



CRS Cross Country



Northampton Cross Country Invitational 2024 – Bicentennial Park Northampton PA – 8-31-24



The 2024 Cross Country season started off in grand fashion as the Council Rock South Men's Cross-Country team won the Northampton Invitational, besting a field of 41 scoring teams, with a total team score 60 points which was less than half the score of the second place team. The top 30 places, out of the field 288 runners, medaled and all 7 of Council Rock South's varsity runners medaled. Jude Olsen and Cain Lawler lead this outstanding TEAM effort with both athletes running times that are in the top 8 ever run in the over 30 years of this event.

15:36.80 [Jude Olsen](#)

3rd [*HS Varsity Boys 5k Individual*](#)

15:37.40 [Cain Lawler](#)

4th [*HS Varsity Boys 5k Individual*](#)

16:06.90 [Mason Kaminski](#)

13th [*HS Varsity Boys 5k Individual*](#)



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16:22.60	Nathan Kach	19th	<i><u>HS Varsity Boys 5k Individual</u></i>
16:34.80	Finn Malone	21st	<i><u>HS Varsity Boys 5k Individual</u></i>
16:43.20	Eshaan Doegar	29th	<i><u>HS Varsity Boys 5k Individual</u></i>
16:46.40	Jesse Gassmann	30th	<i><u>HS Varsity Boys 5k Individual</u></i>

Not to be outdone in the JV race Council Rock South placed 3 in the top 7 with Nick Donahue taking the win for the Golden Hawks! The top 15 medaled in the JV race. The JV boys just missed the win finishing second by just 2 points out of the 23 teams in the JV race.

17:09.00	SB	Nick Donohue	1st	<i><u>HS JV Boys 5k</u></i>
17:41.40	SB	Rowan Grant	3rd	<i><u>HS JV Boys 5k</u></i>
17:48.10	SB	Colin Hartey	7th	<i><u>HS JV Boys 5k</u></i>
18:32.20	SB	Cole Walters	22nd	<i><u>HS JV Boys 5k</u></i>
18:47.10	SB	Shane McCreary	30th	<i><u>HS JV Boys 5k</u></i>
19:01.70	SB	Chase Pavlow	39th	<i><u>HS JV Boys 5k</u></i>
19:19.50	SB	Lucas Robtison	48th	<i><u>HS JV Boys 5k</u></i>
20:30.60	SB	Nevin Thomas	111th	<i><u>HS JV Boys 5k</u></i>
20:31.70	SB	Dan Kulb	115th	<i><u>HS JV Boys 5k</u></i>
20:42.50	SB	Gavin Gugger	129th	<i><u>HS JV Boys 5k</u></i>
21:30.20	SB	Cole Hunter	177th	<i><u>HS JV Boys 5k</u></i>
22:51.80	SB	Jonathan Hardling	241st	<i><u>HS JV Boys 5k</u></i>

























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Please find the full Varsity team results below.

Varsity Boys 5000 Meter Run Finals Team Scores






















PLACE	TEAM	POINTS	SCORERS	TIMES
1	 Council Rock South	60	3+4+13+19+21 (29+30)	0:58 1-5 Split 16:03 Avg
2	 Penridge	128	5+8+28+32+55 (66+85)	1:30 1-5 Split 16:32 Avg
3	 Perkiomen Valley	129	10+18+22+25+54 (122+159)	1:13 1-5 Split 16:35 Avg
4	 William Tennent	167	6+11+12+50+88 (140+152)	1:56 1-5 Split 16:35 Avg
5	 Frankfort	202	1+20+40+64+77 (104+135)	2:04 1-5 Split 16:47 Avg
6	 Downingtown West	214	15+38+48+51+62 (78)	1:11 1-5 Split 17:00 Avg
7	 Conrad Weiser	255	26+35+45+70+79 (131+165)	0:53 1-5 Split 17:09 Avg
8	 Emmaus	287	37+42+43+46+119 (144+153)	1:13 1-5 Split 17:20 Avg
9	 Exeter Township	314	2+44+83+91+94 (116+141)	2:18 1-5 Split 17:11 Avg
10	 Parkland	324	36+60+65+71+92 (98+110)	0:48 1-5 Split 17:23 Avg
11	 Boyertown	354	7+73+80+95+99 (117+128)	1:59 1-5 Split 17:22 Avg
12	 Father Judge	385	52+68+75+90+100 (121+174)	0:42 1-5 Split 17:35 Avg
13	 Southern Lehigh	425	24+47+103+118+133 (146+166)	1:48 1-5 Split 17:42 Avg
14	 Regina Luminis Academy	427	17+61+84+126+139 (210)	2:19 1-5 Split 17:38 Avg
15	 Phillipsburg HS	454	56+57+58+136+147 (151+167)	1:19 1-5 Split 17:49 Avg
16	 Tamaqua Area	483	23+31+115+129+185 (187+219)	3:00 1-5 Split 17:58 Avg
17	 Strath Haven	502	74+81+108+114+125 (148+177)	0:52 1-5 Split 17:56 Avg
18	 Easton Area	502	14+102+111+137+138 (156+216)	2:25 1-5 Split 17:52 Avg
19	 Wilson Area 11	542	49+105+106+124+158 (207+237)	1:45 1-5 Split 18:06 Avg
20	 Susquehanna Community	568	67+76+101+155+169 (179+225)	1:47 1-5 Split 18:11 Avg
21	 Blue Mountain	570	41+53+120+176+180 (213+223)	2:24 1-5 Split 18:17 Avg
22	 Oley Valley	638	9+97+112+198+222 (267)	4:53 1-5 Split 18:37 Avg



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23		Lehigh Valley Academy	654	27+113+162+168+184 (234+242)	2:57 1-5 Split 18:33 Avg
24		Pope John Paul II	696	82+130+132+161+191 (243+249)	2:09 1-5 Split 18:40 Avg
25		Quakertown	718	69+149+154+171+175 (196+218)	1:53 1-5 Split 18:42 Avg
26		Schuylkill Valley	745	123+142+143+164+173 (202+231)	0:58 1-5 Split 18:46 Avg
27		East Stroudsburg North	785	89+109+172+183+232 (247)	3:44 1-5 Split 19:14 Avg
28		Lehigh Valley Academy	797	87+127+188+195+200 (246)	2:25 1-5 Split 19:11 Avg
29		Liberty	798	86+145+178+186+203 (204+250)	2:31 1-5 Split 19:08 Avg
30		Northampton Area	814	93+96+189+192+244	4:19 1-5 Split 19:29 Avg
31		Bethlehem Catholic	836	34+181+182+209+230 (271)	4:24 1-5 Split 19:37 Avg
32		Bristol	841	59+72+211+236+263 (264+265)	7:55 1-5 Split 20:29 Avg
33		Berks Catholic	864	107+160+197+199+201 (220+255)	2:06 1-5 Split 19:27 Avg
34		Palmerton Area	873	16+205+208+217+227 (235+262)	5:07 1-5 Split 19:47 Avg
35		Mahanoy Area	925	63+170+212+224+256 (257)	6:40 1-5 Split 20:25 Avg
36		Bangor Area	965	33+206+240+241+245 (252)	5:15 1-5 Split 20:43 Avg
37		Marian Catholic	977	157+163+214+215+228	2:22 1-5 Split 20:07 Avg
38		Shenandoah Valley	995	39+194+248+254+260 (261+270)	7:37 1-5 Split 21:28 Avg
39		Fleetwood Area	1046	134+190+233+238+251 (266+268)	4:33 1-5 Split 20:58 Avg
40		East Stroudsburg South	1094	150+221+226+239+258	5:39 1-5 Split 21:24 Avg
41		Catasauqua	1203	193+229+253+259+269	7:49 1-5 Split 23:18 Avg
























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Please find the JV Team results below.

JV Boys 5000 Meter Run Finals Team Scores





PLACE	TEAM	POINTS	SCORERS	TIMES
1	 Parkland	61	4+9+10+12+26 (42+50)	0:55 1-5 Split 18:09 Avg
2	 Council Rock South	63	1+3+7+22+30 (39+48)	1:38 1-5 Split 17:59 Avg
3	 Downingtown West	68	2+6+11+16+33 (51)	1:39 1-5 Split 18:03 Avg
4	 Emmaus	124	15+23+24+28+34 (41+45)	0:40 1-5 Split 18:36 Avg
5	 Pennridge	163	5+13+18+61+66 (75+82)	2:12 1-5 Split 18:49 Avg
6	 Perkiomen Valley	193	17+19+46+52+59 (69+92)	1:24 1-5 Split 19:02 Avg
7	 Exeter Township	199	8+31+35+47+78 (79+90)	2:02 1-5 Split 19:03 Avg
8	 Southern Lehigh	234	25+37+40+58+74 (84+87)	1:25 1-5 Split 19:17 Avg
9	 Strath Haven	240	29+38+49+53+71 (105+111)	1:17 1-5 Split 19:19 Avg
10	 Boyertown	242	27+36+44+55+80 (106+119)	1:27 1-5 Split 19:19 Avg
11	 Easton Area	264	14+32+60+64+94 (100+110)	2:20 1-5 Split 19:27 Avg
12	 Father Judge	280	20+56+62+70+72 (89+95)	1:36 1-5 Split 19:36 Avg
13	 Phillipsburg HS	376	43+65+81+88+99 (109+130)	1:32 1-5 Split 20:05 Avg
14	 Conrad Weiser	410	21+57+91+114+127 (129+143)	3:37 1-5 Split 20:25 Avg
15	 William Tennent	411	54+67+76+102+112 (131+142)	1:54 1-5 Split 20:21 Avg
16	 Frankfort	489	63+85+96+120+125 (134+139)	2:07 1-5 Split 20:52 Avg
17	 Berks Catholic	491	68+83+104+115+121 (133+141)	1:39 1-5 Split 20:52 Avg
18	 Quakertown	505	77+98+101+113+116 (124+156)	1:17 1-5 Split 20:52 Avg
19	 Schuylkill Valley	553	86+93+108+117+149 (151+154)	3:39 1-5 Split 21:27 Avg
20	 Regina Luminis Academy	609	103+107+122+132+145 (150+152)	2:30 1-5 Split 21:54 Avg
21	 Lehighton	609	73+126+135+137+138 (153+155)	2:57 1-5 Split 22:09 Avg



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22	 Tamaqua Area	660	97+118+140+147+158	6:39 1-5 Split 23:19 Avg
23	 Pope John Paul II	677	123+128+136+144+146 (148+157)	1:45 1-5 Split 22:44 Avg