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NEWS

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FELICIAN WINS SECOND CONSECUTIVE CACC MEN'S CROSS COUNTRY CHAMPIONSHIP

PHILADELPHIA, PA (October 22, 2005) – Felician College won its second consecutive Central Atlantic Collegiate Conference cross country championship today at Belmont Plateau in Philadelphia, PA. The Golden Falcons won with 53 points, edging Goldey-Beacom and Nyack, who tallied 62 and 68 points, respectively. The top-15 individual finishers were named to the All-CACC team.

The individual champion was **Umar Saeed** of New Jersey Institute of Technology, who finished the 8,000-meter course in a time of 26:39.71. Saeed, a freshman, was also honored as the CACC Newcomer of the Year.

Sophomore **Paul Chegwidden** led Felician with a third place finish in a time of 28:21.10. The Golden Falcons then clinched the title by seeing its next four runners all finish within the top-15. Sophomore **Alex Wright** crossed the line in 10th place, and he was followed by junior **Andrew Conklin** (12th), sophomore **Nick Freeman** (13th) and sophomore **Jon Castro** (15th).

Sophomore **Walter Tum** of Bloomfield, who won the individual crown in 2004, was the runner-up this year in a time of 27:18. Junior **Pierre Bastie** of NJIT, junior **Joshua Vanderveen** of Philadelphia and freshman **Nate Thompson** of Nyack rounded out the top-five.

At the conclusion of the meet, **John Brennan** of Felician was named CACC Coach of the Year and Goldey-Beacom was given the Team Sportsmanship Award. The head coaches conducted the voting.

NJIT and Philadelphia University were ineligible for the team championship and thus their runners were not counted in the team standings. Full results for the meet can be found at <http://www.geocities.com/xcresults/>.

TEAM STANDINGS

1.	Felician	3	10	12	13	15	--	53
2.	Goldey-Beacom	7	8	9	14	24	--	62
3.	Nyack	2	4	16	21	25	--	68
4.	Wilmington	11	18	20	22	23	--	94
5.	Holy Family	6	17	31	32	37	--	123
6.	USP	5	19	34	36	39	--	133
7.	Bloomfield	1	41	42	43	50	--	177
8.	Dominican	46	47	48	51	52	--	244
9.	Post	45	49	53	54	55	--	256

2005 ALL-CACC TEAM

1.	Umar Saeed, NJIT	26:39.71
2.	Walter Tum, Bloomfield	27:26.18
3.	Pierre Bastie, NJIT	27:40.73
4.	Joshua Vanderveen, Philadelphia	27:59.57
5.	Nate Thompson, Nyack	28:04.08
6.	Paul Chegwidden, Felician	28:21.10
7.	Martin Cavanna, Nyack	28:29.29
8.	Ryan Meyer, Philadelphia	28:29.51
9.	Nick Willey, USP	28:37.53
10.	Lawrence Berner, Holy Family	28:42.14
11.	Micky Jones, Goldey-Beacom	28:42.85

12.	Joe Morman, Goldey-Beacom	28:51.92
13.	Matt Lang, Goldey-Beacom	29:02.13
14.	Alex Wright, Felician	29:09.99
15.	Eric Strasser, Wilmington	29:12.57

RUNNER AND NEWCOMER OF THE YEAR

Umar Saeed, NJIT

COACH OF THE YEAR

John Brennan, Felician

TEAM SPORTSMANSHIP AWARD

Goldey-Beacom