



UCF Women's Cross Country Record Book

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2024 Quick Facts

UCF INFORMATION

LocationOrlando, Fla.
 Founded 1963
 Enrollment 68,442
 NicknameKnights
 ColorsBlack 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 CoachDana Boone
 Alma MaterVirginia, 1991
 Assistant Coach Bryan Harmon
 Track Office Phone (407) 823-0096

TEAM INFORMATION

2024 Big 12 Finish11th
 Returners 8

ATHLETICS COMMUNICATIONS

Assistant DirectorAlex 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.



2024 ROSTER

Name	Cl.	Hometown/High School (Previous School)
Reese Anderson	Fr.	Lithia, Fla./Newsome HS
Andrea Ballestero	Jr.	Tampa, Fla./Osceola (Seminole) HS
Abby Clements	So.	Pinellas Park, Fla./Osceola (Seminole) HS
Gianna Del Pizzo	Fr.	Lehigh Acres, Fla./Lehigh HS
Karin Dobiasch	So.	Seefeld-Bayern, Germany
Raquel Edwards	Fr.	Fort Lauderdale, Fla./Dillard HS
Kendall Hughes	Jr.	Lithia, Fla./Newsome HS
Paige Jaszczak	Jr.	Mims, Fla./Titusville HS
Riley Jaszczak	Jr.	Mims, Fla./Titusville HS
Avery Latto	Fr.	Seminole, Fla./Osceola(Seminole) HS
Madison Patchan	Fr.	St. Augustine, Fla./Tocoi Creed HS
Ava Quattrocchi	Fr.	Cocoa, Fla./Rockledge HS
Isabella Richardson	Jr.	Auckland, New Zealand
Penelope Sosa	Jr.	Miami Fla./Miami Coral Park HS
Lucy Voss	Fr.	Gainesville, Fla./Buchholz HS
Emma White	Fr.	Gainesville, Fla./Buchholz HS

Head Coach: Dana Boone, Seventh Season
 Assistant Coach - Distance: Bryan Harmon, Second Season

ROSTER BREAKDOWN

BY STATE/COUNTRY

Florida

Reese Anderson
 Andrea Ballestero
 Abby Clements
 Gianna Del Pizzo
 Kendall Hughes
 Raquel Edwards
 Paige Jaszczak
 Riley Jaszczak
 Avery Latto
 Madison Patchan
 Ava Quattrocchi
 Penelope Sosa
 Lucy Voss
 Emma White

Germany

Karin Dobiasch

New Zealand

Isabella Richardson

BY ELIGIBILITY

Junior

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

Sophomore

Abby Clements
 Karin Dobiasch

Freshman

Reese Anderson
 Gianna Del Pizzo
 Raquel Edwards
 Avery Latto
 Madison Patchan
 Ava Quattrocchi
 Lucy Voss
 Emma White

SCHOOL RECORDS

4K

Anne Panaggio 14:28 1998

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

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

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. In 2023, UCF made an historic move to the Big 12 Conference, placing

CONFERENCE RESULTS

<u>Year</u>	<u>Finish</u>	<u>Year</u>	<u>Finish</u>	<u>Year</u>	<u>Finish</u>
1980	2nd	1996	5th	2010	11th
1981	No Team Score	1997	3rd	2011	10th
1982	2nd	1998	2nd	2012	11th
1983	2nd	1999	1st	2013	4th
1984	No Affiliation	2000	4th	2014	4th
1985	2nd	2001	3rd	2015	7th
1986	2nd	2002	3rd	2016	5th
1987	4th	2003	4th	2017	11th
1988	3rd	2004	4th	2018	9th
1989	5th	2005	9th	2019	11th
1990	7th	2006	5th	2020	5th
1991	8th	2007	7th	2021	7th
1992	3rd	2008	8th	2022	8th
1993	3rd	2009	9th	2023	11th
1994	4th	2010	11th		
1995	1st	2011	10th		

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

Atlantic Sun Runner of the Year

Sonja Shedden 1999, 2000

Atlantic Sun Coach of the Year

Marcia Mansur-Wentworth . 1995, 1999



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

Athletes of the Week

Jenny Clausen Oct. 10, 2009



The American Freshman of the Year

Valerie Lastra 2020,2021

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

NCAA HONORS

NCAA All-Region

Sonja Shedden2000, 2001

NCAA Woman of the Year (Florida)

Sarah Kureshi.....2001

USTFCCCA South Region

Athlete of the Year

Anne-Marie Blaney 2016

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 Tejada	2018
Jamie Tomassetti.....	2020
Cydni 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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USTFCCCA All-Academic Team

ALL-TIME ROSTER

Joceline Adona	2012-13	Katya Groff	2011	Carla Portilla.....	2004-05
Reese Anderson	2024-present	Alyssa Hamel	2012-13	Kayla Pritchett.....	2015
Micah Andriani	1995-96	Susan Hartley.....	1996-98	Zoe Pustilnik.....	2022
Amy Ankli.....	2012-15	Brianne Harrington.....	1998-00	Ava Quattrocchi.....	2024-present
Isabella Babilonia	2021	Lizzie Harris.....	2007	Mary Queen.....	1988
Alexa Baker	2021	Tracy Hart.....	1987	Gabrielle Rayner.....	2015
Andrea Ballestero	2022-present	Tabatha Henry	2014	Marri Reidel	1987
Jaclyn Baron	2001	Tiffany Hill	1992-1995	Missy Rhem.....	1989
Jadae Barrett.....	2020-21	Shiree Hinds	2016-18	Megan Rhodes.....	2020-22
Lori Barton.....	1985	Lillian Holtery.....	2021-2023	Haley Riorden	2019
Kate Bell.....	1992	Julie Houser.....	1986	Isabella Richardson	2022-present
Cheria Bell.....	1994-95	Teresa Huff.....	2011-12	GeAna Rivera.....	1998-00
Dan'Elle Bellamy.....	2010	Kendall Hughes.....	2022-present	Megan Rodell.....	1996
Sosie Bennet.....	1982	Lauren Iseman.....	2006	Mariana Rodriguez.....	2020-2023
Shantile Blackburn.....	2005-08	Paige Jaszczak.....	2022-present	Daesha Rogers.....	2017
Shelby Blaes.....	2011-12	Riley Jaszczak	2022-present	Jenny Rogers.....	2004-06
Anne-Marie Blaney	2012-16	Emily Jenkinson.....	2014-17	Akeeba Rose	2012
Vanessa Bolen	2019	Jaclyn Johnson	2006-09	Ebony Rose	2012
Ali Brandehoff	2011	Christina Jones.....	2003-06	Tom Ruse.....	1983-84
Emmy Brandehoff.....	2011	Gail Jones.....	1983-85	Jamie Rzepecki.....	2005-09
Ktanah Bresnick.....	1994-95	Victoria Jung.....	2016-20	Shayla Sanders.....	2018
Mollie Britt.....	1989	Cindy Jurss	1982	Laura Saunders	1985
Sosie Brigardner.....	1982	Paige Kelly	2021-22	Danielle Scaffidi.....	2010-11
Michelle Brouillet.....	2004-05	Shannon Kelly.....	2007-09	Mary Schaefer.....	2005-06
Mikaela Brown.....	2020-2021	Laura Korsmit.....	2014-17	Sarah Schleis.....	1997
Kelly Burwash.....	1987-88	Karen Kozub.....	2003, 2005-07	Heather Schulz.....	1994-95
Stephanie Cameron.....	1997, 1999	Sarah Kureshi.....	1997, 2000	Samantha Schultz	2019
Claire Castillo.....	2014-15	Cindy Lagemann	1985	Sonja Shedden	1998-00
Cody Castillo.....	2011-15	Shar Lammers	2000-01	Amy Simons	1986
Anna Cerniglia.....	1988-89	Sofia Lantz.....	2022	Kathia Skinner	2008-09
Rosie Chamberlain.....	2014-17	Gabrielle LaRock	2019	Katrina Skinner.....	2008-09
Heather Classe	2012-13	Valerie Lastra	2020-21	LuAnne Sloan	1982, 84
Astrid Claessens.....	2002-04	Avery Latto.....	2024-present	Dave Smith	1982-84
Jenny Clausen	2006-07	Samantha Levin	2013	Kambry Smith.....	2021
Abby Clements	2023-present	Jeanne Lesniak.....	1995	Sierra Solaun.....	2010
Marissa Codispodis.....	2016-17	Ne'Ausha Logan.....	2010-13	Kaitlyn Soltis.....	2018-20
Ocean Cohen	2007-10	Annie Lolange.....	2005-06	Penelope Sosa.....	2022-present
Tere Cooley.....	2015-16	Diane Madison.....	1987	Kim Spence	1988-89
Charlotte Crook.....	2018-2023	Jackie Magee	2002-03	Anna Stachow	2002
Megan Crum.....	2002-03	Mary Mamott.....	1984-85	Shannon Staunton	2005
Mackenzie Czurak.....	2020-22	Valery Martinez.....	2001-02	Abigail Stratton.....	2023
Carley Dart.....	2008-10	Kayla McGowan	2017-18	Sel Stuart.....	2019
Michelle Daniels	2000-01	Ashton McMurray.....	2014-16	Valerie Tabor	2003
Gianna Del Pizzo	2024-present	Kelly McNeill.....	2005-08	Crystal Tejada.....	2017-18
Alexandra Del Re.....	2020-2023	Marivi Mercado.....	2004	Hannah Taylor.....	2023
Sara Dillman	1999, 2001-03	Carmen Meyer	1999	Jamie Tomassetti.....	2019-20
Gemma Dimery.....	1997-00	Christy Miller	1995-96	Cyndi Turner.....	2020-21
Ann Marie Dixon	1996	Elizabeth Miller.....	2004-07	Lorena Valenzuela.....	1992-94
Karin Dobiasch.....	2023-present	Amanda Monde	2005-06	Valerie Valenzuela.....	1992-94
Jessica Dolan.....	2018-20	Andrea Morrow	2002-05	Nivia Vega.....	1989
Talia Duzey.....	2015	Brenna Mullaney	2020-2023	April Vitori.....	1996-98
Kellie Dwyer	2006-07	Melissa Norris.....	1999-00	Lucy Voss	2024-present
Raquel Edwards.....	2024-present	Ashley Overby.....	2002	Rose Vouso.....	1983-86
Alyssa Franks.....	2009-10	Jessica Pachay	2011-12	Debbie Walters	1982-84
Aisha-Maree Frazier	2009-11	Allison Palmer.....	2004-08	Jewel Walters	2019
Kalleigh Forrester.....	2014-17	Anne Panaggio.....	1996-98	Greg Weekes.....	1983
Loren Gallmon.....	2016	Madison Patchan	2024-present	Erica Weitz.....	2006-09
Mason Gardberg.....	2009-10	Caroline Pauls.....	2012-15	Rachel Wheatley	2021-22
Cindy Gaskill	1984-86	Dianna Perez.....	2019	Emma White	2024-present
Allison Gerrits.....	2021	Jamie Perzanowski.....	2011	Alice Williams.....	1983
Amy Giles.....	2001-03	Rachel Petrik.....	2012-13	Amelia Williams	2011-14
Brittany Gill.....	2016-17	Eva Pierce.....	2009-11	Beth Williams.....	2017-19
Renee Grace.....	1986	Katie Pinnell.....	2018-22	Camryn Williams	2021-2023

ALL-TIME ROSTER

- Erica Winston2010-13
- Holly Wooley.....2014-16
- Pam Wulf.....1989
- Barbara Ziccardi 1987
- Kristen Zieminski..... 2004-07

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