



# 2005 VCU MEN'S CROSS COUNTRY RESULTS BY MEET

## Spider Alumni Open

Hosted by University of Richmond

VCU 2nd of 3

5k Race -- 47 Runners

1. Jay Wyss	2nd	15:38.30
2. Cary Chaffee	3rd	15:48.70
3. Mariusz Mostrag	5th	16:00.21
4. Riad Ouled	10th	16:06.58
5. Lukasz Matusiewicz	11th	16:07.46
6. Christian White	12th	16:13.11
7. Brandon Miles	14th	16:17.86
8. Adam Canning	15th	16:20.09
9. Joey Wingo	21st	16:44.11
10. Jonathon Bennett	29th	17:12.29
11. Cody Tucker	34th	17:34.43
12. Daniel Cancro	35th	17:36.61
13. Chris White	44th	18:45.25
14. Tim Rusterholz	45th	18:54.59
15. Paul Henderson	46th	18:56.03

## Lou Onesty Invitational

Hosted by University of Virginia

VCU 6th of 9

8k Race -- 113 Runners

1. Steve Walters	9th	24:49.86
2. Riad Ouled	39th	26:19.87
3. Brandon Miles	46th	26:32.78
4. Cary Chaffee	47th	26:36.05
5. Chris White	58th	26:57.43
6. Mariusz Mostrag	62nd	27:04.89
7. Jay Wyss	69th	27:22.86
8. Ben Rickey	73rd	27:33.00
9. Adam Canning	76th	27:37.36
10. Lukasz Matusiewicz	83rd	28:01.50
11. Joey Wingo	84th	28:02.87

## Virginia Tech Invitational II

Hosted by Virginia Tech University

VCU 3rd of 4

7.7k Race -- 46 Runners

1. Lukasz Matusiewicz	14th	26:18.55
2. Mariusz Mostrag	20th	26:45.29
3. Adam Canning	25th	27:13.51
4. Joey Wingo	27th	27:22.66
5. Tim Rusterholz	30th	28:08.75
6. Cody Tucker	32nd	28:30.51
7. Daniel Cancro	34th	29:12.04
8. Jonathon Bennett	37th	30:19.34
9. Christian White	40th	31:23.59

## Great American Cross Country Festival

Men's 8k Cross Country Seeded Run - University Division

VCU 6th of 15

8k Race -- 133 Runners

1. Steve Walters	5th	24:43.20
2. Cary Chaffee	22nd	25:25.00
3. Brandon Miles	51st	26:25.60
4. Lukasz Matusiewicz	54th	26:28.50
5. Chris White	72nd	26:46.90
6. Riad Ouled	82nd	27:02.20
7. Ben Rickey	96th	27:30.10

## Paul Short Men's College Run

Hosted by Lehigh University

VCU 37th of 44

8k Race -- 300 Runners

1. Cary Chaffee	136th	25:35.80
2. Riad Ouled	188th	26:02.20
3. Lukasz Matusiewicz	216th	26:15.60
4. Ben Rickey	239th	26:31.10
5. Mariusz Mostrag	242nd	26:32.60
6. Chris White	247th	26:38.90
7. Brandon Miles	273rd	27:07.80

## 2005 Mason Invitational

Hosted by George Mason University

VCU-B 6th of 8

8k Race -- 64 Runners

1. Joey Wingo	29th	27:35.18
2. Adam Canning	39th	28:13.90
3. Cody Tucker	44th	29:04.54
4. Daniel Cancro	51st	30:04.51
5. Tim Rusterholz	54th	30:54.46
6. Jonathon Bennett	61st	35:33.04

## 2005 Tribe Open Hosted by College of William & Mary

VCU-2nd of 5

8k Race -- 71 Runners

1. Cary Chaffee	8th	26:20.23
2. Mariusz Mostrag	18th	26:50.71
3. Chris White	21st	26:52.18
4. Riad Ouled	27th	27:05.23
5. Lukasz Matusiewicz	29th	27:17.63
6. Joey Wingo	34th	27:35.36
7. Ben Rickey	37th	27:40.35
8. Adam Canning	42nd	27:52.42
9. Jay Wyss	45th	28:25.20
10. Cody Tucker	49th	28:40.80
11. Time Rusterholz	51st	28:57.54
12. Jonathon Bennett	56th	29:33.17
13. Daniel Cancro	62nd	30:32.11
14. Christian White	64th	30:39.74

## 2005 CAA Championship

VCU-5th of 9

8k Race -- 76 Runners

1. Steve Walters	11th	25:19.91
2. Cary Chaffee	21st	25:57.02
3. Riad Ouled	29th	26:26.11
4. Lukasz Matusiewicz	32nd	26:33.30
5. Mariusz Mostrag	39th	26:47.98
6. Chris White	41st	26:51.79
7. Joey Wingo	54th	27:24.70
8. Jay Wyss	56th	27:26.44
9. Adam Canning	61st	27:41.55
10. Brandon Miles	69th	28:14.61
11. Ben Rickey	76th	28:53.62
12. Cody Tucker	82nd	29:33.44



## 2005 VCU MEN'S CROSS COUNTRY INDIVIDUAL RESULTS

**Jonathon Bennett**  
So. • Richmond, Va. • Hermitage

<u>Event</u>	<u>Dist.</u>	<u>Place</u>	<u>Time</u>
Spider Alumni Open	5k	35th/47	17:36.61
Virginia Tech Invitational II	7.7k	27th/46	30:19.34
Mason Invitational	8k	61st/64	35:33.04
Tribe Open	8k	56th/71	29:33.17

**Daniel Cancro**  
Jr. • Mechanicsville, Va. • Lee Davis

<u>Event</u>	<u>Dist.</u>	<u>Place</u>	<u>Time</u>
Spider Alumni Open	5k	29th/47	17:12.29
Virginia Tech Invitational II	7.7k	34th/46	29:12.04
Mason Invitational	8k	51st/64	30:04.51
Tribe Open	8k	62nd/71	30:32.11

**Adam Canning**  
Jr. • Williamsburg, Va. • Bruton

<u>Event</u>	<u>Dist.</u>	<u>Place</u>	<u>Time</u>
Spider Alumni Open	5k	15th/47	16:20.09
Lou Onesty Invitational	8k	47th/113	26:36.05
Virginia Tech Invitational II	7.7k	25th/46	27:13.51
Mason Invitational	8k	39th/64	28:13.90
Tribe Open	8k	42nd/71	27:52.42
CAA Championship	8k	61st/86	27:41.55

**Cary Chaffee**  
Jr. • Richmond, Va. • Hermitage

<u>Event</u>	<u>Dist.</u>	<u>Place</u>	<u>Time</u>
Spider Alumni Open	5k	3rd/47	15:48.70
Lou Onesty Invitational	8k	76th/113	27:37.36
Great American CC Festival	8k	22nd/133	25:25.00
Paul Short Run	8k	136th/300	25:35.80
Tribe Open	8k	8th/71	26:20.23
CAA Championship	8k	21st/86	25:57.02

**Paul Henderson**  
Fr. • Norfolk, Va.

<u>Event</u>	<u>Dist.</u>	<u>Place</u>	<u>Time</u>
Spider Alumni Open	5k	46th/47	18:56.03

**Lukasz Matusiewicz**  
Jr. • Warsaw, Poland • No. 7 in Warsaw

<u>Event</u>	<u>Dist.</u>	<u>Place</u>	<u>Time</u>
Spider Alumni Open	5k	11th/47	16:07.46
Lou Onesty Invitational	8k	83rd/113	28:01.50
Virginia Tech Invitational	7.7k	14th/46	26:18.55
Great American CC Festival	8k	22nd/133	25:25.00
Paul Short Run	8k	216th/300	26:15.60
Tribe Open	8k	29th/71	27:17.63
CAA Championship	8k	32nd/86	26:33.30

**Brandon Miles**  
Fr. • Richmond, Va. • Midlothian

<u>Event</u>	<u>Dist.</u>	<u>Place</u>	<u>Time</u>
Spider Alumni Open	5k	14th/47	16:17.86
Lou Onesty Invitational	8k	46th/113	26:32.78
Great American CC Festival	8k	51st/133	26:25.60
Paul Short Run	8k	273rd/300	27:07.80
CAA Championship	8k	69th/86	28:14.61

**Mariusz Mostrag**  
Jr. • Krajnik, Poland • No. 3 in Krajnik

<u>Event</u>	<u>Dist.</u>	<u>Place</u>	<u>Time</u>
Spider Alumni Open	5k	5th/47	16:00.21
Lou Onesty Invitational	8k	62nd/113	27:04.89
Virginia Tech Invitational	7.7k	20th/46	26:45.29
Great American CC Festival	8k	22nd/133	25:25.00
Paul Short Run	8k	242nd/300	26:32.60
Tribe Open	8k	18th/71	26:50.71
CAA Championship	8k	39th/86	26:47.98

**Riad Ouled**  
Jr. • Fontainebleau, France • Francois Couperin

<u>Event</u>	<u>Dist.</u>	<u>Place</u>	<u>Time</u>
Spider Alumni Open	5k	10th/47	16:06.58
Lou Onesty Invitational	8k	39th/113	26:19.87
Great American CC Festival	8k	82nd/133	27:02.20
Paul Short Run	8k	188th/300	26:02.20
Tribe Open	8k	27th/71	27:05.23
CAA Championship	8k	29th/86	26:26.11



## 2005 VCU MEN'S CROSS COUNTRY INDIVIDUAL RESULTS

**Ben Rickey**  
Fr. • Richmond, Va. • J.R. Tucker

<u>Event</u>	<u>Dist.</u>	<u>Place</u>	<u>Time</u>
Lou Onesty Invitational	8k	73rd/113	27:33.00
Great American CC Festival	8k	96th/133	27:30.10
Paul Short Run	8k	239th/300	26:31.10
Tribe Open	8k	37th/71	27:40.35
CAA Championship	8k	76th/86	28:53.62

**Tim Rusterholz**  
Fr. • Lewisville, N.C. • Forsyth Country Day

<u>Event</u>	<u>Dist.</u>	<u>Place</u>	<u>Time</u>
Spider Alumni Open	5k	45th/47	18:54.59
Virginia Tech Invitational II	7.7k	30th/46	28:08.75
Mason Invitational	8k	54th/64	30:54.46
Tribe Open	8k	51st/71	28:57.54

**Cody Tucker**  
Fr. • Laguna Beach, Ca. • St. Margaret's

<u>Event</u>	<u>Dist.</u>	<u>Place</u>	<u>Time</u>
Spider Alumni Open	5k	34th/47	17:34.43
Virginia Tech Invitational II	7.7k	32nd/46	28:30.51
Mason Invitational	8k	44th/64	29:04.54
Tribe Open	8k	49th/71	28:40.80
CAA Championship	8k	82nd/86	29:33.44

**Steve Walters**  
So. • Virginia Beach, Va. • Green Run

<u>Event</u>	<u>Dist.</u>	<u>Place</u>	<u>Time</u>
Lou Onesty Invitational	8k	9th/113	24:49.86
Great American CC Festival	8k	5th/133	24:43.20
CAA Championship	8k	11th/86	25:19.91

**Chris White**  
Sr. • Fredericksburg, Va. • Massaponax

<u>Event</u>	<u>Dist.</u>	<u>Place</u>	<u>Time</u>
Spider Alumni Open	5k	44th/47	18:45.25
Lou Onesty Invitational	8k	58th/113	26:57.43
Great American CC Festival	8k	72nd/133	26:46.90
Paul Short Run	8k	247th/300	26:38.90
Tribe Open	8k	21st/71	26:52.18
CAA Championship	8k	41st/86	26:51.79

**Christian White**  
Fr. • Richmond, Va. • Atlee

<u>Event</u>	<u>Dist.</u>	<u>Place</u>	<u>Time</u>
Spider Alumni Open	5k	12th/47	16:13.11
Virginia Tech Invitational II	7.7k	40th/46	31:23.59

**Joey Wingo**  
Fr. • Richmond, Va. • Lee Davis

<u>Event</u>	<u>Dist.</u>	<u>Place</u>	<u>Time</u>
Spider Alumni Open	5k	21st/47	16:44.11
Lou Onesty Invitational	8k	84th/113	28:02.87
Virginia Tech Invitational II	7.7k	27th/46	27:22.66
Mason Invitational	8k	29th/64	27:35.18
Tribe Open	8k	34th/71	27:35.36
CAA Championship	8k	54th/86	27:24.70

**Jay Wyss**  
So. • Richmond, Va. • J.R. Tucker

<u>Event</u>	<u>Dist.</u>	<u>Place</u>	<u>Time</u>
Spider Alumni Open	5k	2nd/47	15:38.30
Lou Onesty Invitational	8k	69th/113	27:22.86
Great American CC Festival	8k	51st/133	26:25.60
Tribe Open	8k	45th/71	28:25.20
CAA Championship	8k	56th/86	27:26.44