross Country Championship (October 7, 2017)		
8 kilometers		
Place	Name	Time
54.	Bryan Martinez	34:07.9
72.	Shane McCurdy	36:08.1
75.	Tanner Congdon	37:52.2
76.	Alexander Hyatt	39:42.4
82.	Gaird Brock	42:30.1
93.	Mark Strange	47:02.9
95.	Bennett Buick	48:10.6
97.	Ricky Tran	51:18.0
Team competition: 10 th place (10/10)		

100 runners finished the race. They represented Bryn Athyn College, Bergen Community College, Bloomfield College, Community College of Philadelphia, Harcum College, Harrisburg Area Community College, Lackawanna College, Luzerne Community College, Neumann University, Nyack College, Rosemont College, Rutgers University-Camden, Rutgers University-Newark, Temple University, Thomas Jefferson University, University of the Sciences. (a couple of running clubs also participated).

Sixth Race: October 13, 2017 – Bryn Athyn Cross Country Invitational

Bryn Athyn Cross Country Invitational (October 13, 2017)		
8 kilometers		
Place	Name	Time
15.	Bryan Martinez	30:58.2
20.	Shane McCurdy	32:55.3
25.	Tanner Congdon	33:30.3
27.	Alexander Hyatt	33:59.1
29.	Gaird Brock	34:28.9
35.	Mark Strange	39:15.5
40.	Ricky Tran	42:40.3
41.	Justin Rallo	43:09.7
42.	Andrew Coyle	43:17.1
Team competition: 5 th place (5/7)		

45 runners finished the race. They represented Bryn Athyn College, Albright College, Penn College, PSU Berks, PSU Scranton, Thomas Jefferson University, and University of Valley Forge.



Bryn Athyn Lions
October 14, 2017 · 🌐

Five Lions set personal-best 8-kilometers on Friday as the team finished fifth in the Bryn Athyn College Cross Country Invitational.

BRYNATHYNATHLETICS.COM

Men's cross country finishes fifth in Bryn Athyn Cross Country Invitational - Bryn Athyn

BRYN ATHYN, Pa. – The Bryn Athyn College men's cross country team put together a fifth-place finish on its home course in the Bryn Athyn Cross Country Invitational Friday afternoon.



Andrew Coyle, Bryan Martinez, Shane McCurdy and Mark Strange (photos by BAC Athletics).



Gaird Brock and Shane McCurdy (photos by BAC Athletics).



Alex Hyatt and Tanner Congdon (photos by BAC Athletics).



Justin Rallo and Ricky Tran (photos by BAC Athletics).



Bryan Martinez (photo by BAC Athletics).

Seventh Race: October 19, 2017 – Immaculata Invitational

Immaculata Invitational (October 19, 2017)		
4 kilometers		
Place	Name	Time
19.	Bryan Martinez	15:18.1
23.	Shane McCurdy	15:56.0
26.	Gaird Brock	16:10.4
33.	Alexander Hyatt	17:04.4
51.	Justin Rallo	19:18.0
52.	Bennett Buick	19:29.5
54.	Ricky Tran	20:14.5
57.	Michael Flynn	25:04.6
Team competition: 5 th place (5/8)		

57 runners finished the race. They represented Bryn Athyn College, Cairn University, Gwynedd Mercy University, Harcum College, Immaculata University, PSU Abington, PSU Brandywine, Rosemont College, and University of Valley Forge.



Bryn Athyn Lions

October 19, 2017 · 🌐

...

BRYNATHYNATHLETICS.COM

Men's cross country finishes fifth at Immaculata Invitational - Bryn Athyn

i

Eight Race: October 28, 2017 – NEAC Championships (Morrisville, NY)

NEAC Championships (October 28, 2017)		
8 kilometers		
Place	Name	Time
44.	Bryan Martinez	33:14.0
60.	Shane McCurdy	35:32.1
69.	Alexander Hyatt	36:27.5
76.	Gaird Brock	37:12.4
95.	Justin Rallo	43:50.0
Team competition: 11 th place (11/13)		

104 runners finished the race. They represented Bryn Athyn College, Cazenovia College, Gallaudet University, Keuka College, Lancaster Bible College, Penn College, PSU Abington, PSU Berks, St Elizabeth University, SUNY Cobleskill, SUNY Morrisville, SUNY Polytechnic Institute, and Wells College.



Bryn Athyn Lions

October 28, 2017 · 🌐

...

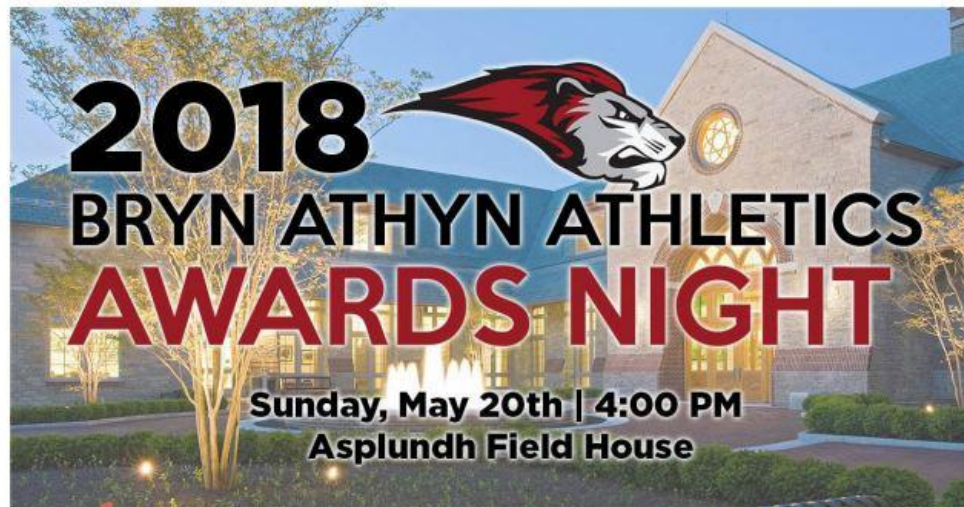
Men's cross country wrapped up 2017 with an 11th-place finish in the NEAC Championship Saturday at Morrisville State College. Bryan Martinez led the Lions with a 44th-place finish.

BRYNATHYNATHLETICS.COM

i

Men's cross country finishes 11th in NEAC Championship - Bryn Athyn

MORRISVILLE, N.Y. – The Bryn Athyn College men's cross country team wrapped up its 201...



At the 2018 Bryn Athyn College Athletics end of year Awards Night on May 20, 2018, in the Asplundh Field House, the 2017-18 men's cross country awards were announced: Bryan Martinez (MVP), Alex Hyatt (Lions' Award), and Gaird Brock (Coach's Award).

Bryn Athyn recognizes student-athletes during 2018 Athletics Awards Night



	Team MVP	Lions' Award	Coach's Award
Men's Basketball	Rahim Washington	Lamarr Crenshaw	Christian Rivera
Women's Basketball	Clayshonia Cogmon	Morgan Phillips	Zeniyah Sanders
Men's Cross Country	Bryan Martinez	Alex Hyatt	Gaird Brock
Women's Cross Country	Miranda Hyatt	Danae Elder	Lian Hua Lenihan
Field Hockey	Payton Boler	Chantal Farmer	Sabrina Colbridge
Men's Golf	Cody Smith	Tim Browne	Julion Lever
Men's Ice Hockey	McKenzie Chalmers	Anthony Notorfrancesco	Anthony Astorino Nick Malvasi
Men's Lacrosse	Cameron Leech	Shane McCurdy	Michael Flynn
Women's Lacrosse	Anja Weisser	Laura Clymer	Sabrina Colbridge Marin Roth Brenna Sweeney
Men's Soccer	David Camara	Zach Brock Jake Elder	Andrew Clark
Women's Soccer	Shelby Puccio	Rose Glass	Rachel McCabe Shannon Mueller
Men's Tennis	Amit Padmanabhan	Zach Brock	—
Women's Tennis	Morgan Phillips	Alair Brock	Marie Daum
Women's Volleyball	Amber Wood	Hannah Dewees	Clayshonia Cogmon

2018-19

The Bryn Athyn College men's cross country team competed in eight races in 2018-19. The season began in August and ended in October.

The team raced against 29 different colleges and universities during the 2018-19 season:

College or University	#races
Alvernia University	1
Bloomfield College	1
Cairn University	5
Caldwell University	1
Centenary University	1
Chestnut Hill College	3
Clarks Summit University	2
Cumberland County College	1
Delaware Valley University	1
Felician University	1
Georgian Court University	1
Gwynedd Mercy University	2
Holy Family University	1
Immaculata University	2
Keystone College	1
King's College	1
Lincoln University	1
Moravian University	1
Neumann University	2
Nyack College	1
PSU Abington	5
PSU Berks	2
Rosemont College	4
Rutgers University-Camden	1
Stockton University	1
Thomas Jefferson University	2
University of Valley Forge	2
Valley Forge Military College	2
Washington Adventist University	1
Williamson College of the Trades	2
Wilmington University	1
Yeshiva University	1
York College	1

2018-19 BAC Men's Cross Country Roster

Brock, Gaird
Congdon, Tanner
Flynn, Michael
Jenkins, Malik
Kleckner, Trevor
Kozlowski, Tommy
McCurdy, Shane
Pamaylaon, Zachary
Rallo, Justin
Sewell, Tyree
Syre, Isaac
Tran, Ricky

2018-19 BAC Men's Cross Country Head Coach

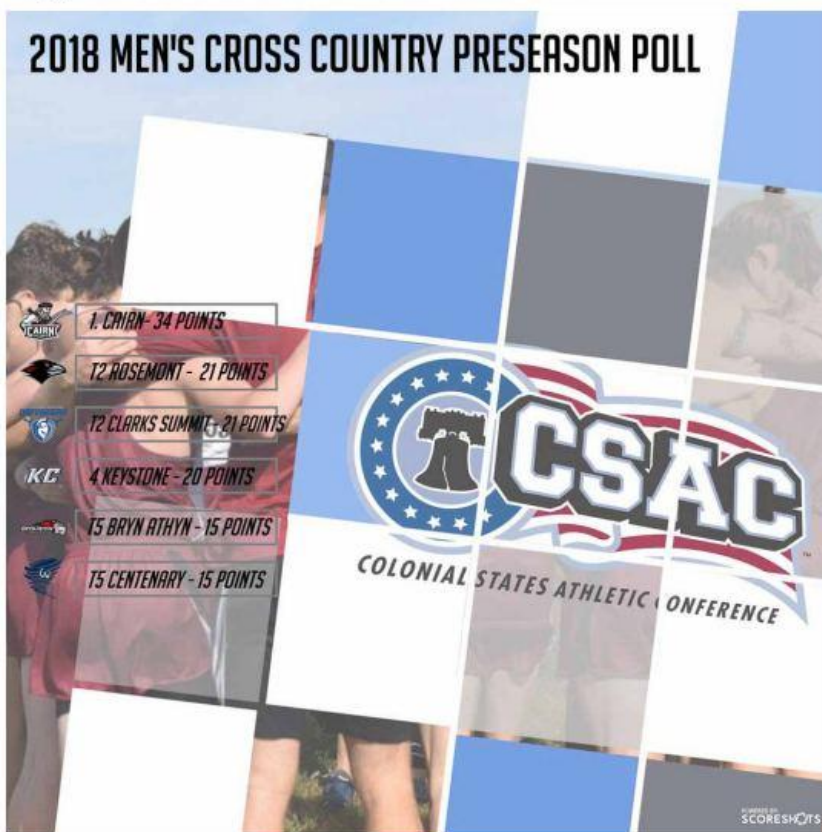
King, Jesse

**Colonial States Athletic Conference**

August 23, 2018 · 🌐

...

Congrats to the Cairn University Men's and Women's Cross Country Teams on being named the top pick in the 2018 CSAC Preseason Coaches Poll

2018 MEN'S CROSS COUNTRY PRESEASON POLL



Bryn Athyn Lions

August 27, 2018 · 🌐

...

The first week of the 2018-19 season is finally upon us! All six teams are in action this weekend to open the year, highlighted by women's volleyball's home tri-match on Saturday against Manhattanville and New Jersey City University. [See less](#)



THIS WEEK IN BRYN ATHYN ATHLETICS

FRIDAY, AUGUST 31

MEN'S SOCCER
at Penn State Harrisburg
Noon

CROSS COUNTRY
at Cairn University 4K
Women - 3 p.m. Men - 3:45 p.m.

FIELD HOCKEY
at Immaculata
4 p.m.

SATURDAY, SEPTEMBER 1

WOMEN'S VOLLEYBALL
vs. Manhattanville
11 a.m.
vs. New Jersey City
3 p.m.

WOMEN'S SOCCER
at Lancaster Bible
1 p.m.

MEN'S SOCCER
at Lancaster Bible
3:15 p.m.

FOR SCHEDULE UPDATES AND THE LATEST NEWS, VISIT BRYNATHYNATHLETICS.COM

First Race: August 31, 2018 – Highlander Invitational

Highlander Invitational (August 31, 2018)		
4 kilometers		
Place	Name	Time
10.	Trevor Kleckner	15:38.6
13.	Shane McCurdy	16:07.3
18.	Tanner Congdon	16:47.4
19.	Isaac Syre	16:57.2
21.	Tyree Sewell	17:25.4
22.	Malik Jenkins	17:27.8
24.	Gaird Brock	19:19.2
25.	Thomas Kozlowski	19:20.2
26.	Justin Rallo	19:24.6
29.	Ricky Tran	21:06.8
Team competition: 3 rd place (3/3)		

29 runners finished the race. They represented Bryn Athyn College, Cairn University and PSU Abington.


Bryn Athyn Lions

September 3, 2018 · 🌐

...

It's the first full week of games. This week will see field hockey, men's and women's soccer, and cross country performing in front of the home fans. Volleyball has a pair of matches against PSU Schuylkill and one with Albright. [See less](#)

THIS WEEK IN BRYN ATHYN ATHLETICS

TUESDAY, SEPTEMBER 4

FIELD HOCKEY
vs. Neumann
7 p.m.

SATURDAY, SEPTEMBER 8

WOMEN'S SOCCER
at Old Westbury
Noon

MEN'S SOCCER
at Old Westbury
2:30 p.m.

WEDNESDAY, SEPTEMBER 5

WOMEN'S SOCCER
vs. Penn State Abington
5 p.m.

MEN'S SOCCER
vs. Penn State Abington
7 p.m.

SUNDAY, SEPTEMBER 9

FIELD HOCKEY
vs. New England College
1 p.m.

WEDNESDAY, SEPTEMBER 5

CROSS COUNTRY
vs. Penn State Abington
Women - 5 p.m.
Men - 5:45 p.m.

WOMEN'S VOLLEYBALL
at Penn State Schuylkill
7 p.m.

SATURDAY, SEPTEMBER 8

CROSS COUNTRY
at Philadelphia Metro
Women - 12:15 p.m.
Men - 1:15 p.m.

WOMEN'S VOLLEYBALL
Albright Tri-Match
PSU Schuylkill - Noon
Albright - 2 p.m.

FOR SCHEDULE UPDATES AND THE LATEST NEWS, VISIT BRYNATHYNATHLETICS.COM

Second Race: September 5, 2018 – Lions Invitational

Lions Invitational (September 5, 2018)		
4 kilometers		
Place	Name	Time
7.	Trevor Kleckner	15:22.2
8.	Tanner Congdon	16:13.7
10.	Isaac Syre	16:31.7
12.	Malik Jenkins	17:45.5
13.	Tyree Sewell	17:46.4
15.	Gaird Brock	18:22.2
16.	Justin Rallo	18:28.5
17.	Michael Flynn	28:21.5
Team competition: 2 nd place (2/2)		

17 runners finished the race. They represented Bryn Athyn College, Chestnut Hill College and PSU Abington.

Third Race: September 8, 2018 –**Philadelphia Metropolitan Cross Country Championships**

Philadelphia Metropolitan Cross Country Championships (September 8, 2018)		
8 kilometers		
Place	Name	Time
97.	Shane McCurdy	35:08.5
98.	Trevor Kleckner	35:10.6
108.	Tanner Congdon	36:51.5
110.	Isaac Syre	37:17.6
116.	Tyree Sewell	38:17.9
122.	Malik Jenkins	40:38.7
126.	Gaird Brock	41:41.6
128.	Justin Rallo	42:03.0
Team competition: 15th place (15/15)		

135 runners finished the race. They represented Bryn Athyn College, Bloomfield College, Caldwell University, Chestnut Hill College, Felician University, Georgian Court University, Holy Family University, Lincoln University, Neumann University, Nyack College, Rosemont College, Rutgers University-Camden, Stockton University, Thomas Jefferson University, University of the Sciences, Wilmington University, and Williamson College of the Trades

On September 9, 2018, the conference (CSAC) announced that Shane McCurdy had been named to the conference's weekly honor roll:

CSAC HONOR ROLL

Shane McCurdy - Bryn Athyn - Sr.

McCurdy was Bryn Athyn's top runner in the Philadelphia Metropolitan Championship with the 97th-place time of 35:08.5.

Fourth Race: September 14, 2018 – Moravian and Cedar Crest Invitational

Moravian and Cedar Crest Invitational (September 14, 2018)		
8 kilometers		
Place	Name	Time
59.	Trevor Kleckner	32:28.2
62.	Shane McCurdy	33:20.6
66.	Isaac Syre	34:25.7
68.	Tanner Congdon	35:30.2
71.	Tyree Sewell	35:41.5
73.	Gaird Brock	36:27.1
80.	Justin Rallo	39:42.4
81.	Zachary Pamaylayon	43:14.1
Team competition: 8 th place (8/8)		

83 runners finished the race. They represented Bryn Athyn College, Alvernia University, Cairn University, Clarks Summit University, Delaware Valley University, King's College, Moravian University, and York College. One runner was unattached.



Bryn Athyn Lions

September 17, 2018 · 🌐

...

September rolls on with five teams on the road this week. Men's soccer begins CSAC play on Friday with a trip to Rosemont to highlight this week's action.

THIS WEEK IN



BRYN ATHYN ATHLETICS

WEDNESDAY, SEPTEMBER 19

MEN'S SOCCER

at Gwynedd Mercy

4 p.m.

WOMEN'S SOCCER

at Gwynedd Mercy

7 p.m.

FRIDAY, SEPTEMBER 21

WOMEN'S VOLLEYBALL

at King's (PA)

5 p.m.

MEN'S SOCCER

at Rosemont

6 p.m.

SATURDAY, SEPTEMBER 22

CROSS COUNTRY

at Penn State Abington

Invitational

9 a.m.

WOMEN'S VOLLEYBALL

Gwynedd Mercy Tri-Match

Bryn Mawr - Noon

Gwynedd Mercy- 2 p.m.

FOR SCHEDULE UPDATES AND THE LATEST NEWS, VISIT BRYNATHYNATHLETICS.COM

On September 17, 2018, the conference (CSAC) announced that Trevor Kleckner had been named to the conference's weekly honor roll:

CSAC HONOR ROLL

Trevor Kleckner - Bryn Athyn - So.

Was Bryn Athyn's top runner at the Cedar Crest/Moravian Open on Sept. 14 with a personal-best 8K time of 32:28.2 seconds to come in 59th place,

Fifth Race: September 22, 2018 – PSU Abington Invitational

PSU Abington Invitational (September 22, 2018)		
8 kilometers		
Place	Name	Time
35.	Trevor Kleckner	35:06.3
39.	Isaac Syre	36:16.3
41.	Tanner Congdon	36:40.0
49.	Tyree Sewell	39:09.5
53.	Justin Rallo	39:33.4
54.	Gaird Brock	39:33.9
Team competition: 8th place (8/9)		

71 runners finished the race. They represented Bryn Athyn College, Cairn University, Cumberland Community College, Gwynedd Mercy University, Immaculata University, Neumann University, PSU Abington, PSU Berks, Valley Forge Military College, and Williamson College of the Trades.



Bryn Athyn Lions

September 22, 2018 · 🌐



BRYNATHYNATHLETICS.COM

Men's cross country takes eighth in Penn State Abington Invitational



2018 BRYN ATHYN ATHLETICS COMMISSIONING SERVICE

Sunday, September 23
Bryn Athyn Cathedral
Service begins at 7 pm

All staff, faculty,
students, and the
community are
welcome to attend.



Sixth Race: September 28, 2018 – Bryn Athyn Cross Country Invitational

Bryn Athyn Cross Country Invitational (September 28, 2018)		
8 kilometers		
Place	Name	Time
18.	Trevor Kleckner	33:11.2
26.	Shane McCurdy	34:10.3
29.	Tanner Congdon	34:56.4
32.	Isaac Syre	35:11.2
39.	Tyree Sewell	36:47.6
43.	Gaird Brock	38:22.5
48.	Thomas Kozłowski	39:03.5
50.	Justin Rallo	39:40.3
54.	Zachary Pamaylayon	42:33.1
Team competition: 4 th place (4/7)		

58 runners finished the race. They represented Bryn Athyn College, Chestnut Hill College, PSU Abington, PSU Berks, Rosemont College, Thomas Jefferson University, Valley Forge Military College, and University of Valley Forge.

Seventh Race: October 18, 2018 – Immaculata Invitational

Immaculata Invitational (October 18, 2018)		
4 kilometers		
Place	Name	Time
23.	Shane McCurdy	16:00
26.	Gaird Brock	16:33.0
30.	Tyree Sewell	16:51.0
42.	Thomas Kozłowski	17:38.0
46.	Justin Rallo	17:59.0
49.	Malik Jenkins	18:54.0
Team competition: 6 th place (6/7)		

55 runners finished the race. They represented Bryn Athyn College, Cairn University, Gwynedd Mercy University, Immaculata University, PSU Abington, Rosemont College, University of Valley Forge, Washington Adventist University, and Yeshiva University.

Eight Race: October 27, 2018 – CSAC Championships (Bicentennial Park West, PA)



Bryn Athyn Lions
October 27, 2018 · 🌐

...

Men's and Women's Cross Country teams head to Cedar Crest today for the CSAC Cross Country Championships! [#gobrynthyn](#)

CSAC Championships (October 27, 2018)		
8 kilometers		
Place	Name	Time
24.	Shane McCurdy	33:51.8
29.	Tyree Sewell	35:40.0
30.	Gaird Brock	35:40.4
35.	Thomas Kozlowski	37:39.1
36.	Malik Jenkins	37:40.0
38.	Justin Rallo	38:15.2
Team competition: 4 th place (4/5)		

42 runners finished the race. They represented Bryn Athyn College, Cairn University, Centenary University, Clarks Summit University, Keystone College, and Rosemont College.



Start of the men's 2018 championship race (photo by CSAC)



Above left: Trevor Kleckner. Above right: Gaird Brock and Justin Rallo. Below left: Tyree Sewell. Below right: Isaac Syre photos by BAC Athletics).

Justin Rallo was selected to the CSAC Men's cross country All-Sportsmanship team

All-CSAC Sportsmanship Team

Justin Rallo, Bryn Athyn

Brian Jennings, Cairn

Justin Staszak, Centenary

Matthew Ames, Clarks Summit

Nick Stanton, Keystone

Kenny Wiggins, Rosemont



Bryn Athyn College Athletics held the end of year Awards Night on May 19, 2019. The 2018-19 men's cross country awards were: Shane McCurdy (MVP), Justin Rallo (Lions' Award), and Tyree Sewell (Coach's Award).

Individual Team Award Winners			
	Coach's Award	Lion's Award	Team MVP
Men's Cross Country	Tyree Sewell	Justin Rallo	Shane McCurdy
Women's Cross Country	Sierra Heinrichs	Alair Brock	Natalie Daum
Field Hockey	Chantal Farmer	Payton Boler	Eve Miller
Men's Soccer	Matheus Chaves	Jacob Elder	Alex Medina
Women's Soccer	Jissed Rosero Alegria Shelby Puccio	Shauna Breen	Ashley Rivera
Women's Volleyball	Chloe Levan	Hannah Dewees	Amber Wood
Men's Basketball	Larry Stevenson III	Anthony Burr	Rahim Washington
Women's Basketball	Allie Warren	Janalene Phillips	Clayshonia Cogmon
Ice Hockey	Nikita Smirnov	Vojtech Luza Jimmy Pollock	Devon Becker
Men's Golf	Julion Lever	Alec Grollman	Cody Smith
Men's Lacrosse	Tyree Sewell	Shane McCurdy	Cam Leech
Women's Lacrosse	Sarah Smith	Chantal Farmer	Tina Tu
Men's Tennis	Zach Brock	Jacob Elder	Nikita Smirnov
Women's Tennis	Alair Brock	Maia Wyncoll	Marie Daum

[Print Friendly Version](#)

2019-20

The Bryn Athyn College men's cross country team competed in six races in 2019-20. The season began in September and ended in November.

The team raced against 36 different colleges and universities during the 2019-20 season:

College or University	#races
Albright College	1
Bergen Community College	1
Bloomfield College	1
Bucks County Community College	2
Cabrini University	1
Cairn University	3
Caldwell University	1
Centenary University	2
Chestnut Hill College	1
Clarks Summit University	2
Delaware Valley University	1
Dominican University New York	1
Drew University	1
FDU Florham	1
Felician University	1
Georgian Court University	1
Gwynedd Mercy University	1
Holy Family University	1
Immaculata University	1
Keystone College	2
Lincoln University	2
Neumann University	2
Pratt Institute	2
PSU Abington	1
PSU Berks	1
PSU Schuylkill	1
Rosemont College	5
Rowan College of South Jersey Cumberland	1
Rowan University	1
Rutgers University-Camden	1
St Elizabeth University	2
Thaddeus Stevens College of Technology	1
Thomas Jefferson University	1
University of the Sciences	1
University of Valley Forge	1
Ursinus College	1
Valley Forge Military College	1
West Chester University	1
Williamson College of the Trades	2

2019-20 BAC Men's Cross Country Roster

Brock, Zachary
Buick, Bennett
Congdon, Tanner
Haas, Michael
Kleckner, Trevor
Olivares, Azel
Rallo, Justin
Shapcott, Jarrett
Syre, Isaac
Traber, Matt

2019-20 BAC Men's Cross Country Head Coach

King, Jesse

First Race: September 7, 2019 – Philadelphia Metropolitan Cross Country Championships

Philadelphia Metropolitan Cross Country Championships (September 7, 2019)

8 kilometers

Place	Name	Time
95.	Tanner Congdon	36:00.8
105.	Isaac Syre	39:07.2
118.	Justin Rallo	46:57.0

Team competition: no team result

121 runners finished the race. They represented Bryn Athyn College, Bloomfield College, Caldwell University, Chestnut Hill College, Dominican University New York, Felician University, Georgian Court University, Gwynedd Mercy University, Holy Family University, Lincoln University, Neumann University, Pratt Institute, Rowan University, Rutgers University-Camden, Thomas Jefferson University, University of the Sciences, West Chester University, and Williamson College of the Trades.

**Bryn Athyn Lions**

September 7, 2019 · 🌐

...

Tanner Congdon ran his best-ever time at Belmont Plateau to lead men's cross country in the Philadelphia Metropolitan Championship.

2019 BRYN ATHYN ATHLETICS FALL SPORTS COMMISSIONING SERVICE

Sunday, September 8
Bryn Athyn Cathedral
Service begins at 7 p.m.

All students, staff,
faculty, and
community members
are welcome to attend.



Bryn Athyn College
September 8, 2019 · 🌐

...

Bryn Athyn College's fall-season student-athletes receive a blessing and a commission to compete passionately and act with respect, integrity, and perseverance.



The BAC Cross Country teams at the 2019 commissioning service (photo by BAC Marketing)

On September 9, 2019, the conference (CSAC) announced that Tanner Congdon had been named to the conference's weekly honor roll:

Honor Roll selections went to **Shyanne Bennett** of Keystone who had a 22:13.7 at LVC...**Emily Kern** of Cedar Crest who had a 22:46.4 at LVC...**Tanner Congdon** of Bryn Athyn who ran a 36:00.8 at the Philadelphia Metro Championship.

Second Race: September 14, 2019 – PSU Abington Invitational

PSU Abington Invitational (September 14, 2019)		
8 kilometers		
Place	Name	Time
53.	Tanner Congdon	36:32.7
62.	Isaac Syre	37:57.4
81.	Justin Rallo	43:21.6
Team competition: no team result		

92 runners finished the race. They represented Bryn Athyn College, Albright College, Bergen Community College, Bucks County Community College, Cairn University, Immaculata University, Lincoln University, Neumann University, PSU Abington, PSU Berks, PSU Schuylkill, Rosemont College, Rowan College of South Jersey Cumberland Campus, Thaddeus Stevens College of Technology, Ursinus College, Valley Forge Military College, Williamson College of the Trades.



Bryn Athyn Lions

September 14, 2019 · 🌐

...

Tanner Congdon set another course personal record as he led men's cross country with a 53rd-place finish at the Penn State Abington Invitational.

On September 16, 2019, the conference (CSAC) announced that Tanner Congdon had been named to the conference's weekly honor roll:

Honor Roll selections went to **Greg Snow** of Cairn University who ran a 29:19.0 at PS-Abington finishing sixth on the 8K course...Bryn Athyn's **Tanner Congdon** who ran a 36:32.7 at PS-Abington...Keystone's **Shyanne Bennett** who had a 26:32.7 (7:07.2 average mile) at the Misericordia Invitational...Bryn Athyn's **Morgan Flynn** was the top finisher for the Lions at the PS-Abington Invitational at 26:25.1...Cairn's **Olivia Pfaff** ran a 23:11.9 at PS-Abington.

Third Race: September 21, 2019 – Aggies Open

PSU Abington Invitational (September 21, 2019)		
8 kilometers		
Place	Name	Time
16.	Tanner Congdon	35:22.6
21.	Isaac Syre	38:02.7
32.	Justin Rallo	42:47.1
Team competition: no team result		

34 runners finished the race. They represented Bryn Athyn College, Bucks County Community College, Cabrini College, Delaware Valley University, Drew University, FDU Florham, Pratt Institute, and Rosemont College. Four runners were unattached.

Fourth Race: October 2, 2019 – Bryn Athyn Dual Meet with Rosemont

Bryn Athyn Dual Meet with Rosemont (October 2, 2019)		
4 kilometers		
Place	Name	Time
1.	Tanner Congdon	16:06.0
4.	Trevor Kleckner	16:51.1
5.	Isaac Syre	16:54.3
9.	Justin Rallo	19:15.1
10.	Azel Olivares	19:18.5
12.	Bennett Buick	24:56.0
Team competition: 1 st place (1/2)		

12 runners finished the race. They represented Bryn Athyn College and Rosemont College.

Fifth Race: October 10, 2019 –

Colonial States Athletic Conference (CSAC) Preview Race at Bryn Athyn



Colonial States Athletic Conference

October 10, 2019 · 🌐

...

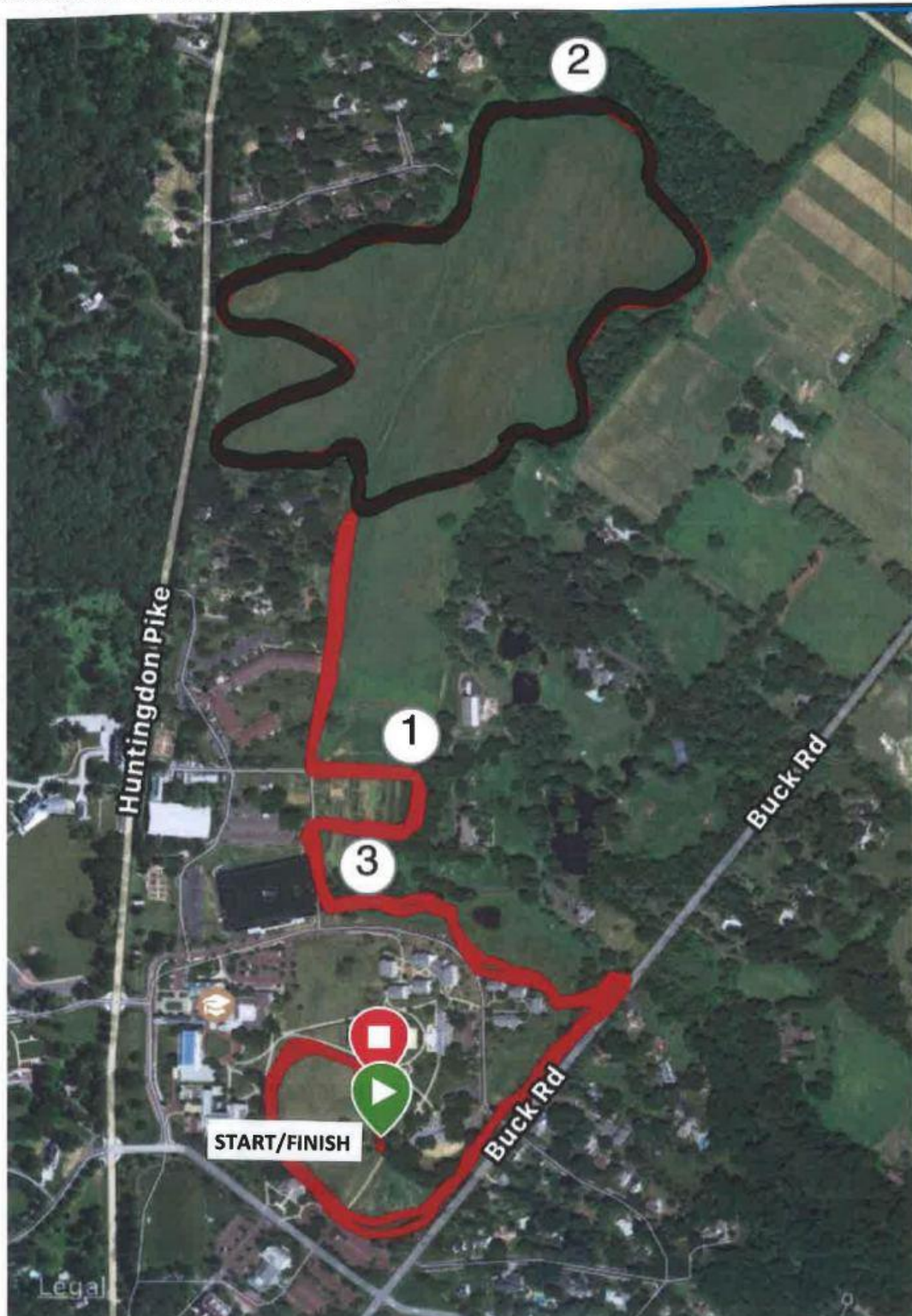
Today is the day! Bryn Athyn College is hosting the 2019 CSAC Cross Country Preview race! Women run at 4, with men to follow at 5!



Women's 6K: Start with red, continue with (1) loop of black, finish following red back to start/finish.

Men's 8K: Start with red, continue with (2) loops of black, finish following red back to start/finish.

Description: Rolling hills / primarily mowed grass





Start of the men's race on October 10, 2019 (photo by CSAC).

CSAC Preview Race at Bryn Athyn (October 10, 2019)

8 kilometers

Place	Name	Time
11	Tanner Congdon	33:00.5
21.	Isaac Syre	36:26.2
28.	Azel Olivares	38:31.2
35.	Justin Rallo	39:34.8
46.	Bennett Buick	53:13.8

Team competition: 5th place (5/7)

47 runners finished the race. They represented Bryn Athyn College, Cairn University, Centenary University, Clarks Summit University, Keystone College, Rosemont College, St Elizabeth University, and University of Valley Forge.

Sixth Race: November 2, 2019 – CSAC Championships (Bryn Athyn College)

CSAC Championship Race (November 2, 2019)

8 kilometers

Place	Name	Time
13.	Michael Haas	32:30.8
18.	Zachary Brock	33:18.1
25.	Isaac Syre	36:38.2
37.	Justin Rallo	39:36.2
38.	Jarrett Shapcott	39:57.9
46.	Matthew Traber	45:58.8
47.	Bennett Buick	48:37.6

Team competition: 6th place (6/7)

48 runners finished the race. They represented Bryn Athyn College, Cairn University, Centenary University, Clarks Summit University, Keystone College, Rosemont College, and St Elizabeth University.

Michael Hass became the first BAC men's cross country runner to make the all-conference teams. Bennett Buick was selected to the CSAC men's cross country all-sportsmanship team.

Men's Cross Country

First-Team All-CSAC

1. Joel Varughese, Cairn, 29:02.6
2. Cameren Brice, Keystone, 29:24.6
3. Evan Carey, Cairn, 29:55.1
4. Greg Snow, Cairn, 30:14.4
5. Devin Smith, Keystone, 30:36.5
6. Trevor Hickey, Cairn, 31:04.7
7. Cullen Henry, Cairn, 31:04.7

Second-Team All-CSAC

8. Adam Meaders, Clarks Summit, 31:37.3
9. Devin Diehl, Keystone, 31:44.2
10. John Crozier, Rosemont, 31:50.9
11. Christopher Potts, Cairn, 32:00.8
12. Matthew Ames, Clarks Summit, 32:08.9
13. Michael Haas, Bryn Athyn, 32:30.8
14. Kenneth Wiggins, Rosemont, 32:32.1

All-Sportsmanship Team

Men

Bennet Buick, Bryn Athyn
 Joel Varughese, Cairn
 Elli Brown, Centenary
 Matt Ames, Clarks Summit
 Josh Gonzalez, Saint Elizabeth
 Nick Stanton, Keystone
 John Crozier, Rosemont



Justin Rallo, Tanner Congdon, and Isaac Syre at the Philadelphia Metropolitan Cross Country Championships on September 7, 2019 (photos by BAC Athletics).



Justin Rallo, Tanner Congdon, and Isaac Syre at the Philadelphia Metropolitan Cross Country Championships on September 7, 2019 (photos by BAC Athletics).

The Covid pandemic struck at the beginning of spring term of the 2019-20 academic year. Thus, cancelling all athletic competition. Bryn Athyn College Athletics therefore held virtual awards for each team that did not include an MVP award for any teams. The 2019-20 men's cross country awards were: Isaac Syre (Lions' Award), and Tanner Congdon (Coach's Award).

Team	Lions Award	Coach's Award
Men's Basketball	Nasir Mosley	Tariq Moore
Women's Basketball	Clayshonia Cogmon	Alexis Mitchem
Men's Cross Country	Isaac Syre	Tanner Congdon
Women's Cross Country	Morgan Flynn	Anwyn Brock
Field Hockey	Eve Miller	Alisha Parnell
Men's Golf	Julion Lever	Tanner Schroeder
Men's Ice Hockey	Alex Tan	Nikita Smirnov/Vojtech Luza
Men's Lacrosse	Matt Traber	Rob Breitner
Women's Lacrosse	Brittany Gunther	Shauna Breen
Men's Soccer	Zachary Brock	Pete Comas
Women's Soccer	Ashley Rivera	Paulina Storck
Women's Tennis	Nora Connelly	Anwyn Brock
Women's Volleyball	Lex Juritsch	Jenessa Lombardi

2020-21

The 2020 season was cancelled because of COVID.

7/21/2020 10:38:47 AM

CSAC ANNOUNCEMENT ON FALL 2020 SEASONS



ROSEMONT, Pa. - The Colonial States Athletic Conference Board of Directors has announced today that the conference shall suspend all intercollegiate competition for the Fall 2020 season. A final decision on the possibility of future intercollegiate competition for fall sports, including the possibility of conducting fall intercollegiate competition in Spring 2021, as well as a plan for intercollegiate competition for winter sports, will be made by the end of September.

The CSAC Board of Directors and other administrative groups have worked tirelessly in collaboration with the conference office staff over the past weeks and months to develop multiple potential scenarios for intercollegiate competition in the fall while being mindful of health and safety guidelines from the NCAA, each member's campus reopening plans and the landscape of college athletics. This difficult decision was made with careful deliberation and strategic assessment of the scope of the COVID-19 pandemic.

The conference and its administration will continue to explore safe training and intra-campus practice opportunities for its member institutions while continuing to be mindful of the rapidly-changing local, regional and national conditions.

9/30/2020 1:27:23 PM

CSAC BOARD OF DIRECTORS UPDATE ON INTERCOLLEGIATE COMPETITION



ROSEMONT, Pa. – The Colonial States Athletic Conference (CSAC) Board of Directors announced today that the conference shall suspend all intercollegiate competition through December 31, 2020. Institutions may engage in training and conditioning activities as appropriate during this time while adhering to local, state and national health guidelines and NCAA regulations.

The Board of Directors made this difficult decision to extend the suspension of intercollegiate competition after reviewing the latest information and recommendations detailed in the Core Principles for Resocialization which was circulated to the membership by the NCAA Sport Science Institute last week.

The Board of Directors and other administrative groups in the conference shall continue to assess all available data and the rapidly-evolving impact of the COVID-19 pandemic as it relates to the viability of safe intercollegiate competition and travel for all athletic programs in the spring semester. The Board of Directors shall reconvene by November 30 to reassess the status of intercollegiate competition.

2020 Men's Cross Country Schedule

Print

Grid

Text

All Games

Go

2020

Go

Overall	PCT	Conf	PCT	Streak	Home	Away	Neutral
0-0	.000	0-0	.000		0-0	0-0	0-0

The Colonial States Athletic Conference announced the suspension of the 2020 fall sports season, including all regular-season contests and Colonial States Athletic Conference Championships and Tournaments, due to ongoing health and safety concerns related to the COVID-19 pandemic.

The fall sports included in this announcement are men's and women's cross country, field hockey, men's and women's soccer, and women's volleyball. The Colonial States Athletic Conference will continue to evaluate a number of options regarding these sports.

2021-22

The Bryn Athyn College men's cross country team competed in eight races in 2021-22. The season began in September and ended in November.

The team raced against 51 different colleges and universities during the 2021-22 season:

College or University	#races
Arcadia University	1
Bergen Community College	1
Bloomfield College	1
Cabrini University	2
Cairn University	6
Caldwell University	1
Centenary University	1
Chestnut Hill College	1
Clarks Summit University	2
DeSales University	1
Dominican University New York	1
Drew University	1
Eastern University	2
FDU Florham	1
Felician University	1
Georgian Court University	1
Gwynedd Mercy University	2
Harrisburg Area Community College	1
Haverford College	2
Holy Family University	1
Immaculata University	3
Keystone College	2
Lancaster Bible College	1
Lincoln University	2
Manor College	1
Moravian University	1
Muhlenberg College	1
Neumann University	1
New Jersey City University	3
Pratt Institute	1
PSU Abington	4
PSU Berks	1
PSU Brandywine	2
Ramapo College	1
Rowan University	1
Rutgers University-Camden	1
Rutgers University-Newark	1
St Elizabeth University	2
St Joseph's University Brooklyn Campus	1
St Joseph's University Long Island Campus	1
Stevens Institute of Technology	1
Stockton University	1
SUNY Maritime	1
Swarthmore College	1
Thaddeus Stevens College of Technology	1
The College of New Jersey	1
Thomas Jefferson University	2
United States Merchant Marine Academy	1
University of the Sciences	1
University of Valley Forge	3
Ursinus College	2
Valley Forge Military College	3
Widener University	1
Williamson College of the Trades	3

2021-22 BAC Men's Cross Country Roster

Frazier, Trajan
Homber, Callum
Jones, Michael
Lawing, Magnus
Louchie, Haybert
Williams, Declan
Williams, Rafe
York, Aidan

2021-22 BAC Men's Cross Country Head Coach

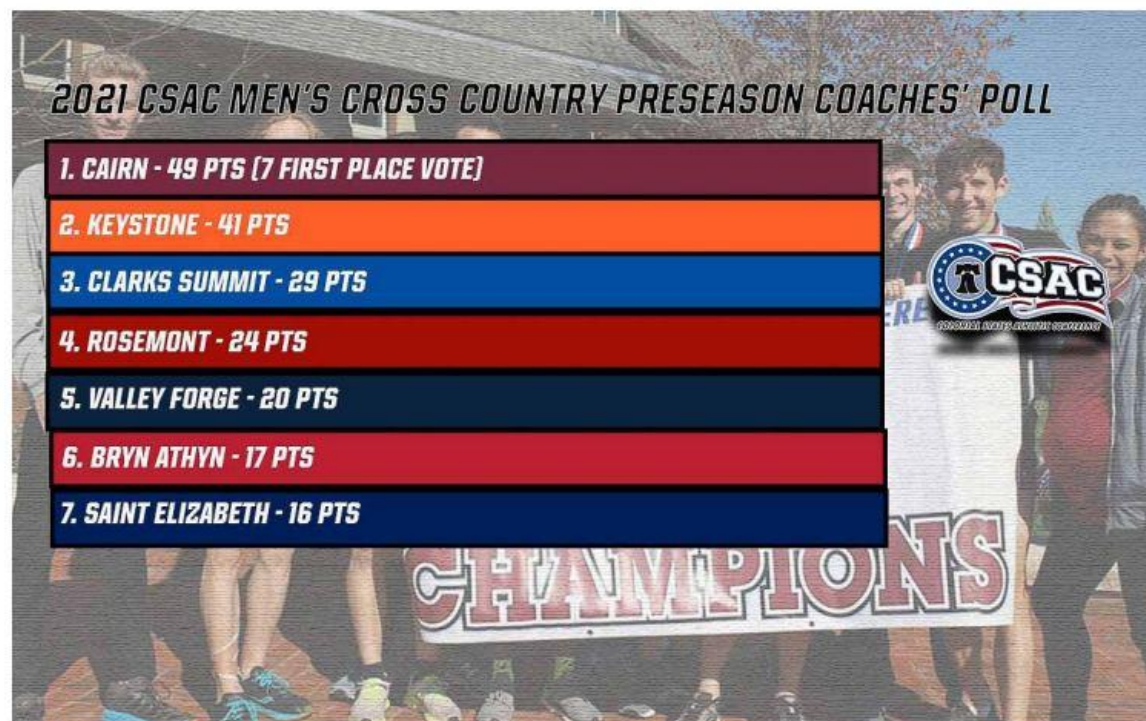
King, Jesse

**Colonial States Athletic Conference**

August 30, 2021 · 🌐

...

Congrats to Cairn University (men) and Clarks Summit University (women) on being picked first in their respective polls for the 2021 CSAC Cross Country Preseason Coaches Polls!





The 2021-22 BAC Men's Cross Country Team. Back row: Jesse King (Head Coach), Aidan York, Trajan Frazier, Callum Homber, Haybert Louchie, Michael Jones and Rev. Dr. Andy Dibb (Team Chaplain). Front row: Magnus Lawing, Rafe Williams, and Declan Williams (photo by Fredrik Bryntesson).

First Race: September 3, 2021 – Cairn 4K

Cairn 4K (September 3, 2021)		
4 kilometers		
Place	Name	Time
3.	Rafe Williams	14:45.5
13.	Michael Jones	16:19.5
16.	Declan Williams	17:20.4
26.	Haybert Louchie	19:04.1
33.	Magnus Lawing	23:51.6
Team competition: 2 nd place (2/4)		

34 runners finished the race. They represented Bryn Athyn College, Cairn University, FDU Florham, and New Jersey City University.



Second Race: September 11, 2021 – Philadelphia Metropolitan Cross Country Invitational



Philadelphia Metropolitan Cross Country Invitational (September 11, 2021)

8 kilometers

Place	Name	Time
39.	Rafe Williams	32:59.0
59.	Declan Williams	37:11.6
92.	Magnus Lawing	47:55.6
98.	Aidan York	58:44.6

Team competition: no team result

102 runners finished the race. They represented Bryn Athyn College, Bergen Community College, Bloomfield College, Cabrini University, Cairn University, Caldwell University, Centenary University, Chestnut Hill College, Dominican University New York, Felician University, Georgian Court University, Gwynedd Mercy University, Holy Family University, Thomas Jefferson University, University of the Sciences, Valley Forge Military College, Williamson College of the Trades.

Third Race: September 18, 2021 – CSAC Preview Meet

CSAC Preview Meet (September 18, 2021)		
8 kilometers		
Place	Name	Time
3.	Rafe Williams	33:29.0
12.	Declan Williams	36:43.3
30.	Magnus Lawing	47:36.3
38.	Aidan York	54:18.1
40.	Trajan Frazier	1:02:41.8
Team competition: 4 th place (4/5)		

41 runners finished the race. They represented Bryn Athyn College, Cairn University, Clarks Summit University, Eastern University, Keystone College, St Elizabeth University, and University of Valley Forge.



September 18, 2021: the start of the CSAC Preview Meet hosted by Keystone College (photo by CSAC)

On September 20, 2021, the conference (CSAC) announced that Rafe Williams had been named to the conference's weekly honor roll:

Honor Roll

Valley Forge's **Isaac Gale** who was second at the CSAC Preview Race with a time of 33:02...Bryn Athyn's **Rafe Williams** who was third at the CSAC Preview Race with a time of 33:29...Clarks Summit's **Luke Tice** who was fourth at the CSAC Preview Race with a time of 33:58.9...Cairn's **Nicholas Palladino** who was tenth at the CSAC Preview Race with a time of 35:57.4...Keystone's **Jacob Fraizer** who finished 11th at the CSAC Preview Race with a time of 36:14.6...Saint Elizabeth's **Tyler Monzo** who was 15th at the CSAC Preview Race with a time of 37:43.3...Valley Forge's **Hannah Kopec** who finished sixth at the CSAC Preview Race with a time of 27:49...Cedar Crest's **Jonquil Loeffelholz** who finished eighth at the CSAC Preview Race with a time of 29:04.7...Rosemont's **Kelly Shaughnessy** who finished ninth at the CSAC 29:04.7...Cairn's **Emily Petty** who finished 14th at the CSAC Preview Race with a time of 34:37.1...Saint Elizabeth's **Karyn Shimazu** who was 15th at the CSAC Preview Race with a time of 34:54.4...Notre Dame's **Laura Longeway** who was 21st at the CSAC Preview Race with a time of 36:27.1...Keystone's **Megan Myers** who was 24th at the CSAC Preview Race with a time of 39:17.3...Bryn Athyn's **Natalie Shaw** who was 25th at the CSAC Preview Race with a time 40:28.2...

Fourth Race: September 25, 2021 – PSU Abington Invitational

PSU Abington Invitational (September 25, 2021)		
8 kilometers		
Place	Name	Time
16.	Rafe Williams	30:26.4
43.	Declan Williams	34:20.6
93.	Magnus Lawing	46:39.1
94.	Aidan York	46:57.0
95.	Callum Homber	47:59.3
99.	Trajan Frazier	1:01:37.8
Team competition: 10 th place (10/13)		

99 runners finished the race. They represented Bryn Athyn College, Immaculata University, Lancaster Bible College, Lincoln University, New Jersey City University, Pratt Institute, PSU Abington, PSU Berks, PSU Brandywine, SUNY Maritime, St Joseph's University Brooklyn Campus, Thaddeus Stevens College of Technology, Ursinus College, Valley Forge Military College, and Williamson College of the Trades.

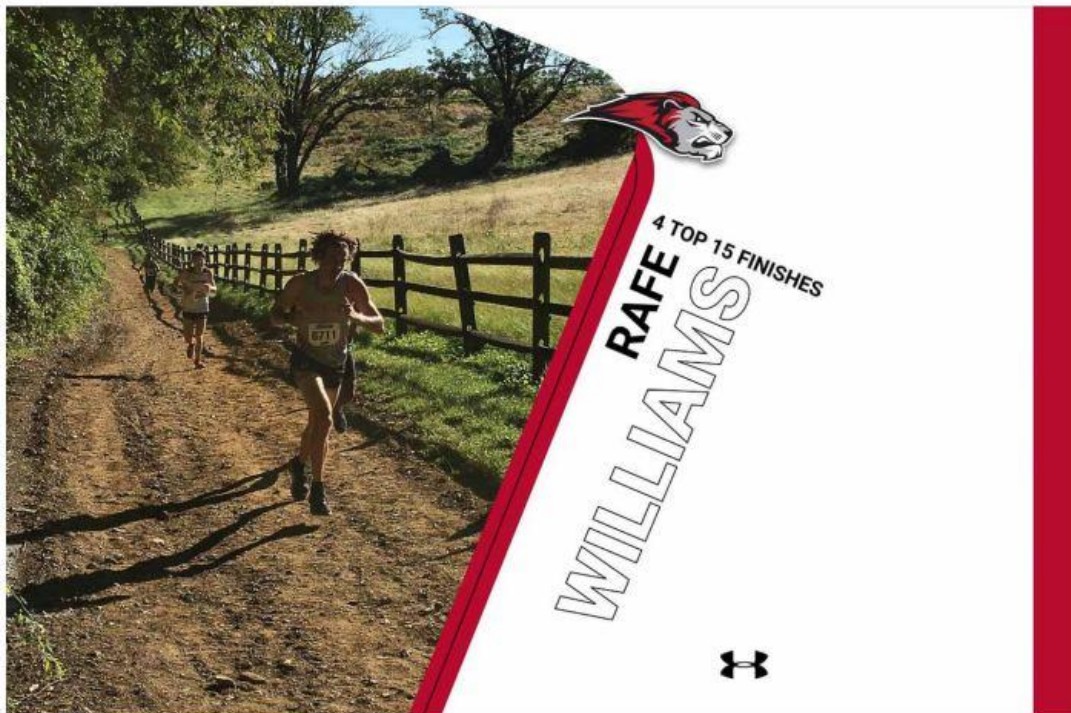


Bryn Athyn Lions

September 25, 2021 · 🌐

...

Cross country competed at Abington today. Men finished 10th and women finished 8th. Rafe Williams finished 14th overall and secured his 4th top 15 finish on the year. Ciara Kiely paced the women finishing 26th overall. Recap coming tonight.



On September 27, 2021, CSAC announced that Rafe Williams was named to the CSAC weekly honor roll.

Honor Roll

Cairn's **Nicholas Palladino** who was 42nd at the PSU-Abington Invitational with a time of 34:12...Keystone's **Megan Myers** who finished the short race at the Dickinson Long/Short Invitational with a time of 21:59.36...Cairn's **Emily Petty** who placed 20th in the 74-runner field with a 5K time of 25:55 at the PSU-Abington Invitational....Bryn Athyn freshman **Rafe Williams** who crossed first for the Lions with a time of 30:26 at the PSU-Abington Invitational



Bryn Athyn Lions

September 27, 2021 · 🌐

...

Rivera, Gormley, and Williams recognized by CSAC

<https://brynathynathletics.com/.../womens-soccer-csac...>

BRYNATHYNATHLETICS.COM

CSAC announces weekly awards for September 20-26 - Bryn Athyn College

ROSEMONT, Pa. - The Colonial States Athletic Conference announced the weekly awards ...

i

Fifth Race: October 2, 2021 – Dan Talbot Open

Dan Talbot Open (October 2, 2021)		
8 kilometers		
Place	Name	Time
7.	Rafe Williams	31:35.1
23.	Declan Williams	34:53.7
50.	Magnus Lawing	45:56.0
51.	Callum Homber	46:06.0
52.	Aidan York	49:03.2
Team competition: 5 th place (5/6)		

53 runners finished the race. They represented Bryn Athyn College, Harrisburg Area Community College, Haverford College, Immaculata University, Lincoln University, Neumann University, PSU Abington, PSU Brandywine, Thomas Jefferson University, Williamson College of the Trades.

On October 4, 2021, CSAC announced that Rafe Williams was the runner of the week. This was the first time a BAC men's cross country runner had been the conference runner of the week.



SPORTS	CHAMPIONSHIPS	AWARDS	ABOUT THE CSAC
MEN'S CROSS COUNTRY	Schedule / News / Runner of the Week / Championship Information / Championship Record Book / Additional Links		



RAFE WILLIAMS	
AWARD: Men's Cross Country Runner of the Week	WEEK OF: 10/4/2021
SPORT: Men's Cross Country	SCHOOL: Bryn Athyn
YEAR: Freshman	POSITION:
HOMETOWN: Huntingdon Valley, Pa.	HIGH SCHOOL: Academy of the New Church

Finished seventh out of 53 runners in the Bryn Mawr 8K with a time of 31:35.

Sixth Race: October 15, 2021 – Bryn Athyn Invitational



Bryn Athyn Lions

October 15, 2021 · 🌐

...

Men's and women's cross country are in action for the Bryn Athyn Invitational •
Club hockey makes their return against Rowan [#LionPride](#)



Bryn Athyn Invitational (October 15, 2021)		
4 kilometers		
Place	Name	Time
2.	Rafe Williams	13:48.8
5.	Michael Jones	15:40.2
6.	Declan Williams	15:53.8
16.	Magnus Lawing	18:24.4
17.	Aidan York	18:26.1
19.	Callum Homber	18:59.9
21.	Haybert Louchie	20:47.1
23.	Trajan Frazier	24:08.1
Team competition: 1 st place (1/2)		

33 runners finished the race. They represented Bryn Athyn College, Cairn University, Manor College, PSU Abington, and Valley Forge Military College.



Bryn Athyn Invitational on October 15, 2021. Above: Trajan Frazier, Callum Homber and Michael Jones. Below: Magnus Lawing and Haybert Louchie (photos by Fredrik Bryntesson)



Bryn Athyn Invitational on October 15, 2021. Above: Declan Williams and Aidan York. Below: Rafe Williams (photos by Fredrik Bryntesson)



On October 18 CSAC announced that Rafe Williams was the CSAC runner of the week. This was the second time during the season that he had received this award.

SPORTS	CHAMPIONSHIPS	AWARDS	ABOUT THE CSAC
---------------	----------------------	---------------	-----------------------

[MEN'S CROSS COUNTRY](#) [Schedule](#) / [News](#) / [Runner of the Week](#) / [Championship Information](#) / [Championship Record Book](#) / [Additional Links](#)

RAFE WILLIAMS

AWARD: Men's Cross Country Runner of the Week	WEEK OF: 10/18/2021
SPORT: Men's Cross Country	SCHOOL: Bryn Athyn
YEAR: Freshman	POSITION:
HOMETOWN: Huntingdon Valley, Pa.	HIGH SCHOOL: Academy of the New Church

Finished second in the Bryn Athyn Invitational, with a time of 13:48 in the 4K to lead the Lions to their first team win since 2016.

Colonial States Athletic Conference

October 18, 2021 · 🌐

...

Congrats to our CSAC Players of the Week for October 18!

CSAC CROSS COUNTRY RUNNERS OF THE WEEK

RAFE WILLIAMS

EMILY PETTY

COLONIAL STATES ATHLETIC CONFERENCE



Bryn Athyn Lions

October 18, 2021 · 🌐

...

Congrats to Rafe Williams on being named CSAC Runner of the Week



Seventh Race: October 30, 2021 – CSAC Championships



Bryn Athyn Lions

October 30, 2021 · 🌐

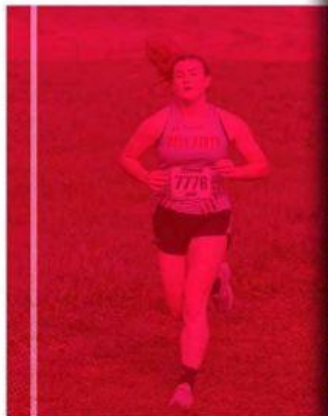
...

🏆 Championship RaceDay 🏆

Bryn Athyn Cross Country travel to Keystone for the CSAC championships [#LionPride](#) [#d3xc](#)



[#LIONPRIDE](#)



BRYN ATHYN CROSS COUNTRY

CSAC CHAMPIONSHIP MEET



LA PLUME, PA. 10.30.21

CSAC Championships (October 30, 2021)		
8 kilometers		
Place	Name	Time
1.	Rafe Williams	30:47.1
6.	Declan Williams	33:43.1
15.	Michael Jones	36:38.0
28.	Callum Homber	43:10.7
30.	Magnus Lawing	44:26.0
32.	Aidan York	44:57.8
43.	Trajan Frazier	1:01:48.0
Team competition: 4 th place (4/6)		

43 runners finished the race. They represented Bryn Athyn College, Cairn University, Clarks Summit University, Keystone College, St Elizabeth University, and University of Valley Forge.



Declan Williams just ahead of Michael Jones at the 2021 CSAC men's cross country championship race (photo by Clarks Summit University Sports Information).

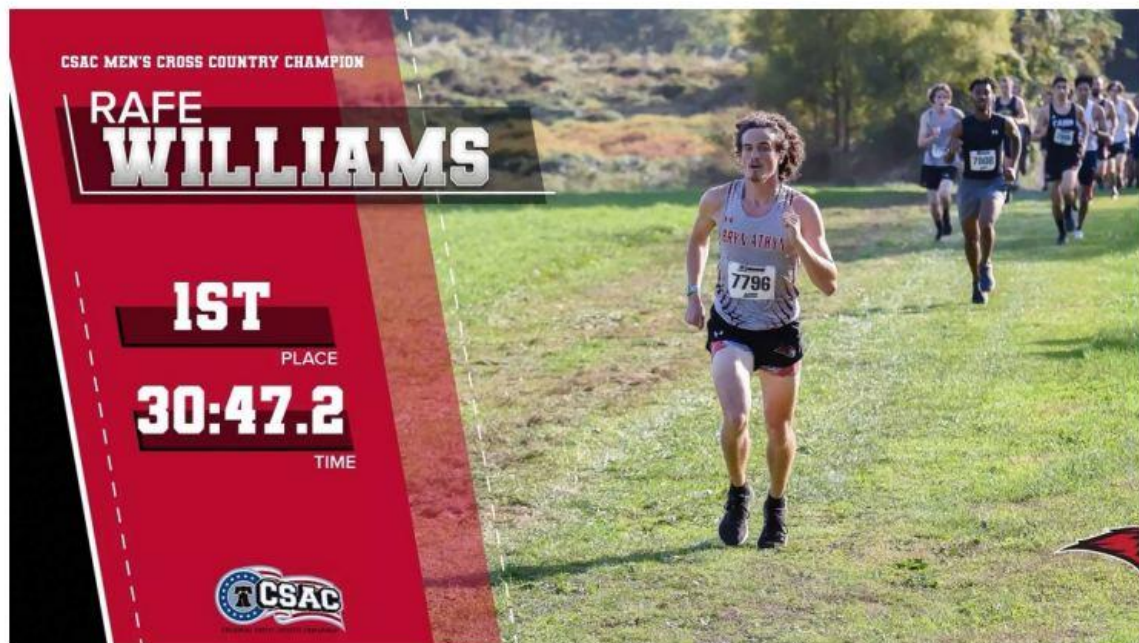
The championship was decided on the home stretch as Rafe Williams sprinted to catch the leader and overtake him just before the finish line. This was the first NCAA conference championship (any sport) in BAC history.



The dramatic finish of the 2021 CSAC men's cross country championship race. Above: about 50 yards before the finish line (photo by Clarks Summit University Sports Information). Below: the finish line (photos by CSAC).



The BAC men's cross country team finishing the 2021 CSAC Championship race on October 28, 2021. First row: Rafe Williams. Second row: Declan Williams and Michael Jones. Third row: Callum Homber and Magnus Lawing. Bottom row: Aidan York and Trajan Frazier (photos by CSAC).



Williams wins CSAC Championship for Lions

Men place fourth, women place seventh

10/30/2021 3:21:00 PM



LA PLUME, Pa. - Freshman, [Rafe Williams](#) won the Individual Colonial State Athletic Conference Cross Country Championship in a photo finish. As teams the men placed fourth and the women seventh.

Results

How it happened

Williams won the CSAC Championship with a time of 30:47.1 edging out the host school, Keystone runner, Cameren Brice who logged a 30:47.2 time. The difference was the final stretch where Williams sprinted through the line. Williams secured the first individual championship in school history as a freshman. [Declan Williams](#) finished sixth with a time of 33:43. The Lions had another runner in the top 15 in Michael Jones who clocked in at 36:38. [Callum Homber](#), [Aidan York](#), and [Magnus Lawing](#) finished 28th, 30th, and 32nd respectively. [Trajan Frazier](#) closed the race for the Lions 41st.

The women finished seventh overall. [Natalie Shaw](#) and Terrae Lewis finished right behind one another to place 20th and 21st. [Kaylia Duncan](#) and Ursula Friesen finished within three spots at 36th and 39th with times of 42:27 and 44:19. [Jency Brock](#) clocked in at 47:02 to finish 43rd.

Notes

- Williams is the first runner in school history to win a conference championship

Rafe and Declan Williams made the all-conference first team

Men's First-Team All-CSAC

1. Rafe Williams, Bryn Athyn - 30:47.1
2. Cameren Brice, Keystone - 30:47.2
3. Isaac Gale, Valley Forge - 32:12.6
4. Nicholas Palladino, Cairn - 33:27.8
5. Brett Knudson, Valley Forge - 33:28.4
6. Declan Williams, Bryn Athyn - 33:43.1
7. Luke Tice, Clarks Summit - 33:55.2

Men's Second-Team All-CSAC

8. Matthew Ford, Clarks Summit - 34:08.2
9. Nick Lluzzo, Keystone - 34:10.9
10. Corey Scochin, Keystone - 34:22.0
11. Tyler Monzo, Saint Elizabeth - 34:58.4
12. Ben Carver, Clarks Summit - 35:47.3
13. Aaron Jackson, Valley Forge - 36:04.8
14. Matthew Ames, Clarks Summit - 36:06.0



The 2021 First-team All-CSAC (photo by Clarks Summit University Sports Information).



Bryn Athyn Lions

November 8, 2021 · 🌐

Congrats to Trajan Frazier and Jency Brock being named to the All-Sportsmanship team for CSAC Cross Country #LionPride #DXC



Eight Race: November 13, 2021 – NCAA DIII Metro Region Cross Country Championships (Regionals) in Glassboro, NJ.

NCAA DIII Metro Region Cross Country Championships (November 13, 2021)		
8 kilometers		
Place	Name	Time
86.	Rafe Williams	28:51.0
126.	Declan Williams	32:17.6
Team competition: no team result		

157 runners finished the race. They represented Bryn Athyn College, Arcadia University, Cabrini University, Cairn University, DeSales University, Drew University, Eastern University, Gwynedd Mercy University, Haverford College, Immaculata University, Moravian University, Muhlenberg College, New Jersey City University, PSU Abington, Ramapo College, Rowan University, Rutgers University-Camden, Rutgers University-Newark, Stevens Institute of Technology, St Joseph's University Long Island Campus, Stockton University, Swarthmore College, The College of New Jersey, United States Merchant Marine Academy, University of Valley Forge, Ursinus College, and Widener University.

brynathyncollege • Follow

brynathyncollege Freshmen Rafe Williams made quite the impression his very first term at Bryn Athyn. Fall of 2021, he won the individual Colonial State Athletic Conference Cross Country Championship, his first time running cross country. "Running cross country at BAC was an amazing experience. It was great to be part of a group of students that loved to run like I did. I always wanted to run cross country, and this was a great way to start. The coach was nice and always pushing us to be the best we could." Learn more about the men's cross country athletic program through the link in our bio 📌

91 likes
March 24, 2022

Add a comment... Post

2022-23

The Bryn Athyn College men's cross country team competed in seven races in 2022-23. The season began in September and ended in November.

The team raced against 54 different colleges and universities during the 2022-23 season:

College or University	#races
Arcadia University	2
Albright College	1
Cabrini University	3
Calm University	4
Camden County College	2
Cecil College	1
Chestnut Hill College	1
Clarks Summit University	2
DeSales University	1
Dominican University New York	1
Drew University	1
Eastern University	2
FDU Florham	2
Felician University	1
Gallaudet University	1
Georgian Court University	1
Gwynedd Mercy University	1
Harrisburg Area Community College	1
Haverford College	1
Holy Family University	1
Immaculata University	3
Keystone College	2
Lancaster Bible College	1
Manor College	1
Moravian University	1
Muhlenberg College	1
Neumann University	3
New Jersey City University	1
Penn College	1
Pratt Institute	1
PSU Abington	3
PSU Berks	1
PSU Brandywine	1
PSU Harrisburg	1
PSU Schuylkill	1
Ramapo College	1
Rosemont College	4
Rowan University	1
Rutgers University-Camden	1
Rutgers University-Newark	1
St Elizabeth University	2
St Joseph's University Long Island Campus	1
St Mary's College of Maryland	2
Stevens Institute of Technology	1
Stockton University	1
SUNY Maritime	1
SUNY Morrisville	1
Swarthmore College	2
Thaddeus Stevens College of Technology	1
The College of New Jersey	1
Thomas Jefferson University	2
United States Merchant Marine Academy	1
University of Scranton	1
University of Valley Forge	4
Ursinus College	1
Valley Forge Military College	3
Widener University	2
Wilmington University	1
Williamson College of the Trades	3

2022-23 BAC Men's Cross Country Roster

Cranch, Karl
Demaria, Dante
Dyson, James
Fox, Christopher
Frazier, Trajan
Homber, Callum
Williams, Declan
Williams, Rafe

2022-23 BAC Men's Cross Country Head Coach

King, Jesse

**Colonial States Athletic Conference**

August 29, 2022 · 🌐

...

Congrats to Clarks Summit on being named first in the CSAC Men's Cross Country Coaches' Poll.

Read more - <https://bit.ly/3ARl1pf> See less

2022 CSAC MEN'S CROSS COUNTRY PRESEASON COACHES' POLL**1. CLARKS SUMMIT - 41 PTS (2 FIRST PLACE VOTES)****2. VALLEY FORGE - 35 PTS (1 FIRST PLACE VOTE)****3. BRYN ATHYN - 33 PTS****4. KEYSTONE - 32 PTS (3 FIRST PLACE VOTES)****5. CAIRN - 31 PTS (1 FIRST PLACE VOTE)****6. ROSEMONT - 13 PTS****7. SAINT ELIZABETH - 11 PTS**



Bryn Athyn Lions
August 29, 2022 · 🌐

Preseason polls were released for both cross country teams [#LionPride](#)

MEN'S CROSS COUNTRY CSAC POLL

1	CLARK'S SUMMIT	(2)
2	VALLEY FORGE	(1)
3	BRYN ATHYN	
4	KEYSTONE	(3)
5	CAIRN	(1)
6	ROSEMONT	
7	SAINT ELIZABETH	



BRYNATHYNATHLETICS.COM

@BRYNATHYNLIONS

WOMEN'S CROSS COUNTRY CSAC POLL

1	CEDAR CREST	(7)
2	CAIRN	(1)
3	CLARK'S SUMMIT	(1)
4	VALLEY FORGE	
5	SAINT ELIZABETH	
6	NOTRE DAME (MD)	
7	KEYSTONE	
8	BRYN ATHYN	
9	ROSEMONT	



BRYNATHYNATHLETICS.COM

@BRYNATHYNLIONS



Bryn Athyn Lions
July 22, 2022 · 🌐

2022 Bryn Athyn Cross Country Schedule [#LionPride](#)

BRYN ATHYN CROSS COUNTRY SCHEDULE

9.1	BRYN MAWR INVITATIONAL
9.10	PHILLY METRO CHAMPIONSHIPS
9.17	CSAC PREVIEW MEET
9.24	PSU INVITATIONAL
10.1	DAN TALBOTT INVITATIONAL
10.15	JACK ST. CLAIR INVITATIONAL
10.28	CSAC CHAMPIONSHIP MEET



2022 SCHEDULE

GO LIONS:

Note: the team did not participate in the Jack St. Clair Invitational on October 15, 2022.

First Race: September 1, 2022 – Bryn Mawr Invitational



Bryn Mawr Invitational (September 1, 2022)		
5 kilometers		
Place	Name	Time
18.	Rafe Williams	18:44.9
45.	Declan Williams	20:51.1
54.	Karl Cranch	24:06.2
58.	Callum Homber	26:22.6
59.	Christopher Fox	26:36.9
60.	Trajan Frazier	29:17.4
Team competition: 6 th place (6/6)		

60 runners finished the race. They represented Bryn Athyn College, Arcadia University, Camden County College, Eastern University, FDU Florham, Swarthmore College, Widener University, and University of Valley Forge.

Second Race: September 10, 2022 – Philadelphia Metropolitan Cross Country Championships



Philadelphia Metropolitan Cross Country Championships (September 10, 2022)		
8 kilometers		
Place	Name	Time
35.	Rafe Williams	32:31.9
64.	Declan Williams	36:30.5
78.	Karl Cranch	42:22.7
81.	Callum Homber	44:24.1
82.	Christopher Fox	45:39.6
87.	Trajan Frazier	47:44.8
Team competition: 13 th place (13/13)		

98 runners finished the race. They represented Bryn Athyn College, Cabrini University, Cecil College, Chestnut Hill College, Dominican University New York, Felician University, Georgian Court University, Holy Family University, Immaculata University, Neumann University, St Mary's College of Maryland, Thomas Jefferson University, Valley Forge Military College, Wilmington University, Williamson College of the Trades.

On September 12, 2022, CSAC announced that Rafe Williams was named to the CSAC weekly honor roll.

Honor Roll

Bryn Athyn's **Rafe Williams** ran a 32:31 at the Philly Metro Championships...Bryn Athyn's **Terrae Lewis** finished 34th out of 72 runners with a time of 26:04.

Third Race: September 17, 2022 – CSAC Preview Meet (Bryn Athyn College)



CSAC Preview Meet (September 17, 2022)

8 kilometers

Place	Name	Time
3.	Rafe Williams	30:17.1
10.	Declan Williams	33:00.9
22.	Karl Cranch	38:06.1
24.	Christopher Fox	40:06.2
27.	Callum Homber	40:32.6
29.	Trajan Frazier	44:32.2
30.	Dante DeMaria	44:42.7

Team competition: 4th place (4/5)

34 runners finished the race. They represented Bryn Athyn College, Cairn University, Clarks Summit University, Keystone College, Rosemont College, St. Elizabeth University, and University of Valley Forge.



The start of the men's race at the CSAC Preview Meet at Bryn Athyn College (photo by CSAC)



Rafe Williams at the CSAC Preview Meet at Bryn Athyn College (photos by CSAC).



Rafe Williams at the CSAC Preview Meet at Bryn Athyn College (photos by Fredrik Bryntesson).



Declan Williams at the CSAC Preview Meet at Bryn Athyn College. Top row (photos by CSAC). Bottom row (photos by Fredrik Bryntesson).



The CSAC Preview Meet at Bryn Athyn College. Left: Karl Cranch, Dante DeMaria and Christopher Fox. Right: Dante DeMaria and Trajan Frazier (photos by CSAC).



Karl Cranch at the CSAC Preview Meet at Bryn Athyn College (photos by Fredrik Bryntesson).



Christopher Fox at the CSAC Preview Meet at Bryn Athyn College (photos by Fredrik Bryntesson).



Callum Homber at the CSAC Preview Meet at Bryn Athyn College (photos by Fredrik Bryntesson).



Trajan Frazier at the CSAC Preview Meet at Bryn Athyn College (photos by Fredrik Bryntesson).



Trajan Frazier, Callum Homber and Christopher Fox at the CSAC Preview Meet at Bryn Athyn College. (photos by CSAC).



Dante DeMaria at the CSAC Preview Meet at Bryn Athyn College (photos by Fredrik Bryntesson).



Rafe Williams after the CSAC Preview Meet at Bryn Athyn College. (photos by CSAC).



Bryn Athyn College
September 19, 2022 · 🌐

It was a busy weekend for our Lions! We had our first Fall Open House, CSAC Preview Meet for men's and women's cross country, women's soccer, women's volleyball and our athletics commissioning service at Bryn Athyn Cathedral. [#bacpride](#)

Photos by Serena Sutton, Fredrik Bryntesson, and John Vincent [See less](#)



BAC's cross country teams at the Commissioning Service on September 18, 2022 (photo by BAC Marketing)

Fourth Race: September 24, 2022 – PSU Abington Invitational

PSU Abington Invitational (September 24, 2022)		
8 kilometers		
Place	Name	Time
7.	Rafe Williams	29:22.6
38.	Declan Williams	32:27.3
68.	James Dyson	34:31.5
86.	Karl Cranch	37:10.3
100.	Callum Homber	40:27.2
103.	Christopher Fox	41:26.9
112.	Trajan Frazier	45:04.6
Team competition: 10 th place (10/15)		

119 runners finished the race. They represented Bryn Athyn College, Albright University, Cairn University, Gallaudet University, Immaculata University, Lancaster Bible College, Penn College, PSU Abington, PSU Berks, PSU Brandywine, PSU Harrisburg, St Mary's College of Maryland, SUNY Maritime, SUNY Morrisville, Thaddeus Stevens College of Technology, Thomas Jefferson University, Valley Forge Military College, and Williamson College of the Trades (as well as one runner from a running club).

Fifth Race: October 1, 2022 – Dan Talbot Open

Dan Talbot Open (October 1, 2022)

8 kilometers		
Place	Name	Time
7.	Rafe Williams	28:12.3
40.	Declan Williams	31:04.0
74.	Callum Homber	38:09.5
79.	Christopher Fox	39:09.0
86.	Trajan Frazier	41:30.0
Team competition: 6 th place (6/9)		

91 runners finished the race. They represented Bryn Athyn College, Cabrini University, Camden County College, Drew University, Harrisburg Area County College, Manor College, Neumann University, Rosemont College, PSU Abington, PSU Schuylkill, Rutgers University-Camden, University of Scranton, University of Valley Forge, Valley Forge Military College, and Williamson College of the Trades (two running clubs also participated).

On October 3, 2022, CSAC announced that Rafe Williams was the CSAC runner of the week. This was the third time that he had received this award.



SPORTS	CHAMPIONSHIPS	AWARDS	ABOUT THE CSAC
MEN'S CROSS COUNTRY Schedule / News / Runner of the Week / Championship Information / Championship Record Book / Additional Links			



RAFE WILLIAMS

AWARD: Men's Cross Country Runner of the Week

SPORT: Men's Cross Country

YEAR: Sophomore

HOMETOWN: Huntingdon Valley, Pa.

WEEK OF: 10/3/2022

SCHOOL: Bryn Athyn

POSITION:

HIGH SCHOOL: Academy of the New Church

Williams ran the Dan Talbot Open 8k course in 28:12.3 for a 7th place finish and the top finisher for the Lions.





Colonial States Athletic Conference

October 7, 2022 · 🌐

In honor of the CSAC's 30th Anniversary, we will be spotlighting a different student-athlete every Friday, and provide a fun fact about them!

For our first student-athlete we are spotlighting Rafe Williams | Huntingdon Valley, Pa. | Sophomore | Men's cross country & Volleyball for @brynathynlions.

#FunFactFriday: Rafe has been on on a road trip across the United States. While traveling, Rafe took a visit to four national parks where he had his car surrounded by Bison!

#FunFactFriday #CSAC30 #CSAC1992 #CSACLookBack See less



RAFE WILLIAMS | SO | CROSS COUNTRY | BRYN ATHYN COLLEGE

FUN FACT: I'VE BEEN ON A ROAD TRIP ACROSS THE UNITED STATES AND AT ONE POINT WHILE VISITING A NATIONAL PARK OUR CAR WAS SURROUNDED BY BISON.



Sixth Race: October 29, 2022 – CSAC Cross Country Championships (Bryn Athyn College)



CSAC Championships (October 29, 2022)

8 kilometers

Place	Name	Time
1.	Rafe Williams	28:15.0
11.	Declan Williams	31:17.6
24.	Karl Cranch	35:19.3
26.	James Dyson	36:19.7
27.	Christopher Fox	37:05.5
28.	Callum Homber	37:41.7
32.	Trajan Frazier	42:58.6

Team competition: 4th place (4/5)

35 runners finished the race. They represented Bryn Athyn College, Cairn University, Clarks Summit University, Keystone College, Rosemont College, and St. Elizabeth University.



The start of the CSAC men's cross country Championship at Bryn Athyn College (photos by CSAC apart from bottom right which is by University of Valley Forge).



Bryn Athyn College cross country head coach Jesse King at the Championship race (photo by CSAC).



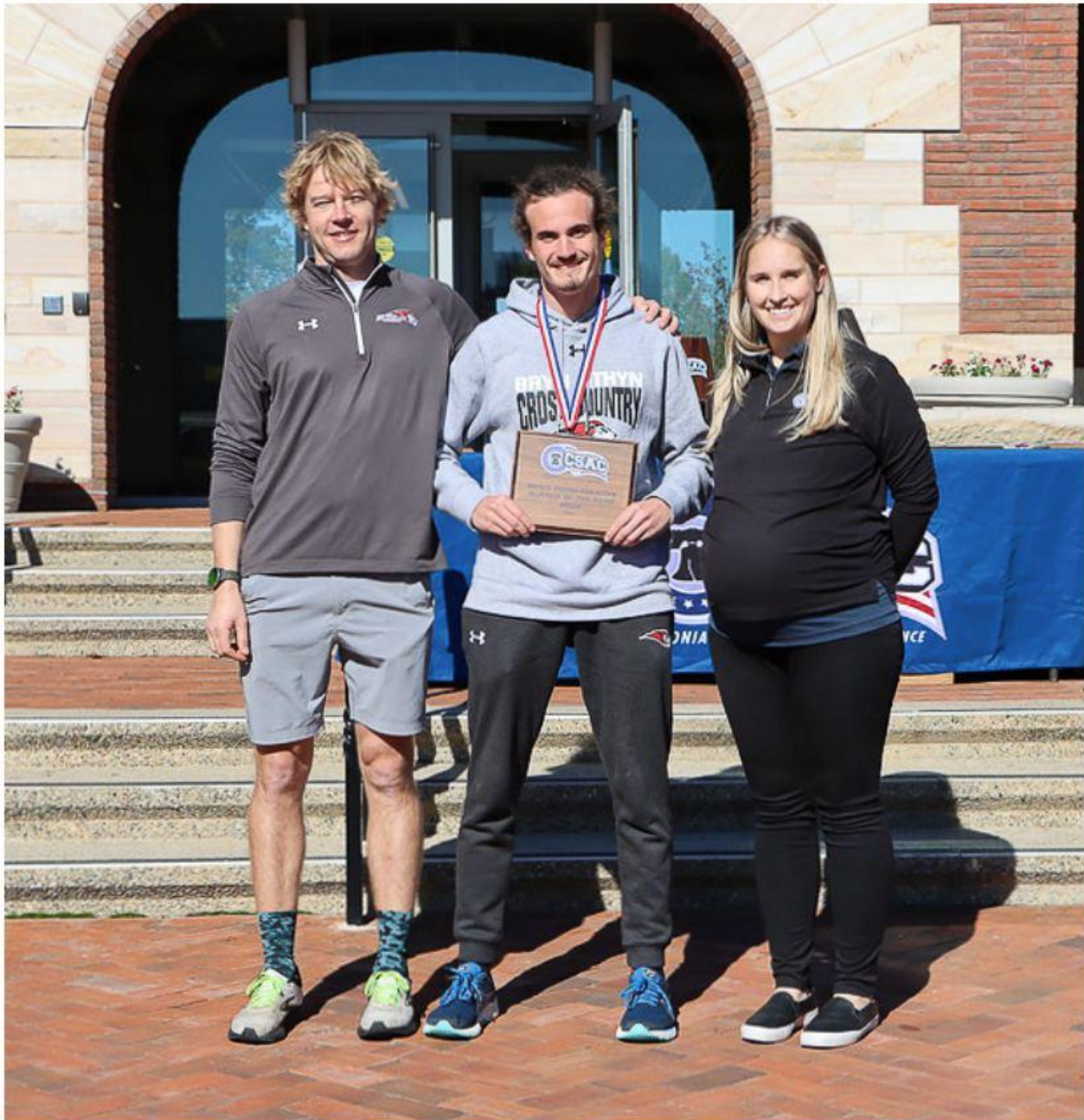
Trajan Frazier at the CSAC men's cross country Championship at Bryn Athyn College (photos by CSAC).



The CSAC men's cross country Championship at Bryn Athyn College. Top row: Christopher Fox and Callum Homber. Middle row: James Dyson. Bottom row: Karl Cranch (photos by CSAC).



The CSAC men's cross country Championship at Bryn Athyn College. Top row: Declan Williams. Middle and bottom rows: Rafe Williams (photos by CSAC).



At the medal ceremony after the CSAC men's cross country Championship at Bryn Athyn College. Jesse King (head coach), Rafe Willaims (champion) and CSAC commissioner Marie Stroman (photos by CSAC).

Cross country programs run well at CSAC Championships

Williams defends his CSAC Championship, three other runners named all-conference

11/3/2022 10:29:00 AM



BRYN ATHYN, Pa - The Bryn Athyn Lions cross country teams played host to the Colonial States Athletic Conference Championship meet on Saturday. The Lions showed well with the men placing fourth and the women third. Rafe Williams defended his individual champion crown.

Women's Race

Women's Results

The women finished third with 79 points, just 5 points shy of second place. Ciara Kiely was the top finisher for the Lady Lions, placing fourth with the time of 26:29.1. Terrae Lewis came in second for the Lions at 9th place with a time of 20:46.8. A pride of Lions finished 22nd, 23rd, 24th, and 26th by the runners of Kaylia Duncan, Reilly Ward, Lily DeAngelis and Jade Deibert. All four runners finished with in 90 seconds of each other. The final runner for Bryn Athyn was Jency Brock who placed 34th at the time of 42:16.

Notes

- Ciara Kiely was named 1st Team All-CSAC from her fourth place finish
- Terrae Lewis was named 2nd Team All-CSAC from her ninth place Finish

Men's Race

Men's Results

The men finished fourth with 82 points. Rafe Williams successfully defended his championship placing first overall for the entire field. Williams finished four seconds ahead of the runner up. Declan Williams was the next Lion to cross the finish line by the time of 31:17. Williams finished 11th with that time. The Lions would have a group of finishers in Karl Cranch, James Dyson, Chris Fox, and Callum Homber finish 24th, 26th, 27th, and 28th between the times of 35:19 and 37:43. Trajana Frazier rounded out the field for the Lions with a 32nd place finish.

Notes

- Rafe Williams was individual champion, CSAC Runner of the Year, and 1st Team All-CSAC
- Declan Williams was named 2nd Team All-CSAC for his 11th place finish
- Williams brothers have secured all conference placements for the second year in a row
- Rafe Williams now is a two-time Runner of the Year and Conference Champion



Bryn Athyn Lions
October 29, 2022 · 🌐

...

Bryn Athyn College was well represented on the 2022 CSAC all conference teams.

Rafe Williams repeated as individual champion and Runner of the Year •

Ciara Kiely - 1st Team •

Declan Williams - 2nd Team •

Terrae Lewis - 2nd Team •

#LionPride

Rafe Williams made the all-conference first team and Declan Williams the second team

All-CSAC First Team

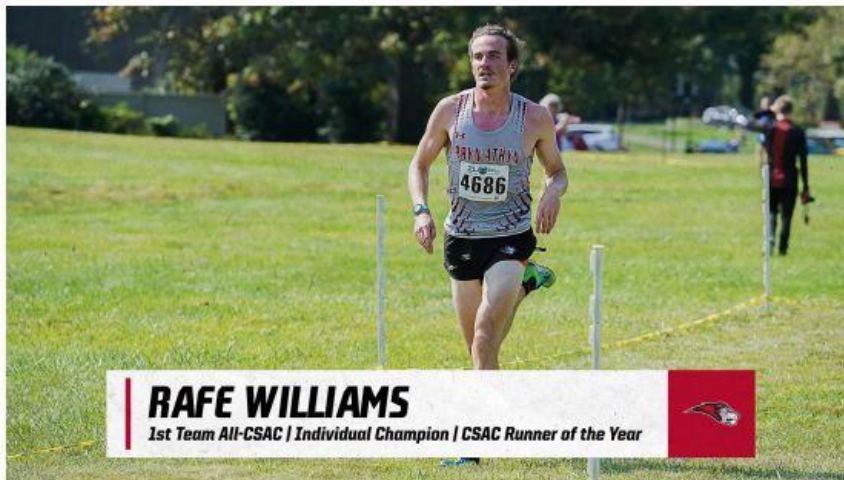
1. Rafe Williams, Bryn Athyn
2. Ricardo Nunez, Valley Forge
3. Ryan Olesky, Rosemont
4. Isaac Gale, Valley Forge
5. Titus Dingle, Cairn
6. Nate Gale, Valley Forge
7. Corey Scochin, Keystone

All-CSAC Second Team

8. Paul Nadrowski, Valley Forge
9. Ryan Spinello, Clarks Summit
10. Aaron Jackson, Valley Forge
11. Declan Williams, Bryn Athyn
12. Nick Lluzzo, Keystone
13. Nicholas Palladino, Cairn
14. Matthew Ames, Clarks Summit



The first and second All-CSAC men's cross country teams in 2022 (photos by CSAC).



Christopher Fox was selected to the All-sportsmanship team

All-Sportsmanship Team

Chris Fox, Bryn Athyn
Joseph Keeports, Cairn
Adam Russo, Clarks Summit
Corey Scochin, Keystone
Allen Frey, Rosemont
Jeremiah Boger, Saint Elizabeth
Paul Nadrowski, Valley Forge



Seventh Race: November 12, 2022 – NCAA DIII Metro Region Cross Country Championships (Regionals)



NCAA DIII Metro Region Cross Country Championships (November 12, 2022)

8 kilometers

Place	Name	Time
85.	Rafe Williams	29:00.0
147.	Declan Williams	32:51.4

Team competition: no team result

176 runners finished the race. They represented Bryn Athyn College, Arcadia University, Cabrini University, Cairn University, DeSales University, Eastern University, FDU Florham, Gwynedd Mercy University, Haverford College, Immaculata University, Moravian University, Muhlenberg College, Neumann University, New Jersey City University, Pratt Institute, PSU Abington, Ramapo College, Rosemont College, Rowan University, Rutgers University-Newark, St Joseph's University Long Island Campus, Stevens Institute of Technology, Stockton University, Swarthmore College, The College of New Jersey, United States Merchant Marine Academy, University of Valley Forge, Ursinus College, and Widener University.

The BAC men's cross country team received the conference's Team Academic Award in 2022-23.



2/10/2023 4:00:00 PM

CSAC ANNOUNCES FALL 2022 TEAM ACADEMIC AWARD WINNERS



VILLANOVA, Pa. – The Colonial States Athletic Conference (CSAC) has announced the receipts of the Team Academic Awards for Fall 2022. Eligible teams come from the conference's ten core and two associate members institutions during the Fall 2022 semester.

Established prior to the start of the 2013-14 academic year, the CSAC Team Academic Award is given annually to each varsity sports team whose student-athletes, while competing in conference-sponsored sports, achieve the highest combined grade point average. Grade point average calculations correspond with the student-athletes' season of participation during the sport's traditional season. The Fall 2022 Team Academic Awards are based on each team's combined GPA from the Fall 2022 semester only.

Bryn Athyn College took home two awards, scoring the top GPA in Women's Volleyball with a 3.626 and Men's Cross country with a 3.485.



Colonial States Athletic Conference

April 13, 2023 · 🌐

In honor of Division III week, We Are Spotighting Rafe Williams For His achievements & athletic experience. He Is A Sophomore at Bryn Athyn college, studying business & computer science. Winning two CSAC cross country championships in 2021 & 2022.

#whyD3

@brynathynlions

@rafe_williams See less

DIII WEEK




Why DIII?

"Rafe Williams is a sophomore At Bryn Athyn College, studying business and computer science. Before Rafe's freshman year, he had never ran cross country. In the past two years, he has been the CSAC cross country champion and hopes to win for a third year with the help of his coaches and tireless training."

— Rafe Williams

April 10-16, 2023

#d3week









2023-24

The Bryn Athyn College men's cross country team competed in nine races in 2023-24. This was the season with the most men's cross country races in the NCAA DIII era. The season began in September and ended in November.

The team raced against 52 different colleges and universities during the 2023-24 season:

College or University	#races
Albright College	1
Arcadia University	2
Brookdale Community College	1
Cabrini University	4
Cairn University	5
Caldwell University	1
Centenary University	2
Chestnut Hill College	2
Clarks Summit University	2
Community College of Philadelphia	1
Delaware Technical Community College	2
DeSales University	1
Dominican University New York	1
Drew University	2
Eastern University	1
FDU Florham	1
Felician University	1
Gallaudet University	2
Georgian Court University	1
Goldey-Beacom College	1
Gwynedd Mercy University	2
Haverford College	1
Holy Family University	2
Immaculata University	3
Kean University	1
Lancaster Bible College	2
Medgar Evers College	1
Moravian University	1
Muhlenberg College	1
Neumann University	2
Penn College	2
PSU Abington	7
PSU Berks	3
PSU Brandywine	1
PSU Harrisburg	3
PSU Schuylkill	2
PSU Scranton	1
Ramapo College	1
Rosemont College	4
Rowan University	2
Rutgers University-Camden	2
St Elizabeth University	1
St Joseph's University Long Island Campus	1
St Mary's College of Maryland	1
Stevens Institute of Technology	1
Stockton University	2
SUNY Maritime	3
Swarthmore College	2
Thaddeus Stevens College of Technology	1
The College of New Jersey	1
Thomas Jefferson University	3
United States Merchant Marine Academy	1
University of Valley Forge	5
Ursinus College	1
Valley Forge Military College	1
Widener University	1
Wilmington University	1
Williamson College of the Trades	4

2023-24 BAC Men's Cross Country Roster

Brock, Weston
Brown, Jethro
Cranch, Karl
Fox, Christopher
Frazier, Trajan
Homber, Callum
Williams, Declan
Williams, Rafe

2023-24 BAC Men's Cross Country Head Coach

King, Jesse

First Race: September 1, 2023 – Bryn Mawr Invitational

**Bryn Mawr Invitational (September 1, 2023)****5 kilometers**

Place	Name	Time
3.	Rafe Williams	17:23.5
50.	Declan Williams	22:29.1
57.	Karl Cranch	24:50.7
58.	Callum Homber	25:15.2
62.	Trajan Frazier	26:47.9
65.	Weston Brock	27:33.0

Team competition: 7th place (7/8)

67 runners finished the race. They represented Bryn Athyn College, Arcadia University, Cabrini University, Immaculata University, Neumann University, PSU Abington, PSU Brandywine, Swarthmore College, and University of Valley Forge (one runner was unattached)

Second Race: September 9, 2023 – Philadelphia Cross Classic



Philadelphia Cross Classic (September 9, 2023)

8 kilometers

Place	Name	Time
47.	Rafe Williams	30:33.3
101.	Declan Williams	37:12.1
124.	Karl Cranch	43:34.6
125.	Christopher Fox	44:20.3
126.	Callum Homber	44:36.9
129.	Trajan Frazier	51:38.3
131.	Weston Brock	52:48.1

Team competition: 14th place (14/14)

133 runners finished the race. They represented Bryn Athyn College, Brookdale Community College, Caldwell University, Chestnut Hill College, Dominican University New York, Felician University, Georgian Court University, Goldey-Beacom College, Holy Family University, Immaculata University, Rowan University, Stockton University, Thomas Jefferson University, Wilmington University, and Williamson College of the Trades (as well as one running club).

Third Race: September 16, 2023 – Cairn University Highlander XC Invitational



Cairn University Highlander XC Invitational (September 16, 2023)

8 kilometers

Place	Name	Time
6.	Rafe Williams	29:42.2
36.	Declan Williams	34:05.3
59.	Christopher Fox	39:46.7
61.	Karl Cranch	40:06.8
63.	Callum Homber	40:14.8
72.	Trajan Frazier	45:02.1
81.	Weston Brock	51:00.4

Team competition: 8th place (8/11)

83 runners finished the race. They represented Bryn Athyn College, Cairn University, Clarks Summit University, Gallaudet University, Lancaster Bible College, Penn College, PSU Abington, PSU Berks, PSU Harrisburg, SUNY Maritime, University of Valley Forge, and Williamson College of the Trades (one of the teams was a running club).



Bryn Athyn College

September 18, 2023 · 🌐

Last night was our Fall Sports Commissioning Service. Wishing our fall teams a great season! #BACPride 🙌



BAC's cross country teams at the Commissioning Service on September 17, 2023 (photo by BAC Marketing)

Fourth Race: September 23, 2023 – Bryn Athyn Invitational



Bryn Athyn Invitational (September 23, 2023)		
4 kilometers		
Place	Name	Time
1.	Rafe Williams	13:55.8
6.	Declan Williams	15:45.8
13.	Christopher Fox	18:02.3
14.	Karl Cranch	18:24.7
15.	Jethro Brown	18:39.8
17.	Callum Homber	18:48.7
23.	Trajan Frazier	20:36.2
24.	Weston Brock	21:06.6
Team competition: 2 nd place (2/4)		

27 runners finished the race. They represented Bryn Athyn College, Cairn University, PSU Abington, and Rosemont College.

Fifth Race: September 30, 2023 – PSU Abington Invitational

PSU Abington Invitational (September 30, 2023)		
8 kilometers		
Place	Name	Time
5.	Rafe Williams	29:03.6
36.	Declan Williams	33:02.8
74.	Karl Cranch	38:25.6
102.	Trajan Frazier	44:05.7
106.	Weston Brock	48:17.0
Team competition: 12 th place (12/17)		

115 runners finished the race. They represented Bryn Athyn College, Albright College, Cabrini University, Cairn University, Centenary University, Community College of Philadelphia, Drew University, Gwynedd Mercy University, Holy Family University, PSU Abington, PSU Berks, PSU Harrisburg, PSU Schuylkill, PSU Scranton, Rosemont College, SUNY Maritime, Thaddeus Stevens College of Technology, Thomas Jefferson University, University of Valley Forge, Valley Forge Military College, and Williamson College of the Trades.

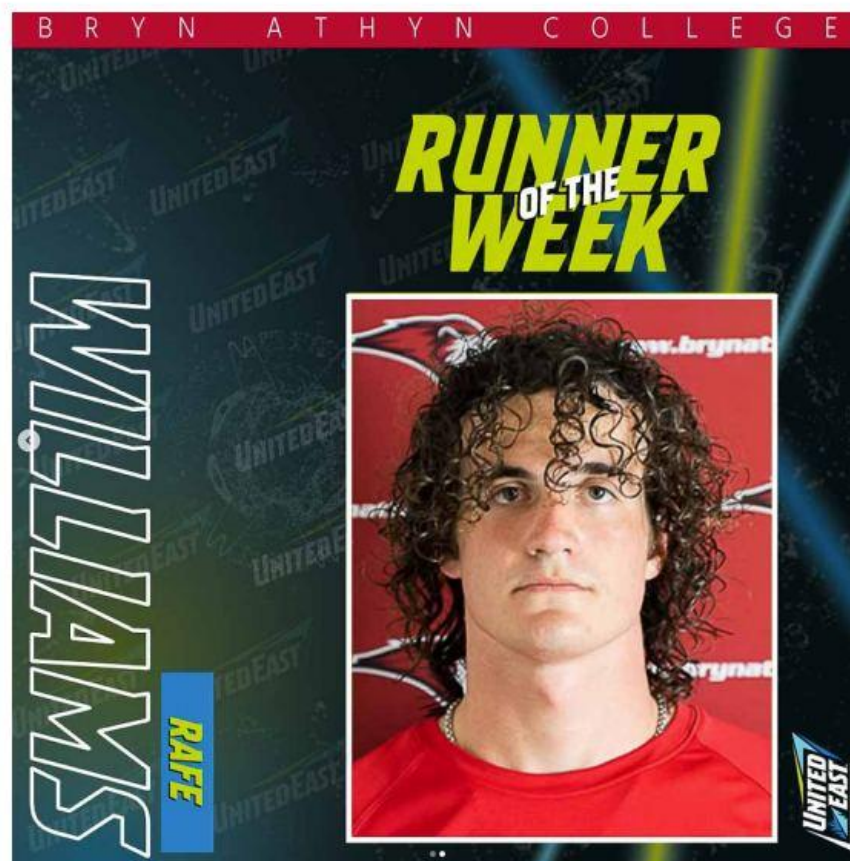
Sixth Race: October 7, 2023 – Jack Saint Clair College Cross Country Invite

Jack Saint Clair College Cross Country Invite (October 7, 2023)		
8 kilometers		
Place	Name	Time
18.	Rafe Williams	29:43.8

Note: Rafe Williams was the only runner from BAC

88 runners finished the race. They represented Bryn Athyn College, Cabrini University, Chestnut Hill College, Delaware Technical Community College, Neumann University, PSU Abington, PSU Schuylkill, Rosemont College, Rutgers University-Camden, SUNY Maritime, Thomas Jefferson University, and Williamson College of the Trades (plus, three running clubs and some unattached runners).

On October 10, 2023, United East announced that Rafe Williams was the United Easts' men's cross country runner of the week. This was the fourth time that he had been the conference's runner of the week.



	RAFE WILLIAMS	
	AWARD: Men's XC Runner of the Week	WEEK OF: 10/10/2023
	SPORT: Men's Cross Country	SCHOOL:
	YEAR: Junior	POSITION:
	HOMETOWN: Bryn Athyn, Pa.	HIGH SCHOOL: Academy of the New Church

Williams placed 18th out of 88 runners at the Jack St. Clair College XC Invite hosted by Bryn Mawr on Saturday afternoon. Williams ran the 8K course in 29:43.8 with only one runner affiliated with a NCAA Division III institution finishing ahead of him in the afternoon. This is the fourth Athlete of the Week award for Williams who previously was honored for the weeks of October 3, 2022, October 18, 2021, and October 4, 2021. Williams was also the CSAC Runner of the Year in 2021 and 2022 after winning the individual title each year.

Seventh Race: October 11, 2023 – Cairn University Cross Country Meet



Cairn University Cross Country Meet (October 11, 2023)		
8 kilometers		
Place	Name	Time
2.	Rafe Williams	27:47.1
8.	Declan Williams	30:54.4
19.	Christopher Fox	35:37.8
20.	Karl Cranch	35:40.0
22.	Jethro Brown	37:25.9
25.	Callum Homber	39:21.2
28.	Trajan Frazier	40:37.1
30.	Weston Brock	44:47.0
Team competition: 2 nd place (2/6)		

37 runners finished the race. They represented Bryn Athyn College, Cairn University, Chestnut Hill College, Rosemont College, Rutgers University-Camden, University of Valley Forge

Eight Race: October 28, 2023 – United East Championships (Langhorne)



United East Championships (October 28, 2023)		
8 kilometers		
Place	Name	Time
11.	Rafe Williams	30:55.7
41.	Declan Williams	34:14.2
57.	Christopher Fox	36:48.5
66.	Callum Homber	39:53.9
72.	Jethro Brown	40:53.6
75.	Trajan Frazier	42:19.9
84.	Weston Brock	47:33.3
Team competition: 9 th place (9/12)		

91 runners finished the race. They represented Bryn Athyn College, Cairn University, Clarks Summit University, Gallaudet University, Lancaster Bible College, Penn College, PSU Abington, PSU Berks, PSU Harrisburg, St Elizabeth University, St Mary's College of Maryland, and University of Valley Forge.



Rafe Williams crosses the finish line at the 2023 championships (photo by United East)

Rafe Williams made the all-conference second team

FIRST TEAM

Finish	Runner	School	Time
1st	Mitchell Gray	Lancaster Bible College	27:51.4
2nd	Michael Wade	St. Mary's College of Maryland	28:33.4
3rd	Mitchell Campbell	Penn College	28:44.1
4th	Patrick O'Donnell	Penn State Berks	28:46.3
5th	Avi Hochhouser	Penn State Berks	28:56.3
6th	Matthew Woolcock	Penn College	29:05.6
7th	Alec Rees	Penn College	29:16.0

SECOND TEAM

Finish	Runner	School	Time
8th	Adam Horning	Lancaster Bible College	30:11.8
9th	Paul Nadrowski	University of Valley Forge	30:27.6
10th	Quentin Pastore	St. Mary's College of Maryland	30:27.2
11th	Rafe Williams	Bryn Athyn College	30:55.7
12th	Daniel Lefko	Lancaster Bible College	31:02.1
13th	Roberto Torres	Gallaudet University	31:05.7
14th	Peyton Eppard	St. Mary's College of Maryland	31:07.2

THIRD TEAM

Finish	Runner	School	Time
15th	Alex McWilliams	Lancaster Bible College	31:16.3
16th	Micah Volpe	Rosemont College	31:20.7
17th	Holden Furey	Penn College	31:30.8
18th	Harry Gibson	Lancaster Bible College	31:42.4
19th	Nate Norris	St. Mary's College of Maryland	31:44.1
20th	Jacob Parker	Penn College	31:46.9
21st	Ryan Spinello	Clarks Summit University	31:55.8



Bryn Athyn Lions

October 29, 2023 · 🌐

...

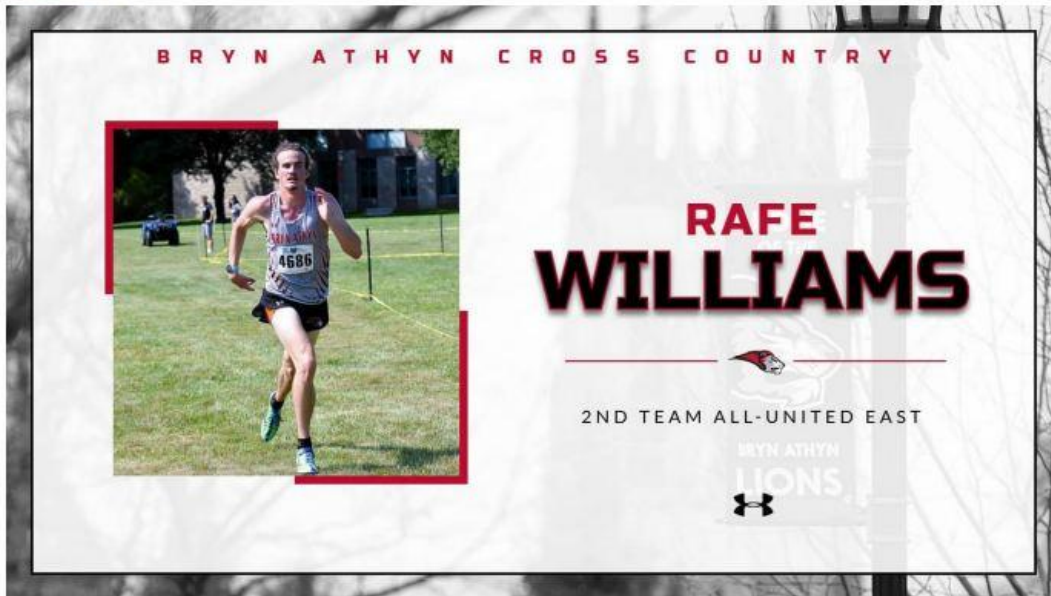
Congratulations to Bryn Athyn Cross Country on a great season. •

Lions had two runners named to the all-conference team •

Ciara Kiely - 1st Team •

Rafe Williams - 2nd Team •

#LionPride



Christopher Fox was selected to the All-sportsmanship team for the second year in a row

LATHAM, N.Y. - The United East has named its Men's Cross Country All-Sportsmanship team for the 2023 season.

The United East All-Sportsmanship Team recognizes student-athletes who epitomize the ideals of sportsmanship. Student-athletes selected to the All-Sportsmanship Team demonstrate fair play, graciousness in victory and respectfulness in defeat. Each individual has been chosen by their coach as a representative who embodies the Division III spirit.

The following student athletes have been selected for this season's Men's Cross Country All-Sportsmanship Team:

Student-Athlete	School	Class	Hometown
Chris Fox	Bryn Athyn College	So	Bryn Athyn, Pa.
Avian Hall	Cairn University	Jr	Brooklyn, N.Y.
Caleb Hinds	Clarks Summit University	Sr	Montrose, Pa.
Vershon Carter	Gallaudet University	FY	Chicago, Il.
Alex McWilliams	Lancaster Bible College	Sr	Montoursville, Pa.
Matthew Woolcock	Pennsylvania College of Technology	So	Oil City, Pa.
Nicholas Worrall	Penn State Abington	So	Doylestown, Pa.
Patrick O'Donnell	Penn State Berks	Sr	King of Prussia, Pa.
	Penn State Harrisburg		
Pat O'Donnell	Rosemont College	Jr	Erial, N.J.
Jayden Hunter	Saint Elizabeth University	FY	Metuchen, N.J.
Matthew Grimelli	St. Mary's College of Maryland	Sr	Eldersburg, Md.
Paul Nadrowski	University of Valley Forge	So	Lapeer, Mi.

These thirteen student athletes are ambassadors for their teams, both on and off the course, and galvanize their teammates toward their goals. They exhibit respect for themselves, teammates, coaches, opponents, officials, spectators, and the greater campus community.

Ninth Race: November 11, 2023 –**NCAA DIII Metro Region Cross Country Championships (Regionals)****Logan Township, NJ.**

NCAA DIII Metro Region Cross Country Championships (November 11, 2023)		
8 kilometers		
Place	Name	Time
77.	Rafe Williams	27:20.3
132.	Declan Williams	31:05.7
161.	Christopher Fox	35:32.8
Team competition: no team result		

177 runners finished the race. They represented Bryn Athyn College, Arcadia University, Cabrini University, Cairn University, Centenary University, Delaware Valley University, DeSales University, Drew University, Eastern University, FDU Florham, Gwynedd Mercy University, Haverford College, Immaculata University, Kean University, Medgar Evers College, Moravian University, Muhlenberg College, PSU Abington, Ramapo College, Rosemont College, Rowan University, Rutgers University-Newark, St Joseph's University Long Island Campus, Stevens Institute of Technology, Stockton University, Swarthmore College, The College of New Jersey, United States Merchant Marine Academy, University of Valley Forge, Ursinus College, and Widener University.

2024-25

The Bryn Athyn College men's cross country team competed in eight races in 2024-25. The season began in September and ended in November.

The team raced against 60 different colleges and universities during the 2024-25 season:

College or University	#races
Albright College	2
Arcadia University	2
Bridgewater College	1
Brooklyn College	1
Calm University	6
Catholic University of America	1
Centenary University	1
Central Penn College	1
Christopher Newport University	1
Delaware Valley University	2
DeSales University	2
Drew University	1
Eastern University	2
Elizabethtown College	1
FDU Florham	1
Felician University	1
Gallaudet University	2
Georgian Court University	1
Greater Philadelphia Technical College	1
Gwynedd Mercy University	2
Haverford College	2
Holy Family University	1
Hood College	1
Immaculata University	3
John Hopkins University	1
Kean University	3
Keystone College	3
King's College	1
Lancaster Bible College	3
Mary Washington University	1
Medgar Evers College	1
Moravian University	1
Muhlenberg College	2
Neumann University	1
Notre Dame of Maryland University	2
Penn College	1
PSU Abington	4
PSU Berks	2
PSU Brandywine	3
PSU Harrisburg	2
PSU Schuylkill	1
Ramapo College	2
Rowan University	2
Rutgers University-Camden	3
Rutger's University-Newark	2
Salisbury University	1
Shenandoah University	1
Southern Virginia University	1
St Elizabeth University	1
St Joseph's University Long Island Campus	1
St Mary's College of Maryland	2
St Vincent College	1
Stevens Institute of Technology	2
Stockton University	3
SUNY Cortland	1
SUNY Maritime	1
SUNY New Paltz	1
Swarthmore College	2
The College of New Jersey	1
United States Merchant Marine Academy	1
University of Lynchburg	1
University of Valley Forge	6
Ursinus College	2
Utica University	1
Washington and Lee University	1
Widener University	2
Williamson College of the Trades	2

2024-25 BAC Men's Cross Country Roster

Brock, Weston
Evans, Benjamin
Fox, Christopher
Frazier, Trajan
Homber, Callum
Todd, Peadar
Williams, Declan
Williams, Rafe

2024-25 BAC Men's Cross Country Head Coach

King, Jesse

First Race: September 7, 2024 – Aggie Open

Aggie Open (September 7, 2024)		
8 kilometers		
Place	Name	Time
2.	Rafe Williams	29:27.8
16.	Callum Homber	35:28.0
22.	Christopher Fox	42:08.5
Team competition: no team result		

25 runners finished the race. They represented Bryn Athyn College, Delaware Valley University, Kean University, Keystone College and Notre Dame of Maryland University (one runner was unattached).

Second Race: September 13, 2024 – Seahawk Classic



Seahawk Classic (September 13, 2024)		
8 kilometers		
Place	Name	Time
4.	Rafe Williams	30:11.3
29.	Benjamin Evans	36:48.0
43.	Callum Homber	42:07.4
46.	Declan Williams	43:28.8
49.	Christopher Fox	43:56.8
54.	Todd Peadar	45:30.2
61.	Weston Brock	53:15.1
Team competition: 6 th place (6/8)		

66 runners finished the race. They represented Bryn Athyn College, Cairn University, Gallaudet University, Lancaster Bible College, Notre Dame of Maryland University, PSU Harrisburg, St Mary's College of Maryland, University of Valley Forge (a couple of runners were unattached).



Bryn Athyn College

September 17, 2024 · 🌐

Last night our fall athletes participated in a commissioning service at Bryn Athyn Cathedral. We are excited to see what each team achieves on and off the field (or court!) this year! [#BACpride](#)
See less



BAC's cross country teams at the Commissioning Service on September 16, 2024 (photo by BAC Marketing)

Third Race: September 21, 2024 – PSU Abington Invitational

PSU Abington Invitational (September 21, 2024)		
8 kilometers		
Place	Name	Time
3.	Rafe Williams	28:12.8
36.	Benjamin Evans	32:11.9
67.	Declan Williams	37:02.3
84.	Callum Homber	39:21.5
89.	Todd Peadar	41:02.0
92.	Christopher Fox	41:32.1
111.	Weston Brock	51:09.0
113.	Trajan Frazier	51:41.2
Team competition: 7 th place (7/15)		

119 runners finished the race. They represented Bryn Athyn College, Albright College, Cairn University, Central Penn College, Greater Philadelphia Technical College, Gwynedd Mercy University, Holy Family University, Kean University, PSU Abington, PSU Berks, PSU Brandywine, Stockton University, SUNY Maritime, University of Valley Forge, Williamson College of the Trades (and a couple of running clubs and unattached runners).

On September 24, 2024, United East announced that Rafe Williams was the United East's men's cross country runner of the week. This was the fifth time that he had been the conference's runner of the week.




[Sports](#)
[Members](#)
[Scoreboard](#)
[Championships](#)
[Inside the United East](#)


UNITED EAST
CONFERENCE

Men's Cross Country
[Schedule](#)
[News](#)
[Athlete of the Week](#)
[Championship Information](#)
[Additional Links](#)



RAFE WILLIAMS

AWARD: Men's XC Runner of the Week	WEEK OF: 9/24/2024
SPORT: Men's Cross Country	SCHOOL:
YEAR: Senior	POSITION:
HOMETOWN: Bryn Athyn, Pa.	HIGH SCHOOL: Academy of the New Church

Runner of the Week

Rafe Williams / Sr / Bryn Athyn College / Bryn Athyn, Pa. / Academy of the New Church

Senior Rafe Williams led the way for Bryn Athyn on Saturday afternoon at the Penn State Abington Invitational, finishing with a time of 28:12.8 on the 8k course. Williams finished third overall out of the 119 student-athletes who competed in the men's race. This is the third straight Top 5 finish for Williams, who came in 4th last week at the United East Preview Meet / Seahawk Classic and 2nd place finish at the Aggie Open on September 7th.

This is the fifth Athlete of the Week award for Williams who previously was honored for the weeks of October 10, 2023, October 3, 2022, October 18, 2021, and October 4, 2021. Williams was a Second Team All-United East honoree in 2023 in addition to the CSAC Runner of the Year in 2021 and 2022 after winning the individual title each of those years.

Fourth Race: September 28, 2024 – Bryn Athyn Invitational



Bryn Athyn Invitational (September 28, 2024)		
8 kilometers		
Place	Name	Time
1.	Rafe Williams	27:40.7
15.	Declan Williams	32:49.6
17.	Benjamin Evans	33:46.5
27.	Callum Homber	38:11.3
29.	Todd Peadar	38:35.2
35.	Christopher Fox	40:18.7
42.	Trajan Frazier	45:29.2
44.	Weston Brock	47:16.0
Team competition: 5 th place (5/7)		

50 runners finished the race. They represented Bryn Athyn College, Cairn University, Immaculata University, PSU Abington, PSU Brandywine, University of Valley Forge, Williamson College of the Trades

Bryn Athyn Cross Country hosted Annual Invitational

Williams places 1st for the men overall

10/1/2024 3:44:00 PM



BRYN ATHYN, Pa. - The men's and women's cross country program hosted their annual Invitational at home this past Saturday and placed 5th and 6th respectively.

On a soggy Saturday, Rafe Williams shined for the men's cross country program being the individual winner of the event by a whopping 60 seconds. Williams posted a time of 27:40 which was 64 seconds faster than second place. He defeated other runners from the United East Conference from Brandywine, Abington, Valley Forge, and Cairn. The Lions also placed two other members of the team in the top 20 with Declan Williams logging in at 15th place with a time of 32:49 and Benjamin Evans placing 17th with a time of 33:46. Callum Homber and Pedar Todd rounded out the top 30 with 27th and 29th place finishes. Christopher Fox and Trajan Frazier placed 34th and 39th and Weston Brock finished in 43rd place range.

The Women placed sixth place overall and were led by Gretchen Varona who finished 19th with a time of 33:14. Sarah Hughes, Tess Wyandt, Katherine Hyatt, Deidre Bongers, and Serene Ephick all finished between 20 and 29 with times ranging from 33:18 from Sarah Hughes to 42:33 from Ephick.

The Lions will prepare to race at the Cairn Invitational this weekend.



Fifth Race: October 5, 2024 – Highlander Invitational

Highlander Invitational (October 5, 2024)		
8 kilometers		
Place	Name	Time
2.	Rafe Williams	27:36.3
25.	Benjamin Evans	32:01.4
34.	Declan Williams	33:32.8
59.	Todd Peadar	39:45.7
69.	Christopher Fox	41:27.0
80.	Trajan Frazier	46:15.6
84.	Weston Brock	49:05.5
Team competition: 5 th place (5/11)		

91 runners finished the race. They represented Bryn Athyn College, Albright College, Cairn University, Felician University, Georgian Court University, Keystone College, PSU Schuylkill, Rutgers University-Camden, St Elizabeth University, University of Valley Forge (and some running clubs and unattached runners)

Sixth Race: October 19, 2024 – Inter-Regional Border Battle

This appears to have been the biggest race, in terms of participating institutions and the number of runners, that the BAC men's cross country team competed in during the NCAA DIII era.

Inter-Regional Border Battle (October 19, 2024)		
8 kilometers		
Place	Name	Time
63.	Rafe Williams	26:02.0
255.	Benjamin Evans	31:22.2
270.	Declan Williams	34:32.4
277.	Todd Peadar	40:23.9
Team competition: no team result		

279 runners finished the race. They represented Bryn Athyn College, Arcadia University, Bridgewater College, Catholic University of America, Christopher Newport University, DeSales University, Eastern University, Elizabethtown College, Haverford College, Hood College, Immaculata University, John Hopkins University, King's College, Lancaster Bible College, Mary Washington University, Muhlenberg College, Neumann University, Ramapo College, Rowan University, Rutgers University-Camden, Rutgers University-Newark, Salisbury University, Shenandoah University, Southern Virginia University, St Vincent College, Stevens Institute of Technology, Stockton University, SUNY Cortland, SUNY New Paltz, Swarthmore College, University of Lynchburg, Ursinus College, Utica University, Washington and Lee University, Widener University

Seventh Race: November 2, 2024 – United East Championships (St. Mary's College of Maryland)

United East Championships (November 2, 2024)		
8 kilometers		
Place	Name	Time
2.	Rafe Williams	26:47.6
39.	Benjamin Evans	32:06.7
40.	Declan Williams	32:13.8
71.	Callum Homber	37:03.0
75.	Todd Peadar	37:45.3
76.	Christopher Fox	37:53.0
87.	Weston Brock	42:48.7
90.	Trajan Frazier	44:07.6
Team competition: 7 th place (7/11)		

99 runners finished the race. They represented Bryn Athyn College, Cairn University, Gallaudet University, Keystone College, Lancaster Bible College, Penn College, PSU Abington, PSU Berks, PSU Brandywine, PSU Harrisburg, St Mary's College of Maryland, and University of Valley Forge.



Williams places second in the United East Championship race

11/4/2024 5:40:00 AM



ST. MARY'S CITY, Md. - The United East Conference hosted their Championship race at St. Mary's College of Maryland over the weekend, and the Lions cross country team competed in the event.

The men's team placed 7th overall out of 11 teams, but it was senior Rafe Williams who really shined in the Lions uniform when he placed 2nd overall in the conference with a time of 26:47. Williams is the most decorated runner in the Lions program with two Individual Championships, two Runner of the Year awards, a Rookie of the Year Award, 3 First Team All-Conference awards, and 1 Second Team All-Conference Award. He wraps up his conference championship running record with: 1st, 1st, 11th, and 2nd place finishes in his four years as a runner for the Lions.

Williams will move on to NCAA qualifiers as an individual runner.

Rafe Williams made the all-conference first team

First Team				Second Team				Third Team			
Finish	Runner (YR)	School	Time	Finish	Runner (YR)	School	Time	Finish	Runner	School	Time
1st	Mitchell Gray (SR)	Lancaster Bible College	26:04.03	12th	Nathaniel Gale (JR)	University of Valley Forge	29:26.62	23rd	Marco Isabella (JR)	Penn State Abington	30:46.72
2nd	Rafe Williams (SR)	Bryn Athyn College	26:47.56	13th	Nathaniel Leano (FY)	Penn State Berks	29:31.04	24th	Simon Rickert (FY)	Penn State Berks	30:52.21
3rd	Michael Wade (SR)	St. Mary's College of Maryland	27:32.75	14th	Daniel Lefko (SR)	Lancaster Bible College	29:41.81	25th	Jacob Parker (SO)	Penn College	30:57.42
4th	Trent Jordan (FY)	Penn State Berks	27:57.99	15th	Jack Kuta (FY)	St. Mary's College of Maryland	29:48.61	26th	Titus Dingle (JR)	Calm University	31:00.56
5th	Alec Rees (SR)	Penn College	28:14.14	16th	Aaron Guerrisky (JR)	Penn College	29:49.84	27th	Nate Norris (SR)	St. Mary's College of Maryland	31:05.27
6th	David Helms (FY)	Lancaster Bible College	28:15.85	17th	Holden Furey (SO)	Penn College	29:53.96	28th	Blake Carberry (FY)	St. Mary's College of Maryland	31:07.16
7th	Mitchell Campbell (JR)	Penn College	28:52.40	18th	Angel Patino (SR)	Penn State Harrisburg	30:05.40	29th	Sincere Vazquez (FY)	Gallaudet University	31:10.06
8th	Pierson Hogue (FY)	St. Mary's College of Maryland	29:00.94	19th	Ben Carman (SO)	Penn State Berks	30:11.84	30th	Zack Gibson (FY)	Penn State Harrisburg	31:10.08
9th	Paul Nadrowski (JR)	University of Valley Forge	29:06.49	20th	Peyton Eppard (SR)	St. Mary's College of Maryland	30:14.66	31st	Derek Tweksbury (SO)	Calm University	31:12.57
10th	Ethan Knapp (FY)	Penn College	29:10.60	21st	Chase Ebeling (SO)	Penn College	30:23.51	32nd	Patton Harbourt (SR)	St. Mary's College of Maryland	31:16.23
11th	Matthew Woolcock (JR)	Penn College	29:12.86	22nd	Brenden Lane (FY)	St. Mary's College of Maryland	30:42.71	33rd	Noah Bowers (SR)	Penn College	31:22.98

Rafe Williams was also selected to the All-sportsmanship team

LATHAM, N.Y. - The United East has named its Men's Cross Country All-Sportsmanship team for the 2024 season.

The United East All-Sportsmanship Team recognizes student-athletes who epitomize the ideals of sportsmanship. Student-athletes selected to the All-Sportsmanship Team demonstrate fair play, graciousness in victory and respectfulness in defeat. Each individual has been chosen by their coach as a representative who embodies the Division III spirit.

The following student athletes have been selected for this season's Men's Cross Country All-Sportsmanship Team:

All-Sportsmanship Team

Name	YR	School	Hometown
Rafe Williams	SR	Bryn Athyn College	Bryn Athyn, PA
Dillan Smith	SR	Cairn University	Andover, ME
Awais Mughal	FR	Gallaudet University	Islamabad, Pakistan
Corey Scochin	JR	Keystone College	Scott Township, PA
Joey Benedict	JR	Lancaster Bible College	Ephrata, PA
Hunter Biel	FR	Notre Dame of Maryland	Powhatan, Virginia
Noah Bowers	SR	Penn College	Mifflin County, PA
Marco Isabella	JR	Penn State Abington	Abington, PA
Ben Carman	SO	Penn State Berks	Litiz, PA
Jayden Diawara	FR	Penn State Brandywine	Glenolden, PA
Angel Patino	SR	Penn State Harrisburg	Pittsburgh, PA
Tyler Andersen-Mayes	SO	Saint Elizabeth University	Monroe, NJ
Kelly Byrne	JR	St. Mary's College (Md.)	Rockville, MD
Kevin Haes	SR	University of Valley Forge	Alexandria, VA

Eight Race: November 16, 2024 –**NCAA DIII Metro Region Cross Country Championships (Regionals)**

NCAA DIII Metro Region Cross Country Championships (November 16, 2024)

8 kilometers

Place	Name	Time
23.	Rafe Williams	25:42.0
137.	Benjamin Evans	30:29.3
153.	Declan Williams	32:35.7

Team competition: no team result

186 runners finished the race. They represented Bryn Athyn College, Arcadia University, Brooklyn College, Cairn University, Centenary University, Delaware Valley University, DeSales University, Drew University, Eastern University, FDU Florham, Gwynedd Mercy University, Haverford College, Immaculata University, Kean University, Medgar Evers College, Moravian University, Muhlenberg College, PSU Abington, Ramapo College, Rowan University, Rutgers University-Camden, Rutgers University-Newark, St Joseph's University Long Island Campus, Stevens Institute of Technology, Stockton University, Swarthmore College, The College of New Jersey, United States Merchant Marine Academy, University of Valley Forge, Ursinus College, and Widener University.

Men's Cross Country | 11/18/2024 9:45:04 AM

Williams & Gray's All-Region Performance Highlight Men's XC NCAA Regional Races



LATHAM, N.Y. - The United East saw its men's cross country teams compete in two different NCAA Regional races this weekend as nearly every team looked to compete for a spot in the National Championship.

MID-ATLANTIC REGIONAL - Lock Haven, Pa. (RESULTS)

Highlighting the Mid-Atlantic Regional was the Lancaster Bible College squad as they placed 20th out of 29 teams. Three time United East Runner of the Year, Mitchell Gray, continued his successful career for the Chargers as he picked up an All-Region honor at the meet. Gray placed 17th out of the 216 runner field, clocking a time of 24:57.6. His finish was just one runner (two seconds) off of a National Championship qualifying pace.

St. Mary's College of Maryland's Michael Wade also turned in a top-50 performance, helping the Seahawks claim 23rd in the meet. Wade, who placed third in the United East Championship, crossed the finish line at the 25:46.7 mark, earning him 41st place.

As a team, Penn College placed 22nd and were led by Matthew Woolcock who came in 117th. Penn State Berks came in 26th as a team and Trent Jordan, the United East Rookie of the Year, led his squad with a 109th finish. Angel Patino was the top finisher for the Penn State Harrisburg squad, clocking a 29:54.9.

METRO REGIONAL - Stockton, N.J. (RESULTS)

Rafe Williams from Bryn Athyn continued to shine as he was the top United East finisher at the Metro Regional. The senior, who took home second at the United East Championship, placed 23rd out of the 186 runner field, clocking a time of 25:42. His time was just under 25 seconds out of contention for a spot in the National Championship meet but earned him an All-Region nod.

The University of Valley Forge was the United East's top finisher as a team at the Metro Regional as they placed 23rd. Paul Nadrowski displayed some great effort in his final race of the year, taking 92nd place out of 186 runners. The junior clocked a 28:11.9 and was followed closely by fellow Patriot Nathan Gale, who placed 106th with a time of 28:41.6.

Cairn University was just one spot behind Valley Forge in the team standings, led by Titus Dingle. His time of 29:37.3 earned him 124th in the race.

Despite not earning a team score, Penn State Abington's Marco Isabella had a nice outing as he finished the race in 29:35.9, earning him 122nd place.

ALL-REGION RUNNER

Rafe Williams

UNITED EAST

BRYN ATHYN, PA | SENIOR

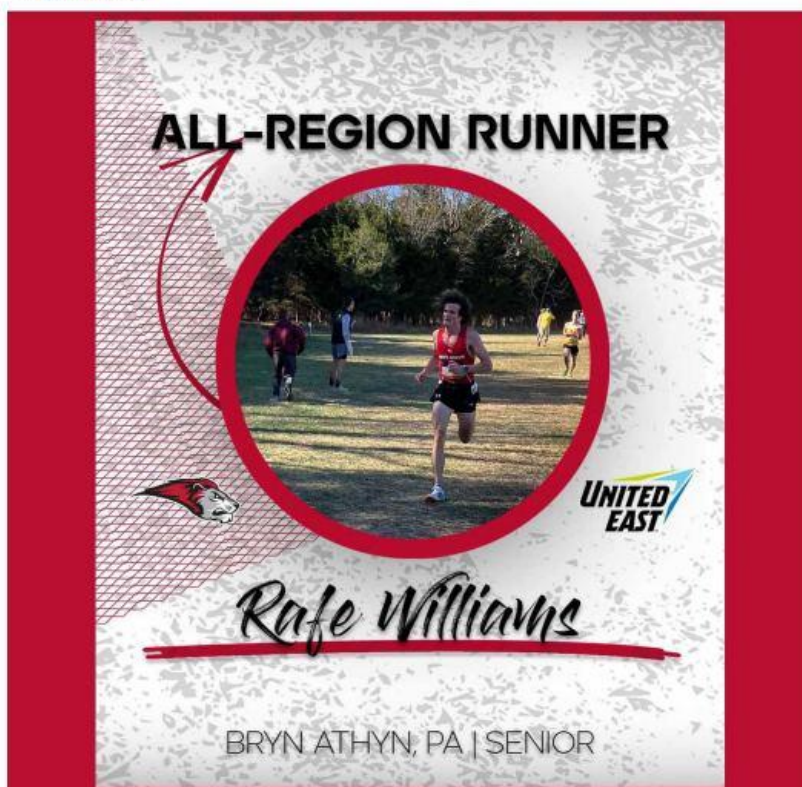
Williams earns All-Region honors in final race



Bryn Athyn Lions

November 18, 2024 · 🌐

Undisputed. Greatest to ever run at Bryn Athyn. Williams caps off his career with an All-Region nod #LionPride



The men's cross country team received United East's Team Academic Award in 2024-25.

2024-25

Full Academic Awards Release
Institutional Academic Award Release

Institutional Academic Excellence Award: Lancaster Bible College | 3.50

Sport	Institution	GPA
Women's Cross Country	Lancaster Bible College	3.83
Men's Cross Country	Bryn Athyn College	3.58
Women's Volleyball	Saint Elizabeth University	3.70
Women's Soccer	Lancaster Bible College	3.71
Men's Soccer	Notre Dame of Maryland University	3.58
Field Hockey	Lancaster Bible College	3.72
Women's Basketball	Penn State Harrisburg	3.62
Men's Basketball***	N/A	N/A
Women's Indoor Track & Field	Lancaster Bible College	3.62
Men's Indoor Track & Field	Lancaster Bible College	3.37
Women's Tennis	Lancaster Bible College	3.89
Men's Tennis	Penn State Brandywine	3.69
Men's Golf	Rosemont College	3.76
Women's Lacrosse	St. Mary's College of Maryland	3.44
Men's Lacrosse	St. Mary's College of Maryland	3.33
Softball	Lancaster Bible College	3.77
Baseball	Penn State Harrisburg	3.40
Men's Volleyball	Pratt Institute	3.69
Women's Outdoor Track & Field	Carlow University	3.78
Men's Outdoor Track & Field	Lancaster Bible College	3.40

At Bryn Athyn College's last ever end of year Awards Night, held at the Philmont Country Club on May 13, 2025, Rafe Williams was named the 2024-25 Male Academic student-athlete of the year.



2013-14

The Bryn Athyn College men's cross country program started in 2013-14. The college began the exploratory phase of the NCAA DIII membership process in 2013-14. Thus, BAC was not a member of NCAA DIII in 2013-14.

**Bryn Athyn Lions**

April 16, 2013 · 🌐

...

BRYNATHYNATHLETICS.COM

**Informational Cross Country Meeting**

Coach King we will having an informational meeting for any male or female students who ar...

**Bryn Athyn Lions**

May 8, 2013 · 🌐

...

Any men or women interested in running cross country in the fall, should attend the informational meeting today in the Brickman Dining hall conference room. The meeting will take place at 12:30.

**Bryn Athyn Lions**

August 25, 2013 · 🌐

...

Bryn Athyn Athletics will be holding an informational meeting for male and female students interested in running cross country on Monday, August 26th at 7pm in the Brickman Great Hall.

If you would like to participate but can't attend, please contact Coach King at Jesse.King@brynathyn.edu

The team competed in five intercollegiate races in 2013-14. The season began in September and ended in October.

The team raced against 20 different colleges and universities during the 2013-14 season:

College or University	#races
Albright College	2
Cabrini University	2
Cairn University	3
Cheyney University	1
Clarks Summit University	2
Cumberland County College	1
Delaware Valley University	1
Gallaudet University	1
Immaculata University	2
Keystone College	1
Lancaster Bible College	4
Middlesex College	1
Neumann University	1
PSU Abington	2
PSU Berks	1
PSU Harrisburg	1
Rosemont College	2
Stockton University	1
University of Valley Forge	2
Ursinus College	1

2013-14 BAC Men's Cross Country Roster

Altman, Steven
Buss, Derek
Dexter, Andrew
Sandino, Jose

2013-14 BAC Men's Cross Country Head Coach

King, Jesse

First Race: September 7, 2013 – Highlander Invitational



Bryn Athyn Lions

September 6, 2013 · 🌐

...

BRYNATHYNATHLETICS.COM



Men's and Women's Cross Country Prepares for the Highlander Invitational

Bryn Athyn, Pa.- The Bryn Athyn College men's and women's cross country teams are set t...

Highlander Invitational (September 7, 2013)

8 kilometers

Place	Name	Time
79.	Derek Buss	37:46
88.	Steven Altman	39:29
98.	Jose Sandino	44:37

Team competition: No team result

99 runners finished the race. They represented Bryn Athyn College, Cabrini University, Cairn University, Clarks Summit University, Cumberland County College, Delaware Valley University, Immaculata University, Keystone College, Lancaster Bible College, Middlesex College, Neumann University, Stockton University, University of Valley Forge, and Ursinus College.

Second Race: September 21, 2013 – PSU Abington Invitational

PSU Abington Invitational (September 21, 2013)		
8 kilometers		
Place	Name	Time
46.	Derek Buss	40:25
49.	Steven Altman	42:23
53.	Jose Sandino	50:42
54.	Andrew Dexter	50:42
Team competition: No team result		

55 runners finished the race. They represented Bryn Athyn College, Albright College, Cairn University, Clarks Summit University, Gallaudet University, Lancaster Bible College, PSU Abington, PSU Berks, and Rosemont College.

Third Race: September 27, 2013 – Lancaster Bible College Homecoming Invitational



Bryn Athyn Lions

September 27, 2013 · 🌐

...

This Weekends Athletics Events:

Men's and Women's Cross Country run in the Lancaster Bible Invitational on Friday Afternoon.

Women's Volleyball will host Christendom and College of Staten Island in a home tri-match.

Women's Volleyball vs Christendom | 11:00 am

Christendom vs Staten Island | 1:00 pm

Women's Volleyball vs Staten Island | 3:00 pm

Lancaster Bible College Homecoming Invitational (September 27, 2013)		
8 kilometers		
Place	Name	Time
7.	Derek Buss	34:42.8
16.	Andrew Dexter	48:25.2
17.	Jose Sandino	48:25.3
Team competition: No team result		

18 runners finished the race. They represented Bryn Athyn College, Lancaster Bible College, and University of Valley Forge.



Bryn Athyn Lions

September 27, 2013 · 🌐



Men's and women's cross country teams competing in the Lancaster Bible Invitational!



Bryn Athyn Lions

September 27, 2013 · 🌐



BRYNATHYNATHLETICS.COM

Women's and Men's Cross Country Teams Competes in the Lancaster Bible Homecoming Invitational



Fourth Race: October 12, 2013 – Lancaster Bible College Homecoming Invitational

Lancaster Bible College Invitational (October 12, 2013)		
8 kilometers		
Place	Name	Time
26.	Derek Buss	37:04.2
29.	Steven Altman	38:59.7
30.	Andrew Dexter	41:36.7
31.	Jose Sandino	44:18.7
Team competition: No team result		

31 runners finished the race. They represented Bryn Athyn College, Albright College, Lancaster Bible College, PSU Abington, and PSU Harrisburg.



Bryn Athyn Lions

October 12, 2013 · 🌐

...

BRYNATHYNATHLETICS.COM

Women's and Men's Cross Country Teams Runs in the Lancaster Bible Invitational



Fifth Race: October 24, 2013 – Immaculata Invitational

Immaculata Invitational (October 24, 2013)		
4 kilometers		
Place	Name	Time
20.	Derek Buss	15:53
28.	Steven Altman	19:12
32.	Andrew Dexter	20:41
33.	Jose Sandino	20:42
Team competition: No team result		

35 runners finished the race. They represented Bryn Athyn College, Cabrini University, Cairn University, Cheyney University, Immaculata University, and Rosemont College.



Pictures from the 2013-14 season. Left and Middle: Jose Sandino, Steven Altman, Andrew Dexter and Derek Buss. Right: Steven Altman (photos BAC Athletics).