



UCF Women's Cross Country Record Book

Table of Contents	1
Conference History	2
Academic Honors/School Records	3
Quick Facts/All-Time Roster	4



2023 Quick Facts

UCF INFORMATION

LocationOrlando, Fla.
 Founded 1963
 Enrollment 68,442
 NicknameKnights
 ColorsBlack and Gold
 Conference American Athletic Conference
 PresidentDr. 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 CoachBryan Harmon
 Track Office Phone (407) 823-0096

TEAM INFORMATION

2022 AAC Finish 8th
 Returners12

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

Name	Cl.	Hometown/High School (Previous School)
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			5K Freshman		
Anne Panaggio	14:28	1998	Isabella Richardson	17:12.4	2023
5K			6K		
Anne-Marie Blaney	16:50.19	2013	Anne-Marie Blaney	19:39.9	2014
Anne-Marie Blaney	16:54.18	2016	Anne-Marie Blaney	20:07.2	2016
Sonja Shedden	17:12	2000	Anne-Marie Blaney	20:14.0	2016
Isabella Richardson	17:12.4	2022	Anne-Marie Blaney	20:19.45	2013
Anne-Marie Blaney	17:12.95	2014	Anne-Marie Blaney	20:29.6	2016
Anne-Marie Blaney	17:14.16	2016	Anne-Marie Blaney	20:32.94	2013
Anne-Marie Blaney	17:23.65	2014	Anne-Marie Blaney	20:45	2014
Anne-Marie Blaney	17:24.90	2013	Isabella Richardson	20:57.2	2023
Anne-Marie Blaney	17:31.53	2014	Mariana Rodriguez	21:00.9	2023
Anne-Marie Blaney	17:33.12	2013	Sonja Shedden	21:06	2000
Valerie Lastra	17:43.6	2021	Valerie Lastra	21:10.55	2021
Isabella Richardson	17:47.4	2023	Holly Wooley	21:11.32	2015
Penelopa Sosa	17:49.1	2022	Anne-Marie Blaney	21:15.1	2014
Anne-Marie Blaney	17:49.51	2012	Laura Korsmit	21:15.5	2014
Anne-Marie Blaney	17:50.80	2016	Anne-Marie Blaney	21:20.72	2013
Holly Wooley	17:51.23	2014	Lillian Holtery	21:21.3	2023
Anne-Marie Blaney	17:52.10	2012	Anne-Marie Blaney	21:22.0	2012
Holly Wooley	17:54.82	2016	Holly Wooley	21:22.1	2014

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
				2023	11th

CONFERENCE HONORS



All-Conference Honors

Susie Brindgardner.....	1982
Cindy Jurss.....	1982
LuAnne Sloan.....	1982
Gail Jones.....	1985
Mary Marmott.....	1985
Rosa Voussa.....	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 BlaneySept. 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 RichardsonSept. 20, 2022

The American Individual Champion

Anne-Marie Blaney 2013, 2016

NCAA HONORS

NCAA All-Region

Sonja Shedden.....2000, 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
 Kamry 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

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

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

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

Intercollegiate Cross Country Coaches Association (WICCCA) Academic All-America Team

UCF 2004

Conference USA Commissioner's Academic Medal

USTFCCCA All-Academic Team

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 Highes 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	Cydni 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	(Note: Archives are incomplete in early years as well as 1990 & 1993.)
Alyssa Hamel 2012-13	Mary Queen 1988	
Susan Hartley 1996-98	Gabrielle Rayner 2015	