

COLONIAL LEAGUE
Boys Cross Country Results
Courtesy of Bruce Buratti - Express Times

1975 - Salisbury (team); Scott Silfies, Naz, (individual) 15:50 at SL (2.9)
1976 - Bangor (team); Brad Krum, B, (individual) 15:20 (2.9 miles) at Bangor
1977 - Bangor (team); Brooks Minnich, W, (individual) 14:23 (2.8) at Nazareth
1978 - Wilson (team); Brooks Minnich, W, (individual) 14:34 (2.9) at Wilson
1979 - Palisades (team); Joe Johnson, Naz, (individual) at Catty
1980 - Palisades (team); Steve Thomas, B, (individual) at Salisbury
1981 - Palisades (team); Carl Kemmerer, Palis (individual) at Lehigh
1982 - Palisades (team); Carl Kemmerer, Palis (individual)
1983 - Wilson (team); Mike Krafczyk, SL, (individual) at A.C.
1984 - Wilson (team); Mike Krafczyk, SL (individual)
1985 - Palisades (team); Dave Paukovits, C, (individual)
1986 - Palisades (team); Jason Arbor, Palis (individual)
1987 - Southern Lehigh (team); Mark Demkee, SL, (individual)
1988 - Southern Lehigh (team); Jamie Hibell, SL, (individual)
1989 - Nazareth (team); Jamie Hibell, SL, (individual)
1990 - Palisades (team); Ken Burkeen, Sal, (individual)
1991 - Palisades (team); Adam Prowker, Palis, (individual) at SL
1992 - Nazareth (team); Kevin Cody, Sal, (individual) at A.C.
1993 - Southern Lehigh (team); Scott Motaka, SL, (individual) at A.C.
1994 - Northern Lehigh (team); Bryan Michel, ND, (individual) 17:11.7 at A.C.
1995 - Northern Lehigh (team); Matt Stohl, SV, 17:04.2 (ind.) at Allen. Col
1996 - Notre Dame (team); Bruce Kite, NW (individual) at Allen. Col.
1997 - Notre Dame (team); Jeff Dobias, Palm, (individual) 17:04.9 at A.C.
1998 - Notre Dame (team); Jeff Dobias, Palm, (individual) 16:17.3 at A.C.
1999 - Northern Lehigh (team); Tim Erickson, SL, (individual) 16:29 at A.C.
2000 - Notre Dame (team); Pat Grogan, ND, (individual) 16:35.6 at A.C.
2001 - Saucon Valley (team); Tim Erickson, SL, (individual) 16:26.5 at A.C.
2002 - Saucon Valley (team); Jared Casciole, ND, (individual) 17:17.5 at DeSales
2003 - Notre Dame (team); Rocco Panella, ND, (individual) 17:15.2 at DeSales
2004 - Southern Lehigh (team); Dean Rinehart, Bangor (individual) 17:07.6 at DeSales
2005 - Notre Dame (team); Brian Musum, Bangor, jr. (individual) 17:05.7 at DeSales
2006 - Notre Dame (team); Brian Musum, Bangor (individual) 17:03.8 at DeSales
2007 - Notre Dame (team); Zach Rivenbark, SL, (individual) 17:28.9 at DeSales
2008 - Notre Dame (team); Greg Duckloe, MA, (individual) 17:17.2 at DeSales