



UCF Women's Cross Country Record Book

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2023 Quick Facts

UCF INFORMATION

LocationOrlando, Fla.
 Founded 1963
 Enrollment 68,442
 Nickname Knights
 Colors Black and Gold
 Conference American Athletic Conference
 President Dr. Alexander Cartwright
 Director of Athletics Terry Mohajir
 Athletics Phone (407) 823-4114
 Ticket Office Phone (407) 823-1000
 Home Facility UCF Cross Country Complex

COACHING STAFF

Head Coach Dana Boone
 Alma Mater Virginia, 1991
 Assistant Coach Bryan Harmon
 Track Office Phone (407) 823-0096

TEAM INFORMATION

2022 AAC Finish 8th
 Returners 12

ATHLETICS COMMUNICATIONS

Assistant Director (Primary) Alex Clough
 Office Phone (321) 418-1779
 Cell Phone (470) 213-7592
 E-Mail aclough@athletics.ucf.edu
 Website UCFKnights.com
 Twitter @UCF_Track
 Instagram @ucf.tfxc

UCF, Not Central Florida

Please refer to the University of Central Florida as UCF when shortening the title. Derivatives such as C. Florida, Cent. Florida and C. Fla., should not be used.

Also, please note that UCF's teams are no longer being referred to as the Golden Knights. Instead, they are simply called the Knights.



2023 ROSTER

<i>Name</i>	<i>Cl.</i>	<i>Hometown/High School (Previous School)</i>
Andrea Ballestero	So.	Clearwater, Fla./Osceola (Seminole) HS
Abby Clements	Fr.	Pinellas Park, Fla./Osceola (Seminole) HS
Charlotte Crook	5th.	Preston, England/Cardinal Newman College
Alexandra Del Re	Jr.	Jupiter, Fla./Jupiter HS
Karin Dobiasch	Fr.	Seefeld-Bayern, Germany
Lillian Holtery	Jr.	Niceville, Fla./Niceville HS
Kendall Hughes	So.	Valrico, Fla./Newsome HS
Paige Jaszczak	So.	Mims, Fla./Titusville HS
Riley Jaszczak	So.	Mims, Fla./Titusville HS
Brenna Mullaney	Jr.	Severna Park, Md./Severna Park HS
Isabella Richardson	So.	Auckland, New Zealand
Mariana Rodriguez	Sr.	San Antonio, Texas/Reagan HS (Houston)
Penelope Sosa	So.	Miami Fla./Miami Coral Park HS
Abigail Stratton	Fr.	Colne, England
Hannah Taylor	Fr.	Aberdeen, Scotland
Camryn Williams	Jr.	Keystone, Fla./Keystone Heights HS

Head Coach:

Dana Boone, Sixth Season

Assistant Coach - Distance:

Bryan Harmon, First Season

ROSTER BREAKDOWN

BY STATE/COUNTRY

Florida

Andrea Ballestero
 Abby Clements
 Alexandra Del Re
 Lillian Holtery
 Kendall Hughes
 Paige Jaszczak
 Riley Jaszczak
 Penelope Sosa
 Camryn Williams

Maryland

Brenna Mullaney

Texas

Mariana Rodriguez

England

Charlotte Crook
 Abigail Stratton

Germany

Karin Dobiasch

Scotland

Hannah Taylor

New Zealand

Isabella Richardson

BY ELIGIBILITY

Fifth Year

Charlotte Crook

Senior

Mariana Rodriguez

Junior

Alexandra Del Re
 Lillian Holtery
 Brenna Mullaney
 Camryn Williams

Sophomore

Andrea Ballestero
 Kendall Hughes
 Paige Jaszczak
 Riley Jaszczak
 Isabella Richardson
 Penelope Sosa

Freshman

Abby Clements
 Karin Dobiasch
 Abigail Stratton
 Hannah Taylor

SCHOOL RECORDS

4K

Anne Panaggio	14:28	1998
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5K

Anne-Marie Blaney	16:50.19	2013
Anne-Marie Blaney	16:54.18	2016
Sonja Shedden	17:12	2000
Isabella Richardson	17:12.4	2022
Anne-Marie Blaney	17:12.95	2014
Anne-Marie Blaney	17:14.16	2016
Anne-Marie Blaney	17:23.65	2014
Anne-Marie Blaney	17:24.90	2013
Anne-Marie Blaney	17:31.53	2014
Anne-Marie Blaney	17:33.12	2013
Valerie Lastra	17:43.6	2021
Isabella Richardson	17:47.4	2023
Penelopa Sosa	17:49.1	2022
Anne-Marie Blaney	17:49.51	2012
Anne-Marie Blaney	17:50.80	2016
Holly Wooley	17:51.23	2014
Anne-Marie Blaney	17:52.10	2012
Holly Wooley	17:54.82	2016

5K Freshman

Isabella Richardson	17:12.4	2023
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6K

Anne-Marie Blaney	19:39.9	2014
Anne-Marie Blaney	20:07.2	2016
Anne-Marie Blaney	20:14.0	2016
Anne-Marie Blaney	20:19.45	2013
Anne-Marie Blaney	20:29.6	2016
Anne-Marie Blaney	20:32.94	2013
Anne-Marie Blaney	20:45	2014
Sonja Shedden	21:06	2000
Valerie Lastra	21:10.55	2021
Holly Wooley	21:11.32	2015
Anne-Marie Blaney	21:15.1	2014
Laura Korsmit	21:15.5	2014
Anne-Marie Blaney	21:20.72	2013
Anne-Marie Blaney	21:22.0	2012
Holly Wooley	21:22.1	2014

6K Freshman

Valerie Lastra	21:10.55	2021
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CONFERENCE HISTORY

UCF added cross country in 1979 and competed in the Sunshine State Conference (NCAA Division II) until the women became part of the New South Women's Athletic Conference from 1985-1991. The women made the move to the Trans America Athletic Conference/ Atlantic Sun Conference, where they competed from 1992-04. The Knights joined Conference USA beginning in the fall of 2005 where they competed until 2013 when they transitioned to the American Athletic Conference for its inaugural season. Due to the COVID-19 pandemic, the 2020 fall season was postponed to Spring 2021.

CONFERENCE RESULTS

<u>Year</u>	<u>Finish</u>	<u>Year</u>	<u>Finish</u>	<u>Year</u>	<u>Finish</u>
1980	2nd	1995	1st	2008	8th
1981	No Team Score	1996	5th	2009	9th
1982	2nd	1997	3rd	2010	11th
1983	2nd	1998	2nd	2011	10th
1984	No Affiliation	1999	1st	2012	11th
1985	2nd	2000	4th	2013	4th
1986	2nd	2001	3rd	2014	4th
1987	4th	2002	3rd	2015	7th
1988	3rd	2003	4th	2016	5th
1989	5th	2004	4th	2017	11th
1990	7th	2005	9th	2018	9th
1991	8th	2006	5th	2019	11th
1992	3rd	2007	7th	2020	5th
1993	3rd	2008	8th	2021	7th
1994	4th	2009	9th	2022	8th

CONFERENCE HONORS



All-Conference Honors

Susie Brindgardner.....	1982
Cindy Jurss.....	1982
LuAnne Sloan.....	1982
Gail Jones.....	1985
Mary Marmott.....	1985
Rosa Vousa.....	1986
Julie Houser.....	1986
Cindy Gaskill.....	1986
Diane Madison.....	1987
Kim Spence.....	1988
Pam Wulf.....	1989
Tiffany Hill.....	1992
Jeanne Lesniak.....	1993
Heather Schulz.....	1994
Ktanah Bresnick.....	1995
Tiffany Hill.....	1995
Christy Miller.....	1995, 1996
Anne Panaggio.....	1997, 1998
Sonja Shedden.....	1998, 1999, 2000, 2001
Brianne Harrington.....	1999
Sara Dillman.....	1999
Melissa Norris.....	2000
Astrid Claessens.....	2004

Atlantic Sun Individual Champion

Sonja Shedden.....	1999, 2000
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Atlantic Sun Runner of the Year

Sonja Shedden.....	1999, 2000
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Atlantic Sun Coach of the Year

Marcia Mansur-Wentworth.....	1995, 1999
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All-Conference Honors

Jenny Clausen (First Team).....	2006
Jamie Rzepecki (First Team).....	2009
Jamie Perzanowski (Third Team).....	2011

C-USA Outstanding Senior of the Year

Jamie Rzepecki.....	2009
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Athletes of the Week

Jenny Clausen.....	Oct. 10, 2009
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The American Freshman of the Year

Valerie Lastra.....	2020, 2021
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All-Conference Honors

Anne-Marie Blaney	2013, 2014, 2016
Valerie Lastra.....	2020

Athletes of the Week

Anne-Marie Blaney.....	Sept. 10, 2013
.....	Sept. 23, 2013
.....	Oct. 1, 2013
.....	Oct. 15, 2013
.....	Oct. 22, 2013
.....	Sept. 30, 2014
.....	Oct. 21, 2014
.....	Sept. 27, 2016
.....	Oct. 11, 2016
Jamie Tomassetti.....	Sept. 3, 2019
Holly Wooley.....	Oct. 6, 2015
Isabella Richardson.....	Sept. 20, 2022

The American Individual Champion

Anne-Marie Blaney.....	2013, 2016
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NCAA HONORS

NCAA All-Region

Sonja Shedden.....	2000, 2001
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NCAA Woman of the Year (Florida)

Sarah Kureshi.....	2001
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USTFCCCA South Region

Athlete of the Year

Anne-Marie Blaney.....	2016
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NCAA South Regional Team Finishes

2022	17th	482 pts
2021	15th	455 pts
2020	N/A due to COVID-19	
2019	Did Not Place	
2018	26th	727 pts

2017	27th	772 pts
2016	18th	493 pts
2015	21st	557 pts
2014	14th	423 pts
2013	19th	503 pts
2012	22nd	568 pts
2011	24th	670 pts
2010	24th	729 pts
2009	Did Not Place	
2008	18th	438 pts
2007	15th	347 pts
2006	16th	443 pts
2005	21st	552 pts
2004	22nd	579 pts

NCAA South Regional UCF Top Finisher

2022	Isabella Richardson	70th
2021	Valerie Lastra	78th
2020	N/A due to COVID-19	

2019	Charlotte Crook	88th
2018	Victoria Jung	105th
2017	Kalleigh Forrester	118th
2016	Anne-Marie Blaney	1st
2015	Holly Wooley	47th
2014	Anne-Marie Blaney	4th
2013	Anne-Marie Blaney	19th
2012	Anne-Marie Blaney	54th
2011	Jamie Perzanowski	89th
2010	Ocean Cohen	104th
2009	Jamie Rzepecki	94th
2008	Shantile Blackburn	60th
2007	Jamie Rzepecki	54th
2006	Jenny Clausen	48th
2005	Andrea Morrow	106th
2004	Astrid Claessens	94th

ACADEMIC HONORS

American Athletic Conference

All-Academic Team

Amy Ankli.....	2013-16
Isabella Babilonia	2022
Alexa Baker	2022
Andrea Ballestero	2023
Jadae Barret.....	2021
Anne-Marie Blaney	2013-17
Vanessa Bolen	2020
Mikaela Brown	2021-22
Claire Castillo	2014
Cody Castillo.....	2013-16
Rosie Chamberlain.....	2014-18
Heather Classe	2013-14, 16
Marissa Codispodi.....	2017-18
Tere Cooley.....	2015-16
Charlotte Crook	2019-23
Mackenzie Czurak	2021-23
Alexandra Del Re.....	2021-23
Jessica Dolan	2018-20
Kalleigh Forrester.....	2014, 2018
Allison Gerrits	2022
Brittany Gill.....	2017
Alyssa Hamel	2013
Lillian Holtery	2022-23
Kendall Hughes	2023
Emily Jenkinson.....	2014-17
Paige Jaszczak	2023
Riley Jaszczak	2023
Victoria Jung.....	2017-21
Paige Kelly	2023
Laura Korsmit	2014-18
Gabrielle LaRock	2020
Valerie Lastra	2021-22
Ne'Ausha Logan.....	2014
Kayla McGowan	2019-21
Ashton McMurray.....	2014-17
Brenna Mullaney	2021-23
Dianna Perez.....	2020
Rachel Petrik.....	2013
Katie Pinnell.....	2020-23
Zoe Pustilnik.....	2023
Gabrielle Rayner	2015-16
Megan Rhodes.....	2021-22
Mariana Rodriguez.....	2021-23
Shayla Sanders	2019
Katy Soltis	2018-21
Kambry Smith.....	2022
Penelope Sosa.....	2023
Sel Stuart.....	2020
Crystal Tejeda	2018
Jamie Tomassetti.....	2020
Cyndi Turner.....	2021-23
Jewel Walters	2020
Rachel Wheatley	2022-23
Amelia Williams	2013-14
Bethany Williams.....	2018-19, 21
Camryn Williams	2022-23
Holly Wooley.....	2014-16

Conference USA Commissioner's Academic Medal

Jocelin Adona.....	2012
Shelby Blaes.....	2012
Rachel Petrik.....	2012
Ali Brandehoff	2011
Jessica Pachay	2011-12
Jamie Perzanowski	2011
Kristen Zieminski	2006-07
Jessica Clausen	2006

Conference USA Commissioner's Honor Roll

Jocelin Adona.....	2012
Amy Ankli.....	2012
Anne-Marie Blaney	2012
Heather Classe	2012
Alyssa Hamel	2012
Caroline Pauls	2012
Rachel Petrik.....	2012
Akeeba Rose.....	2012
Ebony Rose	2012
Shelby Blaes.....	2011-12
Ali Brandehoff	2011
Emmy Brandehoff.....	2011
Cody Castillo.....	2011-12
Jessica Pachay	2011-12
Jamie Perzanowski	2011
Amelia Williams	2011-12
Ocean Cohen	2007-10
Alyssa Franks.....	2009-10
Mason Gardberg.....	2009-10
Jaclyn Johnson	2006-09
Shannon Kelly	2006-09
Jackie Potter	2009
Kathia Kinner	2008-09
Katrina Skinner.....	2009
Amethyst Strickland	2009
Erica Weitz.....	2006-09
Shantile Blackburn.....	2005, 2007-08
Kelly McNeil.....	2005-08
Allison Palmer.....	2005-08
Jenny Clausen	2006-07
Stephanie Knapp.....	2007
Elizabeth Miller.....	2005-07
Kristen Zieminski	2005-07
Kellie Dwyer	2006
Amanda Monde	2005-06
Mary Schaefer.....	2005-06
Michelle Brouillet.....	2005
Jennifer Rogers.....	2005
Shannon Staunton	2005

Conference USA All-Academic Team

Ocean Cohen	2008-09
Allison Palmer.....	2008
Kristen Zieminski	2008
Elizabeth Miller.....	2006

Conference USA Outstanding Senior of the Year

Jamie Rzepecki.....	2009
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1998-2004, 2006, 2007, 2012, 2013, 2014, 2020

USTFCCCA All-Academic Honors

Anne-Marie Blaney	2013, 2014
Valerie Lastra	2020

USTFCCCA Academic All-American

Sonja Shedden	2001
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ESPN The Magazine/CoSIDA Academic All-District First Team

Kristen Zieminski.....	2008
Tracy Fischler.....	2006
Astrid Claessens	2005
Sarah Kureshi.....	1999, 2000

ESPN The Magazine/CoSIDA Academic All-American

Astrid Claessens (3rd team)	2005
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Intercollegiate Cross Country Coaches Association (WICCCA) Academic All-America Team

UCF.....	2004
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ALL-TIME ROSTER

Joceline Adona	2012-13	Brianne Harrington	1998-00	Marri Reidel	1987
Micah Andriani	1995-96	Lizzie Harris	2007	Missy Rhem	1989
Amy Ankli	2012-15	Tracy Hart	1987	Megan Rhodes	2020-22
Isabella Babilonia	2021	Tabatha Henry	2014	Haley Riorden	2019
Alexa Baker	2021	Tiffany Hill	1992-1995	Isabella Richardson	2022-present
Andrea Ballestero	2022-present	Shiree Hinds	2016-18	GeAna Rivera	1998-00
Jaclyn Baron	2001	Lillian Holtery	2021-present	Megan Rodell	1996
Jadae Barrett	2020-21	Julie Houser	1986	Mariana Rodriguez	2020-present
Lori Barton	1985	Teresa Huff	2011-12	Daesha Rogers	2017
Kate Bell	1992	Kendall Hughes	2022-present	Jenny Rogers	2004-06
Cheria Bell	1994-95	Lauren Iseman	2006	Akeeba Rose	2012
Dan'Elle Bellamy	2010	Paige Jaszczak	2022-present	Ebony Rose	2012
Sosie Bennet	1982	Riley Jaszczak	2022-present	Tom Ruse	1983-84
Shantile Blackburn	2005-08	Emily Jenkinson	2014-17	Jamie Rzepecki	2005-09
Shelby Blaes	2011-12	Jaclyn Johnson	2006-09	Shayla Sanders	2018
Anne-Marie Blaney	2012-16	Christina Jones	2003-06	Laura Saunders	1985
Vanessa Bolen	2019	Gail Jones	1983-85	Danielle Scaffidi	2010-11
Ali Brandehoff	2011	Victoria Jung	2016-20	Mary Schaefer	2005-06
Emmy Brandehoff	2011	Cindy Jurss	1982	Sarah Schleis	1997
Ktanah Bresnick	1994-95	Paige Kelly	2021-22	Heather Schulz	1994-95
Mollie Britt	1989	Shannon Kelly	2007-09	Samantha Schultz	2019
Sosie Brigardner	1982	Laura Korsmit	2014-17	Sonja Shedden	1998-00
Michelle Brouillet	2004-05	Karen Kozub	2003, 2005-07	Amy Simons	1986
Mikaela Brown	2020-2021	Sarah Kureshi	1997, 2000	Kathia Skinner	2008-09
Kelly Burwash	1987-88	Cindy Lagemann	1985	Katrina Skinner	2008-09
Stephanie Cameron	1997, 1999	Shar Lammers	2000-01	LuAnne Sloan	1982, 84
Claire Castillo	2014-15	Sofia Lantz	2022	Dave Smith	1982-84
Cody Castillo	2011-15	Gabrielle LaRock	2019	Kambry Smith	2021
Anna Cerniglia	1988-89	Valerie Lastra	2020-21	Sierra Solaun	2010
Rosie Chamberlain	2014-17	Samantha Levin	2013	Kaitlyn Soltis	2018-20
Heather Classe	2012-13	Jeanne Lesniak	1995	Penelope Sosa	2022-present
Astrid Claessens	2002-04	Ne'Ausha Logan	2010-13	Kim Spence	1988-89
Jenny Clausen	2006-07	Annie Lolange	2005-06	Anna Stachow	2002
Abby Clements	2023-present	Diane Madison	1987	Shannon Staunton	2005
Marissa Codispodi	2016-17	Jackie Magee	2002-03	Abigail Stratton	2023-present
Ocean Cohen	2007-10	Mary Mamott	1984-85	Sel Stuart	2019
Tere Cooley	2015-16	Valery Martinez	2001-02	Valerie Tabor	2003
Charlotte Crook	2018-present	Kayla McGowan	2017-18	Crystal Tejeda	2017-18
Megan Crum	2002-03	Ashton McMurray	2014-16	Hannah Taylor	2023-present
Mackenzie Czurak	2020-22	Kelly McNeill	2005-08	Jamie Tomassetti	2019-20
Carley Dart	2008-10	Marivi Mercado	2004	Cyndi Turner	2020-21
Michelle Daniels	2000-01	Carmen Meyer	1999	Lorena Valenzuela	1992-94
Alexandra Del Re	2020-present	Christy Miller	1995-96	Valerie Valenzuela	1992-94
Sara Dillman	1999, 2001-03	Elizabeth Miller	2004-07	Nivia Vega	1989
Gemma Dimery	1997-00	Amanda Monde	2005-06	April Vitori	1996-98
Ann Marie Dixon	1996	Andrea Morrow	2002-05	Rose Vouso	1983-86
Karin Dobiasch	2023-present	Brenna Mullaney	2020-present	Debbie Walters	1982-84
Jessica Dolan	2018-20	Melissa Norris	1999-00	Jewel Walters	2019
Talia Duzey	2015	Ashley Overby	2002	Greg Weekes	1983
Kellie Dwyer	2006-07	Jessica Pachay	2011-12	Erica Weitz	2006-09
Alyssa Franks	2009-10	Allison Palmer	2004-08	Rachel Wheatley	2021-22
Aisha-Maree Frazier	2009-11	Anne Panaggio	1996-98	Alice Williams	1983
Kalleigh Forrester	2014-17	Caroline Pauls	2012-15	Amelia Williams	2011-14
Loren Gallmon	2016	Dianna Perez	2019	Beth Williams	2017-19
Mason Gardberg	2009-10	Jamie Perzanowski	2011	Camryn Williams	2021-present
Cindy Gaskill	1984-86	Rachel Petrik	2012-13	Erica Winston	2010-13
Allison Gerrits	2021	Eva Pierce	2009-11	Holly Wooley	2014-16
Amy Giles	2001-03	Katie Pinnell	2018-22	Pam Wulf	1989
Brittany Gill	2016-17	Carla Portilla	2004-05	Barbara Ziccardi	1987
Renee Grace	1986	Kayla Pritchett	2015	Kristen Ziemiński	2004-07
Katya Groff	2011	Zoe Pustilnik	2022		
Alyssa Hamel	2012-13	Mary Queen	1988		
Susan Hartley	1996-98	Gabrielle Rayner	2015		

(Note: Archives are incomplete in early years as well as 1990 & 1993.)