

2010 M.A.C. Boys Cross Country Report

Red Dual Meet Results

Place	School	Wins	Loses
1	Dakota	12	0
2	LAnse Creuse North	8	4
2	Grosse Pointe South	8	4
4	Utica	7	5
5	Stevenson	4	8
6	Grosse Pointe North	3	9
7	Eisenhower	0	12

Red Division Meet Results

Place	School	Score
1	Dakota (D)	93 / 45
2	Stevenson (S)	182 / 78
3	Grosse Pointe South (GPS)	183 / 81
4	LAnse Creuse North (LCN)	202 / 81
5	Utica (U)	229 / 95
6	Grosse Pointe North (GPN)	297 / 122
7	Eisenhower (Ike)	456 / 171

Red All Conferance Runners

1	Nicholas Culbertson (12)	Dakota	15:43
2	Colin Creagh (12)	LAnse Creuse North	15:46
3	Jordan Staley (12)	Dakota	16:05
4	Trevor Creagh (10)	LAnse Creuse North	16:18
5	Blake Ryan (12)	Dakota	16:19
6	Austin Montgomery (11)	Grosse Pointe South	16:24
7	James Abbey (11)	Utica	16:30
8	Lukasz Walilko (11)	Stevenson	16:41
9	Stephen Orr (11)	Dakota	16:44
10	Nick Finley (11)	Grosse Pointe North	16:47
11	Chris Scott (11)	Utica	16:50
12	David Walter (10)	LAnse Creuse North	16:56
13	Matt Geist (10)	Grosse Pointe South	16:58
14	Konrad Walilko (9)	Stevenson	17:02

MAC Red Coach of the Year:

Mike Timpa - Dakota

MAC Red MVP:

Nicholas Culbertson (12) - Dakota

2010 M.A.C. Girls Cross Country Report

Red Dual Meet Results

Place	School	Wins	Loses
1	Grosse Pointe South	12	0
2	Stevenson	9	3
3	Eisenhower	8	4
4	Dakota	6	6
5	Grosse Pointe North	5	7
6	Utica	2	10
7	LAnse Creuse North	0	12

Red Division Meet Results

Place	School	Score
1	Grosse Pointe South (GPS)	34 / 21
2	Eisenhower (Ike)	160 / 80
3	Stevenson (S)	176 / 86
4	Grosse Pointe North (GPN)	189 / 89
5	Dakota (D)	186 / 95
6	Utica (U)	475 / 166
7	LAnse Creuse North (LCN)	NTS

Red All Conferance Runners

1	Hannah Meier (10)	Grosse Pointe South	17:32
2	Christina Firl (10)	Grosse Pointe South	17:39
3	Haley Meier (10)	Grosse Pointe South	17:59
4	Kailey Sickmiller (12)	Grosse Pointe North	18:45
5	Megan Macciomei (10)	Eisenhower	19:23
6	Jessica Gaines (10)	Stevenson	19:33
7	Natalie Gay (12)	Grosse Pointe South	19:35
8	Meghan Dziedzic (9)	Grosse Pointe South	19:49
9	Kelly Langton (11)	Grosse Pointe South	19:50
10	Margaret Levasseur (12)	Grosse Pointe South	19:56
11	Jessica Fields-Walmsle (12)	Eisenhower	19:57
12	Jessica Dewitte (11)	Eisenhower	20:03
13	Christina Micale (10)	Dakota	20:04
14	Abbey Schudlich (12)	Stevenson	20:10

MAC Red Coach of the Year:

Steve Zaranek - Grosse Pointe South

MAC Red MVP:

Hannah Meier (10) - Grosse Pointe South

2010 M.A.C. Boys Cross Country Report

White Dual Meet Results

Place	School	Wins	Loses
1	Saint Clair	13	1
1	Romeo	13	1
3	Warren Mott	10	4
4	Port Huron Northern	7	7
4	Port Huron	7	7
6	Ford II	2	12
6	Chippewa Valley	2	12
6	Anchor Bay	2	12

White Division Meet Results

Place	School	Score
1	Romeo (ROM)	105 / 44
2	Saint Clair (SC)	113 / 48
3	Warren Mott (WM)	258 / 78
4	Port Huron Northern (PHN)	376 / 111
5	Port Huron (PH)	467 / 140
6	Anchor Bay (AB)	516 / 150
7	Ford II (UF)	624 / 180
8	Chippewa Valley (CV)	712 / 205

White All Conferance Runners

1	John Worthington (11)	Warren Mott	16:11
2	Eni Bogdani (11)	Warren Mott	16:12
3	Brennan Shafer (10)	Saint Clair	16:16
4	Eddie Komph (11)	Anchor Bay	16:21
5	Joe Gerow (11)	Romeo	16:23
6	Tyler Delange (10)	Port Huron Northern	16:30
7	Trevor Sharnas (10)	Romeo	16:38
8	Patrick Miller (12)	Saint Clair	16:42
9	Jason Saliga (10)	Romeo	16:43
10	Randy Gotler (11)	Saint Clair	16:45
11	Kory Lohrmann (12)	Romeo	17:01
12	Doug O'Hair (12)	Romeo	17:01
13	Sean Hrecho (11)	Saint Clair	17:02
14	Dakota Hazel (10)	Saint Clair	17:07

MAC White Coach of the Year:

Jon Davidson - Saint Clair

MAC White Coach of the Year:

Michael C Buslepp - Romeo

MAC White MVP:

John Worthington (11) - Warren Mott

2010 M.A.C. Girls Cross Country Report

White Dual Meet Results

Place	School	Wins	Loses
1	Romeo	14	0
2	Saint Clair	12	2
3	Anchor Bay	8	6
4	Warren Mott	7	7
4	Chippewa Valley	7	7
6	Ford II	6	8
7	Port Huron Northern	1	13
7	Port Huron	1	13

White Division Meet Results

Place	School	Score
1	Romeo (ROM)	133 / 39
2	Saint Clair (SC)	146 / 46
3	Ford II (UF)	307 / 97
4	Anchor Bay (AB)	327 / 107
5	Warren Mott (WM)	409 / 134
6	Chippewa Valley (CV)	464 / 150
7	Port Huron (PH)	538 / 173
8	Port Huron Northern (PHN)	591 / 193

White All Conferance Runners

1	Shannon Boyce (10)	Romeo	18:57
2	Shelby Jackson (11)	Romeo	19:13
3	Kayla Smade (12)	Saint Clair	19:29
4	Kayla Balfour (11)	Saint Clair	19:30
5	Rachel Walny (9)	Chippewa Valley	19:39
6	Cassie Jenema (10)	Ford II	19:57
7	Allie Knoll (9)	Warren Mott	19:58
8	Lauren Zens (11)	Saint Clair	19:59
9	Amanda Simon (10)	Anchor Bay	20:12
10	Dani Peyerck (11)	Romeo	20:30
11	Olivia Haskin (11)	Anchor Bay	20:30
12	Rose Propst (11)	Romeo	20:36
13	Kelly Batzloff (11)	Ford II	20:45
14	Alisha Arnold (9)	Romeo	20:48

MAC White Coach of the Year:

Michael C Buslepp - Romeo

MAC White MVP:

Shannon Boyce (10) - Romeo

2010 M.A.C. Boys Cross Country Report

Blue Dual Meet Results

Place	School	Wins	Loses
1	Lamphere	14	0
2	Marysville	11	3
3	Marine City	9	5
4	Sterling Heights	7	7
4	LAnse Creuse	7	7
6	Warren Cousino	4	10
6	Roseville	4	10
8	Fraser	0	14

Blue Division Meet Results

Place	School	Score
1	Marysville (M)	314 / 62
2	Marine City (MC)	332 / 65
3	Lamphere (LAM)	363 / 76
4	LAnse Creuse (LC)	412 / 91
5	Sterling Heights (SH)	473 / 109
6	Roseville (RS)	520 / 117
7	Fraser (F)	702 / 176
8	Warren Cousino (WC)	718 / 177

Blue All Conferance Runners

1	Yulli Alla (12)	Lamphere	16:30
2	Irvin Wyche (11)	LAnse Creuse	16:35
3	Spencer Davis (11)	Marine City	16:53
4	Brett Farnsworth (12)	Marysville	17:05
5	Brendon Burch (9)	Marysville	17:05
6	Robert Holman (11)	Marine City	17:07
7	Nate Pedder (12)	Sterling Heights	17:12
8	Tyler Gold (12)	Marysville	17:17
9	Aaron Board (11)	Warren Cousino	17:27
10	Degraaf Kenny (10)	Lamphere	17:30
11	Michael Krantz (10)	Roseville	17:33
12	Frank Lauchlan (9)	LAnse Creuse	17:34
13	John Alexander (12)	Lamphere	17:37
14	TJ Koehler (11)	Marine City	17:37

MAC Blue Coach of the Year:

Pat Geraghty - Lamphere

MAC Blue MVP:

Yulli Alla (12) - Lamphere

2010 M.A.C. Girls Cross Country Report

Blue Dual Meet Results

Place	School	Wins	Loses
1	Marine City	14	0
2	Fraser	12	2
3	LAnse Creuse	9	5
4	Sterling Heights	8	6
5	Warren Cousino	7	7
5	Marysville	7	7
7	Lamphere	2	12
8	Roseville	0	14

Blue Division Meet Results

Place	School	Score
1	Marine City (MC)	154 / 28
2	Fraser (F)	369 / 83
3	LAnse Creuse (LC)	441 / 94
4	Sterling Heights (SH)	474 / 104
5	Warren Cousino (WC)	481 / 108
6	Marysville (M)	531 / 119
7	Lamphere (LAM)	691 / 168
8	Roseville (RS)	NTS

Blue All Conferance Runners

1	Ericka Snyder (12)	Marine City	19:09
2	Brooke Heins (12)	Warren Cousino	19:42
3	Mackenzie Gouvier (10)	Marine City	19:48
4	Emily Ward (12)	Marine City	20:09
5	Shelby Petersen (10)	Marysville	20:24
6	Brooke Owens (10)	Fraser	20:26
7	Nicole Josefiak (9)	LAnse Creuse	20:36
8	Nicole Hranchook (11)	LAnse Creuse	20:52
9	Jessica Fisher (12)	Marine City	20:55
10	Lydia Feld (11)	Sterling Heights	20:57
11	Mikaila Koenigbauer (10)	Marine City	21:04
12	Sasha Rudow (12)	Sterling Heights	21:08
13	Ashley Manzella (12)	Warren Cousino	21:09
14	MacKenzie Baranski (9)	Marine City	21:12

MAC blue Coach of the Year:

Randy Shagena - Marine City

MAC blue MVP:

Ericka Snyder (12) - Marine City

2010 M.A.C. Boys Cross Country Report

Gold Dual Meet Results

Place	School	Wins	Loses
1	Lakeview	15	1
2	Lake Shore	14	2
3	South Lake	13	3
4	Warren Woods Tower	10	6
5	Clawson	8	8
6	Warren Lincoln	5	11
7	Warren Fitzgerald	4	12
8	East Detroit	3	13
9	Center Line	0	16

Gold Division Meet Results

Place	School	Score
1	Lake Shore (LS)	399 / 44
2	Lakeview (LV)	497 / 57
3	South Lake (SL)	604 / 79
4	Warren Woods Tower (WWT)	717 / 99
5	Clawson (Claw)	730 / 110
6	Warren Lincoln (WL)	859 / 130
7	Warren Fitzgerald (WF)	1058 / 199
8	East Detroit (ED)	NTS
9	Center Line (CL)	NTS

Gold All Conference Runners

1	James Sirr (11)	Lake Shore	16:40
2	Joe Crachiola (12)	South Lake	16:54
3	Frank Woo (12)	Lakeview	17:08
4	Matt Stetter (10)	Lake Shore	17:19
5	Steve Osinski (12)	South Lake	17:22
6	Tyler Krajenka (12)	Lake Shore	17:32
7	Kevin Lafriniere (9)	Warren Woods Tower	17:34
8	Michael Francis (12)	Clawson	17:43
9	Kevin Cunningham (12)	Clawson	17:44
10	David Comiska (11)	Warren Lincoln	17:47
11	Timmy Martin (9)	Lakeview	17:54
12	Mitchell Berkley (12)	Warren Woods Tower	18:00
13	Alex Mahler (10)	Lakeview	18:04
14	Ethan Ottoy (10)	Lakeview	18:18

MAC Gold Coach of the Year:

Megan Hinkle - Lakeview

MAC Gold MVP:

James Sirr (11) - Lake Shore

2010 M.A.C. Girls Cross Country Report

Gold Dual Meet Results

Place	School	Wins	Loses
1	Warren Woods Tower	16	0
2	Lakeview	14	2
3	South Lake	10	6
3	East Detroit	10	6
5	Lake Shore	9	7
5	Center Line	9	7
7	Warren Lincoln	5	11
8	Warren Fitzgerald	0	16
8	Clawson	0	16

Gold Division Meet Results

Place	School	Score
1	Warren Woods Tower (WWT)	361 / 20
2	Lakeview (LV)	626 / 43
3	Warren Lincoln (WL)	NTS
4	East Detroit (ED)	NTS
5	Lake Shore (LS)	NTS
6	Center Line (CL)	NTS
7	South Lake (SL)	NTS

Gold All Conference Runners

1	Anna Kouri (10)	Lakeview	20:16
2	Micah Turner (10)	Warren Woods Tower	20:42
3	Lindy Pastrick (9)	Warren Woods Tower	20:58
4	Krystal York (10)	Warren Woods Tower	21:19
5	Haley Boccomino (9)	Center Line	22:01
6	Tiara Jhons (9)	Warren Woods Tower	22:04
7	Taylor Tarpey (12)	South Lake	22:05
8	Elizabeth Sullwold (10)	Warren Woods Tower	22:20
9	Elena Ferman (9)	Warren Woods Tower	22:24
10	Mariane AbouJaoude (11)	Warren Woods Tower	23:29
11	Paige Mielke (12)	Lakeview	23:38
12	Rebecca Dennis (10)	Lakeview	23:39
13	Shaeley Williams (9)	Lake Shore	23:49
14	Erin O'Shee (10)	Lake Shore	23:59

MAC Gold Coach of the Year:

Tara Giacona - Warren Woods Tower

MAC Gold MVP:

Anna Kouri (10) - Lakeview