



EAST LONGMEADOW HIGH SCHOOL SPARTANS

2020-2021 Varsity Boys Cross-Country

Head Coach: Brendan Abad

Name	Gr.	Ht.	Wt.
Mitchell Aarons	Jr.		
Alec Cangemi	So.		
Ben Cangemi	So.		
Nick Cassidy	Jr.		
Ryan Clay	So.		
Alec Dimitroglou	Jr.		
Joe Ferrero	So.		
Michael Kelley	Sr.		
Josh Kirchner	So.		
Colby Law	So.		
Doug MacPhail	Sr.		
George MacPhail	So.		
Ben Martin	So.		
Connor McCarthy	Sr.		
Chad Nguyen	Sr.		0
James Roumeliotis	Jr.		
Johnny Rucci	Fr.		0
Aidan Stoughton	So.		0
Joachim Timm	Sr.		0
Jack Williamson	Fr.		
Luke Williamson	Sr.		0
Griffin Wilson	Sr.		0
Alvin Zhu	Sr.		0