

MEN'S CROSS COUNTRY RECORD BOOK

Updated 11/28/11 *jml*

Year-By-Year										
1981	7-3	Bill Grothe		1992	7-1	Adalberto Alonso		2003	0-0	Kevin McGinn
1982	7-3	Bill Grothe		1993	3-1	Adalberto Alonso		2004	0-0	John Crawford
1983	8-7	Bill Grothe		1994	5-0	Adalberto Alonso		2005	0-0	John Crawford
1984	7-4	Adalberto Alonso		1995	7-0	Adalberto Alonso		2006	0-0	John Crawford
1985	3-1	Adalberto Alonso		1996	12-0	Adalberto Alonso		2007	0-0	John Crawford
1986	3-3	Adalberto Alonso		1997	6-0	Adalberto Alonso		2008	0-0	John Crawford
1987	1-1	Adalberto Alonso		1998	11-0	Adalberto Alonso		2009	0-0	John Crawford
1988	4-1	Adalberto Alonso		1999	0-0	Adalberto Alonso		2008	0-0	John Crawford
1989	4-1	Adalberto Alonso		2000	2-0	Adalberto Alonso		2009	0-0	John Crawford
1990	5-3	Adalberto Alonso		2001	0-0	Adalberto Alonso		2010	0-0	John Crawford
1991	7-2	Adalberto Alonso		2002	0-0	Adalberto Alonso		2011	0-0	John Crawford

Coaching Records					
Coach	# of Years	Years	Record	Meets	W-L%
Rich Grothe	3	1981-83	22-13	35	0.629
Adalberto Alonso	19	1984-2002	87-18	105	0.829
Kevin McGinn	1	2003	0-0	0	0.000
John Crawford	8	2004-11	0-0	0	0.000
Totals	31		109-31	140	0.779

Team Records		
Wins	12	1996
W-L%	1.000 (12-0)	2000
Consecutive Wins	12	1996

Course Records for Stevens Runners				
Allentown College	Steve Kropac	27:09	5.0 Miles	1998
Bard College	Michael Tamkutonis	28:53	5.0 Miles	1987
Bayonne Park	Adalberto Alonso	26:58	4.8 Miles	1981
Bayonne Park	Manny Costa	26:58	4.8 Miles	1981
Branch Brook Park	Will Sanders	25:54	8K Run	2005
Clove Lake Park	Steve Kropac	29:19	5.1 Miles	1996
Collegiate Track Championships	Yakubu Miles	26:58	5.0 Miles	1998
Collegiate Track Championships	David DeWan	26:36	8K Run	2009
Drew University	Yakubu Miles	27:53	5.0 Miles	1998
Dickinson College	Steve Kropac	28:15	5.0 Miles	1995
Fortin Park (Oneonta)	Dominic Catalano	27:11	8K Run	2010
Garret Mountain	Adalberto Alonso	26:17	4.7 Miles	1981
Garret Mountain	Michael Tamkutonis	29:13	5.0 Miles	1988
Gloucester County College	Andrew Turnage	27:54	8K Run	2010
Harkness Memorial State Park	Will Sanders	27:00	5.0 Miles	2005
Holmdel Park	Steve Kropac	28:44	5.0 Miles	1996
King's College (N.Y.)	Adalberto Alonso	28:26	5.0 Miles	1982
Letchworth State Park	Gabriel Miani	27:46	5.0 Miles	1997
Letchworth State Park	David DeWan	26:55	8K Run	2009
Lehigh University (Paul Short)	David DeWan	26:33	8K Run	2009
Liberty State Park	Steve Kropac	27:34	5.0 Miles	1996
Liberty State Park	David DeWan	26:36	8K Run	2009
Loantaka Brook Park	Michael Tamkutonis	28:08	5.0 Miles	1988
Manhattanville College	Adalberto Alonso	23:12	4.5 Miles	1982
Manhattanville College	John Critelli	27:20	4.8 Miles	1983
Marywood University	John Barnes	29:37	8K Run	2007
Memorial State Park	Adalberto Alonso	27:52	5.0 Miles	1982
Ramapo College	Michael Tamkutonis	28:31	5.0 Miles	1988
Saratoga Springs State Park	Thomas Cunningham	26:28	8K Run	2011
St. Lawrence University	Michael Cahill	26:41	8K Run	2011
Stanley Park	Yakubu Miles	28:09	5.0 Miles	1995
Stockton College	David DeWan	26:36	8K Run	2009
Sunken Meadow Park	Will Sanders	28:01	5.0 Miles	2005
SUNY New Paltz	Brad Antes	27:14	7,500 meters	2011
Tufts University	Steve Kropac	28:10	5.0 Miles	1993

University of Massachusetts – Dartmouth	Steve Kropac	26:27	5.0 Miles	1996
University of Rochester	Will Sanders	27:43	8K Run	2005
Vassar College	Steve Kropac	28:15	5.0 Miles	1988
Vassar College	Michael Cahill	20:45	6K Run	2011
Vassar College	John Barnes	27:32	8K Run	2007
Van Cortlandt Park	Philip Mainwaring	26:38	8K Run	2007
Van Cortlandt Park	Steven Chick	20:45	6K Run	2007
Van Cortlandt Park	John Wright	17:00	5K Run	2008
Washington Crossing Park	Patrick Deluca	29:40	5.0 Miles	2002
White Clay State Park (U of Del.)	David DeWan	27:57	8K Run	2009
Williams College	Nick Dunford	28:09	5.0 Miles	2001
NOTE: Records include post-season championship events				

Under 30 8K at Van Cortlandt Park									
Phillip Mainwaring	26:38	11/10/07	Sachi Desai	28:51	2000	Mike Tamkutonis	29:49	1988	
Michael Hoffman	27:05	11/10/07	John Critelli	28:56	1984	John Doddy	29:50	1982	
Joseph Fullam	27:27	11/10/07	Gerald Messina	29:00	1986	Edward Stephens	29:51	1985	
Steven Chick	27:30	11/10/07	John Breen	29:05	1987	Joe Lojek	29:51	2002	
John Barnes	27:32	9/15/07	Sachi Desai	29:05	2001	Robert Volk	29:54	2001	
Steve Kropac	27:45	1996	Gabriel Miani	29:12	2000	Colin McKinley	29:56	2001	
John Barnes	27:48	11/10/07	Nick Dunford	29:13	2000	Manuel Costa	29:59	1981	
Will Sanders	27:56	2005	Chris Naiva	29:20	1996				
Juan Carlos Coronel	28:07	11/10/07	Carlos Castillo	29:28	2004				
Joseph Fullam	28:25	9/15/07	Danny Lascano	29:34	2005				
Adalberto Alonso	28:25	1981	James Roberts	29:37	1982				
Steven Chick	28:28	9/15/07	Gabriel Miani	29:38	1999				
Yakubu Miles	28:30	1998	Patrick Deluca	29:39	2001				
Michael Hoffman	28:31	9/15/07	Brad Antes	29:42	9/15/07				
Nick Dunford	28:31	2001	Shafik Quoraishee	29:42	2000				
Michael Hoffman	28:36	10/29/06	Dave Arbeitel	29:43	1981				
Brad Antes	28:37	11/10/07	Dave Donohue	29:45	1997				
Philip Mainwaring	28:41	10/29/06	Jose Tapia	29:45	1995				
Juan Carlos Coronel	28:48	9/15/07	Andrew Larsen	29:46	2002				
Joseph Fullam	28:49	10/29/06	Derek Cholon	29:47	1991				
Patrick Deluca	28:50	2002	Shafik Quoraishee	29:48	2003				

Top-Five Team Averages	
28:32	1996
28:35	2000
28:50	1997
28:52	1998
28:57	2001

Stevens Institute of Technology Invitational									
Year	Finish	Top Finisher	Placement	Time	Year	Finish	Top Finisher	Placement	Time
1995	1 st /5	Steve Kropac	1 st Place	29:58	2006	1 st /10	Michael Hoffman	2 nd Place	27:59
1996	3 rd /7	Steve Kropac	1 st Place	27:34	2007	1 st /13	John Barnes	1 st Place (4k)	13:32
1997	4 th /22	John Breen	13 th Place	28:44	2007	1 st /13	Philip Mainwaring	2 nd Place (8k)	28:46
1998	6 th /20	Yakubu Miles	9 th Place	28:32	2008	1 st /10	Andrew Ballinger	4 th Place (4k)	13:48
1999	4 th /11	Gabriel Miani	16 th Place	30:15	2008	1 st /10	Steven Chick	2 nd Place	28:15
2000	2 nd /11	Sachi Desai	3 rd Place	28:06	2009	1 st /11	David DeWan	2 nd Place (8k)	26:36
2001	2 nd /15	Nick Dunford	4 th Place	28:09	2009	1 st /11	Zane Brylinsky	2 nd Place (4k)	12:41
2002	2 nd /12	Shafik Quoraishee	10 th Place	31:57	2010	2 nd /9	Andrew Turnage	11 th Place (6k)	20:29
2002	2 nd /12	Shafik Quoraishee	10 th Place	31:57	2010	2 nd /9	Dominic Catalano	17 th Place (4k)	13:19
2003	2 nd /15	Shafik Quoraishee	11 th Place	29:07	2011	-----	Race was postponed		
2005	1 st /5	Will Sanders	2 nd Place	26:40					

New Jersey Institute of Technology Highlander Invitational				
Year	Finish	Top Finisher	Placement	Time
2005	1 st Place	Will Sanders	2 nd Place	25:54
2006	2 nd Place	Michael Hoffman	2 nd Place	27:59
2007	1 st Place	John Barnes	2 nd Place	28:19
2008	2 nd Place	Brad Antes	2 nd Place	27:18
2009	1 st Place	David DeWan	2 nd Place	26:37
2010	1 st Place	Andrew Turnage	9 th Place	27:24
2011	2 nd Place	Michael Cahill	13 th Place	26:24

Collegiate Track Conference Championships				
Year	Finish	Top Finisher	Placement	Time
1997	9 th Place	Yakubu Miles	62 nd Place	28:58
1998	11 th Place	Yakubu Miles	9 th Place	26:58
1999	11 th Place	Gabriel Miani	36 th Place	30:23
2006	8 th Place	Philip Mainwaring	23 rd Place	28:40
2008	4 th Place	John Wright	20 th Place	21:31
2009	7 th Place	David DeWan	6 th Place	26:36
2010	5 th Place	Andrew Turnage	21 st Place	27:54
2011	3 rd Place	Michael Cahill	13 th Place	27:23

Skyline Conference Championships				
Year	Finish	Top Finisher	Placement	Time
2000	2 nd Place	Gabriel Miani	3 rd Place	29:31
2001	1 st Place	Nick Dunford	1 st Place	29:03
2002	2 nd Place	Patrick Deluca	3 rd Place	29:01
2003	1 st Place	Nick Dunford	1 st Place	29:25
2004	2 nd Place	Carlos Castillo	4 th Place	29:30
2005	2 nd Place	Will Sanders	1 st Place	28:01
2006	2 nd Place	Michael Hoffman	5 th Place	28:36

Empire 8 Championships				
Year	Finish	Top Finisher	Placement	Time
2007	6 th Place	John Barnes	24 th Place	27:31
2008	5 th Place	Brad Antes	18 th Place	27:54
2009	5 th Place	David DeWan	12 th Place	27:18
2010	4 th Place	Michael Cahill	18 th Place	27:16
2011	2 nd Place	Thomas Cunningham	5 th Place	26:28

New Jersey "9" Championships				
Year	Finish	Top Finisher	Placement	Time
1990	3 rd Place	Gregori Morriello	29 th Place	30:46
1991	1 st Place	Derek Cholon	12 th Place	28:15
1992	2 nd Place	Don Dalfonzo	8 th Place	33:24
1993	3 rd Place	Steve Kropac	2 nd Place	28:30

Independent Athletic Conference Championships				
1981	3 rd Place		1989	1 st Place
1982	1 st Place		1990	2 nd Place
1983	4 th Place		1991	2 nd Place
1984	2 nd Place		1992	4 th Place
1985	3 rd Place		1993	4 th Place
1986	3 rd Place		1994	2 nd Place
1987	3 rd Place		1995	2 nd Place
1988	2 nd Place		1996	2 nd Place

ECAC Championships										
Year	Finish	Top Finisher	Placement	Time		Year	Finish	Top Finisher	Placement	Time
1993	Inc.	Steve Kropac	28:10	79 th Place		2001	20 th /40	Nick Dunford	42 nd Place	28:09
1994	Inc.	Steve Kropac	27:45	50 th Place		2002	23 rd /36	Patrick Deluca	62 nd Place	28:51
1995	28 th /34	Steve Kropac	28:25	40 th Place		2005	21 st /38	Will Sanders	52 nd Place	27:00
1996	15 th /43	Steve Kropac	26:37	28 th Place						
1997	21 st /46	Yakubu Miles	28:09	84 th Place						
1998	24 th /33	Yakubu Miles	28:35	58 th Place						
1999	25 th /32	Gabriel Miani	28:39	57 th Place						
2000	18 th /33	Nick Dunford	29:07	59 th Place						

NCAA Regional Championship Team Finishes				
1981	Inc.		2001	24 th /32
1982	25 th /28		2002	25 th /33
1989	Inc.		2003	26 th /30
1993	Inc.		2004	28 th /33
1994	24 th /33		2005	23 rd /32
1995	22 nd /31		2006	26 th /34
1996	27 th /43		2007	20 th /39
1997	26 th /42		2008	21 st /34
1998	33 rd /50		2009	21 st /42
1999	27 th /32		2010	24 th /39
2000	26 th /32		2011	19 th /40

NCAA Regional Championship Top Individual Finishes					
Year	Name	Placement	Location	Event	Time
1981	Adalberto Alonso	120 th /150	Memorial State Park	8,000-Meter Run	28:40
1982	Adalberto Alonso	85 th /178	Memorial State Park	8,000-Meter Run	27:52
1989	Michael Tamkutonis	113 th /176	Allentown College	8,000-Meter Run	29:00
1993	Steve Kropac	46 th /207	Allentown College	8,000-Meter Run	27:23
1994	Steve Kropac	20 th /200	Allentown College	8,000-Meter Run	27:09
1995	Steve Kropac	84 th /250	Dickinson College	8,000-Meter Run	28:15
1996	Yakubu Miles	118 th /251	Dickinson College	8,000-Meter Run	28:58
1997	Yakubu Miles	110 th /246	Dickinson College	8,000-Meter Run	28:52
1998	Yakubu Miles	63 rd /268	Allentown College	8,000-Meter Run	27:53
1999	Gabriel Miani	97 th /207	Letchworth State Park	8,000-Meter Run	27:46
2000	Sachi Desai	115 th /207	University of Rochester	8,000-Meter Run	27:43
2001	Nick Dunford	82 nd /221	Van Cortlandt Park	8,000-Meter Run	28:31
2002	Patrick Deluca	141 st /223	Washington Crossing State Park	8,000-Meter Run	29:40
2003	Nick Dunford	115 th /217	Letchworth State Park	8,000-Meter Run	27:57
2004	Nick Dunford	138 th /226	St. Lawrence University	8,000-Meter Run	29:06
2005	Will Sanders	63 rd /231	University of Rochester	8,000-Meter Run	27:08
2006	Philip Mainwaring	99 th /230	Letchworth State Park	8,000-Meter Run	28:08
2007	Philip Mainwaring	84 th /271	Van Cortlandt Park	8,000-Meter Run	26:38
2008	Brad Antes	112 th /259	St. Lawrence University	8,000-Meter Run	27:53
2009	David DeWan	74 th /264	Letchworth State Park	8,000-Meter Run	26:55
2010	Dominic Catalano	102 nd /268	Fortin Park (Oneonta)	8,000-Meter Run	27:11

All-Independent Athletic Conference							
1982	Al Alonso		1990	Gregory Morriello		1995	Yakubu Miles
1984	John Critelli		1991	Derek Cholon		1995	David Donohue
1984	Edward Stephens		1991	A. Musto		1995	Adalberto Alonso
1985	Gerald Messina		1993	Steve Kropac		1996	Steve Kropac
1986	Gerald Messina		1993	Adalberto Alonso	Coach of Year	1996	Yakubu Miles
1987	Michael Tamkutonis		1994	Steve Kropac		1996	Chris Naiva
1988	Gregory Morriello		1994	Victor Wynnysky		1996	Adalberto Alonso
1989	Michael Tamkutonis		1995	Steve Kropac			
1989	C. Houghton		1995	Jose Tapia			

All-Collegiate Track Conference	
1998	Yakubu Miles
1999	Gabriel Miani
2009	David DeWan

All-New Jersey "9"	
1990	Gregori Morriello
1990	Steven Kostakis
1991	Derek Cholon
1991	Gregori Morriello
1991	Steve Kropac

All-Skyline Conference			
2000	Gabriel Miani	2003	James Western
2000	Sachi Desai	2004	Carlos Castillo
2000	Nick Dunford	2004	Philip Mainwaring
2000	C. McKinley	2004	Nick Dunford
2001	Nick Dunford	2005	Joseph Fullam
2001	Patrick Deluca	2005	Michael Hoffman
2001	James Western	2005	Will Sanders
2002	Patrick Deluca	2006	Philip Mainwaring
2003	Nick Dunford	2006	Michael Hoffman
2003	Shafik Quoraishee	2006	Joseph Fullam

All-Empire 8		
2007	Philip Mainwaring	Sportsman of the Year
2009	David DeWan	Rookie of the Year and Second Team
2011	Thomas Cunningham	First Team
2011	Michael Cahill	First Team
2011	Brad Antes	Second Team

Empire 8 Senior Male Scholar-Athlete of the Year	
2008	Michael Hoffman

Empire 8 Presidents' List	
Matthew Caulfield	Fall 2007
John Hoffman	Fall 2007
Michael Hoffman	Fall 2007
Joseph Liccardo	Fall 2007
Michael Pawalowski	Fall 2007

NCAA Regional All-Academic Award Recipients			
1994	Brian Ribnicky	1998	Chris Naiva
1995	Andres Sulling	1998	Greg Quinn
1996	Chris Naiva	1998	Yakubu Miles
1996	Steve Kropac	1999	Greg Quinn
1996	Nilesh Thakkar	1999	Andrew Molloy
1997	Greg Quinn		

USTFCCCA Division III All-Academic Team Awards		
1994		2000
1995		2001
1996		2002
1997		2007
1998		2008
1999		

College Sports Information Directors of America Academic All-District		
2006	Michael Hoffman	Second-Team
2007	Michael Hoffman	First-Team
2007	John Hoffman	First-Team
2008	Michael Hoffman	First-Team
2008	John Hoffman	First-Team
2008	Joe Fullam	First-Team

College Sports Information Directors of America Academic All-America		
1990	Mike Tamkutonis	First-Team
2007	Michael Hoffman	Second-Team
2008	Michael Hoffman	First-Team
2008	John Hoffman	Second-Team

Stevens Team Awards		
2005	Will Sanders	Most Valuable Player
2005	Andrew Larsen	Coach's Award
2006	Philip Mainwaring	Most Valuable Player
2006	Matthew Caulfield	Coach's Award
2007	Philip Mainwaring	Most Valuable Player
2007	Joe Fullam	Coach's Award
2007	Michael Hoffman	ECAC Robbins Scholar-Athlete Award
2008	Andrew Verderame	Coach's Award
2008	Brad Antes	Most Valuable Player
2009	Dan Tipaldo	Coach's Award
2009	David DeWan	Most Valuable Player
2010	Andrew Turnage	Most Valuable Player
2010	Dominic Catalano	Coach's Award
2011		
2011		

Stevens Athletic Hall of Fame			
Gerald Messina '87	Inducted June 2001		
Steve Kropac '97	Inducted June 2002		
Adalberto Alonso '83	Inducted September 2006	Coach	

Arthur Ashe Jr. Sports Scholars Award		
2008	Michael Hoffman	First-Team
2008	John Hoffman	First-Team
2008	Mohamed Abuouf	Third-Team

ECAC Division III Robbins Scholar Award Winner		
2008	Michael Hoffman	National Winner