

Monroe Parker

Note: This meet was originally known as the Northern Region Athletic Director's or AD's Meet through 1993. It was renamed the Monroe Parker Invitational in 1994.

Individual Champions

Boys Winner	School	Time	Girls Winner	School	Time
1983 Jeff Koppie	Jefferson	15:13.1	Vicki Verinder *	Langley	17:40.1
1984 Mark Lambert	Robinson	15:24.8	Erin Keogh ***	Langley	17:12.8
1985 Jeff Pajak	Annandale	15:13.1	Erin Keogh ***	Langley	16:29.2
1986 Jim Martin	West Springfield	15:21.7	Sarah Colvin	Chantilly	17:02.1
1987 Vince Hancock	Lake Braddock	15:18.3	Anne Evans	South Lakes	17:57.6
1988 Brian Woodbury	West Springfield	15:20.3	Hollie Moore *	Chantilly	17:55.0
1989 Ibrahim Aden**	WT Woodson	15:25.0	Meghan McCarthy****	Robinson	18:16.0
1990 Roy Borden	Hayfield	15:30.0	Meghan McCarthy****	Robinson	17:27.0
1991 Roy Borden	Hayfield	15:22.0	Meghan McCarthy****	Robinson	18:07.0
1992 Mekonnen Berhanu	TC Williams	15:21.0	Elisa Beres	Centreville	18:33.0
1993 Jim Colling*	Chantilly	15:30.0	Heather Murray	West Potomac	18:44.0
1994 Sharif Karie ***	West Springfield	15:07.0	Jackie Kerr ****	Jefferson	17:32.0
1995 Sharif Karie ***	West Springfield	14:51.0	Jackie Kerr ****	Jefferson	17:30.0
1996 Sharif Karie ***	West Springfield	14:28.0	Jackie Kerr ****	Jefferson	17:27.0
1997 Amelson Teklai *	West Potomac	15:23.0	Laura Heiner***	Centreville	17:18.0
1998 Daniel Heiner	Centreville	15:10.0	Liz Awtrey**	Robinson	17:43.0
1999 Matt Maline	Oakton	15:21.0	Erin Swain*	Lake Braddock	17:42.0
2000 Alan Webb***	South Lakes	14:25.0	Kelly Swain	Lake Braddock	17:55.0
2001 Richard Smith	South Lakes	15:38.0	Kelly Swain	Lake Braddock	18:10.0
2002 Jeff Day	West Springfield	15:26.0	Kelly Swain	Lake Braddock	18:39.0
2003 David Groff	Westfield	15:20.0	Melissa Dewey*	Hayfield	18:06.0
2004 Brad Siragusa*	Chantilly	15:14.0	Melissa Dewey*	Hayfield	17:11.0
2005 Brad Siragusa*	Chantilly	15:18.0	Erin Klein	Lake Braddock	17:57.0
2006 Mike Spooner*	West Springfield	14:58.0	Sarrah Hadiji	WT Woodson	18:00.0
2007 Brad Kenimer	TC Williams	15:26.0	Lia DiValentin	Chantilly	18:07.7
2008 Chris Foley	Chantilly	15:26.7	Liana Epstein	Lake Braddock	18:16.3
2009 Chris Foley	Chantilly	15:03.1	Liana Epstein	Lake Braddock	17:54.0
2010 Sean McGorty**	Chantilly	15:17.0	Sophie Chase***	Lake Braddock	17:32.0
2011 Ahmed Bile**	Annandale	15:04.7	Sophie Chase***	Lake Braddock	17:33.0
2012 Sean McGorty**	Chantilly	14:50.0	Hannah Christen@	Lake Braddock	17:40.0
2013 Louis Colson *	Edison	14:43.0	Caroline Alcorta**	West Springfield	16:58.0
2014 Ryan McGorty	Chantilly	15:04.0	Amanda Swaak	Madison	18:06.0
2015 Fitsum Seyoum	Tuscarora	15:18.0	Heather Holt**	GC Marshall	17:44.0
2016 Saurav Velleleth	Jefferson	15:29.0	Heather Holt**	GC Marshall	17:27.0
2017 Edward Cerne	Lake Braddock	15:22.0	Julia Ghiselli	Annandale	17:29.0

*= Footlocker National Finalist

@=NIKE Cross Nationals Finalist

All times were run on Burke Lake 2.98 mile course.

Team Champions

	Boys Team Winner	Points	Girls Team Winner	Points
1983	South Lakes	66	Langley	26
1984	South Lakes	59	Langley	36
1985	Annandale	64	Lake Braddock	45
1986	Annandale	80	Lake Braddock	32
1987	Lake Braddock	49	Lake Braddock	37
1988	West Springfield	35	South Lakes	84
1989	West Springfield	48	Lake Braddock	41
1990	Robinson	52	Langley	94
1991	Lake Braddock	83	Robinson	51
1992	Lake Braddock	69	West Potomac	76
1993	Lake Braddock	109	Lake Braddock	99
1994	West Springfield	91	WT Woodson	47
1995	West Springfield	79	Centreville	43
1996	Lake Braddock	99	Centreville	60
1997	Lake Braddock	123	Lake Braddock	46
1998	Jefferson	91	Lake Braddock	77
1999	Lake Braddock	57	Lake Braddock	110
2000	Lake Braddock	70	Robinson	67
2001	West Springfield	67	Robinson	61
2002	Lake Braddock	107	Robinson	60
2003	Jefferson	70	Herndon	54
2004	Jefferson	43	Lake Braddock	38
2005	Jefferson	63	Westfield	62
2006	Jefferson	74	Lake Braddock	58
2007	WT Woodson	117	Lake Braddock	51
2008	Lake Braddock	62	Lake Braddock	51
2009	West Potomac	122	Lake Braddock	77
2010	West Potomac	84	Jefferson	44
2011	Chantilly	66	West Potomac	106
2012	Chantilly	57	Lake Braddock	83
2013	Chantilly	88	Lake Braddock	159
2014	Lake Braddock	58	Madison	75
2015	Lake Braddock	54	Lake Braddock	55
2016	Lake Braddock	116	Lake Braddock	59
2017	Lake Braddock	93	Lake Braddock	75

Freshman Races

(Run since 2003)

- **Freshman Boy's Race Record= Nick Brown (TC Williams)- 16:28.0 (2010)**
- **Freshman Girl's Race Record= Bailey Kolonich (RE Lee)- 18:30 (2010)**
 (Note: Annandale's Julia Ghiselli ran 17:29 as a freshman, albeit in the Varsity Race)

Monroe Parker Top 25 Times

	Boys	School	Time	Year		Girls	School	Time	Year
1	Alan Webb	South Lakes	14:25.0	2000	1	Erin Keogh	Langley	16:29.2	1985
2	Sharif Karie	West Springfield	14:28.0	1996	2	Aimee Harms	Annandale	16:57.9	1985
3	Louis Colson	Edison	14:43.0	2013	3	Caroline Alcorta	West Springfield	16:58.0	2013
4	Eric Kweder	Edison	14:45.0	1996	4	Sarah Colvin	Chantilly	17:02.1	1986
5	Sean McGorty	Chantilly	14:50.0	2012	5	Melissa Dewey	Hayfield	17:11.0	2004
6	Mike Spooner	West Springfield	14:58.0	2006	6	Wendy Neely	Lake Braddock	17:14.5	1986
7	Chris Foley	Chantilly	15:03.3	2009	7	Laura Heiner	Centreville	17:18.0	1997
8	Ryan McGorty	Chantilly	15:04.0	2014	8	Megan McCarthy	Robinson	17:27.0	1990
9	Ahmed Bile	Annandale	15:04.7	2011	8	Jaclyn Kerr	Jefferson	17:27.0	1996
10	Mackenzie Haight	GC Marshall	15:05.0	2013	8	Heather Holt	GC Marshall	17:27.0	2016
11	Daniel Heiner	Centreville	15:10.0	1998	11	Julia Ghiselli	Annandale	17:29.0	2017
12	Christopher Banks	West Springfield	15:11.0	1995	12	Sophie Chase	Lake Braddock	17:32.0	2010
13	Jeff Pajak	Annandale	15:13.1	1985	13	Hannah Christien	Lake Braddock	17:40.0	2012
14	Jeff Koppie	Jefferson	15:13.1	1983	14	Vicki Verinder	Langley	17:40.1	1983
15	Yazid Zoumaia	Centreville	15:13.2	2009	14	Liz Awtry	Robinson	17:42.0	1998
16	Brad Siragusa	Chantilly	15:14.0	2004	16	Erin Swain	Lake Braddock	17:42.0	1999
17	Dakota Lange	Chantilly	15:15.0	2013	17	Sharon Poole	Langley	17:46.1	1986
18	Nick Tuck	Lake Braddock	15:16.0	2012	18	Libby Williams	Annandale	17:47.7	1985
19	Chris Duncan	Annandale	15:16.5	1985	19	Kim Marks	Lake Braddock	17:48.9	1986
20	Glenn McDonald	Fairfax	15:17.2	1994	20	Kathy Newberry	Lake Braddock	17:52.0	1995
21	John Oliver	West Potomac	15:18.0	2015	20	Bailey Kolonich	RE Lee	17:53.0	2014
22	Fitsum Seyoum	Tuscarora	15:18.0	1987	22	Liana Epstein	Lake Braddock	17:54.0	2009
23	Vince Hancock	Lake Braddock	15:18.3	1983	22	Nicole Snider	Jefferson	17:54.0	1997
24	Bruce Barnhill	Falls Church	15:19.0	1983	24	Hollie Moore	Chantilly	17:55.0	1988
25	David Groff	Westfield	15:20.0	2003	25	Kelly Swain	Lake Braddock	17:55.0	2000
	Matt Calem	Madison	15:20.0	2013					

Burke Lake Top Times

Northern Region

(from current 2.98 mile Burke Lake Cross Country course)

(Special Thanks to Pearl Watts and the late Bill McDowell for assisting with research and preserving the legacy of the Northern Region's course since 1974)

TOP BOYS TIMES

(Sub- 15:00)

	Boys	School	Time	Meet	Year
1	Alan Webb	South Lakes	13:57.0	Concorde District Championships	Oct 25,1999
2	Sharif Karie	West Springfield	14:19.0	Northern Region Championships	Oct 31,1996
	Sean McGorty	Chantilly	14:19.0	Northern Region Championships	Nov 2, 2012
4	Jim Hill	Oakton	14:26.4	Northern Region Championships	Nov 2, 1978
5	Dwight Stevens	TC Williams	14:29.9	Northern Region Championships	Nov 1, 1979
6	Mike Mansey	TC Williams	14:30.1	Northern Region Championships	Nov 2, 1978
7	Ahmed Bile	Annandale	14:38.0	Northern Region Championships	Nov 3, 2011
8	Alex Corbett	Lake Braddock	14:41.0	Region 6A North Championships	Nov 5, 2014
9	George Watts	Edison	14:42.0	Northern Region Championships	Nov 1, 1974
	Louis Colson	Edison	14:42.0	Conference 13 Championships	Oct 31, 2013
11	Eric Kweder	Edison	14:45.0	Monroe Parker Invitational	Sept 4, 1996
12	Eric Post	Chantilly	14:48.0	Northern Region Championships	Oct 31,1996
13	Ryan McGorty	Chantilly	14:49.0	Concorde Conf. Championships	Oct. 30, 2014
14	Jeff Pajak	Annandale	14:49.2	Northern Region Championships	Oct 31,1985
15	Dennis Kappeler	Mt. Vernon	14:49.3	Fairfax County Meet	1981
16	Bob Murray	Fort Hunt	14:49.3	Fairfax County Meet	1981
17	Chris Foley	Chantilly	14:49.6c	Northern Region Championships	Nov 5, 2009
18	Andrew McCullen	Oakton	14:49.8c	Northern Region Championships	Nov 5, 2009
19	Steve Halsey	Langley	14:50.0	Northern Region Championships	Nov 4, 1976
	Anteneh Girma	TC Williams	14:50.0	Region 6A North Championships	Nov 5, 2014
21	Mike Stafford	Wakefield	14:51.0	Northern Region Championships	Nov 3, 1977
22	Andrew Macleod	Oakton	14:52.0	Northern Region Championships	Oct 30,1997
23	Pat Conway	West Springfield	14:52.0	Northern Region Championships	Oct 30,1997

24	Pete Tatro	Fort Hunt	14:53.0	Northern District Championships	Oct. 23,1975
25	Jim Martin	West Springfield	14:53.2	Northern Region Championships	Oct 30,1986
26	Marc Anderson	Washington-Lee	14:53.9	Great Falls District Championships	Oct 25,1979
27	Jon Babcock	Langley	14:54.0	Northern Region Championships	Nov 2, 1978
27	Ibrahim Aden	WT Woodson	14:54.0	Northern Region Championships	Nov 2, 1989
27	John Stoney	Oakton	14:54.0	Region 6A North Champinoships	Nov 6, 2013
30	Mike Spooner	West Springfield	14:54.6	Northern Region Championships	Nov 2, 2006
31	Kevin Dowd	Fairfax	14:54.9c	Northern Region Championships	Nov 5, 2009
32	Mackenzie Haight	GC Marshall	14:55.3	Conference 13 Double Quad Meet	Oct 16, 2013
33	Christo Landry	Jefferson	14:56.0	Concorde District Championships	Oct 24,2003
34	Cliff Holtz	Annandale	14:57.4	Potomac District Championship	1983
35	Chuck Wimberly	Edison	14:58.0	Fairfax County Meet	Sept 16, 1977
36	Rasheed Thompson	Herndon	14:58.0	Northern Region Championships	Nov 7, 2002
37	Roy Borden	Hayfield	14:59.0	Northern Region Championships	Oct 31,1991
38	David Iverson	Robinson	14:59.2	Northern Region Championships	Oct 30, 1986
39	Mark Lambert	Robinson	14:59.7	Northern Region Championships	Nov 1, 1984

TOP GIRLS TIMES

(Sub- 17:30)

	Girls	School	Time	Meet	Year
1	Erin Keogh	Langley	16:09.7	Northern Region Championships	Oct 31, 1985
2	Aimee Harms	Annandale	16:30.7	Northern Region Championships	Oct 31, 1985
3	Caroline Alcorta	West Springfield	16:31.0	Region 6A North Championships	Nov 6, 2013
4	Kate Murphy	Lake Braddock	16:34.0	Patriot Conference Championships	Oct 26, 2016
5	Melissa Dewey	Hayfield	16:42.0	Patriot District Championships	Nov 4, 2004
	Sophie Chase	Lake Braddock	16:42.0	Northern Region Championships	Nov 2, 2012
7	Laura Heiner	Centreville	16:47.0	Northern Region Championships	Oct 30,1997
8	Heather Holt*	GC Marshall	16:48.0	Capitol Conference Championships	Oct 26, 2016
9	Wendy Neely	Lake Braddock	16:49.2	Northern Region Championships	Oct 30, 1986
10	Jackie Kerr	Jefferson	16:56.0	Concorde District Championships	Oct 26,1995
11	Andrea Volpe	Lake Braddock	16:59.6	George Mason Invitational	Sept 25, 1983
12	Sarah Colvin	Chantilly	17:02.1	Northern Region AD's Meet	Sept 10,1986
13	Megan McCarthy	Robinson	17:03.0	Northern Region Championships	Nov 1, 1990
14	Amy Colvin	Chantilly	17:05.9	Northern Region Championships	Oct 31,1985
15	Erin Swain	Lake Braddock	17:06.0	Northern Region Championships	Nov 4, 1999
	Allie Klimkiewicz	Oakton	17:06.0	Concorde Conference Championships	Oct 30, 2013

17	Hannah Christian	Lake Braddock	17:08.0	Northern Region Championships	Nov 2, 2012
18	Liz Awtrey	Robinson	17:10.0	Northern Region Championships	Nov 5, 1998
19	Macey Schweikert	Robinson	17:12.0	Conference 5 Championships	Oct 30, 2013
20	Libby Williams	Annandale	17:13.9	Northern Region Championships	Oct 31, 1985
21	Vicki Verinder	Langley	17:14.1	Northern Region Championships	Nov 3, 1983
22	Alexa Lange	Herndon	17:20.0	Great Falls District Championships	Oct 26, 1988
	Kelley Otstott	Jefferson	17:20.0	Concorde District Championships	Oct 22,1997
24	Rachel McArthur	Patriot	17:21.0	Region 6A North Championships	Nov. 5, 2014
25	Jackie Concaugh	Annandale	17:22.0	Northern Region Championships	Nov 2, 1989
26	Olivia Beckner	South Lakes	17:23.0	Liberty District Championships	Oct 26, 2017
	Julia Ghiselli	Annandale	17:23.0	Gunston District Championships	Oct 26, 2017
28	Alisa Harvey	Jefferson	17:23.9	Potomac District Championships	Oct 27,1982
29	Paige Kwartunas	West Springfield	17:24.6c	Northern Region Championships	Nov. 5, 2009
30	Anne Evans	South Lakes	17:24.9	Northern Region Championships	Oct 29, 1987
31	Sharon Poole	Langley	17:25.4	Northern Region Championships	Oct 30,1986
32	Shannon Sarabyn	Centreville	17:26.0	Northern Region Championships	Oct 24, 1996
33	Karen Sanfacon	WT Woodson	17:26.4	Northern Region Championships	Oct 31, 1985
34	Linda Portasik	Fort Hunt	17:26.8	Gunston District Championships	Oct 25, 1978
35	Andrea Lengi	Madison	17:27.0	Great Falls District Championships	Oct 26, 1988
	Katie Kennedy	West Springfield	17:27.0	Conference 7 Championships	Oct 30, 2013
37	Nicole Snider	Jefferson	17:28.0	Concorde District Championships	Oct 22, 1997
38	Bailey Kolonich	R.E. Lee	17:29.9	Northern Region Championships	Nov 3, 2011

Note: 2009 Times- Course was measured to be 3.01miles (160 ft longer than standard 2.98 miles) by Pearl Watts on Saturday, November 7th. Original times (non-converted) would include:

- Chris Foley- 14:58.7
- Andrew McCullen- 14:58.9
- Kevin Dowd- 15:04.0
- Paige Kwartunas- 17:35.3