

# Randolph Cross Country

2023 RESULTS



# 2023 by the Numbers

- ▶ 157 Runners on the Roster
- ▶ 121 Runners competed in at least 1 race (76 returning runners)
- ▶ 98 Runners competed in at least 3 races, qualifying for the Lakeland Championship
- ▶ 63 of our 76 runners that competed in the Lakeland Championships ended their season with a PR!
- ▶ 26 Runners had perfect attendance in meets!
- ▶ As individuals, we ran 574 races. Our 45 medalists won 196 medals
- ▶ As a team, we competed in 48 races, with 21 1<sup>st</sup> place finishes and 3 team championships

# 7-8 Girls

- ▶ Annette Rishi
- ▶ Isla Lavery
- ▶ Molly Merrill
- ▶ Morgan Wisdom
- ▶ Mackenzie Winslow
- ▶ Naalah Hussein
- ▶ Maya Davis
- ▶ Emma Saguillo Leppanen
- ▶ Trinity De Vito
- ▶ Zoe Manesis
- ▶ Kaylee Klosek
- ▶ Nora Cook
- ▶ Blake Szawlowski
- ▶ Malika Fayad
- ▶ Cara Platt
- ▶ Avery Heller
- ▶ Lily LaCava
- ▶ Breh Adler

## 7-8 Girls

- ▶ 17 runners competed in a meet
- ▶ Perfect Attendance - Isla Lavery, Zoe Manesis, Molly Merrill, Annette Rishi, Emma Saguillo Leppanen, Mackenzie Winslow, Morgan Wisdom
- ▶ Medalists - Maya Davis, Naalah Hussein, Isla Lavery, Molly Merrill , Annette Rishi, Emma Saguillo Leppanen, Mackenzie Winslow, Morgan Wisdom
- ▶ Most improved with 4 PRs – Molly Merrill , Emma Saguillo Leppanen
- ▶ Running longer AND faster - Kaylee Klosek
- ▶ Team Event – 1<sup>st</sup>, 1<sup>st</sup>, 1<sup>st</sup>, 1<sup>st</sup>, 1<sup>st</sup>, 1<sup>st</sup> and 1<sup>st</sup> in the Lakeland Championship
- ▶ All 12 runners that competed in the Lakeland Championship meet finished the season with a PR!

# 7-8 Boys

- ▶ Colton Vogel
- ▶ Logan Tenny
- ▶ Jiro Nwachuku
- ▶ Brody Fajvan
- ▶ Colby Hastings
- ▶ Oliver Wallace
- ▶ Connor Susani
- ▶ Finn Patrick McGrath
- ▶ Garrett Pasterick
- ▶ Sebastian Sclafani
- ▶ Mark Bernstein
- ▶ Alexander Ortiz
- ▶ Lorik Bardhi
- ▶ Krish Devanand
- ▶ Matthew Kowzun
- ▶ Mason Rivera
- ▶ Raihaan Peeran
- ▶ Vihaan Chakraborty
- ▶ Jacob Campbell
- ▶ Brandon Campbell
- ▶ Khaled Baghdady

## 7-8 Boys

- ▶ 17 runners competed in a race
- ▶ Perfect Attendance - Finn Patrick McGrath, Garrett Pasterick, Logan Tenny
- ▶ Medalists - Logan Tenny, Colton Vogel
- ▶ Most improved with 4 PRs – Matthew Kowzun, Alexander Ortiz, Logan Tenny
- ▶ Running longer AND faster - Brody Fajvan, Jiro Nwachuku, Alexander Ortiz
- ▶ Team Event – 5<sup>th</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 4<sup>th</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, and 3<sup>rd</sup> in the Lakeland Championship

## 9-10 Girls

- ▶ Cameron Hastings
- ▶ Arya Bhavsar
- ▶ Addison Horn
- ▶ Jelena Aranjuez
- ▶ Skylar Drew
- ▶ Aishani Mukherjee
- ▶ Noa Rama
- ▶ Autumn Ortiz
- ▶ Keira Seely
- ▶ Farin Nicholas

## 9-10 Girls

- ▶ 10 runners competed in a race
- ▶ Perfect Attendance - Jelena Aranjuez, Noa Rama
- ▶ Medalists - Jelena Aranjuez, Arya Bhavsar, Cameron Hastings
- ▶ Running longer AND faster - Jelena Aranjuez, Arya Bhavsar, Cameron Hastings, Autumn Ortiz, Noa Rama
- ▶ Team Event – 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, 7<sup>th</sup>, 10<sup>th</sup>, 6<sup>th</sup>, and 7<sup>th</sup> in the Lakeland Championship



# 9-10 Boys

- ▶ Aldo Segal
- ▶ Michael Gellas
- ▶ Justin Bernardino
- ▶ Benton Gannon
- ▶ Liam Domicolo
- ▶ Ryder Jacobs
- ▶ Samuel Reyes
- ▶ Harrison Tenny
- ▶ Max Costello
- ▶ Noah Rua
- ▶ Daniel Raymore
- ▶ Jonathan Danner
- ▶ Orlando Noonan
- ▶ Ben Sclafani
- ▶ Mason Sutton
- ▶ Henry Marston
- ▶ Brannan Lavery
- ▶ Sean Cook
- ▶ Parker DeVleeschouwer
- ▶ Matthey Richard
- ▶ Lucas Pasia
- ▶ Joseph Manis
- ▶ Benjamin Crist
- ▶ Jack Cogan
- ▶ Aly Baghdady
- ▶ Daniel Butchko
- ▶ Benjamin Greenberg

# 9-10 Boys

- ▶ 24 runners competed in a race
- ▶ Perfect Attendance - Liam Domicolo, Max Costello, Jonathan Danner, Ryder Jacobs, Orlando Noonan, Samuel Reyes, Noah Rua, Mason Sutton, Harrison Tenny
- ▶ Medalists - Justin Bernardino, Liam Domicolo, Benton Gannon, Michael Gellas, Ryder Jacobs, Samuel Reyes, Aldo Segal
- ▶ Most improved with 4 PRs - Max Costello, Noah Rua
- ▶ Most improved on team with 5 PRs - Mason Sutton
- ▶ Running longer AND faster - Justin Bernardino, Sean Cook, Max Costello, Jonathan Danner, Benton Gannon, Michael Gellas, Henry Marston, Orlando Noonan, Daniel Raymore, Samuel Reyes, Noah Rua, Aldo Segal, Mason Sutton, Harrison Tenny
- ▶ Team Event – 1<sup>st</sup>, 1<sup>st</sup>, 1<sup>st</sup>, 2<sup>nd</sup>, 2<sup>nd</sup>, 1<sup>st</sup>, and 1<sup>st</sup> in the Lakeland Championship

# 11-12 Girls

- ▶ Joy Young
- ▶ Brianna Winslow
- ▶ Vanessa Leloia
- ▶ Abbey Renna
- ▶ Bella Norton
- ▶ Avery Narcise
- ▶ Sofia Saguillo Leppanen
- ▶ Julia Aranjuez
- ▶ Sadie Slicks
- ▶ Dafina Bardhi
- ▶ Adalyn Doelger
- ▶ McKenna Wysocki
- ▶ Ava Korish
- ▶ Aislyn Rivera

# 11-12 Girls

- ▶ 14 runners competed in a race
- ▶ Perfect Attendance - Bella Norton, Brianna Winslow, McKenna Wysocki
- ▶ Medalists - Vanessa Leloia, Avery Narcise, Bella Norton, Abbey Renna, Sofia Saguillo Leppanen, Brianna Winslow, Joy Young
- ▶ Most improved with 4 PRs - Julia Aranjuez, Vanessa Leloia
- ▶ Team Event – 2<sup>nd</sup>, 1<sup>st</sup>, 3<sup>rd</sup>, 3<sup>rd</sup>, 2<sup>nd</sup>, 2<sup>nd</sup>, and 2<sup>nd</sup> in the Lakeland Championship
- ▶ All 10 runners that competed in the Lakeland Championship meet finished the season with a PR!

# 11-12 Boys

- ▶ Andrew Bernardino
- ▶ Landon Merrill
- ▶ Alec Sassoon
- ▶ Michael Ramsdell
- ▶ Ethan Barnett
- ▶ Emmett Behnke
- ▶ Cullen Carbery
- ▶ Rafael Aranjuez
- ▶ Mithun Yoga
- ▶ Roshan Kothari
- ▶ Ishaan Devanand
- ▶ Cole Tramposch
- ▶ Anton Zeiger
- ▶ Jacob Ramsdell
- ▶ Zachary Ramsdell
- ▶ Connor Simon
- ▶ Robert Dalglish
- ▶ Matthew Cook
- ▶ Milan Yoga
- ▶ Jonah Goldstein
- ▶ Ryan Postorino
- ▶ Vaughn Saunders
- ▶ Calum Lavery
- ▶ Johnny Baxter
- ▶ Jackson Crist
- ▶ Aidan Scanan
- ▶ Aayoush Rau

# 11-12 Boys

- ▶ 25 runners competed in a race
- ▶ Perfect Attendance - Milan Yoga, Mithun Yoga
- ▶ Medalists - Rafael Aranjuez, Ethan Barnett, Emmett Behnke, Andy Bernardino, Cullen Carbery, Roshan Kothari, Landon Merrill, Michael Ramsdell, Alec Sassoon
- ▶ Most improved with 4 PRs - Rafael Aranjuez, Cullen Carbery, Milan Yoga, Mithun Yoga
- ▶ Team Event – 1<sup>st</sup>, 1<sup>st</sup>, 1<sup>st</sup>, 2<sup>nd</sup>, 1<sup>st</sup>, 1<sup>st</sup>, and 2<sup>nd</sup> in the Lakeland Championship

# 13-14 Girls

- ▶ Julianna Young
- ▶ Macie Wysocki
- ▶ Emily Dalton
- ▶ Anjali George
- ▶ Chloe Hastings
- ▶ Ava Gumann
- ▶ Ashley McDonnell
- ▶ Sophia Perez
- ▶ Caroline Wyka
- ▶ Elizabeth Greenberg
- ▶ Samantha Toro Lopez
- ▶ Vanessa Montoya

# 13-14 Girls

- ▶ 9 runners completed in a race
- ▶ Medalists - Emily Dalton, Anjali George, Ava Gumann, Chloe Hastings, Macie Wysocki, Julianna Young
- ▶ Most improved with 4 PRs – Anjali George
- ▶ Running longer AND faster - Emily Dalton, Anjali George, Macie Wysocki, Julianna Young
- ▶ Team Event – 1<sup>st</sup>, 1<sup>st</sup>, -, 3<sup>rd</sup>, 4<sup>th</sup>, -, and 1<sup>st</sup> in the Lakeland Championship



# 13-14 Boys

- ▶ Griffin Branch
- ▶ Aidan Danner
- ▶ Mason Wolak
- ▶ Oliver Brunton
- ▶ Liam Curley
- ▶ Bobby Butchko
- ▶ Nick Kment
- ▶ Jainam Shah

# 13-14 Boys

- ▶ 5 runners competed in a race
- ▶ Medalists - Griffin Branch, Aidan Danner, Oliver Brunton
- ▶ Most improved with 4 PRs – Aidan Danner
- ▶ Running longer AND faster - Aidan Danner, Mason Wolak
- ▶ Team Event – 4<sup>th</sup> place in week 1
- ▶ All 3 runners that competed in the Lakeland Championship meet finished the season with a PR!

# Presentation to the 8<sup>th</sup> Graders

- ▶ Griffin Branch
- ▶ Oliver Brunton
- ▶ Liam Curley
- ▶ Emily Dalton
- ▶ Aidan Danner
- ▶ Anjali George
- ▶ Elizabeth Greenberg
- ▶ Ava Gumann
- ▶ Nick Kment
- ▶ Ashley McDonnell
- ▶ Vanessa Montoya
- ▶ Sophia Perez
- ▶ Jainam Shah
- ▶ Samantha Toro Lopez
- ▶ Caroline Wyka
- ▶ Macie Wysocki
- ▶ Julianna Young

# High School Coaches

- ▶ Ana Saguillo Leppanen
- ▶ Andy Michelin
- ▶ Connor Wysocki
- ▶ Giacomo Lenge
- ▶ Keili Semler
- ▶ Lia Carroll
- ▶ Lila Willis
- ▶ Liv Wright
- ▶ Olivia Myerson
- ▶ Patrick Curley
- ▶ Russell Goldstein

# Coaches

## Director – Patty Danner

### ▶ 7-8 Coaches

- ▶ Becky Merrill
- ▶ Kaisa Leppanen
- ▶ Kiersten Drazek
- ▶ Lisa Cook
- ▶ Vikramjit Rishi

### ▶ 9-10 Coaches

- ▶ Jeff Manis
- ▶ Kim Sawczyn
- ▶ Noah Segal
- ▶ Rob Domicolo

### ▶ 11+ Coaches

- ▶ Christine Bernardino
- ▶ Javier Saguiillo Fernandez
- ▶ Michael Ingoglia
- ▶ Patty Danner
- ▶ Tim Bhardi

# XC/Track Committee

- ▶ Patty Danner – Program Chair
- ▶ Christine Bernardino – Results
- ▶ Debbie Goldstein – Social
- ▶ Kim Sawczyn - Apparel
- ▶ Rob Domicolo - Equipment
  
- ▶ Open Positions: Technology, Clinic Track

Thank you for a great  
season!

