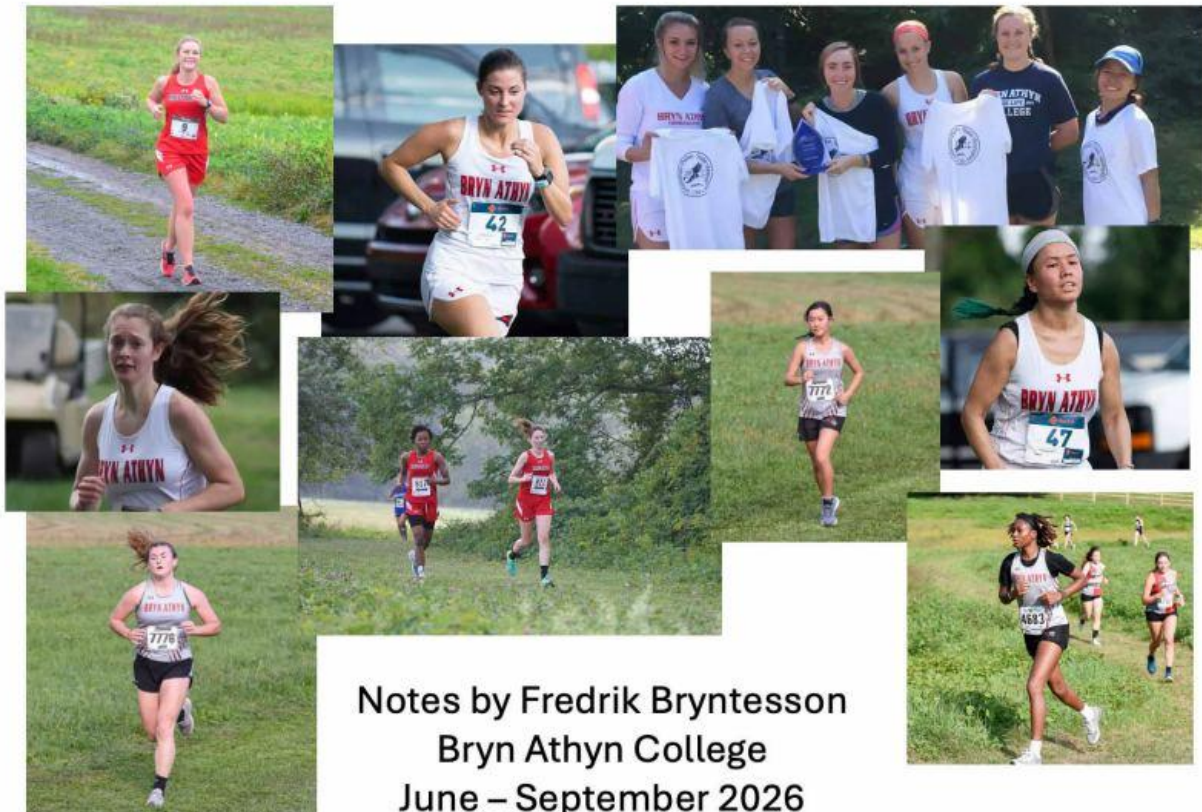


Bryn Athyn College's NCAA DIII era



Women's Cross Country



Notes by Fredrik Bryntesson
Bryn Athyn College
June – September 2026

The Bryn Athyn College women's cross country team ran in 70 races¹ during the college's NCAA DIII era (2014-25).

Number of races by the BAC Men's cross country team 2014-25				
3 kilometers	4 kilometers	5 kilometers	6 kilometers	Distance unknown
5	7	20	37	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 53 student-athletes.

BAC Women's All-time Cross Country Roster (NCAA DIII-era 2014-25)			
Name	Year(s)	Name	Year(s)
Bedford, Michelle	14-15, 16-17	Heinrichs, Sierra	18-19
Benson, Anisha	15-16	Hughes, Katrina	14-15
Bongers, Deidre	24-25	Hughes, Sarah	24-25
Brock, Alair	15-16, 16-17, 17-18, 18-19	Hyatt, Katherine	23-24, 24-25
Brock, Anwyn	18-19, 19-20, 20-21	Hyatt, Miranda	16-17, 17-18
Brock, Jency	21-22, 22-23	Jackson, Sarafina	14-15
Buick, Natalie	19-20, 20-21	Karrenbauer, Katharina	17-18
Bullard, Gracelyn	15-16, 16-17, 17-18, 18-19	Kiely, Ciara	21-22, 22-23, 23-24
Calderon, Samantha	14-15	Klas, Alma	18-19
Clark, Kristina	14-15, 15-16, 16-17	Lenihan, LianHua	16-17, 17-18, 18-19
Clymer, Laura	17-18	Lewis, Terrae	21-22, 22-23
Daum, Natalie	18-19	Matteo, Natalie	14-15
DeAngelis, Lily	21-22, 22-23, 23-24, 24-25	McDonald, Lindsay	15-16
Deibert, Jade	22-23, 23-24	Mitchem, Alexis	18-19
Duncan, Kaylia	21-22, 22-23, 23-24	Morrill, Katherine	14-15, 15-16, 16-17
Elder, Ava	18-19	Morrison, Courtney	14-15
Elder, Danae	16-17, 17-18, 18-19	Parker, Elizabeth	22-23
Elphick, Rachel	15-16	Phillips, Janalene	16-17, 17-18, 18-19
Elphick, Serena	24-25	Pizarro, Emily	16-17, 17-18
Farmer, Chantal	16-17	Schoennagle, Keana	14-15, 15-16, 16-17
Fino, Ava	21-22, 23-24	Shaw, Natalie	21-22
Flynn, Morgan	17-18, 18-19, 19-20, 20-21	Smith, McKenna	17-18
Francis, Calisha	14-15, 15-16	Sweeney, Brenna	16-17, 17-18
Friesen, Ursula	19-20, 21-22	Varona, Gretchen	24-25
Garvin, Marcquia	15-16	Ward, Reilly	21-22, 22-23
Green, Melaine	14-15	Wyandt, Tess	24-25
Gross, Emma	14-15, 15-16		

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).

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

Name	#races	Name	#races
Brock, Alair	26	Benson, Anisha	5
Schoennagle, Keana	21	Bongers, Deidre	5
Clark, Kristina	20	Clymer, Laura	5
DeAngelis, Lily	20	Elphick, Serena	5
Lenihan, LianHua	19	Gross, Emma	5
Bullard, Gracelyn	16	Wyandt, Tess	5
Duncan, Kaylia	15	Calderon, Samantha	4
Elder, Danae	15	Elder, Ava	4
Flynn, Morgan	14	Heinrichs, Sierra	4
Hyatt, Miranda	14	Hughes, Sarah	4
Brock, Jency	13	Jackson, Sarafina	4
Deibert, Jade	11	Karrenbauer, Katherine	4
Bedford, Michelle	10	Morrison, Courtney	4
Fino, Ava	10	Varona, Gretchen	4
Francis, Calisha	10	Farmer, Chantal	3
Kiely, Ciara	10	Buick, Natalie	2
Morrill, Katherine	10	Elphick, Rachel	2
Sweeney, Brenna	10	Green, Melanie	2
Ward, Reilly	10	Hughes, Katrina	2
Phillips, Janalene	9	McDonald, Lindsay	2
Daum, Natalie	8	Parker, Elizabeth	2
Brock, Anwyn	7	Klas, Alma	1
Hyatt, Katherine	7	Lennox, Brianna	1
Shaw, Natalie	7	Matteo, Natalie	1
DeAngelis, Lily	6	Mitchem, Alexis	1
Friesen, Ursula	6	Smith, McKenna	1
Garvin, Marquia	6		
Lewis, Terrae	6		
Pizarro, Emily	6		

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

Name	Years	Name	Years
Brock, Alair	4	Benson, Anisha	1
Bullard, Gracelyn	4	Bongers, Deidre	1
DeAngelis, Lily	4	Buick, Natalie	1
Clark, Kristina	3	Calderon, Samantha	1
Duncan, Kaylia	3	Clymer, Laura	1
Elder, Danae	3	DeAngelis, Lily	1
Flynn, Morgan	3	Daum, Natalie	1
Kiely, Ciara	3	Elder, Ava	1
Lenihan, LianHua	3	Elphick, Rachel	1
Morrill, Katherine	3	Elphick, Serena	1
Phillips, Janalene	3	Farmer, Chantal	1
Schoennagle, Keana	3	Garvin, Marquia	1
Bedford, Michelle	2	Green, Melanie	1
Brock, Anwyn	2	Heinrichs, Sierra	1
Brock, Jency	2	Hughes, Katrina	1
Deibert, Jade	2	Hughes, Sarah	1
Fino, Ava	2	Jackson, Sarafina	1
Francis, Calisha	2	Karrenbauer, Katherine	1
Friesen, Ursula	2	Klas, Alma	1
Gross, Emma	2	Lennox, Brianna	1
Hyatt, Katherine	2	Matteo, Natalie	1
Hyatt, Miranda	2	McDonald, Lindsay	1
Lewis, Terrae	2	Mitchem, Alexis	1
Pizarro, Emily	2	Morrison, Courtney	1
Sweeney, Brenna	2	Parker, Elizabeth	1
Ward, Reilly	2	Shaw, Natalie	1
		Smith, McKenna	1
		Varona, Gretchen	1
		Wyandt, Tess	1

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

Conference awards and championships

1. Conference runner of the week

Natalie Daum was twice named the conference runner of the week in 2018-19.

2. CSAC weekly honor roll (2018-23)

Natalie Daum was three times named to the conference's weekly honor roll in 2018-19.

Morgan Flynn was named to the conference's weekly honor roll once in 2019-20.

Natalie Shaw was named to the conference's weekly honor roll once in 2021-22.

Ciara Kiely was named to the conference's weekly honor roll once in 2021-22.

Terrae Lewis was named to the conference's weekly honor roll once in 2022-23.

3. All-conference teams

Miranda Hyatt (3rd team in 2016-17)

Alair Brock (2nd team in 2018-19)

Natalie Daum (1st team in 2018-19)

Ciara Kiely (1st team in 2022-23 and 2023-24)

Terrae Lewis (2nd team in 2022-23)

4. All-conference Sportsmanship teams

Alair Brock (2018-19)

Anwyn Brock (2019-20)

Jency Brock (2021-22)

Jency Brock (2022-23)

Jade Deibert (2023-24)

Deidré Bongers (2024-25)

Academic awards

1. Dean's List at Bryn Athyn College

71.70% (38/53) of the all-time women's cross country roster during the NCAA DIII era made the Dean's List (at least once) during their time at Bryn Athyn College.

2. Conference Academic Awards

26 (49.06%) of the all-time women's cross country roster during the NCAA DIII era made the conference academic awards lists.²

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):³

First place finishes			
Name	Date	Race	Distance
Natalie Daum	August 31, 2018	Highlander Invitational	4k
Second place finishes			
Name	Date	Race	Distance
Miranda Hyatt	September 1, 2017	Dual Meet PSU Abington at Bryn Athyn College	4k
Miranda Hyatt	October 3, 2017	Cairn University 4K	4k
Ciara Kiely	October 15, 2021	Bryn Athyn Invitational	4k
Ciara Kiely	September 23, 2023	Bryn Athyn Invitational	4k
Third place finishes			
Name	Date	Race	Distance
Kristina Clark	September 2, 2016	Dual Meet PSU Abington at Bryn Athyn College	?k
Laura Clymer	September 1, 2017	Dual Meet PSU Abington at Bryn Athyn College	4k
Laura Clymer	October 3, 2017	Cairn University 4K	4k
Natalie Daum	September 22, 2018	PSU Abington Invitational	5k
Natalie Daum	September 28, 2018	Bryn Athyn Cross Country Invitational	6k
Natalie Daum	October 27, 2018	CSAC Championships	6k
Terrae Lewis	October 15, 2021	Bryn Athyn Invitational	4k
Fourth place finishes			
Name	Date	Race	Distance
Morgan Flynn	September 1, 2017	Dual Meet PSU Abington at Bryn Athyn College	4k
Miranda Hyatt	September 16, 2017	PSU Abington Invitational	5k
Alair Brock	August 31, 2018	Highlander Invitational	4k
Natalie Daum	September 5, 2018	Lions Invitational	4k
Ciara Kiely	October 29, 2022	CSAC Championships	6k
Fifth place finishes			
Name	Date	Race	Distance
Gracelyn Bullard	September 2, 2016	Dual Meet PSU Abington at Bryn Athyn College	?k
Laura Clymer	September 16, 2017	PSU Abington Invitational	5k
Ava Elder	September 5, 2018	Lions Invitational	4k
Sixth place finishes			
Name	Date	Race	Distance
Miranda Hyatt	October 20, 2016	Immaculata Invitational	3k
LianHua Lenihan	September 1, 2017	Dual Meet PSU Abington at Bryn Athyn College	4k
LianHua Lenihan	October 3, 2017	Cairn University 4K	4k
Gracelyn Bullard	August 31, 2018	Highlander Invitational	4k
Alair Brock	September 28, 2018	Bryn Athyn Cross Country Invitational	6k
Terrae Lewis	September 17, 2022	CSAC Preview Meet	6k
Ciara Kiely	September 16, 2023	Cairn University Highlander XC Invitational	6k
Ciara Kiely	October 28, 2023	United East Championships	6k

³ Note: According to Bryn Athyn's race recap (https://brynathynathletics.com/news/2017/9/1/9_1_2017_1396.aspx), Alair Brock won the 4k Dual Meet PSU Abington at Bryn Athyn College on September 1, 2017, with a time of 16:29. However, according to PSU Abington's race recap (<https://abingtonsports.com/news/2017/9/1/womens-cross-country-nittany-lions-participate-in-bryn-athyn-dual-meet.aspx>) it was PSU Abington's Lily Magliente who finished first with 16:29. So, it is unclear who won the race. There does not seem to exist a formal result document from the race.

Team First place finishes		#Teams	
Date	Race	in competition	Distance
September 1, 2017	Dual Meet PSU Abington at Bryn Athyn College	2	4k
September 16, 2017	PSU Abington Invitational	2	5k
Team Second place finishes			
Date	Race		Distance
October 13, 2017	Bryn Athyn Cross Country Invitational	5	6k
September 22, 2018	PSU Abington Invitational	4	5k
September 28, 2018	Bryn Athyn Cross Country Invitational	3	6k
September 23, 2023	Bryn Athyn Invitational	3	4k
Team Third place finishes			
Date	Race		Distance
September 19, 2015	PSU Abington Invitational	7	5k
September 30, 2016	Bryn Athyn Cross Country Invitational	4	6k
October 20, 2016	Immaculata Invitational	7	3k
October 19, 2017	Immaculata Invitational	5	3k
October 27, 2018	CSAC Championships	8	6k
September 17, 2022	CSAC Preview Meet	5	6k
October 28, 2022	CSAC Championships	6	6k
Team Fifth place finishes			
Date	Race		Distance
September 14, 2018	Moravian and Cedar Crest Invitational	9	6k
October 11, 2023	Cairn University Cross Country Meet	6	6k
October 28, 2023	United East Championships	13	6k
Team Sixth place finishes			
Date	Race		Distance
September 13, 2024	Seahawk Classic	7	6k
Note: placements have not been included if the team finished last (e.g. 2nd of 2 teams)			

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

Colleges and Universities that the BAC women's cross country competed against during the NCAA DIII era (2014-25)		
Albright College	Harrisburg Area Community College	PSU Scranton
Alvernia University	Haverford College	Ramapo College
Arcadia University	Holy Family University	Rosemont College
Army Prep	Hunter College	Rowan University
Bergen Community College	Immaculata University	Rutgers University-Camden
Bloomfield College	Kean University	Rutgers University-Newark
Brookdale Community College	Keuka College	Sarah Lawrence College
Bryn Mawr College	Keystone College	St Elizabeth University
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	Stevens Institute of Technology
Caldwell University	Lebanon Valley College	Stockton University
Camden County College	Lincoln University	SUNY Cobleskill
Cazenovia College	Luzerne County Community College	SUNY Maritime
Cedar Crest College	Lycoming College	SUNY Morrisville
Centenary University	Manor College	SUNY Polytechnic Institute
Central Penn College	McDaniel College	Swarthmore College
Chestnut Hill College	Mercer County Community College	Temple University
Cheyney University	Middlesex College	Thaddeus Stevens College of Technology
Clarks Summit University	Monroe College	The College of New Jersey
Concordia College-New York	Moravian University	Thomas Jefferson University
Cumberland County College	Montclair State University	United States Merchant Marine Academy
Delaware Valley University	Muhlenberg College	University of Scranton
DeSales University	Neumann University	University of the Sciences
Dominican University New York	New Jersey City University	University of Valley Forge
Drew University	Northampton Community College	Ursinus College
Eastern University	Notre Dame of Maryland University	Valley Forge Military College
FDU Florham	Nyack College	Washington Adventist University
Felician University	Ocean County College	Wells College
Franklin & Marshall College	Penn College	Wesley College
Franklin Pierce University	Philadelphia University	West Chester University
Gallaudet University	Post University	Widener University
Georgian Court University	Pratt Institute	Wilkes University
Gettysburg College	PSU Abington	Wilmington University
Gloucester County College	PSU Berks	Wilson College
Goldey-Beacom College	PSU Brandywine	Yeshiva University
Gwynedd Mercy University	PSU Harrisburg	York College
Harcum College	PSU Schuylkill	

BAC Women's Cross Country: Top 10 runners in the NCAA DIII era (2014-25): 3 kilometers

	Name	Time	Date	Race
1	Miranda Hyatt	13:03.7	October 20, 2016	Immaculata Invitational
2	Laura Clymer	13:11.3	October 19, 2017	Immaculata Invitational
3	LianHua Lenihan	13:26.4	October 19, 2017	Immaculata Invitational
4	Natalie Daum	13:32.0	October 18, 2018	Immaculata Invitational
5	Kristina Clark	13:33.2	October 22, 2015	Immaculata Invitational
6	Alair Brock	14:07.0	October 18, 2018	Immaculata Invitational
7	Danae Elder	14:44.2	October 19, 2017	Immaculata Invitational
8	Anisha Benson	14:59.4	October 22, 2015	Immaculata Invitational
9	Katharina Karrenbauer	15:36.6	October 19, 2017	Immaculata Invitational
10	Michelle Bedford	15:57.1	October 20, 2016	Immaculata Invitational

BAC Women's Cross Country: Top 15 runners in the NCAA DIII era (2014-25): 4 kilometers

	Name	Time	Date	Race
1	Ciara Kiely	17:26.3	September 23, 2023	Bryn Athyn Invitational
2	Miranda Hyatt	18:03.9	October 3, 2017	Cairn University 4K
3	Laura Clymer	18:07.1	October 3, 2017	Cairn University 4K
4	Natalie Daum	18:43.0	August 31, 2018	Highlander Invitational
5	Morgan Flynn	18:55.0	September 1, 2017	Dual Meet PSU Abington at Bryn Athyn College
6	LianHua Lenihan	19:03.3	October 3, 2017	Cairn University 4K
7	Gracelyn Bullard	19:12.7	October 3, 2017	Cairn University 4K
8	Alair Brock	19:18.5	August 31, 2018	Highlander Invitational
9	Terrae Lewis	19:53.2	October 15, 2021	Bryn Athyn Invitational
10	Brenna Sweeney	20:08.0	September 1, 2017	Dual Meet PSU Abington at Bryn Athyn College
11	Ava Elder	20:19.4	September 5, 2018	Lions Invitational
12	Katharina Karrenbauer	20:54.0	September 1, 2017	Dual Meet PSU Abington at Bryn Athyn College
13	Natalie Shaw	21:06.1	October 15, 2021	Bryn Athyn Invitational
14	Ava Fino	21:08.5	September 23, 2023	Bryn Athyn Invitational
15	Danae Elder	21:37.5	October 3, 2017	Cairn University 4K

BAC Women's Cross Country: Top 30 runners in the NCAA DIII era (2014-25): 5 kilometers

	Name	Time	Date	Race
1	Ciara Kiely	22:38.0	September 1, 2022	Bryn Mawr Invitational
2	Natalie Daum	23:24.6	September 8, 2018	Philadelphia Metropolitan Cross Country Championships
3	Miranda Hyatt	24:57.4	September 16, 2017	PSU Abington Invitational
4	Laura Clymer	24:57.5	September 16, 2017	PSU Abington Invitational
5	Emma Gross	25:08.1	September 26, 2014	Lancaster Bible Homecoming Invitational
6	Morgan Flynn	25:09.3	September 8, 2018	Philadelphia Metropolitan Cross Country Championships
7	Kristina Clark	25:10.0	October 4, 2014	Bryn Athyn Cross Country Invitational
8	Alair Brock	25:30.0	September 8, 2018	Philadelphia Metropolitan Cross Country Championships
9	LianHua Lenihan	25:43.6	September 8, 2018	Philadelphia Metropolitan Cross Country Championships
10	Gracelyn Bullard	25:53.7	September 17, 2016	PSU Abington Invitational
11	Terrae Lewis	26:04.9	September 10, 2022	Philadelphia Metropolitan Cross Country Championships
12	Michelle Bedford	26:30.3	September 26, 2014	Lancaster Bible Homecoming Invitational
13	Danae Elder	28:04.4	September 16, 2017	PSU Abington Invitational
14	Ava Fino	28:11.6	September 1, 2023	Bryn Mawr Invitational
15	Janalene Phillips	28:25.4	September 17, 2016	PSU Abington Invitational
16	Brenna Sweeney	27:47.7	September 16, 2017	PSU Abington Invitational
17	Natalie Shaw	29:04.4	September 25, 2021	PSU Abington Invitational
18	Katherine Karrenbauer	29:39.5	September 16, 2017	PSU Abington Invitational
19	Chantal Farmer	29:40.7	September 17, 2016	PSU Abington Invitational
20	Anisha Benson	30:10.1	September 4, 2015	Lions' Night Run
21	Anwyn Brock	30:18.8	September 7, 2019	Philadelphia Metropolitan Cross Country Championships
22	Samantha Calderon	30:25.0	October 4, 2014	Bryn Athyn Cross Country Invitational
23	Keana Schoennagle	30:54.1	September 26, 2014	Lancaster Bible Homecoming Invitational
24	Reilly Ward	30:56.8	September 25, 2021	PSU Abington Invitational
25	Sarafina Jackson	31:06.9	September 26, 2014	Lancaster Bible Homecoming Invitational
26	Kaylia Duncan	31:36.1	September 1, 2022	Bryn Mawr Invitational
27	Lily DeAngelis	32:38.8	September 9, 2023	Philadelphia Cross Classic
28	Jade Deibert	32:52.4	September 1, 2023	Bryn Mawr Invitational
29	Marcquia Garvin	32:27.8	September 24, 2015	Lancaster Bible Homecoming Invitational
30	Courtney Morrison	32:35.0	October 4, 2014	Bryn Athyn Cross Country Invitational

BAC Women's Cross Country: 30 fastest 5 kilometers races in the NCAA DIII era (2014-25)

	Name	Time	Date	Race
1	Ciara Kiely	22:38.0	September 1, 2022	Bryn Mawr Invitational
2	Ciara Kiely	23:13.8	September 1, 2023	Bryn Mawr Invitational
3	Natalie Daum	23:24.6	September 8, 2018	Philadelphia Metropolitan Cross Country Championships
4	Natalie Daum	23:36.1	September 22, 2018	PSU Abington Invitational
5	Ciara Kiely	24:22.5	September 9, 2023	Philadelphia Cross Classic
6	Miranda Hyatt	24:57.4	September 16, 2017	PSU Abington Invitational
7	Laura Clymer	24:57.5	September 16, 2017	PSU Abington Invitational
8	Emma Gross	25:08.1	September 26, 2014	Lancaster Bible Homecoming Invitational
9	Morgan Flynn	25:09.3	September 8, 2018	Philadelphia Metropolitan Cross Country Championships
10	Kristina Clark	25:10.0	October 4, 2014	Bryn Athyn Cross Country Invitational
11	Emma Gross	25:22.0	October 4, 2014	Bryn Athyn Cross Country Invitational
12	Alair Brock	25:30.0	September 8, 2018	Philadelphia Metropolitan Cross Country Championships
13	Kristina Clark	25:40.8	September 26, 2014	Lancaster Bible Homecoming Invitational
14	LianHua Lenihan	25:43.6	September 8, 2018	Philadelphia Metropolitan Cross Country Championships
15	LianHua Lenihan	25:49.3	September 22, 2018	PSU Abington Invitational
16	Gracelyn Bullard	25:53.7	September 17, 2016	PSU Abington Invitational
17	Morgan Flynn	25:54.5	September 7, 2019	Philadelphia Metropolitan Cross Country Championships
18	LianHua Lenihan	25:55.6	September 16, 2017	PSU Abington Invitational
19	Terrae Lewis	26:04.9	September 10, 2022	Philadelphia Metropolitan Cross Country Championships
20	Morgan Flynn	26:06.4	September 16, 2017	PSU Abington Invitational
21	Kristina Clark	26:08.7	September 17, 2016	PSU Abington Invitational
22	Miranda Hyatt	26:09.2	September 17, 2016	PSU Abington Invitational
23	Gracelyn Bullard	26:15.5	September 22, 2018	PSU Abington Invitational
24	Morgan Flynn	26:25.1	September 14, 2019	PSU Abington Invitational
25	Michelle Bedford	26:30.3	September 26, 2014	Lancaster Bible Homecoming Invitational
26	Ciara Kiely	26:34.2	September 25, 2021	PSU Abington Invitational
27	Alair Brock	26:55.7	September 22, 2018	PSU Abington Invitational
28	Kristina Clark	27:02.5	September 19, 2015	PSU Abington Invitational
29	Kristina Clark	27:18.7	September 12, 2015	Philadelphia Metropolitan Cross Country Championships
30	Emma Gross	27:41.1	September 19, 2015	PSU Abington Invitational

BAC Women's Cross Country: Top 30 runners in the NCAA DIII era (2014-25): 6 kilometers

	Name	Time	Date	Race
1	Ciara Kiely	26:29.1	October 29, 2022	CSAC Championships
2	Miranda Hyatt	27:08.7	October 29, 2016	NEAC Championships
3	Natalie Daum	27:21.6	October 27, 2018	NEAC Championships
4	Kristina Clark	27:33.2	September 30, 2016	Bryn Athyn Cross Country Invitational
5	Laura Clymer	27:36.0	October 13, 2017	Bryn Athyn Cross Country Invitational
6	Gracelyn Bullard	28:12.4	September 30, 2016	Bryn Athyn Cross Country Invitational
7	Terrae Lewis	28:33.6	October 29, 2022	CSAC Championships
8	Alair Brock	29:02.1	October 27, 2018	NEAC Championships
9	LianHua Lenihan	29:30.9	October 13, 2017	Bryn Athyn Cross Country Invitational
10	Morgan Flynn	30:09.8	October 13, 2017	Bryn Athyn Cross Country Invitational
11	Emma Gross	30:30.6	October 3, 2015	Bryn Athyn Cross Country Invitational
12	Michelle Bedford	30:45.8	October 29, 2016	NEAC Championships
13	Janalene Phillips	31:21.3	October 29, 2016	NEAC Championships
14	Danae Elder	31:51.2	October 13, 2017	Bryn Athyn Cross Country Invitational
15	Gretchen Varona	32:19.7	November 2, 2024	United East Championships (November 2, 2024)
16	Ava Fino	32:41.0	October 28, 2023	United East Championships
17	Brenna Sweeney	32:55.7	October 7, 2017	Jack Saint Clair Memorial Cross Country Championship
18	Katherine Morrill	33:02.0	September 22, 2016	Lancaster Bible College Homecoming Invitational
19	Keana Schoennagle	33:04.0	November 1, 2014	NEAC Championships
20	Sarah Hughes	33:18.9	September 28, 2024	Bryn Athyn Invitational
21	Emily Pizarro	33:27.6	September 10, 2016	Highlander Invitational
22	Anisha Benson	33:44.5	October 31, 2015	NEAC Championships
23	Kaylia Duncan	34:06.2	October 29, 2022	CSAC Championships
24	Reilly Ward	34:22.1	October 29, 2022	CSAC Championships
25	Anwyn Brock	34:27.0	November 2, 2019	CSAC Championship Race
	Sarafina Jackson	34:27.0	November 1, 2014	NEAC Championships
27	Lily DeAngelis	34:31.3	October 29, 2022	CSAC Championships
28	Katherine Karrenbauer	34:45.8	October 28, 2017	NEAC Championships
29	Natalie Shaw	35:22.0	October 30, 2021	CSAC Championships
30	Jade Deibert	35:25.8	October 29, 2022	CSAC Championships

BAC Women's Cross Country: 30 fastest 6 kilometers races in the NCAA DIII era (2014-25)

	Name	Time	Date	Race
1	Ciara Kiely	26:29.1	October 29, 2022	CSAC Championships
2	Miranda Hyatt	27:08.7	October 29, 2016	NEAC Championships
3	Natalie Daum	27:21.6	October 27, 2018	NEAC Championships
4	Natalie Daum	27:25.5	September 28, 2018	Bryn Athyn Cross Country Invitational
5	Miranda Hyatt	27:24.4	September 30, 2016	Bryn Athyn Cross Country Invitational
6	Kristina Clark	27:33.2	September 30, 2016	Bryn Athyn Cross Country Invitational
7	Laura Clymer	27:36.0	October 13, 2017	Bryn Athyn Cross Country Invitational
8	Ciara Kiely	27:56.8	October 28, 2023	United East Championships
9	Natalie Daum	28:08.9	September 14, 2018	Moravian and Cedar Crest Invitational
10	Gracelyn Bullard	28:12.4	September 30, 2016	Bryn Athyn Cross Country Invitational
11	Gracelyn Bullard	28:23.6	October 29, 2016	NEAC Championships
12	Miranda Hyatt	28:26.4	October 8, 2016	Jack Saint Clair Memorial Cross Country Championship
13	Terrae Lewis	28:33.6	October 29, 2022	CSAC Championships
14	Kristina Clark	28:35.0	October 29, 2016	NEAC Championships
15	Ciara Kiely	28:39.0	November 12, 2022	NCAA DIII Metro Region Cross Country Championships
16	Alair Brock	29:02.1	October 27, 2018	NEAC Championships
17	Kristina Clark	29:14.4	October 31, 2015	NEAC Championships
18	Miranda Hyatt	29:17.6	September 23, 2017	Aggies Cross Country Open
19	Kristina Clark	29:30.2	September 10, 2016	Highlander Invitational
20	LianHua Lenihan	29:30.9	October 13, 2017	Bryn Athyn Cross Country Invitational
21	Miranda Hyatt	29:31.5	September 10, 2016	Highlander Invitational
22	Miranda Hyatt	29:32.6	October 28, 2017	NEAC Championships
23	Alair Brock	29:37.1	September 28, 2018	Bryn Athyn Cross Country Invitational
24	Terrae Lewis	29:44.1	September 17, 2022	CSAC Preview Meet
25	Miranda Hyatt	29:48.0	September 22, 2016	Lancaster Bible College Homecoming Invitational
26	Miranda Hyatt	29:52.2	October 7, 2017	Jack Saint Clair Memorial Cross Country Championship
27	LianHua Lenihan	29:53.7	September 14, 2018	Moravian and Cedar Crest Invitational
28	Kristina Clark	29:56.4	October 3, 2015	Bryn Athyn Cross Country Invitational
29	Gracelyn Bullard	30:03.8	September 28, 2018	Bryn Athyn Cross Country Invitational
30	Morgan Flynn	30:09.8	October 13, 2017	Bryn Athyn Cross Country Invitational

2014-15

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

The team raced against 47 different colleges and universities during the 2014-15 season:

College or University	#races
Albright College	1
Alvernia University	1
Bloomfield College	1
Bryn Mawr College	1
Cabrini University	1
Cairn University	1
Caldwell University	1
Cazenovia College	1
Cedar Crest 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
DeSales University	1
Dominican University New York	1
Gallaudet University	2
Georgian Court 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	1
Philadelphia University	1
Post University	1
PSU Abington	3
PSU Berks	3
PSU Brandywine	1
Rosemont College	2
Rutgers University-Newark	1
St Elizabeth University	2
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
Widener University	1
Wilson College	2

2014-15 BAC Women's Cross Country Roster

Bedford, Michelle
Calderon, Samantha
Clark, Kristina
Francis, Calisha
Green, Melanie
Gross, Emma
Hughes, Katrina
Jackson, Sarafina
Matteo, Natalie
Morrill, Katherine
Morrison, Courtney
Schoennagle, Keana

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)**5 kilometers**

Place	Name	Time
17.	Kristina Clark	28:43
30.	Michelle Bedford	31:34
42.	Courtney Morrison	36:56
44.	Natalie Matteo	37:40
45.	Sarafina Jackson	38:44
46.	Katrina Hughes	39:19
47.	Samantha Calderon	39:33
49.	Melanie Green	40:14
50.	Keana Schoennagle	40:18
55.	Calisha Francis	43:27

Team competition: 8th place (8/8)

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

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

Lancaster Bible Homecoming Invitational (September 26, 2014)		
5 kilometers		
Place	Name	Time
25.	Emma Gross	25:08.1
27.	Kristina Clark	25:40.8
32.	Michelle Bedford	26:30.3
49.	Keana Schoennagle	30:54.1
50.	Sarafina Jackson	31:06.9
51.	Courtney Morrison	33:23.8
Team competition: 6 th place (6/6)		

52 runners finished the race. They represented Bryn Athyn College, Bryn Mawr 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 kilometers		
Place	Name	Time
102.	Kristina Clark	29:12
114.	Keana Schoennagle	34:28
117.	Samantha Calderon	35:31
120.	Courtney Morrison	36:39
123.	Calisha Francis	38:33
Team competition: 16 th place (16/16)		

124 runners finished the race. They represented Bryn Athyn College, Bloomfield College, Caldwell University, Chestnut Hill College, Cheyney University, Concordia College-New York, Dominican University 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, and University of the Sciences, (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)

5 kilometers

Place	Name	Time
10.	Kristina Clark	25:10
11.	Emma Gross	25:22
20.	Samantha Calderon	30:25
21.	Keana Schoennagle	31:08
22.	Sarafina Jackson	31:52
23.	Courtney Morrison	32:35
24.	Calisha Francis	36:41
25.	Melaine Green	36:56
26.	Katherine Morrill	37:18

Team competition: 4th place (4/4)

29 runners finished the race. They represented Bryn Athyn College, Clarks Summit University, PSU Abington, St Elizabeth University, and University of Valley Forge.

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)

6 kilometers

Place	Name	Time
34.	Kristina Clark	31:49
42.	Keana Schoennagle	39:01
43.	Samantha Calderon	39:05
46.	Calisha Francis	42:41
47.	Katherine Morrill	44:57

Team competition: 5th place (5/5)

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

Sixth Race: October 23, 2014 – Immaculata Invitational

Immaculata Invitational (October 23, 2014)

3 kilometers

Place	Name	Time
15.	Kristina Clark	14:20
40.	Keana Schoennagle	17:29
54.	Katrina Hughes	20:21

Team competition: no team result

58 runners finished the race. They represented Bryn Athyn College, Cairn University, Cedar Crest College, Cheyney University, Immaculata University, Lancaster Bible College, Neumann University, Rosemont College, and University of Valley Forge.



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



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

NEAC Championships (November 1, 2014)

6 kilometers

Place	Name	Time
79.	Keana Schoennagle	33:04.0
81.	Sarafina Jackson	34:27.0
87.	Calisha Francis	38:24.6

Team competition: no team result

88 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 (then called SUNY-Institute of Technology at Utica), Wells College, and Wilson College.



(photo by BAC Athletics)

2015-16

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

The team raced against 36 different colleges and universities during the 2015-16 season:

College or University	#races
Albright College	2
Bloomfield College	1
Cairn University	1
Caldwell University	1
Cazenovia College	1
Cedar Crest 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	2
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	3
Valley Forge Military College	1
Wells College	1
Wilson College	3

2015-16 BAC Women's Cross Country Roster

Benson, Anisha
Brock, Alair
Bullard, Gracelyn
Clark, Kristina
Elphick, Rachel
Francis, Calisha
Garvin, Marcquia
Gross, Emma
McDonald, Lindsay
Morrill, Katherine
Schoennagle, Keana

2015-16 BAC Women's Cross Country Head Coach

King, Jesse



The 2015-16 BAC Women's Cross Country Team at the Bryn Athyn Cross Country Invitational on October 3, 2015. Back row: Jesse King (Head Coach), Keana Schoennagle, Kristina Clark, Marcquia Garvin, Rachel Elphick, Alair Brock, Katherine Morrill, Emma Gross, Gracelyn Bullard, Calisha Francis, and Casey Schauder (Volunteer Assistant Coach). Front row: Anisha Benson (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



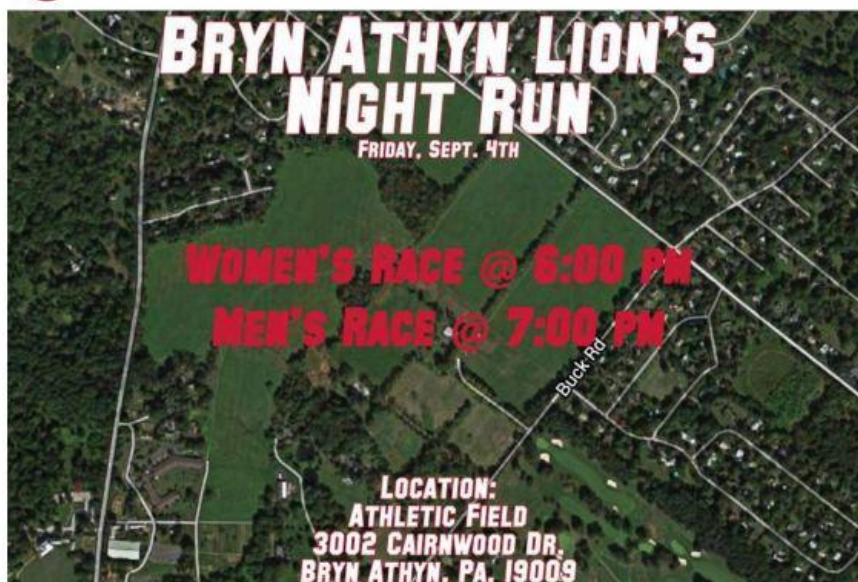
First Race: September 4, 2015 – Lions' Night Run at Bryn Athyn College



Bryn Athyn Lions

September 3, 2015 · 🌐

...



Lions' Night Run (September 4, 2015)		
5 kilometers		
Place	Name	Time
8.	Kristina Clark	27:42.1
10.	Emma Gross	28:06.6
12.	Anisha Benson	30:10.1
15.	Keana Schoennagle	34:12.3
16.	Marcquia Garvin	37:13.3
17.	Calisha Francis	38:33.7
18.	Katherine Morrill	38:34.4
Team competition: 3 rd place (3/3)		

19 runners finished the race. They represented Bryn Athyn College, PSU Abington, and Wilson College.



Pictures from the Lions' Night Run on September 4, 2015. Above left: Kristina Clark and Emma Gross. Above right: Katherine Morrill. Below left: Kristina Clark. Below right: Anisha Benson (photos by BAC athletics).

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)		
5 kilometers		
Place	Name	Time
86.	Kristina Clark	27:18.7
109.	Keana Schoennagle	33:48.1
111.	Lindsay McDonald	37:02.8
113.	Marcquia Garvin	38:28.8
114.	Calisha Francis	42:15.6
115.	Katherine Morrill	44:02.3
Team competition: 16 th place (16/16)		

115 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, and Valley Forge Military College.

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)		
5 kilometers		
Place	Name	Time
8.	Kristina Clark	27:02.5
12.	Emma Gross	27:41.1
24.	Gracelyn Bullard	30:31.2
30.	Anisha Benson	31:57.4
38.	Keana Schoennagle	35:10.8
44.	Marcquia Garvin	38:20.2
50.	Katherine Morrill	42:19.6
Team competition: 3 rd place (3/7)		

50 runners finished the race. They represented Bryn Athyn College, Cumberland County College, Gallaudet University, Lancaster Bible College, Penn College, PSU Abington, PSU Berks, and Wilson College. Two runners were unattached.



Bryn Athyn Lions

September 21, 2015 · 🌐

Athlete of the Week | Kristina Clark | Women's Cross Country



Athlete of the Week



Kristina Clark Women's Cross Country

Kristina Clark, of the women's cross country, is this week's Bryn Athyn College Athlete of the Week.

Clark finished in 8th place at the Penn State Abington Invitational and helped lead the team to a 3rd place finish.

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

Lancaster Bible College Homecoming Invitational (September 24, 2015)		
5 kilometers		
Place	Name	Time
17.	Gracelyn Bullard	27:53.4
22.	Alair Brock	31:01.6
24.	Keana Schoennagle	31:26.8
25.	Marcquia Garvin	32:27.8
30.	Lindsay McDonald	34:15.6
34.	Calisha Francis	36:58.0
36.	Katherine Morrill	38:13.2
Team competition: 5 th place (5/5)		

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



Bryn Athyn Lions

September 24, 2015 · 🌐

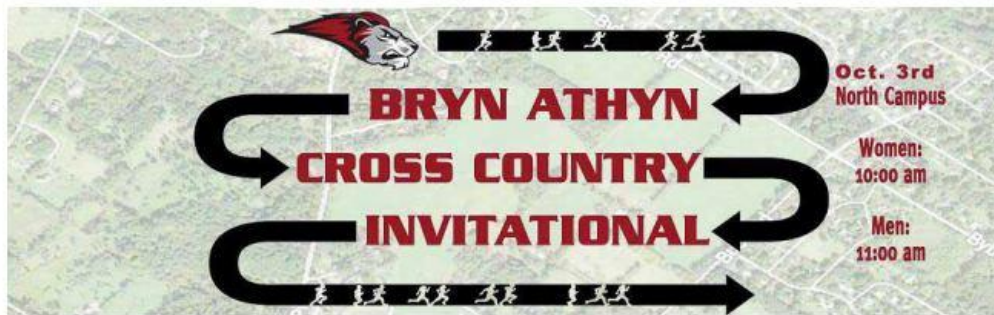
Women's and Men's Cross Country Competes at the Lancaster Bible Night Run.

<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)

6 kilometers

Place	Name	Time
20.	Kristina Clark	29:56.4
22.	Emma Gross	30:30.6
23.	Gracelyn Bullard	31:22.7
27.	Alair Brock	34:18.8
28.	Keana Schoennagle	34:28.0
29.	Anisha Benson	36:49.6
31.	Rachel Elphick	38:42.9
32.	Marcquia Garvin	38:45.4
33.	Calisha Francis	42:15.5
34.	Katherine Morrill	44:03.6

Team competition: 5th place (5/5)

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



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



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



The Bryn Athyn Cross Country Invitational on October 3, 2015. First row: the racecourse on North Campus, Kristina Clark, and Emma Gross. Second row: Gracelyn Bullard, Alair Brock, Keana Schoennagle, and Anisha Benson. Third row: Rachel Elphick, Marcquia Garvin, Calisha Francis, and Katherine Morrill (photos by Fredrik Bryntesson).

Sixth Race: October 22, 2015 – Immaculata Invitational

Immaculata Invitational (October 22, 2015)		
3 kilometers		
Place	Name	Time
17.	Kristina Clark	13:33.2
30.	Anisha Benson	14:59.4
34.	Gracelyn Bullard	15:36.5
40.	Alair Brock	16:59.3
42.	Keana Schoennagle	17:22.4
44.	Rachel Elphick	18:31.5
Team competition: 5 th place (5/5)		

45 runners finished the race. They represented Bryn Athyn College, Cairn University, Cedar Crest College, 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 (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)

6 kilometers

Place	Name	Time
32.	Kristina Clark	29:14.4
54.	Gracelyn Bullard	32:02.9
60.	Anisha Benson	33:44.5
70.	Keana Schoennagle	34:27.8
71.	Alair Brock	34:53.0
83.	Marcquia Garvin	40:37.6
85.	Calisha Francis	42:51.4
87.	Katherine Morrill	47:27.9

Team competition: 10th place (10/12)

87 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.



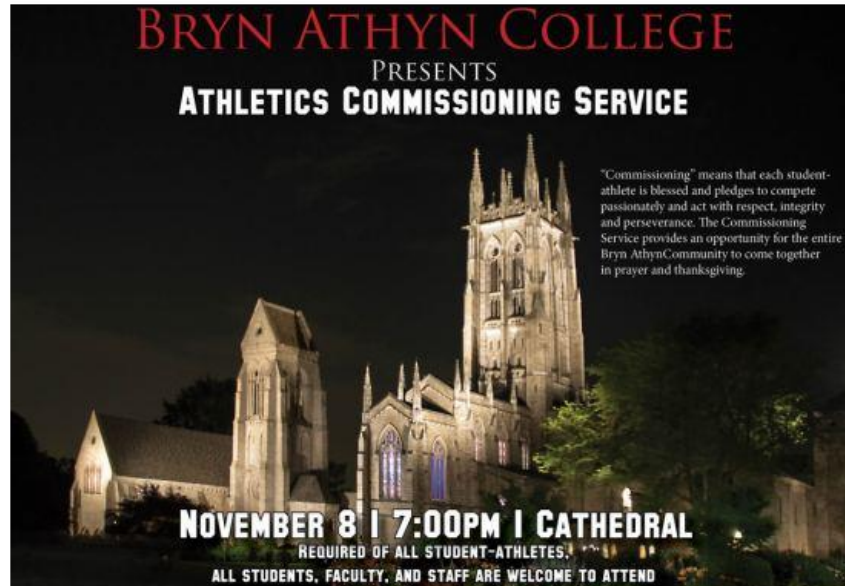
Bryn Athyn Lions

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 women'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
Bryn Mawr College	1
Cabrini University	1
Cairn University	4
Camden County College	1
Cazenovia College	1
Cedar Crest 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
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
Penn College	4
Philadelphia University	2
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
Temple University	1
University of the Sciences	1
University of Valley Forge	3
Wells College	1
Wesley College	1

2016-17 BAC Women's Cross Country Roster

Bedford, Michelle
Brock, Alair
Bullard, Gracelyn
Clark, Kristina
Elder, Danae
Farmer, Chantal
Hyatt, Miranda
Lenihan, LianHua
Morrill, Katherine
Phillips, Janalene
Pizarro, Emily
Schoennagle, Keana
Sweeney, Brenna

2016-17 BAC Women'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
3.	Kristina Clark	25:20.4
5.	Gracelyn Bullard	27:50.7
7.	Brenna Sweeney	27:00.0
8.	Michelle Bedford	27:50.0
9.	Janalene Phillips	??

According to the recaps published on the PSU Abington and BAC athletics websites PSU won (PSU Abington) and BAC won (BAC). The results above suggest that PSU Abington won.

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)		
6 kilometers		
Place	Name	Time
35.	Kristina Clark	29:30.2
36.	Miranda Hyatt	29:31.5
60.	Janalene Phillips	32:38.6
64.	Emily Pizarro	33:27.6
67.	Brenna Sweeney	35:01.5
73.	Chantal Farmer	35:53.3
77.	Michelle Bedford	36:39.9
78.	Alair Brock	36:43.7
90.	Keana Schoennagle	39:20.1
Team competition: 9 th place (9/10)		

96 runners finished the race. They represented Bryn Athyn College, Arcadia University, Bryn Mawr College, Cairn University, Centenary University, Clarks Summit University, Immaculata University, Keystone College, Lycoming College, Monroe College, PSU Brandywine, and University of Valley Forge. The race included a running 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)		
5 kilometers		
Place	Name	Time
27.	Gracelyn Bullard	25:53.7
28.	Kristina Clark	26:08.7
29.	Miranda Hyatt	26:09.2
47.	Janalene Phillips	28:25.4
48.	LianHua Lenihan	28:35.2
53.	Brenna Sweeney	29:35.2
54.	Chantal Farmer	29:40.7
55.	Danae Elder	29:47.5
59.	Alair Brock	30:13.7
61.	Michelle Bedford	30:57.7
69.	Keana Schoennagle	36:15.3
Team competition: 9 th place (9/9)		

74 runners finished the race. They represented Bryn Athyn College, Cairn University, Centenary University, Cumberland County 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.

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)

6 kilometers

Place	Name	Time
25.	Miranda Hyatt	29:48
37.	Janalene Phillips	31:35
38.	Kristina Clark	31:37
44.	Katherine Morrill	33:02
52.	Michelle Bedford	35:00
57.	Chantal Farmer	37:01
59.	Alair Brock	37:14
64.	Keana Schoennagle	40:49

Team competition: 7th place (7/10)

79 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)

6 kilometers

Place	Name	Time
7.	Miranda Hyatt	27:24.4
8.	Kristina Clark	27:33.2
10.	Gracelyn Bullard	28:12.4
17.	LianHua Lenihan	30:16.6
18.	Janalene Phillips	31:44.3
19.	Michelle Bedford	31:52.4
20.	Alair Brock	32:33.4
22.	Keana Schoennagle	37:38.5

Team competition: 3rd place (3/4)

27 runners finished the race. They represented Bryn Athyn College, Albright College, Penn College and Philadelphia University.

Sixth Race: October 8, 2016 –

Jack Saint Clair Memorial Cross Country Championship

Jack Saint Clair Memorial Cross Country Championship (October 8, 2016)

6 kilometers

Place	Name	Time
69.	Miranda Hyatt	28:26.4
108.	Kristina Clark	30:55.2
123.	LianHua Lenihan	32:09.1
127.	Janalene Phillips	32:37.7
136.	Michelle Bedford	34:02.7
146.	Danae Elder	38:06.6
147.	Alair Brock	38:09.5
150.	Keana Schoennagle	40:40.8

Team competition: 16th place (16/19)

160 runners finished the race. They represented Bryn Athyn College, Bloomfield College, Camden County College, Felician University, Gallaudet University, Georgian Court University, Goldey-Beacom College, Harrisburg Area Community College, Holy Family University, Luzerne County Community College, New Jersey City University, Philadelphia University, Post University, Rosemont College, Rutgers University-Camden, Rutgers University-Newark, Stockton University, Temple University, University of the Sciences, and Wesley College. A few runner clubs also took part.

Seventh Race: October 20, 2016 – Immaculata Invitational

Immaculata Invitational (October 20, 2016)		
3 kilometers		
Place	Name	Time
6.	Miranda Hyatt	13:03.7
15.	Kristina Clark	14:03.3
17.	Gracelyn Bullard	14:05.3
26.	LianHua Lenihan	15:09.5
29.	Alair Brock	15:33.8
33.	Michelle Bedford	15:57.1
39.	Brenna Sweeney	16:33.8
46.	Keana Schoennagle	18:52.3
51.	Katherine Morrill	22:58.9
Team competition: 3 th place (3/7)		

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



Bryn Athyn Lions

October 21, 2016 · 🌐

...

Women's Cross County Finishes in Third Place at Immaculata Invitational! [#gobrynnathyn](https://www.facebook.com/gobrynnathyn)
<http://ow.ly/6RDx305om3u>

i

BRYNATHYNATHLETICS.COM

Women's Cross County Finishes in Third Place at Immaculata Invitational...

IMMACULATA, Pa. - The Bryn Athyn College women's and men's cross country teams competed at the Immaculata Invitational, Thursday afternoon.



Bryn Athyn Lions

October 24, 2016 · 🌐

...

Athlete of the Week | Miranda Hyatt | Women's Cross Country <http://ow.ly/bVvP305un9o>

MIRANDA HYATT

**STUDENT-ATHLETE OF THE WEEK**

Presented by:

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. #gobrynnathyn LV: <http://ow.ly/Mrpp305EAnr>

i

PORTAL.STRETCHINTERNET.COM

Lancaster Bible - Home

NEAC Championships (October 29, 2016)

6 kilometers

Place	Name	Time
21.	Miranda Hyatt	27:08.7
31.	Gracelyn Bullard	28:23.6
35.	Kristina Clark	28:35.0
49.	LianHua Lenihan	30:12.6
55.	Michelle Bedford	30:45.8
62.	Janalene Phillips	31:21.3
69.	Danae Elder	32:44.3
71.	Alair Brock	33:00.9
85.	Keana Schoennagle	37:57.5

Team competition: 9th place (9/11)

92 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.



The start of the 2016 NEAC women's cross country championship race (photo by NEAC).



Bryn Athyn Lions
October 29, 2016 · 🌐

...

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

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...



Miranda Hyatt made the All-conference third team. She was the first Bryn Athyn College cross country runner (men and women) to make the all-conference teams.



Bryn Athyn Lions
November 3, 2016 · 🌐

...

Miranda Hyatt Named to NEAC Third Team All Conference in Women's Cross Country!
[#gobrynnathyn](https://www.facebook.com/gobrynnathyn) <http://ow.ly/CQp3305OKj7>

BRYNATHYNATHLETICS.COM

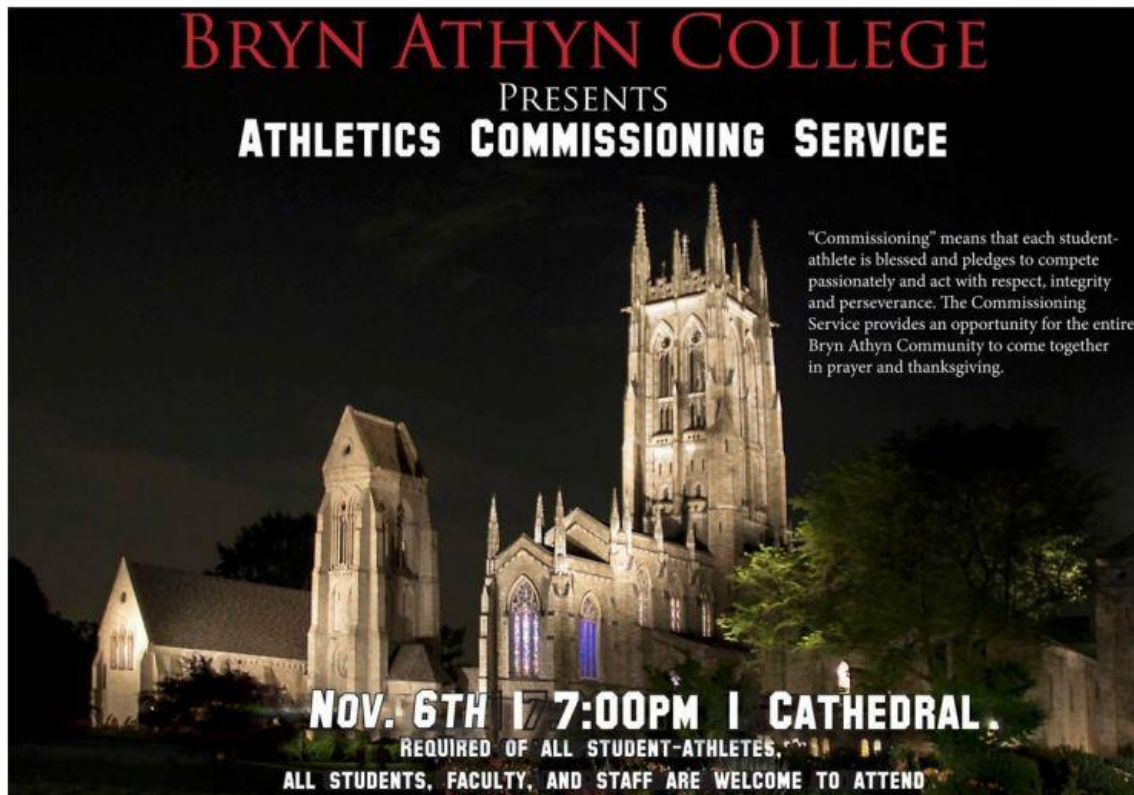
Miranda Hyatt Named to NEAC Third Team All Conference in Women's Cross...

Lancaster, Pa. –The North Eastern Athletic Conference (NEAC) has announced its 2016 NEAC All Conference First Team, Second Team and Third Team...





NEAC Championships, October 29, 2016. Top row: Miranda Hyatt and Gracelyn Bullard. Middle row: Kristina Clark and LianHua Lenihan. Bottom row: Michelle Bedford and Janalene Phillips (photos by Lancaster Bible College Athletics)



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](#)

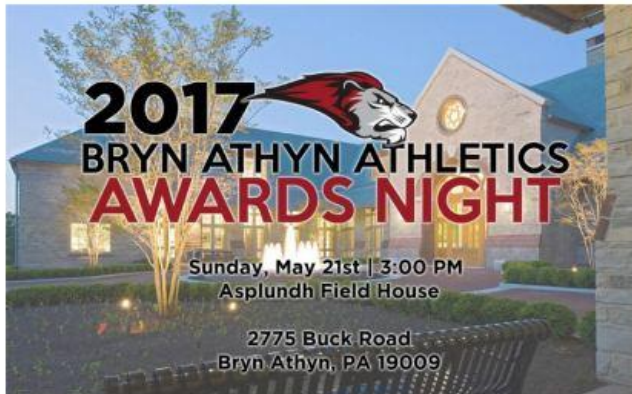


Bryn Athyn College

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 women's cross country awards. Miranda Hyatt (MVP), Alair Brock (Lions Award), and Keana Schoennagle (Coaches Award) (photos BAC Athletics).



The 2016-17 women's cross country awards. Brenna Sweeney received the Scholar-Athlete of the Year award (photo BAC Athletics).

2017-18

The Bryn Athyn College women'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
Bryn Mawr College	2
Cairn University	1
Cazenovia College	1
Cedar Crest College	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
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	3
PSU Berks	3
PSU Brandywine	2
PSU Scranton	1
Rosemont College	2
Rutgers University-Camden	1
Rutgers University-Newark	1
Sarah Lawrence College	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
Washington Adventist University	1
Wells College	1
Widener University	1
Wilkes University	1

2017-18 BAC Women's Cross Country Roster
Brock, Alair
Bullard, Gracelyn
Clymer, Laura
Elder, Danae
Flynn, Morgan
Hyatt, Miranda
Karrenbauer, Katharina
Lenihan, LianHua
Phillips, Janalene
Pizarro, Emily
Smith, McKenna
Sweeney, Brenna

2017-18 BAC Women'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
1.	Alair Brock ⁴	16:29
2.	Miranda Hyatt	18:11
3.	Laura Clymer	18:12
4.	Morgan Flynn	18:55
6.	LianHua Lenihan	19:40
8.	Brenna Sweeney	20:08
9.	Gracelyn Bullard	20:49
10.	Katharina Karrenbauer	20:54
11.	Danae Elder	22:04
12.	McKenna Smith	22:05
15.	Emily Pizarro	26:29
17.	Janalene Phillips	28:12
Team competition: 1 st place (1/2)		

17(?) runners finished the race. They represented Bryn Athyn College and PSU Abington.

⁴ According to PSU Abington's race recap (<https://abingtonsports.com/news/2017/9/1/womens-cross-country-nittany-lions-participate-in-bryn-athyn-dual-meet.aspx>) it was PSU Abington's Lily Magliente who finished first with 16:10. So, it is unclear who won the race. PSU Abington's recap states that their runners finished 1st, 7th, 13th, 14th, and a fifth runner who finished with 28:10. It is thus possible that Brock fished in 5th place. There does not seem to exist a formal result document from the race.

Second Race: September 16, 2017 – PSU Abington Invitational

PSU Abington Invitational (September 16, 2017)		
5 kilometers		
Place	Name	Time
4.	Miranda Hyatt	24:57.4
5.	Laura Clymer	24:57.5
9.	LianHua Lenihan	25:55.6
10.	Morgan Flynn	26:06.4
14.	Brenna Sweeney	27:47.7
16.	Danae Elder	28:04.4
18.	Katherine Karrenbauer	29:39.5
20.	Alair Brock	30:10.8
Team competition: 1 st place (1/2)		

25 runners finished the race. They represented Bryn Athyn College, Bryn Mawr College, Lancaster Bible College, PSU Abington, PSU Brandywine, and Valley Forge Military College. One sunning club took part.

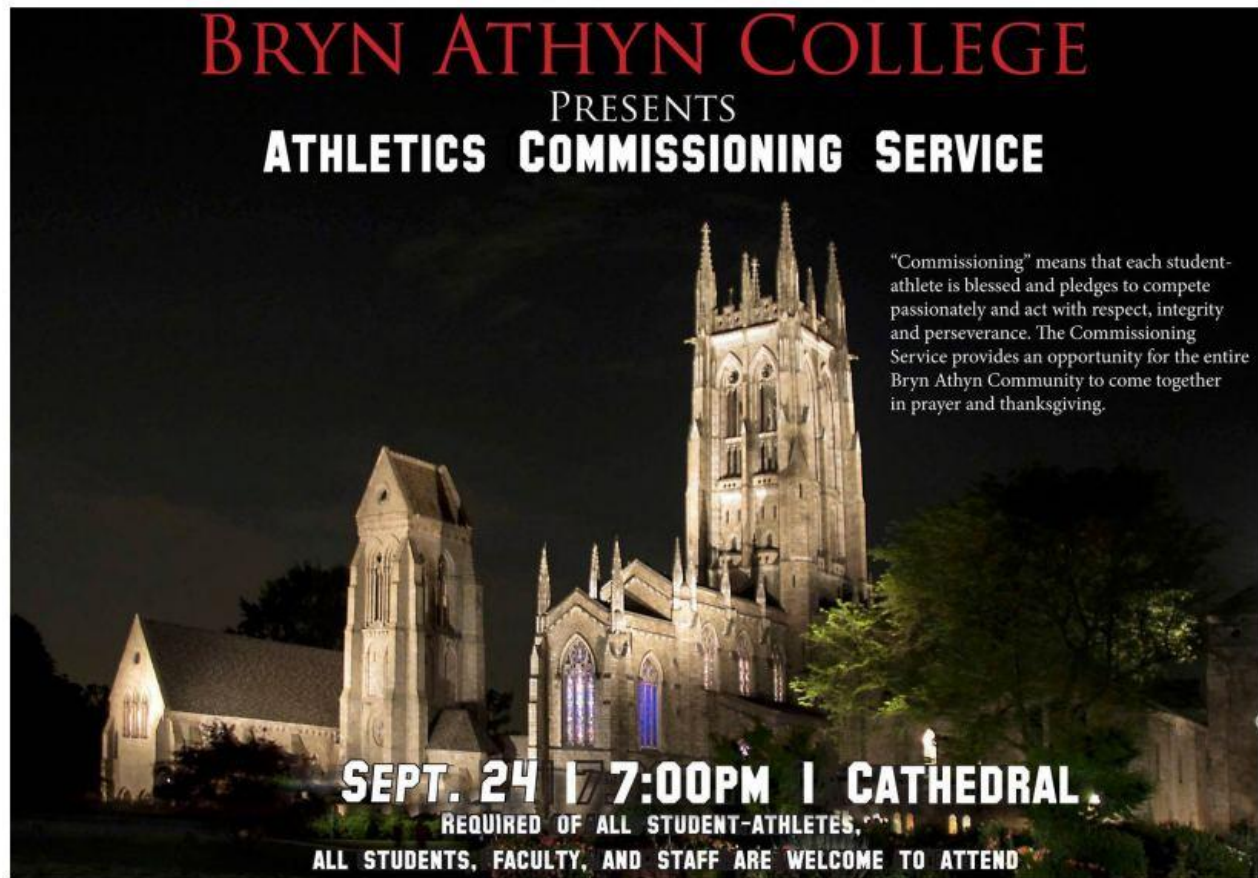


"Women's cross country wins PSU Abington Invitational" (photo by BAC Athletics)

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

Aggies Cross Country Open (September 23, 2017)		
6 kilometers		
Place	Name	Time
57.	Miranda Hyatt	29:17.6
81.	LianHua Lenihan	31:08.8
96.	Morgan Flynn	32:11.5
101.	Brenna Sweeney	33:11.7
107.	Danae Elder	34:43.6
Team competition: 12 th place (12/13)		

128 runners finished the race. They represented Bryn Athyn College, Arcadia University, Army Prep, Cedar Crest College, Cumberland County 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 College, Widener University, 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
2.	Miranda Hyatt	18:03.9
3.	Laura Clymer	18:07.1
6.	LianHua Lenihan	19:03.3
7.	Morgan Flynn	19:08.6
8.	Gracelyn Bullard	19:12.7
9.	Brenna Sweeney	20:14.1
10.	Danae Elder	21:37.5
11.	Alair Brock	22:06.6
Team competition: No team result		

11 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)		
6 kilometers		
Place	Name	Time
34.	Miranda Hyatt	29:52.2
38.	LianHua Lenihan	30:19.0
49.	Brenna Sweeney	32:55.7
57.	Alair Brock	35:10.3
58.	Danae Elder	35:13.5
76.	Emily Pizarro	44:30.6
Team competition: 7 th place (7/9)		

82 runners finished the race. They represented Bryn Athyn College, Bergen Community College, Bloomfield College, Bryn Mawr College, Harcum College, Lackawanna College, Luzerne County Community College, Neumann University, Nyack College, Rosemont College, Rutgers University-Camden, Rutgers University-Newark, Temple University, Thomas Jefferson University, and University of the Sciences. A runner club also took part.

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

Bryn Athyn Cross Country Invitational (October 13, 2017)		
6 kilometers		
Place	Name	Time
9.	Laura Clymer	27:36.0
17.	LianHua Lenihan	29:30.9
18.	Morgan Flynn	30:09.8
23.	Alair Brock	31:49.5
24.	Danae Elder	31:51.2
33.	Emily Pizarro	38:42.0
Team competition: 2 nd place (2/5)		

38 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.



Women's Cross Country | 10/13/2017 12:00:00 AM

Women's cross country takes second at Bryn Athyn Cross Country Invitational



BRYN ATHYN, Pa. – The Bryn Athyn College women's cross country team put together a strong showing in front of its home fans as the Lions came in second place in the Bryn Athyn Cross Country Invitational Friday afternoon.

Led by a top-10 effort from Laura Clymer, the Lions had a score of 71 points—edging out Albright and its 72 points to claim the runner-up position in the team standings.

In her first career 6-kilometer race, Clymer crossed the finish line in a time of 27 minutes, 36.0 seconds to secure a ninth-place finish.

To go along with Clymer's strong finish, the other five Lions to participate in the field set a personal-best time at the 6K distance.

Lianhua Lenihan eclipsed her previous personal record by 46 seconds as she finished the race with the 17th-place time of 29:30.9. Morgan Flynn—competing in her second 6K—finished one spot behind Lenihan with a time of 30:09.8 to take 18th.

Alair Brock and Danae Elder claimed the Lions' final two scoring positions, crossing the finish line separated by just 1.7 seconds. Brock posted a time of 31:49.5, 44 seconds than her previous best time, to end the day in 23rd. Elder settled for 24th with a 31:51.2, smashing her old personal best by nearly three minutes.

Emily Pizarro completed Bryn Athyn's lineup with the 33rd-place time of 38:42.0.

Sidney Trunzo from Penn College posted the winning time of 23:59.8. PSU Berks won the team title with 27 points.

The Lions return to action on Thursday, Oct. 19 at the Immaculata Invitational.



Above: Morgan Flynn and LianHua Lenihan. Below: Danae Elder, Alair Brock, and Emily Pizarro (photos by BAC Athletics).

 **Bryn Athyn Lions**
October 16, 2017 · 🌐

Laura Clymer is this week's Bryn Athyn College Student-Athlete of the week. Laura had a ninth-place finish in the Bryn Athyn College Cross Country Invitational on Oct. 13, helping the Lions take second in the team standings.



 **LAURA CLYMER - CROSS COUNTRY**
BRYN ATHYN COLLEGE STUDENT-ATHLETE OF THE WEEK

Seventh Race: October 19, 2017 – Immaculata Invitational

Immaculata Invitational (October 19, 2017)		
3 kilometers		
Place	Name	Time
16.	Laura Clymer	13:11.3
20.	LianHua Lenihan	13:26.4
25.	Miranda Hyatt	13:59.7
30.	Danae Elder	14:44.2
32.	Alair Brock	14:58.2
39.	Katharina Karrenbauer	15:36.6
42.	Emily Pizarro	16:08.0
Team competition: 3 rd place (3/5)		

51 runners finished the race. They represented Bryn Athyn College, Cairn University, Gwynedd Mercy, Harcum College, Immaculata University, PSU Abington, PSU Brandywine, Rosemont College, University of Valley Forge, and Washington Adventist University. 1 runner was unattached.



Bryn Athyn Lions

October 19, 2017 · 🌐

BRYNATHYNATHLETICS.COM

Women's cross country finishes third at Immaculata Invitational - Bryn Athyn

IMMACULATA, Pa. – In its final tune-up before the North Eastern Athletic Conference (NEAC) Championship, the Bryn Athyn College women's cross country recorded a third-place finish at the Immaculata Invitational...

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

NEAC Championships (October 28, 2017)		
6 kilometers		
Place	Name	Time
27.	Miranda Hyatt	29:32.6
37.	LianHua Lenihan	30:34.1
50.	Alair Brock	32:00.1
54.	Morgan Flynn	32:26.4
64.	Brenna Sweeney	33:28.0
68.	Danae Elder	34:04.7
71.	Katherine Karrenbauer	34:45.8
77.	Emily Pizarro	36:12.2
Team competition: 8 th place (8/11)		

93 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 28, 2017 · 🌐

...

Led by a 27th-place finish by Miranda Hyatt, the women's cross country team posted its best-ever finish of eighth in the NEAC Championship on Saturday.

BRYNATHYNATHLETICS.COM

Women's cross country takes 8th in NEAC Championship - Bryn Athyn

MORRISVILLE, N.Y. – The Bryn Athyn College women's cross country recorded a program-...



Women's Cross Country | 10/28/2017 12:00:00 AM

Women's cross country takes 8th in NEAC Championship



MORRISVILLE, N.Y. – The Bryn Athyn College women's cross country recorded a program-best eighth-place finish in the North Eastern Athletic Conference (NEAC) Championship Meet. This year's NEAC Championship was held at Morrisville State College Saturday morning.

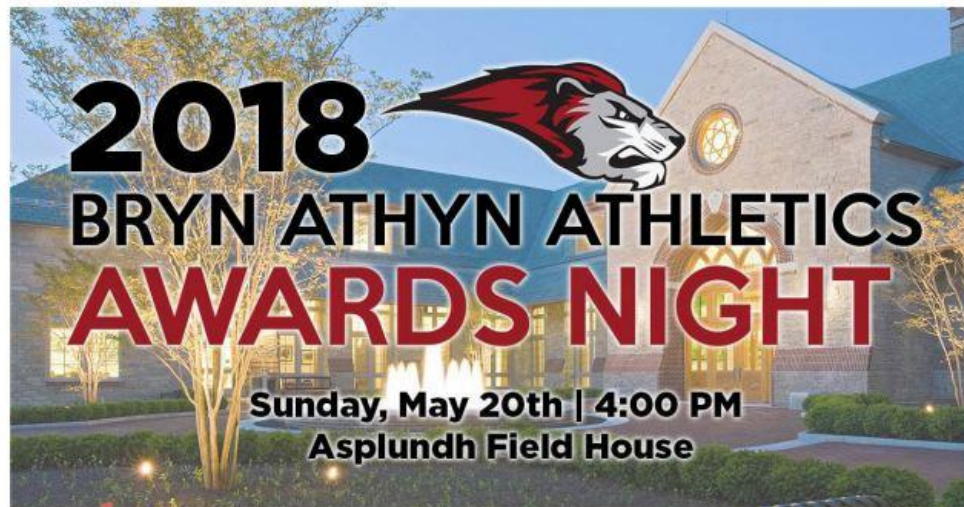
The Lions—whose previous-best team finish in the NEAC Championship was ninth in 2016—tallied 211 points in the 11-team event.

Miranda Hyatt was Bryn Athyn's first runner to cross the finish line as she posted her second-best 6-kilometer time of the 2017 season of 29 minutes, 32.6 seconds. She was 27th in the 92-runner field.

Lianhua Lenihan recorded a time of 30:34.1 to end the event in 37th place. Alair Brock had a time of 32:00.1, the second-best 6K time of her career, and was scored in 50th. Morgan Flynn's time of 32:26.4 allowed her to record a 54th-place finish. Breanna Sweeney claimed Bryn Athyn's final scoring position as she crossed the finish line with the 64th-place time of 33:28.0.

Danae Elder was 68th after posting a time of 33:28.0. In her first 6K race, Katharina Karrenbauer recorded the 71st-place time of 34:45.8. Emily Pizarro completed Bryn Athyn's lineup as she posted a career-best 6K time of 36:12.2.

Penn State Berks—led by individual champion Michelle Kiss who had the winning time of 24:55.3—won the NEAC championship with 63 points.



At the 2018 Bryn Athyn College Athletics end of year Awards Night on May 20, 2018, in the Asplundh Field House, the 2017-18 women's cross country awards were announced: Miranda Hyatt (MVP), Danae Elder (Lions' Award), and LianHua Lenihan (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 women's cross country team competed in eight races in 2018-19. The season began in August and ended in October.

The team raced against 31 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
Cedar Crest College	3
Centenary University	2
Chestnut Hill College	2
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
Notre Dame of Maryland University	2
Nyack College	1
PSU Abington	4
PSU Berks	2
Rosemont College	4
Rutgers University-Camden	1
Stockton University	1
Thomas Jefferson University	2
University of the Sciences	1
University of Valley Forge	1
Washington Adventist University	1
Wilmington University	1
Yeshiva University	1
York College	1

2018-19 BAC Women's Cross Country Roster

Brock, Alair
Brock, Anwyn
Bullard, Gracelyn
Daum, Natalie
Elder, Ava
Elder, Danae
Flynn, Morgan
Heinrichs, Sierra
Klas, Alma
Lenihan, LianHua
Lennox, Brianna
Mitchem, Alexis
Phillips, Janalene

2018-19 BAC Women's Cross Country Head Coach

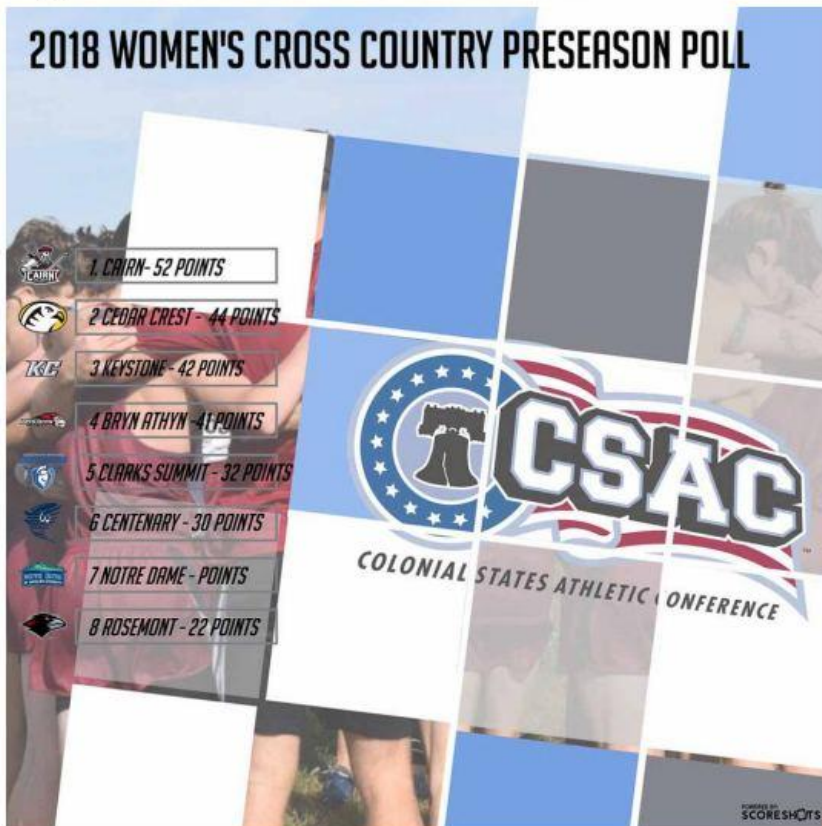
King, Jesse

**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 WOMEN'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
1.	Natalie Daum	18:43.0
4.	Alair Brock	19:18.5
6.	Gracelyn Bullard	19:46.1
7.	LianHua Lenihan	19:57.5
9.	Morgan Flynn	20:17.2
11.	Ava Elder	21:40.5
13.	Anwyn Brock	23:42.1
Team competition: no team result		

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

Women's Cross Country | 8/31/2018 12:00:00 AM

Daum powers way to victory at Highlander Invitational



LANGHORNE, Pa. – Competing for the first time in a Bryn Athyn College uniform, Natalie Daum cruised to victory to highlight the women's cross country team's Friday afternoon at the Highlander Invitational.

Daum dominated the 15-runner field as she completed the wet 4-kilometer course at Cairn University in 18 minutes, 43.0 seconds. She finished 22.5 seconds ahead of the runner-up.

Alair Brock was fourth overall as she crossed the finish line in 19:18.5. Gracelyn Bullard posted the sixth-place time of 19:46.1, while teammate Lianhua Lenihan had a time of 19:57.5 to take seventh. Morgan Flynn made it five Lions in the top ten as she ended the day in ninth with a time of 20:17.2.

Ava Elder and Anwyn Brock made their collegiate debuts in Friday's race. Elder had the 11th-place time of 21:40.5 and Brock completed the race in 23:42.1 to take 13th.

Bryn Athyn welcomes Penn State Abington to campus for a dual race on Tuesday, Sept. 5.

Bryn Athyn Results

Rank	Runner	Time
1	Natalie Daum	18:43.0
4	Alair Brock	19:18.5
6	Gracelyn Bullard	19:46.1
7	LianHua Lenihan	19:57.5
9	Morgan Flynn	20:17.2
11	Ava Elder	21:40.5
13	Anwyn Brock	23:42.1



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. CROSS COUNTRY at Philadelphia Metro Women - 12:15 p.m. Men - 1:15 p.m. WOMEN'S VOLLEYBALL Albright Trt-Match PSU Schuylkill - Noon Albright - 2 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. 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.		SUNDAY, SEPTEMBER 9 FIELD HOCKEY vs. New England College 1 p.m.	

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

Second Race: September 5, 2018 – Lions Invitational (race vs PSU Abington)

Lions Invitational (September 5, 2018)		
4 kilometers		
Place	Name	Time
4.	Natalie Daum	20:05.2
5.	Ava Elder	20:19.4
7.	Alair Brock	20:40.2
8.	Morgan Flynn	20:52.2
10.	LianHua Lenihan	23:46.2
13.	Anwyn Brock	24:03.3
Team competition: 2 nd place (2/2)		

14 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)		
5 kilometers		
Place	Name	Time
45.	Natalie Daum	23:24.6
70.	Morgan Flynn	25:09.3
78.	Alair Brock	25:30.0
83.	LianHua Lenihan	25:43.6
110.	Sierra Heinrichs	36:26.7
111.	Alexis Mitchem	36:33.3
112.	Alma Klas	39:27.2
Team competition: 13 th place (13/16)		

112 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, and Wilmington University.

On September 9, 2018, CSAC announced that Natalie Daum was the conference runner of the week. She was the first BAC cross country runner (men and women) to receive this honor.



Bryn Athyn Lions

September 10, 2018 · 🌐

...

Natalie Daum is the first women's cross country runner to earn a conference weekly award after two strong finishes allowed her to take home the CSAC runner of the week award.

SPORTS	CHAMPIONSHIPS	AWARDS	ABOUT THE CSAC
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[WOMEN'S CROSS COUNTRY](#) / [Schedule](#) / [News](#) / [Championship Information](#) / [Runner of the Week](#) / [Championship Record Book](#) / [Additional Links](#)

NATALIE DAUM

AWARD: Runner of the Week	WEEK OF: 9/10/2018
SPORT: Women's Cross Country	SCHOOL: Bryn Athyn
YEAR: Senior	POSITION:
HOMETOWN: Huntingdon Valley, Pa.	HIGH SCHOOL:

Was the fastest runner on the team in both races last week. Was fourth against Chestnut Hill and Penn State Abington with a 4K time of 18:36.9. Came in 45th in the Philadelphia Metro with a 6K time of 23:24.6.

Women's Cross Country | 9/10/2018 12:00:00 AM

Daum selected as CSAC women's cross country runner of the week.



ROSEMONT, Pa. – Bryn Athyn College senior Natalie Daum is the first women's cross country runner to earn a conference weekly award as she was named as the Colonial States Athletic Conference runner of the week by the conference office Monday.

Daum had another strong week for the Lions, being Bryn Athyn's first finisher in both races the teams competed in last week. She opened the week with a fourth-place finish after posting a personal-best 4-kilometer time of 18 minutes, 36.9 seconds in the Bryn Athyn 4K on Sept. 5. In the Philadelphia Metropolitan Championship on Sept. 8, Daum had the 45th-place time of 23:24.6 in the 5-kilometer race. She was 11th among Division III runners in the Metro.

Daum has been Bryn Athyn's top runner in each of the first three races of the season.

Bryn Athyn returns to action at the Cedar Crest Open on Friday, Sept. 14 at 5:30 p.m. on the campus of Cedar Crest College.

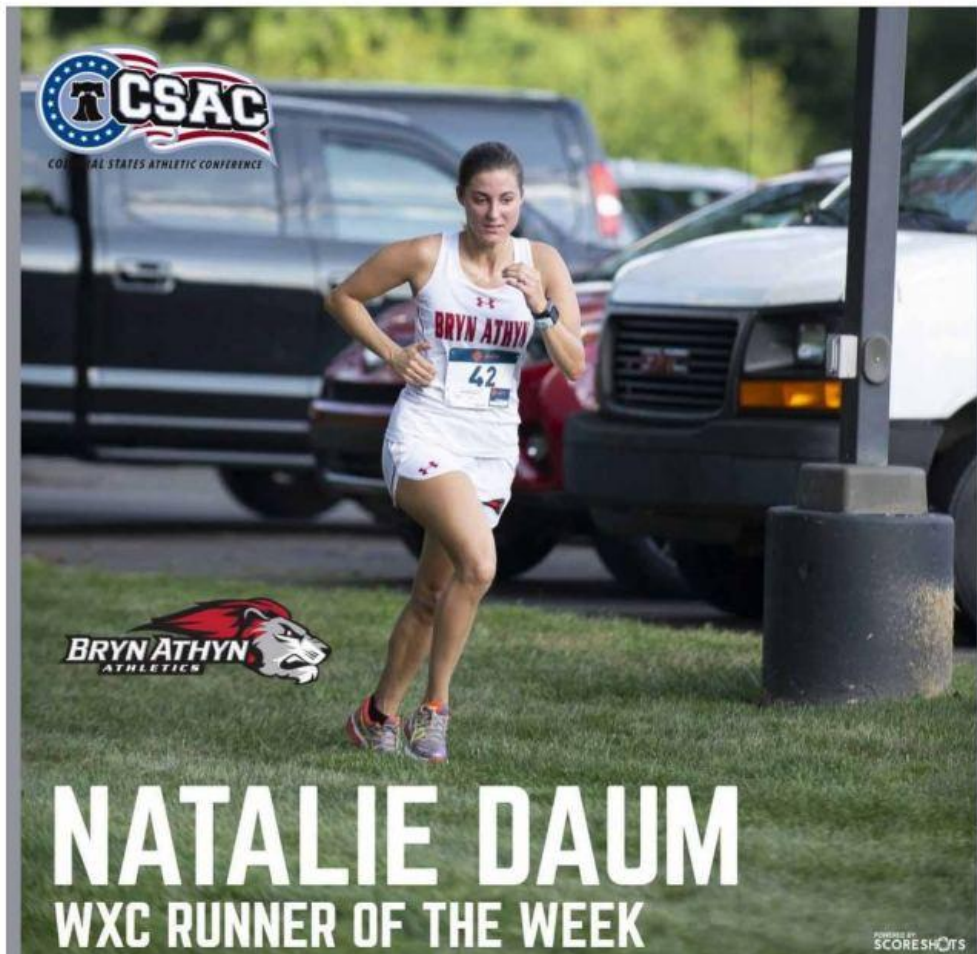


Colonial States Athletic Conference

September 10, 2018 · 🌐

...

Congrats to Bryn Athyn's Natalie Daum who was named as the CSAC Sports Women's Cross Country Runner of the Week



Bryn Athyn Lions

September 10, 2018 · 🌐

...

It's another action-packed week for the Lions. Men's soccer has three games coming up, while field hockey continues its five-game homestand. Volleyball returns to Asplundh Field House on Thursday night. Men's golf opens its 2018-19 season on Tuesday afternoon. [See less](#)

THIS WEEK IN

MONDAY, SEPTEMBER 10

WOMEN'S SOCCER
at Immaculata
4 p.m.

TUESDAY, SEPTEMBER 11

MEN'S GOLF
at Dickinson Fall Invite
Noon

THURSDAY, SEPTEMBER 13

WOMEN'S SOCCER
vs. PSU Lehigh Valley
6 p.m.

WOMEN'S VOLLEYBALL
vs. Cheyney
7 p.m.

BRYN ATHYN ATHLETICS

FRIDAY, SEPTEMBER 14

CROSS COUNTRY
at Cedar Crest Open
Women - 5:30 p.m.
Men - 6:15 p.m.

SATURDAY, SEPTEMBER 15

FIELD HOCKEY
vs. Moravian
1 p.m.

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

MEN'S SOCCER
vs. DeSales
4 p.m.

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

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

Moravian and Cedar Crest Invitational (September 14, 2018)		
6 kilometers		
Place	Name	Time
35.	Natalie Daum	28:08.9
48.	LianHua Lenihan	29:53.7
51.	Alair Brock	30:30.2
54.	Morgan Flynn	30:38.5
68.	Danae Elder	34:24.7
78.	Sierra Heinrichs	44:17.1
Team competition: 5 th place (5/9)		

80 runners finished the race. They represented Bryn Athyn College, Alvernia University, Cairn University, Cedar Crest University, Clarks Summit University, Delaware Valley University, King's College, Moravian University, Notre Dame of Maryland University, York College,


Bryn Athyn Lions
 September 14, 2018 · 🌐

Women's cross country takes fifth in Moravian/Cedar Crest Open



BRYNATHYNATHLETICS.COM
Women's cross country takes fifth in Moravian/Cedar Crest Open

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

CSAC HONOR ROLL

Natalie Daum - Bryn Athyn - Sr.

Finished second among CSAC schools at the CSAC Preview Meet on Friday night with a time of 28:08.9.

Fifth Race: September 22, 2018 – PSU Abington Invitational

PSU Abington Invitational (September 22, 2018)		
5 kilometers		
Place	Name	Time
3.	Natalie Daum	23:36.1
13.	LianHua Lenihan	25:49.3
14.	Gracelyn Bullard	26:15.5
17.	Alair Brock	26:55.7
21.	Danae Elder	28:44.9
Team competition: 2nd place (2/4)		

32 runners finished the race. They represented Bryn Athyn College, Cairn University, Cumberland County College, Gwynedd Mercy University, Immaculata University, Neumann University, PSU Abington, and PSU Berks.

Women's Cross Country | 9/22/2018 12:00:00 AM

Women's cross country finishes second in Penn State Abington Invitational



ABINGTON, Pa. – The Bryn Athyn College women's cross country recorded a second-place finish in the Penn State Abington Invitational Saturday morning at Lorimer Park.

The Lions finished up in a tie with Cairn in terms of points as both teams picked up 47 points. Bryn Athyn won the tiebreak with a better total time. The Lions had a combined team time of 2 hours, 11 minutes, 21 seconds, while the Highlanders' team time was 2:13.25.

Natalie Daum continued her strong season as she posted a 5-kilometer time of 23:36.1 to come in third place in the 32-runner field. Lianhua Lenihan recorded her fourth top-15 finish of the year after crossing the finish line in 13th with a time of 25:49.3. Gracelyn Bullard finished her first 5K of the season with the 14th place time of 26:15.5.

Alair Brock was Saturday's 17th-place finisher after she completed the race in 26:55.7. Danae Elder rounded out the Bryn Athyn lineup with a 21st place finish with a time of 28:44.9.

Immaculata won the team title with 37 points, while Gwynedd Mercy's Elizabeth Rosario was the race winner with a time of 21:57.5

Bryn Athyn returns to action on Friday, Sept. 28 in the Bryn Athyn Invitational at 5 p.m.

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.



On September 24, 2018, CSAC announced that Natalie Daum was the conference runner of the week. This was the second time during the 2018-19 season she received this honor.













SPORTS

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ABOUT THE CSAC

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NATALIE DAUM

AWARD: Runner of the Week

WEEK OF: 9/24/2018

SPORT: Women's Cross Country

SCHOOL: Bryn Athyn

YEAR: Senior

POSITION:

HOMETOWN: Huntingdon Valley, Pa.

HIGH SCHOOL:

Came in third place at the Penn State Abington Invitational with a 5K time of 23:36.1 in the 32-runner event

Women's Cross Country | 9/24/2018 12:00:00 AM

Daum claims second CSAC women's cross country runner of the week award of 2018



ROSEMONT, Pa. – Bryn Athyn College senior Natalie Daum earned her second Colonial States Athletic Conference women's cross country runner of the week award Monday.

Daum—who was previously the CSAC runner of the week on Sept. 10—put together another strong performance as she finished third in a 32-runner field at the Penn State Abington Invitational on Sept. 22 in a 5-kilometer time of 23 minutes, 36.1 seconds, her second-best 5K time of the season. Her performance helped Bryn Athyn come in second place in the team scoring.

In five races this season, Daum has one race win, four finishes in the top four, and a 13th-place in the Philadelphia Metropolitan Championship.

Daum and the Lions will get to race in front of the home crowd as they will host the Bryn Athyn College Invitational on Friday, Sept. 28 at 5 p.m.



Bryn Athyn Lions

September 24, 2018 · 🌐

It's a big week for Bryn Athyn athletics as we have all six fall teams in action.

Volleyball, field hockey, and women's soccer all make their Colonial States Athletic Conference debut.

Cross country runs on campus in the Bryn Athyn Invitational on Friday evening. [See less](#)



THIS WEEK IN		BRYN ATHYN ATHLETICS	
TUESDAY, SEPTEMBER 25 WOMEN'S VOLLEYBALL vs. Wesley 7 p.m.		FRIDAY, SEPTEMBER 28 CROSS COUNTRY Bryn Athyn College Invitational Women - 5 p.m. Men - 5:45 p.m.	
WEDNESDAY, SEPTEMBER 26 WOMEN'S SOCCER at Neumann 4 p.m.	MEN'S SOCCER at Neumann 7 p.m.	SATURDAY, SEPTEMBER 29 WOMEN'S VOLLEYBALL vs. Cedar Crest 1 p.m.	WOMEN'S SOCCER vs. Wilson 1 p.m.
FIELD HOCKEY vs. Cedar Crest 7 p.m.	WOMEN'S VOLLEYBALL at Clarks Summit 7 p.m.	FIELD HOCKEY at Wilson 1 p.m.	MEN'S SOCCER vs. Keystone 4 p.m.
FOR SCHEDULE UPDATES AND THE LATEST NEWS, VISIT BRYNATHYNATHLETICS.COM			

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

Bryn Athyn Cross Country Invitational (September 28, 2018)		
6 kilometers		
Place	Name	Time
3.	Natalie Daum	27:25.5
6.	Alair Brock	29:37.1
7.	Gracelyn Bullard	30:03.8
9.	LianHua Lenihan	31:29.7
11.	Danae Elder	33:44.1
17.	Ava Elder	39:27.3
Team competition: 2 nd place (2/3)		

19 runners finished the race. They represented Bryn Athyn College, PSU Berks, Rosemont College, and Thomas Jefferson University.

Women's Cross Country | 9/28/2018 12:00:00 AM

Lions take second in Bryn Athyn College Invitational



BRYN ATHYN, Pa. – The Bryn Athyn College women's cross country team got to perform in front of its home crowd and turned in a second-place finish in the Bryn Athyn College Invitational on Friday evening.

The Lions posted a combined team score of 36 points, just three points shy of Jefferson University's winning score of 33. Penn State Berks had 56 points to take third.

Natalie Daum continued her solid season as she led the Lions with a season-best 6-kilometer time of 27 minutes, 25.5 seconds on a wet, muddy course. Daum wound up third in the 19-runner field.

Alair Brock fought off the sloppy conditions to set a personal-best 6K time of 29:37.1 to finish the event in 6th place. Gracelyn Bullard ended the day in seventh place after crossing the finish line in 30:03.8.

Lianhua Lenihan claimed ninth with a time of 31:29.7. Danae Elder was Bryn Athyn's final scoring runner after stopping the clock with the 11th-place time of 33:44.1.

Sierra Heinrichs rounded out the Lions' lineup as she set a personal best 6K time of 39:27.3.

PSU Berks' Mikaela Smith was the individual winner with a time of 25:10.4.

Bryn Athyn now has three weeks off before competing in the Immaculata Invitational—the final tune-up before the Colonial States Athletic Conference Championship—on Thursday, Oct. 18 at 4 p.m.

On October 1, 2018, the conference (CSAC) announced that Natalie Daum had been named to the conference's weekly honor roll:

CSAC HONOR ROLL

Natalie Daum - Bryn Athyn - Sr.

Led the Lions with a season-best 6K time of 27:25.5 to finish third in the Bryn Athyn College Invitational's 19-runner field.

Seventh Race: October 18, 2018 – Immaculata Invitational

Immaculata Invitational (October 18, 2018)		
3 kilometers		
Place	Name	Time
8.	Natalie Daum	13:32
12.	Alair Brock	14:07
22.	Danae Elder	15:33
35.	Sierra Heinrichs	18:22
Team competition: no team result		

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

On October 22, 2018, the conference (CSAC) announced that Natalie Daum had been named to the conference's weekly honor roll:

CSAC HONOR ROLL

Natalie Daum - Bryn Athyn - Sr

Was the second highest CSAC finisher at the Immaculata Invitational with a time of 13:32 in eighth place.

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)		
6 kilometers		
Place	Name	Time
3.	Natalie Daum	27:21.6
12.	Alair Brock	29:02.1
17.	Gracelyn Bullard	30:28.4
30.	Danae Elder	33:07.7
33.	Janalene Phillips	34:59.5
39.	Sierra Heinrichs	37:53.9
42.	Brianna Lennox	39:17.0
Team competition: 3 rd place (3/8)		

45 runners finished the race. They represented Bryn Athyn College, Cairn University, Cedar Crest College, Centenary University, Clarks Summit University, Keystone College, Notre Dame of Maryland University, and Rosemont College.



The start of the 2018 CSAC women's cross country championship (photo by CSAC)

Natalie Daum (first team) and Alair Brock (second team) became the first BAC cross country runners (men or women) to make the all-conference teams.



The 2018 CSAC women's cross country first (left) and second (right) all-conference teams (photos by CSAC)

All-CSAC Women's Cross Country First Team

1. Abigail Haines, Clarks Summit, 26:07.7
2. Julia Stapleton, Keystone, 27:19.8
3. Natalie Daum, Bryn Athyn, 27:21.6
4. Anna Hamm, Cairn, 27:28.3
5. Cassidy Haller, Centenary, 27:35.5
6. Zoe Stephens, Keystone, 27:52.0
7. Diane Kille, Keystone, 27:54.4

All-CSAC Women's Cross Country Second Team

8. Anika Archer, Cairn, 28:25.7
9. Julia Markey, Cairn, 28:51.3
10. Christy Canjura, Notre Dame of Maryland, 28:52.4
11. Melissa Lynch, Rosemont, 29:00.4
12. Alair Brock, Bryn Athyn, 29:02.1
13. Gretchen Shirk, Cairn, 29:05.9
14. Samantha DeFrancisco, Rosemont, 29:09.8



Bryn Athyn Lions
October 28, 2018 · 🌐

...

Congratulations to Natalie Daum and Alair Brock on earning Women's Cross Country All Colonial States Athletic Conference (CSAC) Honors! [#gobrynthyn](#)



First-Team All-CSAC
Natalie Daum



Second-Team All-CSAC
Alair Brock

Women's Cross Country | 10/27/2018 12:00:00 AM

Daum, Brock earn All-CSAC recognition at CSAC Championship; Lions take third



BETHLEHEM, Pa. – Natalie Daum and Alair Brock became the first Bryn Athyn College women's cross country runners to earn all-conference recognition after strong finishes in the Colonial States Athletic Conference (CSAC) Championship Saturday morning in a rain-soaked Bicentennial Park. The Lions finished third in the team standings with 95 points.

Daum ran her way onto the All-CSAC first team as she recorded a third-place finish in the 45-runner field with a personal-best 6-kilometer time of 27 minutes, 21.6 seconds. She took just under four seconds off of her previous-best time which came at the Bryn Athyn Invitational on Sept. 28. The third-place finish is the best by a Lion at a conference championship event.

Brock also recorded a personal-best time to place herself on the All-CSAC second team with a 12th-place finish. Brock's time in Saturday's race was 29:02.1, 35 seconds better than her previous PR at the Bryn Athyn Invitational.

Gracelyn Bullard crossed the finish line in 17th place with a time of 30:28.4. Danae Elder completed the course in a time of 33:07.7, a season-best 6K time, to come home in 30th overall.

Running in her first race for Bryn Athyn in two seasons, Janalene Phillips claimed the Lions' final scoring position with the 33rd-place time of 34:59.5.

Sierra Heinrichs was 39th overall with a time of 37:53.9, while Bri Lennox—competing in her first collegiate cross country race—had the 42nd-place time of 39:17.0.

Clarks Summit's Abigail Haines claimed the CSAC individual title with the winning time of 26:07.7. Cairn placed four of its five scoring runners in the top-13 to win the CSAC title championship with 60 points.

Alair Brock was also selected to the 2018 CSAC Women's cross country All-Sportsmanship team

All-CSAC Sportsmanship Team

Alair Brock, Bryn Athyn

Anna Hamm, Cairn

Megan Crouthamel, Cedar Crest

Julia White, Centenary

Lauren Ames, Clarks Summit

Meg Oyer, Keystone

Hannah Campbell, Notre Dame of Maryland

Melissa Lynch, Rosemont



(photos by BAC Athletics)



Bryn Athyn College Athletics held the end of year Awards Night on May 19, 2019. The 2018-19 women's cross country awards were: Natalie Daum (MVP), Alair Brock (Lions' Award), and Sierra Heinrichs (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 women's cross country team competed in five races in 2019-20. The season began in September and ended in November.

The team raced against 38 different colleges and universities during the 2019-20 season:

College or University	#races
Albright College	1
Bergen Community College	1
Bloomfield College	1
Bryn Mawr College	1
Bucks County Community College	2
Cabrini University	1
Cairn University	3
Caldwell University	1
Cedar Crest College	3
Centenary University	2
Clarks Summit University	2
Cumberland County College	1
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
Notre Dame of Maryland University	2
Pratt Institute	1
PSU Abington	1
PSU Berks	1
PSU Schuylkill	1
Rosemont College	4
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

2019-20 BAC Women's Cross Country Roster

Brock, Anwyn
Buick, Natalie
Flynn, Morgan
Friesen, Ursula

2019-20 BAC Women'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)
--

5 kilometers

Place	Name	Time
73.	Morgan Flynn	25:54.5
94.	Anwyn Brock	30:18.8

Team competition: no team finish

105 runners finished the race. They represented Bryn Athyn College, Bloomfield College, Caldwell University, 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, and West Chester University.

The Bryn Athyn College athletics department launched the Commissioning Service for student-athletes in 2015. "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."



Bryn Athyn Lions

September 5, 2019 · 🌐

The Bryn Athyn College Department of Athletics will hold a commissioning service for all of the fall sports athletes on Sunday, Sept. 8 at 7 p.m. in Bryn Athyn Cathedral. Everyone is welcome to attend. [See less](#)

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).

Second Race: September 14, 2019 – PSU Abington Invitational

PSU Abington Invitational (September 14, 2019)		
5 kilometers		
Place	Name	Time
27.	Morgan Flynn	26:25.1
39.	Anwyn Brock	30:30.4
Team competition: no team result		

56 runners finished the race. They represented Bryn Athyn College, Albright College, Bergen Community College, Bucks County Community College, Cairn University, Cumberland County College, Immaculata University, Lincoln University, Neumann University, PSU Abington, PSU Berks, PSU Schuylkill, Rosemont College, Thaddeus Stevens College of Technology, Ursinus College, and Valley Forge Military College.

On September 16, 2019, the conference (CSAC) announced that Morgan Flynn 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

Aggies Open (September 21, 2019)		
6 kilometers		
Place	Name	Time
46.	Anwyn Brock	35:07.3

57 runners finished the race. They represented Bryn Athyn College, Bryn Mawr College, Bucks County Community College, Cabrini University, Cedar Crest College, Delaware Valley University, Drew University, FDU Florham, Pratt Institute, and Rosemont College.

Fourth Race: October 10, 2019 – Colonial States Athletic Conference (CSAC) Preview Race at Bryn Athyn





The start of the women's CSAC Preview Meet on October 10, 2019 (photo by CSAC).

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

6 kilometers

Place	Name	Time
16.	Morgan Flynn	32:06.5
29.	Anwyn Brock	34:30.6
48.	Natalie Buick	43:05.5

Team competition: no team result

52 runners finished the race. They represented Bryn Athyn College, Cairn University, Cedar Crest College, Centenary University, Clarks Summit University, Keystone College, Notre Dame of Maryland University, Rosemont College, St Elizabeth University, and University of Valley Forge.

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

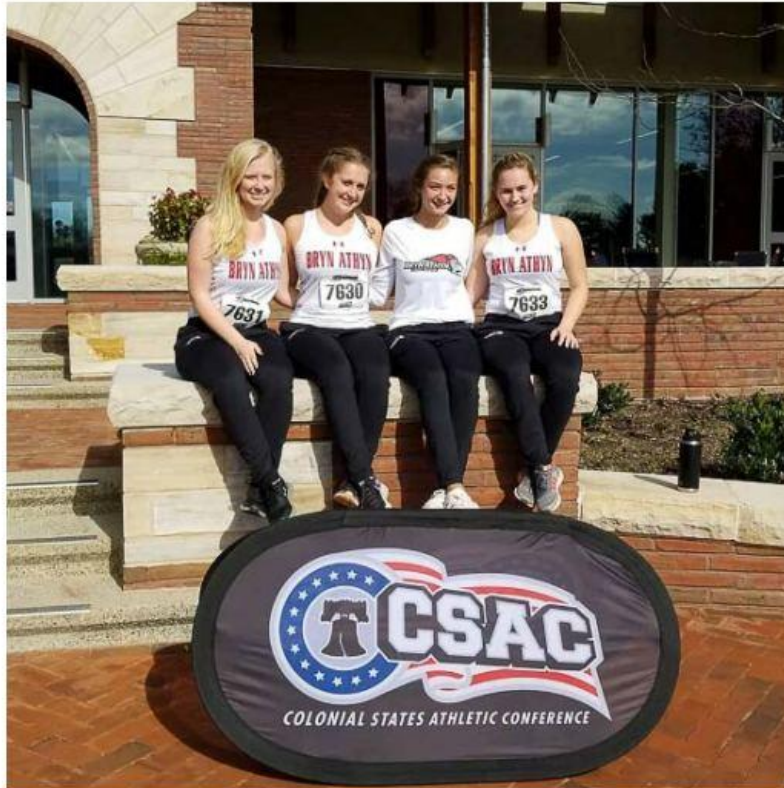
CSAC Championship Race (November 2, 2019)

6 kilometers

Place	Name	Time
22.	Morgan Flynn	31:04.5
35.	Anwyn Brock	34:27.0
48.	Ursula Friesen	40:53.5
51.	Natalie Buick	45:48.1

Team competition: no team result

52 runners finished the race. They represented Bryn Athyn College, Cairn University, Cedar Crest College, Centenary University, Clarks Summit University, Keystone College, Notre Dame of Maryland University, Rosemont College, and St Elizabeth University.



Natalie Buick, Anwyn Brock, Morgan Flynn, and Ursula Friesen at the 2018 CSAC Championships at Bryn Athyn College (photo by BAC Athletics).

Anwyn Brock was selected to the 2019 CSAC Women's cross country All-Sportsmanship team

All-Sportsmanship Team

Women

Anwyn Brock, Bryn Athyn
Linneah Knapp, Caim
Cailin O'Hara, Centenary
Christina Alberici, Cedar Crest
Abigail Haines, Clarks Summit
Karyn Shimazu, Saint Elizabeth
Lyndsey Sheenan, Keystone
Hannah Campbell, Notre Dame of Maryland
Abigail Wolf, Rosemont



Anwyn Brock and Morgan Flynn (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 women's cross country awards were: Morgan Flynn (Lions' Award), and Anwyn Brock (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 Women's Cross Country Schedule

Print Grid Text		Add To Calendar		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.

For the full release, please visit: <http://brynathynathletics.com/news/2020/7/21/athletics-colonial-states-athletic-conference-statement-regarding-sports-for-fall-2020.aspx>

2021-22

The Bryn Athyn College women's cross country team competed in seven races in 2021-22. The season began in September and ended in October.

The team raced against 35 different colleges and universities during the 2021-22 season:

College or University	#races
Bloomfield College	1
Bryn Mawr College	1
Cabrini University	1
Cairn University	5
Caldwell University	1
Cedar Crest College	2
Centenary University	2
Chestnut Hill College	1
Clarks Summit University	2
Dominican University New York	1
Eastern University	1
Felician University	1
Georgian Court University	1
Harrisburg Area Community College	1
Holy Family University	1
Immaculata University	2
Keystone College	2
Lancaster Bible College	1
Lincoln University	2
Manor College	1
Neumann University	1
New Jersey City University	1
Notre Dame of Maryland University	2
Pratt Institute	1
PSU Abington	2
PSU Berks	1
PSU Brandywine	2
Rosemont College	3
St Elizabeth University	2
SUNY Maritime	1
Thomas Jefferson University	1
University of the Sciences	1
University of Valley Forge	3
Ursinus College	1
Valley Forge Military College	3

2021-22 BAC Women's Cross Country Roster

Brock, Jency
DeAngelis, Lily
Duncan, Kaylia
Fino, Ava
Friesen, Ursula
Kiely, Ciara
Lewis, Terrae
Shaw, Natalie
Ward, Reilly

2021-22 BAC Women's Cross Country Head Coach

King, Jesse

**Colonial States Athletic Conference**

August 30, 2021 · 🌐

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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!

2021 CSAC WOMEN'S CROSS COUNTRY PRESEASON COACHES' POLL**1. CLARKS SUMMIT - 70 PTS (4 FIRST PLACE VOTES)****2. CAIRN - 69 PTS (1 FIRST PLACE VOTE)****3. CEDAR CREST - 68 PTS (4 FIRST PLACE VOTES)****4. KEYSTONE - 56 PTS****5. ROSEMONT - 43 PTS****6. NOTRE DAME OF MARYLAND - 29 PTS****T7. BRYN ATHYN - 27 PTS****T7. SAINT ELIZABETH - 27 PTS****9. VALLEY FORGE - 16 PTS**



The 2021-22 BAC Women's Cross Country Team. Back row: Jesse King (Head Coach), Ciara Kiely, Natalie Shaw, Ava Fino, Ursula Friesen, Mary Williams-Heinrichs (volunteer assistant coach) and Rev. Dr. Andy Dibb (Team Chaplain). Front row: Terrae Lewis, Reilly Ward, Jency Brock, Lily DeAngelis, and Kaylia Duncan (photo by Fredrik Bryntesson).

First Race: September 3, 2021 – Cairn 4K

Cairn 4K (September 3, 2021)		
4 kilometers		
Place	Name	Time
12.	Natalie Shaw	23:39.5
13.	Reilly Ward	24:06.3
15.	Kaylia Duncan	24:52.3
17.	Lily DeAngelis	26:43.1
19.	Jency Brock	27:20.1
Team competition: 3 rd place (3/3)		

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



Bryn Athyn Lions

September 4, 2021 · 🌐

Cross country runs well in first meet of the year [#LionPride](#)

<https://brynathynathletics.com/.../mens-cross-country...>



BRYNATHYNATHLETICS.COM

Cross country runs well at the Cairn Invitational - Bryn Athyn College

LANGHORNE, Pa. – The Bryn Athyn College men's and women's cross country teams com...

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



Philadelphia Metropolitan Cross Country Invitational (September 11, 2021)

5 kilometers

Place	Name	Time
69.	Ava Fino	30:18.7
70.	Natalie Shaw	30:22.2
79.	Reilly Ward	31:44.9
83.	Lily DeAngelis	33:00.9
89.	Jency Brock	40:11.2
90.	Ursula Friesen	40:16.0

Team competition: 11th place (11/12)

95 runners finished the race. They represented Bryn Athyn College, Bloomfield College, Cabrini University, Cairn University, Caldwell University, Centenary University, Chestnut Hill College, Dominican University New York, Felician University, Georgian Court University, Holy Family University, Rosemont College, Thomas Jefferson University, University of the Sciences, and Valley Forge Military College.

Third Race: September 18, 2021 – CSAC Preview Meet

CSAC Preview Meet (September 18, 2021)

6 kilometers

Place	Name	Time
25.	Natalie Shaw	40:28.2
30.	Lily DeAngelis	43:36.3
38.	Jency Brock	47:12.3

Team competition: no team result

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

On September 20, 2021, the conference (CSAC) announced that Natalie Shaw 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)		
5 kilometers		
Place	Name	Time
26.	Ciara Kiely	26:34.2
46.	Natalie Shaw	29:04.4
53.	Ava Fino	30:41.1
57.	Reilly Ward	30:56.8
63.	Lily DeAngelis	32:50.4
67.	Jency Brock	40:10.0
68.	Ursula Friesen	40:14.9
Team competition: 8 th place (8/10)		

74 runners finished the race. They represented Bryn Athyn College, Cairn University, Centenary University, Immaculata University, Lancaster Bible College, Lincoln University, New Jersey City University, Pratt Institute, PSU Abington, PSU Berks, PSU Brandywine, SUNY Maritime, Ursinus College, and Valley Forge military College.

Fifth Race: October 2, 2021 – Dan Talbot Open

Dan Talbot Open (October 2, 2021)		
6 kilometers		
Place	Name	Time
33.	Natalie Shaw	35:49.5
36.	Reilly Ward	37:16.8
37.	Lily DeAngelis	39:06.0
43.	Jency Brock	51:08.3
44.	Ursula Friesen	51:08.9
Team competition: 5 th place (5/5)		

46 runners finished the race. They represented Bryn Athyn College, Bryn Mawr College, Harrisburg Area Community College, Immaculata University, Lincoln University, Neumann University, PSU Abington, PSU Brandywine, Rosemont College, and University of Valley Forge.

Sixth Race: October 15, 2021 – Bryn Athyn Invitational

Bryn Athyn Invitational (October 15, 2021)		
4 kilometers		
Place	Name	Time
2.	Ciara Kiely	18:41.3
3.	Terrae Lewis	19:53.2
8.	Natalie Shaw	21:06.1
12.	Ava Fino	22:06.3
13.	Reilly Ward	22:42.0
15.	Lily DeAngelis	23:17.8
16.	Kaylia Duncan	24:09.8
17.	Jency Brock	29:39.1
18.	Ursula Friesen	29:40.5
Team competition: 2 nd place (2/2)		

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



Bryn Athyn Invitational on October 15, 2021. Top row: Ciara Kiely and Terrae Lewis. Middle row: Natalie Shaw, Ava Fino, and Reilly Ward. Bottom row: Lily DeAngelis, Kaylia Duncan, Jency Brock and Ursula Friesen (photos by Fredrik Bryntesson).



On October 18, 2021, the conference (CSAC) announced that Ciara Kiely had been named to the conference's weekly honor roll:

Honor Roll

Keystone's **Cameren Brice** who clocked a 30:14 at the Rowan Border Battle on Saturday...Cairn's **Nicholas Palladino** who crossed first for the Highlanders at the Bryn Athyn Invitational with a time of 16:17...Bryn Athyn's **Ciara Kiely** who finished second at the Bryn Athyn Invitational...Keystone's **Megan Myers** who finished with a time of 36:38 at the Rowan Border Battle.

Seventh Race: October 30, 2021 – CSAC Championships





The BAC women's cross country team finishing the 2021 CSAC Championship race on October 28, 2021. First row: Natalie Shaw and Terrae Lewis. Second row: Kaylia Duncan and Ursula Friesen. Third row: Jency Brock (photos by CSAC).

CSAC Championships (October 30, 2021)		
6 kilometers		
Place	Name	Time
20.	Natalie Shaw	35:22.0
21.	Terrae Lewis	35:33.0
36.	Kaylia Duncan	42:27.8
39.	Ursula Friesen	44:19.8
43.	Jency Brock	47:02.9
Team competition: 7 th place (7/7)		

48 runners finished the race. They represented Bryn Athyn College, Cairn University, Cedar Crest College, Clarks Summit University, Keystone College, Notre Dame of Maryland University, Rosemont College, St Elizabeth University, and University of Valley Forge.



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](#)



2022-23

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

The team raced against 52 different colleges and universities during the 2022-23 season:

College or University	#races
Albright College	1
Arcadia University	2
Bryn Mawr College	3
Cabrini University	3
Cairn University	4
Camden County College	1
Cedar Crest College	4
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
Gloucester County College	1
Gwynedd Mercy University	1
Haverford College	1
Holy Family University	1
Immaculata University	3
Lancaster Bible College	1
Manor College	1
Montclair State University	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 Brandywine	1
PSU Harrisburg	1
PSU Schuylkill	1
Ramapo College	1
Rosemont College	3
Rowan University	1
Rutgers University-Camden	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	5
Ursinus College	1
Valley Forge Military College	1
Widener University	2
Wilmington University	1

2022-23 BAC Women's Cross Country Roster

Brock, Jency
DeAngelis, Lily
Deibert, Jade
Duncan, Kaylia
Kiely, Ciara
Lewis, Terrae
Parker, Elizabeth
Ward, Reilly

2022-23 BAC Women's Cross Country Head Coach

King, Jesse

**Colonial States Athletic Conference**

August 29, 2022 · 🌐

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Congrats to Cedar Crest College on being named the top pick in the 2022 CSAC Women's Cross Country Preseason Coaches' Poll.

Read more here - <https://bit.ly/3dZtq0V> See less





Bryn Athyn Lions
August 29, 2022 · 🌐

...

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

MEN'S CROSS COUNTRY CSAC POLL



#LionPride

- | | | |
|---|-----------------|-----|
| 1 | CLARKS SUMMIT | (2) |
| 2 | VALLEY FORGE | (1) |
| 3 | BRYN ATHYN | |
| 4 | KEYSTONE | (3) |
| 5 | CAIRN | (1) |
| 6 | ROSEMONT | |
| 7 | SAINT ELIZABETH | |



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@BRYNATHYNLIONS:

WOMEN'S CROSS COUNTRY CSAC POLL



#LionPride

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



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@BRYNATHYNLIONS:



Bryn Athyn Lions

July 22, 2022 · 🌐

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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

10.29 CSAC CHAMPIONSHIP MEET



#LionPride



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
13.	Ciara Kiely	22:38.0
41.	Kaylia Duncan	31:36.1
42.	Reilly Ward	34:04.6
43.	Lily DeAngelis	35:16.7
44.	Jade Deibert	35:41.0
45.	Jency Brock	40:06.5
Team competition: 5 th place (5/5)		

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

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



Philadelphia Metropolitan Cross Country Championships (September 10, 2022)

5 kilometers

Place	Name	Time
41.	Terrae Lewis	26:04.9
60.	Lily DeAngelis	34:07.4
61.	Elizabeth Parker	34:14.8
63.	Jade Deibert	34:56.7
70.	Jency Brock	40:55.4
Team competition: 8 th place (8/9)		

72 runners finished the race. They represented Bryn Athyn College, Cabrini University, 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, and Wilmington University.

On September 12, 2022, the conference (CSAC) announced that Terrae Lewis had been named to the conference's 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)

6 kilometers

Place	Name	Time
6.	Terrae Lewis	29:44.1
13.	Kaylia Duncan	35:09.7
19.	Elizabeth Parker	37:17.1
22.	Jade Deibert	39:20.3
24.	Reilly Ward	39:56.6
34.	Jency Brock	49:02.3
Team competition: 3 rd place (3/5)		

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



The CSAC Preview Meet at Bryn Athyn College on September 17, 2022. Top row: Terra Lewis and Kayla Duncan. Middle row: Elizabeth Parker and Jade Deibert. Bottom row: Riley Ward and Jency Brock (photos by Fredrik Bryntesson).



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)		
6 kilometers		
Place	Name	Time
34.	Terrae Lewis	32:52.5
55.	Kaylia Duncan	37:38.2
61.	Lily DeAngelis	39:37.5
62.	Jade Deibert	39:54.3
64.	Reilly Ward	40:04.4
71.	Jency Brock	47:42.4
Team competition: 8 th place (8/9)		

77 runners finished the race. They represented Bryn Athyn College, Albright College, Cairn University, Cedar Crest College, FDU Florham, Gallaudet University, Immaculata University, Lancaster Bible College, Penn College, PSU Abington, PSU Brandywine, PSU Harrisburg, St Mary's College of Maryland, SUNY Maritime, SUNY Morrisville, Thaddeus Stevens College of Technology, and Thomas Jefferson University.

Fifth Race: October 1, 2022 – Dan Talbot Open



Dan Talbot Open (October 1, 2022)		
6 kilometers		
Place	Name	Time
49.	Kaylia Duncan	36:54.8
50.	Reilly Ward	37:04.5
51.	Lily DeAngelis	38:52.3
58.	Jency Brock	44:17.5
Team competition: no team result		

58 runners finished the race. They represented Bryn Athyn College, Bryn Mawr College, Cabrini University, Drew University, Gloucester County College, Manor College, Neumann University, PSU Abington, PSU Schuylkill, Rosemont College, Rutgers University-Camden, University of Scranton, and University of Valley Forge. Two running clubs also took part.

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



CSAC Championships (October 29, 2022)		
6 kilometers		
Place	Name	Time
4.	Ciara Kiely	26:29.1
9.	Terrae Lewis	28:33.6
22.	Kaylia Duncan	34:06.2
23.	Reilly Ward	34:22.1
24.	Lily DeAngelis	34:31.3
26.	Jade Deibert	35:25.8
34.	Jency Brock	42:16.6
Team competition: 3 rd place (3/6)		

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



The start of the 2022 CSAC women's cross country championship race (photos by CSAC).



The 2022 CSAC women's cross country championship race (photos by CSAC)



Jency Brock at the 2022 CSAC women's cross country championship race (photos by CSAC).



Jade Deibert at the 2022 CSAC women's cross country championship race (photos by CSAC)



Lily DeAngelis at the 2022 CSAC women's cross country championship race (photos by CSAC).



Reilly Ward at the 2022 CSAC women's cross country championship race (photos by CSAC).



Kaylia Duncan at the 2022 CSAC women's cross country championship race (photos by CSAC).



Terra Lewis at the 2022 CSAC women's cross country championship race (photos by CSAC).



Ciara Kiely at the 2022 CSAC women's cross country championship race (photos by CSAC).

Ciara Kiely made the all-conference first team and Terrae Lewis the second team.



The All-CSAC Second Team (photo by CSAC)



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

All-CSAC First Team

1. Hannah Kopec, Valley Forge
2. AyliGrace Munro, Cairn
3. Jonquil Loeffelholz, Cedar Cres
4. Ciara Kiely, Bryn Athyn
5. Heidi Floyd, Clarks Summit
6. Sofia Troland, Valley Forge
7. Caden Laidlaw, Clarks Summit

All-CSAC Second Team

8. Leah Yost, Valley Forge
9. Terrae Lewis, Bryn Athyn
10. Sara Stanley, Clarks Summit
11. Isabelle Mellin, Saint Elizabeth
12. Jessica Simins, Cedar Crest
13. Isabella Palladino, Cairn
14. Hannah Thomas, Valley Forge



Jency Brock was selected to the All-sportsmanship team for the second year in a row

All-Sportsmanship Team

Jency Brock, Bryn Athyn
Isabella Palladino, Cairn
Carolina Beverage, Cedar Crest
Caden Laidlaw, Clarks Summit
Jodi Kaiser, Rosemont
Karyn Shimazu, Saint Elizabeth
Hannah Kopec, Valley Forge



The All-Sportsmanship Team (photo 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

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

Place	Name	Time
110.	Ciara Kiely	28:39.0

Team competition: no team result

170 runners finished the race. They represented Bryn Athyn College, Arcadia University, Bryn Mawr College, Cabrini University, Cairn University, Cedar Crest College, DeSales University, Eastern University, FDU Florham, Gwynedd Mercy University, Haverford College, Immaculata University, Montclair State University, Moravian University, Muhlenberg College, Neumann University, New Jersey City University, Pratt Institute, PSU Abington, Ramapo College, Rowan University, 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.



Ciara Kiely

November 22, 2022 · 🧑🏻



Last week I had the opportunity to run cross Country NCAA Division III Metro Championships at DeSales University with Bryn Athyn! It was an amazing experience to run with so many talented runners! Till next season! [Bryn Athyn Lions](#)





Tara Fehon

January 30, 2023 · 🌐



Alumni Spotlight: Anwyn Brock

Anwyn received a degree in biology during her time at Bryn Athyn College. She is currently pursuing a master's degree from Philadelphia College of Osteopathic Medicine (class of 2024) to become a Physician Assistant.

Anwyn says:

"In my time at Bryn Athyn College, I loved the encouragement to participate in athletics in addition to academics. I feel that this helped me learn the importance of balancing work/education with life outside of these."

Anwyn will be visiting campus in March to be an alumni representative at the graduate school info session event for students. Thanks, Anwyn!

[#bacpride](#) See less

The graphic features a dark teal background. On the left, a large, light green geometric logo (a diamond with internal circles) is partially visible. The text 'Alumni Spotlight' is written in a large, gold, serif font. Below it, 'ANWYN BROCK' is written in a bold, gold, sans-serif font, followed by 'BS, '21' in a smaller, white, sans-serif font. To the right of the text is a portrait of Anwyn Brock, a young woman with curly brown hair, wearing a white lab coat over a dark top, with a stethoscope around her neck. The lab coat has 'Anwyn Brock, PA-C' embroidered on it. In the top right corner of the graphic is a gold circular seal with 'BRYN ATHYN COLLEGE' around the perimeter and '18 / 77' in the center. In the bottom left corner is a red circular seal with a heart in the center containing the letters 'B' and 'C', and the text 'LOVE COMES INTO BEING THROUGH USEFUL SERVICE TO OTHERS' around the heart.

Alumni Spotlight

ANWYN BROCK
BS, '21

Currently enrolled at
Philadelphia College of
Osteopathic Medicine
pursuing a MS.

2023-24

The Bryn Athyn College women's cross country team competed in seven races in 2023-24. The season began in September and ended in October.

The team raced against 37 different colleges and universities during the 2023-24 season:

College or University	#races
Albright College	1
Arcadia University	1
Brookdale Community College	1
Bryn Mawr College	1
Cabrini University	2
Cairn University	5
Caldwell University	1
Cedar Crest College	2
Centenary University	1
Chestnut Hill College	2
Clarks Summit University	2
Dominican University New York	1
Drew University	1
Felician University	1
Gallaudet University	2
Georgian Court University	1
Goldey-Beacom College	1
Gwynedd Mercy University	1
Holy Family University	2
Immaculata University	1
Lancaster Bible College	2
Manor College	1
Neumann University	1
Notre Dame of Maryland University	1
Penn College	2
PSU Abington	5
PSU Berks	3
PSU Harrisburg	2
PSU Schuylkill	1
PSU Scranton	1
Rosemont College	4
Rowan University	1
Rutgers University-Camden	1
St Mary's College of Maryland	1
Stockton University	1
SUNY Maritime	2
Swarthmore College	1
Thaddeus Stevens College of Technology	1
Thomas Jefferson University	2
University of Valley Forge	4
Valley Forge Military College	2
Wilmington University	1

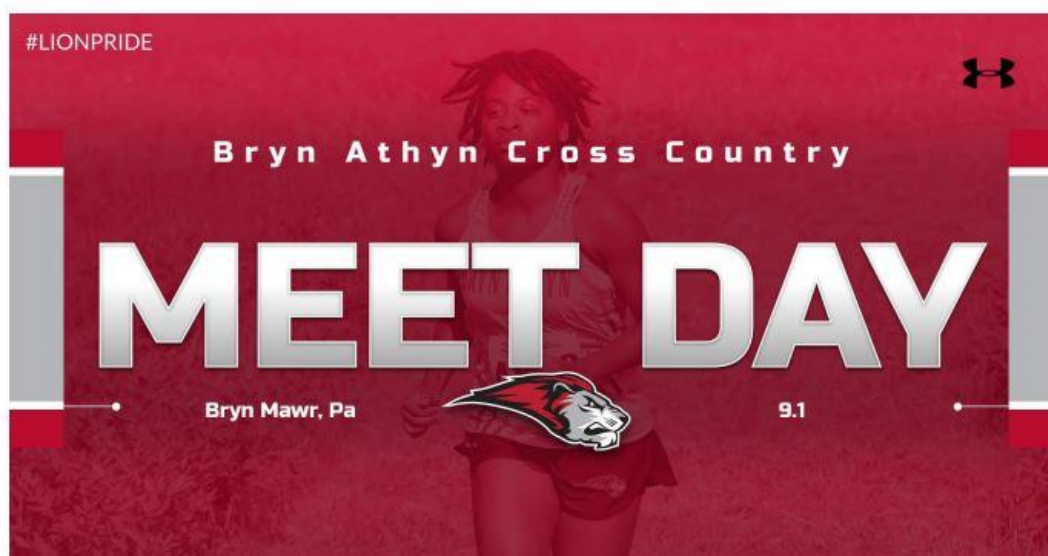
2023-24 BAC Women's Cross Country Roster

DeAngelis, Lily
Deibert, Jade
Duncan, Kaylia
Fino, Ava
Hyatt, Katherine
Kiely, Ciara

2023-24 BAC Women'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
14.	Ciara Kiely	23:13.8
42.	Ava Fino	28:11.6
48.	Lily DeAngelis	32:50.3
49.	Jade Deibert	32:52.4
50.	Kaylia Duncan	33:11.2

Team competition: 7th place (7/7)

53 runners finished the race. They represented Bryn Athyn College, Arcadia University, Bryn Mawr College, Cabrini University, Immaculata University, Neumann University, PSU Abington, Swarthmore College, and University of Valley Forge.

Second Race: September 9, 2023 – Philadelphia Cross Classic



Philadelphia Cross Classic (September 9, 2023)		
5 kilometers		
Place	Name	Time
55.	Ciara Kiely	24:22.5
88.	Ava Fino	29:16.5
97.	Lily DeAngelis	32:38.8
99.	Jade Deibert	33:47.2
101.	Kaylia Duncan	34:53.1
Team competition: 12 th place (12/12)		

104 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, and Wilmington University.

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



Cairn University Highlander XC Invitational (September 16, 2023)

6 kilometers

Place	Name	Time
6.	Ciara Kiely	31:04.4
32.	Ava Fino	38:58.6
38.	Lily DeAngelis	40:29.5
45.	Jade Deibert	43:18.6
49.	Kaylia Duncan	45:49.7

Team competition: 7th place (7/9)

65 runners finished the race. They represented Bryn Athyn College, Cairn University, Cedar Crest College, Clarks Summit University, Gallaudet University, Lancaster Bible College, Notre Dame of Maryland University, Penn College, PSU Abington, PSU Berks, PSU Harrisburg, SUNY Maritime, University of Valley Forge,



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
2.	Ciara Kiely	17:26.3
7.	Ava Fino	21:08.5
12.	Lily DeAngelis	24:45.3
13.	Kaylia Duncan	24:56.5
18.	Jade Deibert	32:54.5
Team competition: 2 nd place (2/3)		

20 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)		
6 kilometers		
Place	Name	Time
45.	Ava Fino	33:28.7
56.	Lily DeAngelis	36:10.1
66.	Kaylia Duncan	40:34.7
Team competition: no team result		

84 runners finished the race. They represented Bryn Athyn College, Albright College, Cabrini University, Cairn University, Centenary University, Drew University, Gwynedd Mercy University, Holy Family University, Manor College, PSU Abington, PSU Berks, PSU Schuylkill, PSU Scranton, Rosemont College, SUNY Maritime, Thaddeus Stevens College of Technology, Thomas Jefferson University, University of Valley Forge. And Valley Forge Military College.

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



Cairn University Cross Country Meet (October 11, 2023)		
6 kilometers		
Place	Name	Time
16.	Ava Fino	34:04.7
19.	Lily DeAngelis	35:58.3
20.	Jade Deibert	36:23.3
24.	Kaylia Duncan	39:27.1
27.	Katherine Hyatt	43:35.5
Team competition: 5 th place (5/6)		

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

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



United East Championships (October 28, 2023)

6 kilometers

Place	Name	Time
6.	Ciara Kiely	27:56.8
31.	Ava Fino	32:41.0
50.	Lily DeAngelis	36:35.8
53.	Jade Deibert	37:13.9
54.	Kaylia Duncan	37:27.0

Team competition: 5th place (5/13)

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



Ciara Kiely crosses the finish line at the 2023 championships (photo by United East)

Ciara Kiely made the all-conference first team for the second year in a row

All-Conference - Women

FIRST TEAM

Finish	Runner	School	Time
1st	Dana Keller	Lancaster Bible College	24:36.5
2nd	Clarisse Hayden	Cairn University	25:13.7
3rd	Kathe Wilken-Yoder	Gallaudet University	25:52.7
4th	AyllGrace Munro	Cairn University	26:52.5
5th	Betsy Robey	St. Mary's College of Maryland	27:43.5
6th	Ciara Kiely	Bryn Athyn College	27:56.8
7th	Caden Laidlaw	Clarks Summit University	27:58.9

SECOND TEAM

Finish	Runner	School	Time
8th	Brittney Douglas	St. Mary's College of Maryland	28:31.2
9th	Lydia Talbot	Lancaster Bible College	28:32.8
10th	Abby Ames	Lancaster Bible College	28:36.1
11th	Naomi Fay	Penn State Berks	28:43.6
12th	Sarah Gibbons	Penn State Harrisburg	28:43.9
13th	Madison Kingsley	St. Mary's College of Maryland	29:17.0
14th	Elaina Brady	Penn College	29:22.9

THIRD TEAM

Finish	Runner	School	Time
15th	Sofia Troland	University of Valley Forge	29:25.9
16th	Kaylee Holston	St. Mary's College of Maryland	29:29.5
17th	Aaliyah Hendrick	Penn State Berks	29:38.4
18th	Stacie Lally	St. Mary's College of Maryland	29:43.8
19th	Skyelar Splain	Penn College	29:44.6
20th	Welya Carter	St. Mary's College of Maryland	29:48.2
21st	Jonquil Loeffelholz	Cedar Crest College	30:16.1



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](#)



Jade Deibert was selected to the All-sportsmanship team

LATHAM, N.Y. - The United East has named its Women'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 Women's Cross Country All-Sportsmanship Team:

Student-Athlete	School	Class	Hometown
Jade Deibert	Bryn Athyn College	So	
Madison Cressley	Cedar Crest College	Sr	Lehigh, Pa.
Erin Wilson	Cairn University	Jr	Southampton, Pa.
Caden Laidlaw	Clarks Summit University	Jr	Laurium, Mi.
Olivia Armstrong	Gallaudet University	So	Rotterdam, N.Y.
Lydia Goodling	Lancaster Bible College	FY	McAlisterville, Pa.
Laci Petrucci	Notre Dame of Maryland University	FY	Severna Park, Md.
Skyelar Splain	Pennsylvania College of Technology	Sr	Newport, Pa.
Mariah Moore	Penn State Abington	FY	
Heather Hoffman	Penn State Berks	FY	Womelsdorf, Pa.
	Penn State Harrisburg		
Analisa Yoder	Rosemont College	GR	Belleville, Pa.
Isabelle Mellin	Saint Elizabeth University	SR	Ottumwa, IA
Alexis Hodges	St. Mary's College of Maryland	FY	Sugarland, Tx.
Hannah Kopec	University of Valley Forge	Jr	Spring City, Pa.

These fifteen 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.

2024-25

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

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

College or University	#races
Albright College	2
Cairn University	5
Cedar Crest College	3
Central Penn College	1
Delaware Valley University	1
Felician University	1
Gallaudet University	2
Georgian Court University	1
Gwynedd Mercy University	1
Holy Family University	1
Immaculata University	1
Kean University	2
Keystone College	1
Lancaster Bible College	2
Notre Dame of Maryland University	4
Penn College	1
PSU Abington	4
PSU Berks	2
PSU Brandywine	3
PSU Harrisburg	2
PSU Schuylkill	1
Rutgers University-Camden	1
St Mary's College of Maryland	2
Stockton University	1
SUNY Maritime	1
University of Valley Forge	5

2024-25 BAC Women's Cross Country Roster

Bongers, Deidré
DeAngelis, Lily
Elphick, Serena
Hughes, Sarah
Hyatt, Katherine
Varona, Gretchen
Wyandt, Tess

2024-25 BAC Women's Cross Country Head Coach

King, Jesse

First Race: September 7, 2024 – Aggie Open

Aggie Open (September 7, 2024)**6 kilometers**

Place	Name	Time
25.	Lily DeAngelis	42:36.1
26.	Katherine Hyatt	44:37.8

Team competition: no team result

27 runners finished the race. They represented Bryn Athyn College, Cedar Crest College, Delaware Valley University, Kean University, Keystone College, and Notre Dame of Maryland University.

Second Race: September 13, 2024 – Seahawk Classic



Seahawk Classic (September 13, 2024)		
6 kilometers		
Place	Name	Time
21.	Gretchen Varona	33:37.5
35.	Sarah Hughes	40:01.4
40.	Tess Wyandt	43:29.4
45.	Katherine Hyatt	46:52.1
48.	Deidré Bongers	49:53.0
49.	Serena Elphick	49:53.2
Team competition: 6 th place (6/7)		

52 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, and University of Valley Forge.



Bryn Athyn College

September 17, 2024 · 🌐

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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)		
6 kilometers		
Place	Name	Time
54.	Sarah Hughes	35:12.5
64.	Tess Wyandt	39:00.2
75.	Deidré Bongers	43:26.4
79.	Serena Elphick	44:38.3
86.	Katherine Hyatt	48:35.1
Team competition: 12 th place (12/12)		

90 runners finished the race. They represented Bryn Athyn College, Albright College, Cairn University, Cedar Crest College, Central Penn College, Gwynedd Mercy University, Holy Family University, Kean University, PSU Abington, PSU Berks, PSU Brandywine, Stockton University, SUNY Maritime, University of Valley Forge. One running club also participated.

Fourth Race: September 28, 2024 – Bryn Athyn Invitational



Bryn Athyn Invitational (September 28, 2024)		
6 kilometers		
Place	Name	Time
20.	Gretchen Varona	33:14.1
21.	Sarah Hughes	33:18.9
24.	Tess Wyandt	36:56.0
27.	Katherine Hyatt	41:14.6
29.	Deidre Bongers	42:06.5
30.	Serena Elphick	42:33.2
Team competition: 6 th place (6/6)		

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

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)		
6 kilometers		
Place	Name	Time
34.	Gretchen Varona	33:15.7
42.	Tess Wyandt	37:31.2
44.	Lily DeAngelis	39:04.6
47.	Katherine Hyatt	41:36.4
56.	Serena Elphick	43:44.5
58.	Deidré Bongers	44:22.3
Team competition: 9 th place (9/9)		

65 runners finished the race. They represented Bryn Athyn College, Albright College, Cairn University, Felician University, Georgian Court University, Notre Dame of Maryland University, PSU Abington, PSU Schuylkill, Rutgers University-Camden, and University of Valley Forge. Plus, one running club.

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

United East Championships (November 2, 2024)		
6 kilometers		
Place	Name	Time
48.	Gretchen Varona	32:19.7
68.	Sarah Hughes	36:42.5
74.	Serena Elphick	39:38.5
79.	Tess Wyandt	41:23.6
81.	Katherine Hyatt	42:10.1
82.	Deidré Bongers	42:26.7
Team competition: 13 th place (13/13)		

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

Deidré Bongers was selected to the All-sportsmanship team

LATHAM, N.Y. - The United East has named its Women'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 Women's Cross Country All-Sportsmanship Team:

All-Sportsmanship Team

Name	YR	School	Hometown
Deidre Bongers	JR	Bryn Athyn College	Bryn Athyn, PA
Morgan Steele	JR	Cairn University	Bowie, MD
Abigail Adams	FR	Cedar Crest College	Suffolk, VA
Liberty Morales-Juan	FR	Gallaudet University	Oklahoma City, Okla.
Lydia Goodling	SO	Lancaster Bible College	McAlisterville, Pa
Amanda Grant	FR	Notre Dame of Maryland	Vancouver, Washington
Elaina Brady	SO	Penn College	McConnellsburg, PA
Brielle Worrall	SR	Penn State Abington	Doylestown, PA
Megan Kroninger	FR	Penn State Berks	Macungie, PA
Tinya Terrell	FR	Penn State Brandywine	Milford, VA
Melina Dhital	JR	Penn State Harrisburg	Hershey, PA
Ashley Torres	SO	Saint Elizabeth University	Newark, NJ
Kaylee Holston	JR	St. Mary's College (Md.)	Sunderland, MD
Sofia Troland	JR	University of Valley Forge	Milton, VT

2013-14

The Bryn Athyn College women'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 · 🌐

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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 · 🌐

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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 · 🌐

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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 22 different colleges and universities during the 2013-14 season:

College or University	#races
Albright College	2
Cabrini University	2
Cairn University	3
Cedar Crest College	1
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
Mercer College	1
Neumann University	1
PSU Abington	2
PSU Berks	1
PSU Harrisburg	1
Rosemont College	2
St Elizabeth University	1
Stockton University	1
University of Valley Forge	2
Ursinus College	1

2013-14 BAC Women's Cross Country Roster

Daum, Natalie
Ferrau, Jessica
Hoffman, Anne
Morrison, Courtney

2013-14 BAC Women's Cross Country Head Coach

King, Jesse

First Race: September 7, 2013 – Highlander Invitational



Bryn Athyn Lions

September 6, 2013 · 🌐

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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)

3 miles

Place	Name	Time
64.	Coutney Morrison	26:15
67.	Anne Hoffman	26:59
89.	Jessica Ferrau	33:45

Team competition: no team result

91 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, Mercer College, Neumann University, Stockton University, University of Valley Forge, and Ursinus College.



Bryn Athyn Lions

September 23, 2013 · 🌐

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Athlete of the Week | Natalie Daum



BRYNATHYNATHLETICS.COM

Natalie Daum

Natalie Daum, of the women's cross country team, is Bryn Athyn College's Athlete of the Week. This past weekend Daum led her team at the Penn State Abington Invitational, finishing 28th with a time of 28:12.

Second Race: September 21, 2013 – PSU Abington Invitational

PSU Abington Invitational (September 21, 2013)		
5 kilometers		
Place	Name	Time
28.	Natalie Daum	28:12
35.	Courtney Morrison	29:25
39.	Anne Hoffman	29:52
52.	Jessica Ferrau	35:51
Team competition: no team result		

57 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, Rosemont College, St Elizabeth University.

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



Bryn Athyn Lions

September 27, 2013 · 🌐

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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)

5 kilometers

Place	Name	Time
6	Courtney Morrison	24:58
11	Anne Hoffman	26:39
16.	Jessica Ferrau	31:29

Team competition: no team result

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



Bryn Athyn Lions

September 27, 2013 · 🌐

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

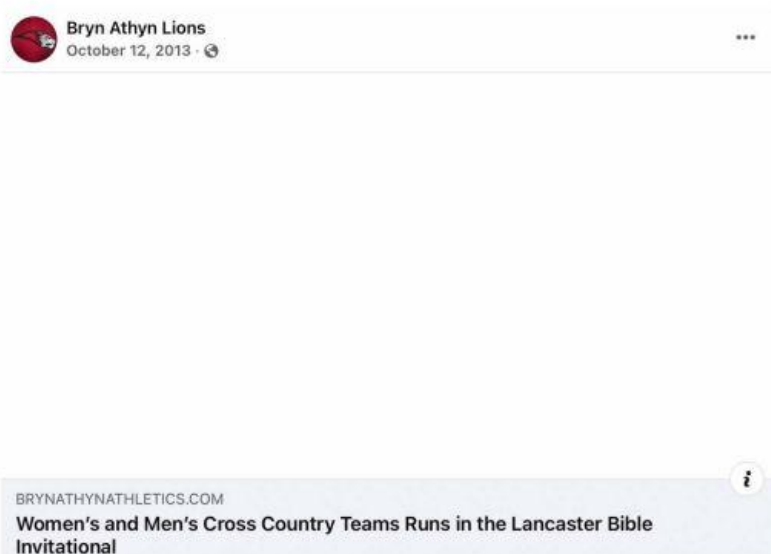




Fourth Race: October 12, 2013 – Lancaster Bible College Homecoming Invitational

Lancaster Bible College Invitational (October 12, 2013)		
5 kilometers		
Place	Name	Time
11.	Natalie Daum	23:37.4
16.	Courtney Morrison	25:23.7
20.	Anne Hoffman	26:02.7
Team competition: no team result		

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



Fifth Race: October 24, 2013 – Immaculata Invitational

Immaculata Invitational (October 24, 2013)		
3 kilometers		
Place	Name	Time
14.	Natalie Daum	14:03
20.	Courtney Morrison	14:36
25.	Anne Hoffman	15:21
40.	Jessica Ferrau	19:40
Team competition: no team result		

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



Picture from the 2013-14 season (photo BAC Athletics).