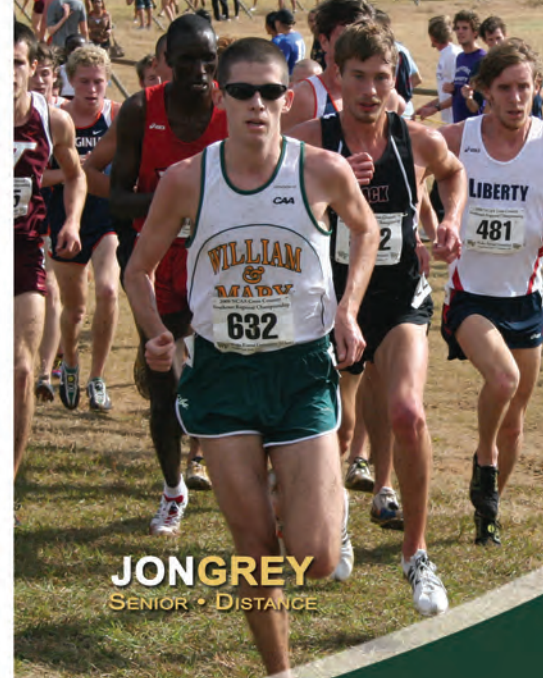


CHRISTOLANDRY
SENIOR • DISTANCE

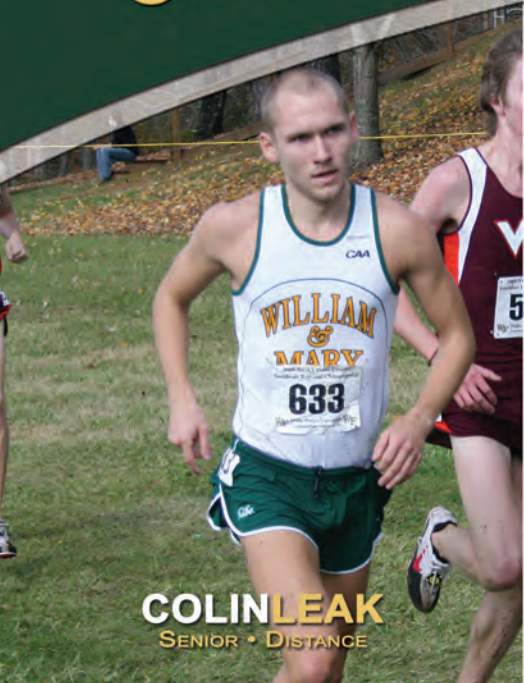


BRANDONHEROUX
SOPHOMORE • THROWS

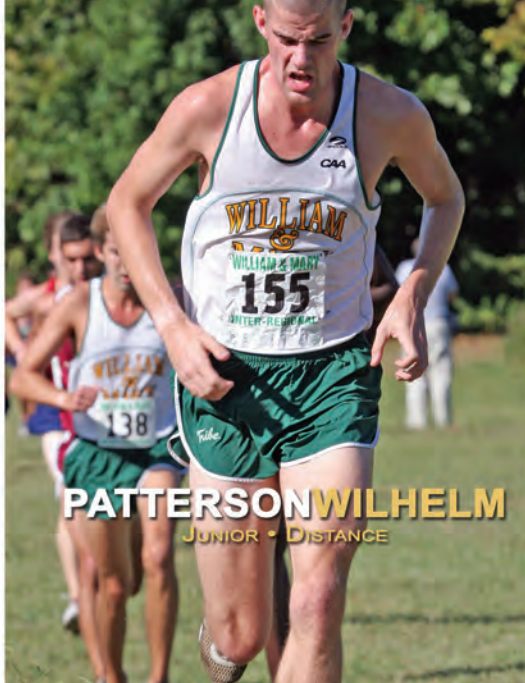


JONGREY
SENIOR • DISTANCE

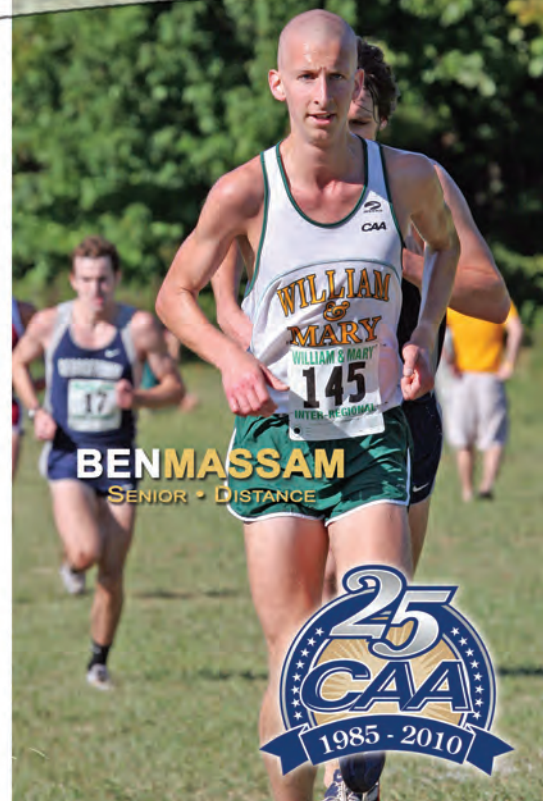
WILLIAM & MARY 09 TRACK AND FIELD / 10 CROSS COUNTRY MEDIA GUIDE



COLINLEAK
SENIOR • DISTANCE



PATTERSONWILHELM
JUNIOR • DISTANCE



BENMASSAM
SENIOR • DISTANCE



TRIBE CROSS COUNTRY CAA SILVER ANNIVERSARY TEAM MEMBERS

W&M leads the league with 15 of the 25 honorees



MIKE BROWN • 1994-97



JACOB FREY • 1999-02



SEAN GRAHAM • 1998-02



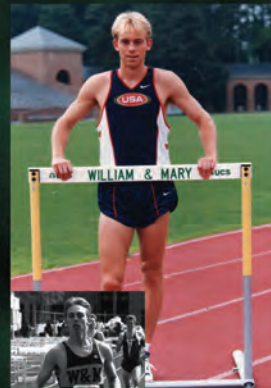
KEN HALLA • 1982-85



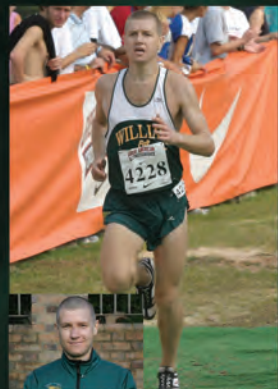
JEFF HEDLEY • 2002-05



CHARLIE HURT • 2001-04



BRIAN HYDE • 1991-94



MATT KEALLY • 2002-05



KEVIN KRAUSE • 1988-91



CHRISTO LANDRY • 2004-07



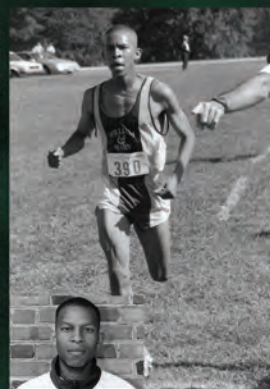
MATT LANE • 1996-00



ED MORAN • 1999-03



STEVE SWIFT • 1990-93



HOWARD TOWNSEND • 1994-97



PAUL VANDEGRIFT • 1988-91



Jon Grey '10 is handed the award for CAA Performer of the Meet by Associate Commissioner JP Williams after winning the 5,000m and 10,000m conference titles last season.

The College

Location Williamsburg, Virginia
 Founded 1693
 Enrollment 7,625
 President W. Taylor Reveley, III (Princeton, 1965)
 Chancellor Sandra Day O'Connor (Stanford, 1950)

Athletics

Nickname Tribe
 Colors Green, Gold, and Silver
 Conference Colonial Athletic Association
 Director Terry Driscoll (Boston College, 1969)
 First Year of XC/Track 1911-12 (98 Years)
 Track Zable Stadium at Cary Field (9,021)
 Stimson Throwing Events Area
 Dept Phone 757-221-3340
 Mailing Address W&M Athletics
 P. O. Box 399
 Williamsburg, VA 23187
 Street/Shipping Address W&M Hall
 751 Ukrop Way
 Williamsburg, VA 23185

Coaches

Director of Track and Field Dan Stimson (Ohio, 1971)
 Phone 757-221-3397
 Email dgstim@wm.edu
 Head Coach Alex Gibby (W&M, 1997)
 Phone 757-221-3398
 Email amgibb@wm.edu
 Assistant Coach Emil Davis (W&M, 1985)
 Phone 757-221-3018
 Assistant Coach Dave Fritz (Virginia Tech, 2004)
 Phone 757-221-3018
 Email dafriz@wm.edu
 Assistant Coach Ryan Murphy (Virginia, 2007)
 Phone 757-221-3018
 Email rpmurphy@wm.edu
 Volunteer Assistants Todd Doughty (W&M, 1997)
 Ed Moran (W&M, 2003)

Sports Information

Associate SID/Contact Jacob Skipper (W&M, 2005)
 Phone 757-221-3344
 Cell 757-561-3176
 Email jcskip@wm.edu
 Fax 757-221-2989
 Website www.TribeAthletics.com

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Coach Alex Gibby5
 Alex Gibby has brought the College to new heights in his six years as head men's coach, and with a very strong recruiting class and experienced veterans looks to extend W&M's national presence.

Director Dan Stimson.....6

A fixture in green and gold for more than 20 years, Dan Stimson has his throwers in rare form this season and the Tribe poised to sweep the CAA titles for the first time since 2004.

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Since the first VIAA titlists in 1917, W&M athletes have won more than 400 individual and relay conference titles.

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An experience in excellence since 1693.

CREDITS

The 2009 W&M Men's Track and Field Media Guide is a publication of the W&M sports information office. Layout, design, and writing by associate SID Jacob Skipper. Cover design by associate SID Kris Sears. Editing by the sports information staff. Photography by Bob Keroack, Randy Hawthorne, Jacob Skipper, and Pete Clawson. Printing by Worth Higgins and Associates in Richmond, Va.

PETER DORRELL
CAA ROOKIE OF THE YEAR



CHRIS MCINTOSH
JUNIOR HURDLES/SPRINTS



BRIAN SKLODOWSKI
ALL-EAST



Anchored once again by its powerhouse distance and middle-distance components, the 2009-10 William and Mary track and field program looks to have a banner year and set program records for best finishes at the national level in all three competition seasons. To complement the team's four returning NCAA qualifiers, head men's coach **Alex Gibby '97** and director of track and field **Dan Stimson** have added very strong recruiting class to try and sweep the Colonial Athletic Association championships for the first time since 2004.

Sprints/Hurdles

This off-season proved very productive for both the athletes and coaches of the sprints and hurdles group, with nearly every contributor from last season returning in even better shape and the coaches growing both in number and expertise. The school-record holder in the decathlon, **Todd Doughty '97**, was also an outstanding sprinter and hurdler during his four years and returns to help **Emil Davis '85** (a school-record holder himself) and **Dave Fritz** (newly certified as a Level II sprints and relays coach) restore the College's fortune in the shorter distance to the level of its 1960s and 70s heyday.

Junior **Chris McIntosh** is the top 400m hurdler of the past several years for W&M, and just missed all-conference honors the last two years in that event. Also currently the team's top open 400m and 200m runner, McIntosh could challenge for All-East honors on the indoor DMR and will be a key part of the 4x100m and 4x400m relay efforts. Classmate **David Blitzler** is a powerful runner, and will be looking to contribute in the long-sprints (400m and up) as well as challenge for IC4A qualifications at 500m indoors.

Sophomore **Matt Clark** set the freshman record in the 60m hurdles indoors last winter, and also scored in the 110m hurdles at the conference meet outdoors. With another year under his belt, the coaching staff expects him to begin challenging for all-conference honors, and to also contribute in the short sprints as needed. **Todd Saunders** is the only new member of squad in the sprinting events, but comes into W&M with times that would rank him in or near the College's all-time top-10. He was a region-qualifier in both the 100m and 200m at Westfield High in New Jersey, and has run 10.9 and 22.5 in those events. In addition to the short sprints, the coaches will also try Saunders in the 400m open and as part of both the 4x100m and 4x400m relays.

Middle-Distance

Even with the loss of All-American miler Ian Fitzgerald '09, the Tribe middle-distance platoon projects to have an even better season in 2010 than it did last year. Senior **Harry Miller** is fully recovered from injuries that robbed him of much of last spring, and will be counted on to get back into his 8:49 steeplechase form and challenge the school record that has stood for 30 years.

Sophomore **Peter Dorrell** is also stalking the steeplechase record, after just missing All-East honors and the freshman record when he timed 9:03.85 in his final race last spring. The CAA Rookie of the Year in cross country last fall, Dorrell is a proven national competitor and will be fighting to retain his spot on the Tribe's NCAA Championship team. Classmate **Liam Anastasia-Murphy** was a 9:19 steeper in his first year, and has also proved an integral part of the College's 4x800m and DMR teams, earning All-East relay honors outdoors and qualifying for the 800m and 1,000m indoors.

Junior **Brian Sklodowski** has perhaps the greatest range on the team, earning All-East honors in all three seasons last year and making the NCAA Regional at 1,500m. He also has the strength to move up to the 3,000m and 5,000m, running 14:16.76 in the latter race at the Penn Relays, and will be counted on to help the cross country team extend its streak of consecutive NCAA appearances. **Jay Bilsborrow** also qualified for the IC4A Championships outdoors in the 1,500m with a 3:49.79 showing at George Mason, and indoors in the mile that is third-best among all returning athletes. He was also part of the All-East 4x800m relay, and has the top 800m personal-best currently on the team.

Junior **Sean Mahoney** was primarily a miler until last season, but experienced great success moving down to the 800m and 1,000m. Indoors, he qualified for the IC4A Championships in the 1,000m, and ran at the outdoor meet as part of the preliminary-round 4x800m relay. This year, he will be counted on to make a scoring impact both at the conference and IC4A meets. Sophomore **Chris Tyson** has tremendous upside in several events, and could challenge the school records in every event from 500m-1000m before the year is out. As a redshirt-freshman, he earned all-conference and All-East accolades in cross country and was runner-up at 1,500m at the CAA Championships. Freshman **Dan Grimm** was an all-state athlete in Virginia's top classification, and is expected to immediately challenge for a spot on the 4x800m relay while also contributing at 800m and 1,000m.

CHARLIE SWARTZ ALL-EAST



CHRISTO LANDRY ALL-AMERICAN



LEWIS WOODARD ALL-REGION



Distance/Cross Country

Discussion of the College's distance prospects must start in cross country, where W&M is one of only five teams to qualify for every NCAA meet since 1997. Six athletes return for cross country who have run better than 14:20 at 5,000m, with three of those also coming in under 30 minutes for 10,000m. The lead pack includes juniors **Jon Grey**, **Ben Massam**, and **Patterson Wilhelm**. Grey transferred to the College from Oklahoma before last year, and led the team at the Southeast Regional in cross country before a breakout spring. He won the 5,000m and 10,000m at the CAA Championships, and was a provisional qualifier for the NCAA Championships in both events. He will be counted on to challenge for All-America honors this year at 10,000m, and could reach the national meet in 5,000m also.

Wilhelm redshirted outdoors last spring after earning a provisional qualification indoors at 5,000m, dropping nearly 15 seconds from his best outdoor time at 5,000m over the course of the spring. The top finisher at the NCAA cross country championships for W&M last November, he is one of the team's top contenders for All-America accolades this fall, and in any event from the mile up through 5,000m both indoors and outdoors. Massam also redshirted the spring, dropping more than 20 seconds from both his 5,000m and 10,000m personal-bests. Over the past two years, he has been W&M's fourth or fifth finisher on the national level and will be expected to challenge for the top-three spots this year.

Colin Leak ranks a very close third behind Grey and Massam at 10,000m, and had a breakthrough race in the 5,000m at last year's IC4A championships to finish sixth in 14:06.92. A member of each of the past three NCAA cross country teams for W&M, he will be counted on to improve last year's 94th-place finish and boost the Tribe into the top-10 teams. **Charlie Swartz** is also expected to be a significant contributor both in cross country and for the distance races in track, and will be looking to make the NCAA team this year after helping the team clinch the region title last fall. **Lewis Woodard** had one of the biggest breakthroughs on the team last year, shaking the injury bug mid-fall to become an all-conference and all-region runner and run at the NCAA Championships. During the winter he ran 4:08 in the mile for All-East honors, and just missed the NCAA Regional meet at 5,000m after timing 14:17.14 at the Penn Relays. This fall, he will be looking for a top-80 finish at the NCAA Championships, and to qualify to both national track meets.

Christo Landry will return for his sixth year and second

graduate degree this year, as he finishes out his eligibility for both indoor and outdoor track. A three-time All-American in cross country, Landry will look for his first national awards on the track this season after being limited by injuries for the past two years. **Tom Burke** was the conference Rookie of the Year in cross country two years ago, and ran for the Tribe at the NCAA Championships in 2008 before redshirting the spring. He will be expected to contribute at the regional and national levels again this fall, as well as improving his track times to NCAA Regional-qualifying levels.

Also returning as All-East performers is the trio of **Drew Midland**, **Skeeter Morris**, and **Zach Gates**. Midland is a two-time All-East runner in cross country and also qualified for the IC4A Championships in the 3,000m in 2008, running 8:20.99. This year, he will be expected to be a leader of the team's middle pack while challenging for roster spots in the upper tier. Gates and Morris each broke out last spring at 10,000m, finishing sixth and eighth, respectively, at the IC4A Championships. Emphasis this year for both men will be to challenge for top-tier billing in cross country, while also getting under the 30-minute barrier in the 10,000m during the spring.

Providing depth throughout the distance events will be a strong crop of upperclassmen, including **Pete Asaro**, **Robert Sagar**, **Max Werner**, **Glen Wright Colopy**, and **Paul Norland**. Asaro and Sagar are each experienced steeplechasers and can also perform at a high level in the 5,000m and in cross country, where Asaro was an all-conference honoree as a freshman. Werner is a two-time IC4A qualifier at 10,000m, and will be expected to challenge for All-East accolades both in track and cross country. Norland and Wright Colopy have both competed for the Tribe at the CAA Championships in track, and will be looking to make the step up to scoring and challenging for all-conference accolades.

Also providing depth and with potential to blossom very quickly into regional-scorers are second-year men **David Adley**, **Alex McGrath**, and **John Pence**. Adley was the CAA runner-up at 10,000m in the spring and qualified for the IC4A Championships in that event, while McGrath and Pence each ran in the mid-8:30s for 3,000m indoors.

This year's freshman class includes five men with all-state credentials. **Zach Tennant** holds the West Virginia state-meet records at both 1,600m (4:13.8) and 3,200m (9:14.8), and also ran the fastest time ever on the state championship cross country course. **John Muller** was the New York silver-medallist in



KIERNAN LOFLAND
SENIOR VAULTER



ALEX BALL
SENIOR THROWS



ZACH JORDAN
JUNIOR THROWS

the 3,200m last spring, running 9:00.61, and has also timed 4:12.9 in the 1,600m. **Thomas Baker** ran for Louisa County HS in Virginia, earning 11 all-state accolades and leading the Lions to the 2009 state indoor title. **Griff Ashooh** was 12th at the Virginia AAA cross country championships last fall for Colonial Forge, earning honorable mention All-Met accolades from the *Washington Post*. **Josh Hardin** was the bronze-medallist at the NXN Southeast Regional last fall, qualifying for the national championship meet in cross country. Also a 9:11-3,200m runner, Hardin won six all-state awards and was a first-team All-Met selection by the *Washington Post*.

Jumps

The vaulters under coach Dave Fritz will again be a solid part of the Tribe line-up, but the graduation of IC4A and CAA champion Cam Shriver '09 in the high jump leaves a hole that the team hopes will be filled by a heralded newcomer. Seniors **Doug Zimmer** and **Kiernan Lofland** are the elder statesmen of the pole vault corps, and both will be expected to post significant gains in height as the Tribe looks to regain the conference title. Lofland has already proven that he can jump with the best in the CAA, with runner-up finishes each time he has been a healthy competitor, and has a career-best of 16-0.75 set as freshman. Healthy again, he will look to challenge for titles both indoors and outdoors at the IC4A meet. Zimmer is in only his second season as a full-fledged jumper, and after showing great progress in one year is also expected to be in the mix at the conference and IC4A Championships.

Junior **Keith Constance** will also be looking to continue his improvement over the past year after increasing his personal-best by 16 inches in 2008-09. With continued progress, Constance will be on the cusp of IC4A-qualifying this spring. Sophomore **Daniel Inge** transferred from Clemson over the summer after finishing in the top-10 at the ACC indoor meet, and will be expected to challenge right away for the conference title. As a high-school vaulter in Virginia, Inge was a prep All-American and cleared 16-4.75, the second-best mark in state history.

Freshman **Ben Katz** rounds out the jumping group, with a prep-best mark of 6-8.5 in the high jump. That effort won him the VIS state outdoor title and the championship-meet record in the event, and would qualify him for the IC4A meet if he matches it this season. Also a talented horizontal-jumper, Katz has marks of 22-9.75 in the long jump and 44-1 in the triple.

Throws

Coach Stimson has the benefit of both depth and experience in the throwing events this season, with four upper- and two underclassmen on the roster. Sophomore **Brandon Héroux** is the most accomplished of the group, earning All-East and all-region honors in the javelin throw and placing 19th at the NCAA Championships. He demolished the school and conference records with his throw of 227-5 to win the CAA title, and was named Rookie of the Year in the conference as his effort proved to be the third-best among American juniors last year.

The weights will feature the return of junior **Zach Jordan** in the hammer, as he looks to continue his progression into the top tier of the CAA and IC4A and try to qualify for the NCAA Regional. Indoors, Jordan will be looking for an IC4A qualification in the weight throw. Senior **Adam Gawne** will also concentrate on those events, and will look for significant improvements in distance after a difficult 2009 campaign.

Senior **Alex Ball** scored in all three weight-events at last year's CAA Championships, and will have a go at all-conference honors this season as he tries to earn a top-four placing in all three events. **Dan Klatzkin** has fully recovered from the ankle injury he suffered mid-meet at the conference championships last spring, and will be expected to throw consistently above 50-feet in the shot put and 150-feet in the discus. Joining the team this year is **Todd Repass**, who was an all-state shot-putter at Stafford high school last winter. Repass has thrown 149 feet in the discus, and 51-6 with the 12-lbs shot put, and is expected to concentrate in those two disciplines this season.

Multi

Sophomore **Roman Dent** is the only multi-event athlete listed on the Tribe roster in 2009-10, but his prep credentials indicate that he could very well revive the legacy of coaches Davis and Doughty, both of whom figure to be deeply involved in his training this season. Dent competed only once indoors and sat out the spring season as a freshman, but has high school marks of 22-1 in the long jump and 14.83 in the 110m hurdles and was a five-time state champion in Tennessee. He also looks to be a significant help in the horizontal jumps, with a best mark of 47-11.75 in the triple jump.

HEAD MEN'S COACH

ALEX GIBBY

Alex Gibby has spent 14 years of his life helping to build William and Mary into one of the nation's few great track and field programs, including the last six as the head men's coach. As the 2009-10 school year begins, his recruiting and coaching efforts have the Tribe poised to challenge for titles at the highest levels of the sport, while also upholding the College's finest traditions of academic excellence.

Since beginning his tenure as the head coach in the summer of 2003, Gibby's charges have won all six Colonial Athletic Association cross country titles as well as the 2004 track championship, and added team titles in cross country from the IC4A (2006) and the NCAA Southeast Regional (2005 and 2008). Individually, athletes wearing the Green and Gold have collected 40 CAA and IC4A titles, five All-America awards, and been named a CAA Scholar-Athlete of the Year for either cross country or track 10 times.

One of Gibby's greatest strengths is getting his athletes to achieve beyond their perceived limits, both in events in which they are familiar and in brand-new endeavors. In total, seven of the CAA's 12 Rookies of the Year over the past six years have come from W&M, including four of six in cross country. Keith Bechtol was a CAA and IC4A Champion as a freshman in Gibby's first season, and went on to place 14th at the NCAA 10,000m Championships as a senior and qualify for the 2008 Olympic Trials. During the 2009 outdoor season, six athletes ran faster than the 14:12 needed to qualify for the NCAA Regional at 5,000m, a total matched only by Oklahoma State.

Gibby's first full class of recruits included three-time cross country All-American Christo Landry and 2009 indoor mile All-American Ian Fitzgerald. Landry became the Tribe's first freshman All-American since the early 1970s when he took 38th at the 2004 NCAA Championships, and qualified for the 5,000m outdoors each of his first two seasons in track -- in 2004-05, he became just the second athlete in CAA history to be named Rookie of the Year in both cross country and track. In 2007, his final cross country season, Landry won the CAA individual title, placed 13th at the NCAA Championships, and was named both

circuit, finishing fourth and eighth, respectively, at the U.S. Junior Championships. Selected to the World Championships team, Landry was the third-fastest American in the junior race at 46th overall. Meanwhile, Mock was winning gold at the NACAC Junior Championships while leading the U.S. to the team title. Harry Miller earned his chance to shine internationally after his superb 8:49.04 steeplechase at the 2008 Penn Relays. Selected to the U.S. squad for the U23 NACAC Championships that summer in the mountains of Toluca, Mexico, he just missed medaling with his fourth-place finish in the steeplechase.

The most prolific of Gibby's international competitors have been Tribe assistant coach Ed Moran and William and Mary's head women's coach, Kathy Newberry. Moran has been one of the United States' brightest young stars over the past four years, competing on the Chiba Ekiden Relay team in both 2006 and 2008 as well as making the World Cross Country squad each of the past two years. In 2007, Moran won the College's first international gold since the 1981 Maccabiah Games when he broke the Pan-American Games record at 5,000m, and finished the year ranked ninth in the U.S. at that distance as well as fifth in the 10,000m, a distance he had never tried before that spring. At the 2008 Olympic Trials, Moran was a heart-breaking fourth in the men's 10,000m, missing a bid to Beijing by only six seconds.

Newberry has found herself as one of the leading lights in women's cross country, representing the United States in five of the last six World Cross Country Championships. In 2008, she finished a career-best 24th in the world in the mud and muck of Scotland, and last March in Jordan, was elected by her teammates to be the U.S. captain. On the track, Newberry has reached each of the last two Olympic Trials at 10,000m, and also contested the 5,000m at the 2004 Trials.

2002 William and Mary graduate Jacob Frey has also experienced sustained success under Gibby's coaching in distance running's marquee event, the marathon. In 2006, he finished sixth in the USAT&F 25K National Championships, and in 2007 was selected to represent the U.S. at the Pan-American Games where his career-fast 2:16:44 just missed medaling in fourth place. Seeded 35th at the



99 All-East Awards

58 Conference Champions

15 U.S. National Team Athletes

15 NCAA Qualifiers

11-time Coach of the Year

7 CAA Rookies of the Year



Athlete of the Year and Scholar-Athlete of the Year in the conference.

Fitzgerald came to William and Mary as a 4:09 miler and 8:22 runner at the 3,000m from Pennsylvania. Over the course of his five years at the College, he lowered his best to 4:00.01 in the mile and 13:55.19 in the 5,000m, and was a two-time NCAA participant in the 5,000m outdoors. As a senior in 2009, his 4:00.01 indoor mile earned him an invitation to the NCAA Championships where he became the first indoor All-American for W&M since Matt Lane in 2001.

The 3,000m steeplechase has also seen a resurgence in the past six years as one of William and Mary's signature events. With only the state of New York running the event at the high school state championships, Gibby has achieved remarkable success training athletes with little or no experience in the event to become Regional qualifiers and conference champions. From 1984 to 2004, only two Tribe athletes broke the nine-minute barrier in the event, but since 2005 the standard has been breached by four runners. Harry Miller (Oregon) had a career-best of 9:05.83 as he toed the line at the 2008 Penn Relays, a mark he smashed with an 8:49.09 performance that ranked 13th in the NCAA that season. Sean Anastasia-Murphy (Massachusetts), Anthony Arena (Virginia), and Joel Parker (Virginia) are the other three to run under nine minutes in the past four years, none of whom had attempted the event before entering College. Peter Dorrell (Virginia), the 2008 CAA Cross Country Rookie of the Year, could very well end up breaking the Tribe's 32-year-old school record before all is said and done. In just his third steeplechase last May, he ran 9:03.85 and put a scare into the freshman record that has stood since 1973.

Gibby has also had great success coaching athletes up to represent the United States in international competition, with seven athletes amassing 15 international caps since 2003. Included in that total are four who wore the red, white, and blue while still athletes at the College; Keith Bechtol, Christo Landry, Dave Mock, and Harry Miller. Bechtol ran the fastest 10,000m time by an American junior (19 and under) in 2004 with his IC4A-winning turn of 29:58.13, and earned a spot on the U.S. team for the World Junior Championships that summer, where he finished as the highest-placing American in 19th.

Barely ninth months later, Landry and Mock were stars on the cross country

U.S. Olympic Trials that November, Frey performed well above expectations to take 22nd and just five months later won the Austin Marathon.

From 2000-03, Gibby was responsible for the emergence of the Stephen F. Austin program from mediocrity to the top of the Southland Conference, guiding the Lumberjacks and Ladyjacks to four team titles and 18 individual conference championships. In 2002, he was named both the Men's and Women's Coach of the Year in the Southland Conference after his teams completing an unprecedented sweep of both the team and individual cross country championships. Two of his brightest pupils were Nathan Flores and Ana Rodriguez. Flores was a five-time conference champion, and won the unbelievable triple of the steeplechase, 5,000m, and 10,000m at the 2002 Southland Championships. Rodriguez became the first runner from SFA to ever compete at the NCAA Championships when she finished 21st in the 5,000m at the 2003 national meet. She also won five conference titles in the 2002-03 school year, doubling-up with the 3,000m and 5,000m indoors and the 5,000m and 10,000m outdoors to go with the 2002 cross country crown.

After graduating from William and Mary with a history degree in 1997, Gibby was an assistant coach for the men's team for three years while working on a Masters degree in the same field. It was during his first fall that the Tribe began its incredible, still standing streak of qualifying for every NCAA Championship. Gibby played a large part in the development of the team during those three years, including working with 11-time All-American Matt Lane and three-time All-American Anders Christiansen.

During his five-year undergraduate running career, Gibby developed into an NCAA provisional qualifier and All-East performer at 10,000m while also winning the 1997 CAA 5,000m title. The Tribe won four CAA cross country crowns with Gibby on the team, and qualified for the 1994 and 1995 NCAA Championships.

Gibby was married to Kathy Newberry, the head women's coach at W&M, in the summer of 2005. The couple live in Williamsburg with their two dogs, Oskar and Atlas.

DIRECTOR OF TRACK AND FIELD

DAN STIMSON

In his 24th year as Director of Track and Field at William and Mary, Dan Stimson oversees a program that has demonstrated success both in the classroom and on the track, and has served as an exemplary model for what collegiate athletics should be all about. In recognition of his years of service, the College honored Coach Stimson in 2007 by naming the new throwing facility in his honor, the Stimson Throwing Events Area. Made possible through a generous donation from Mr. and Mrs. Joe Showker, the facility includes an Olympic throwing cage with circles for both the hammer and discus, two shot put circles, and javelin runway.

The men's and women's programs have combined for 21 Colonial Athletic Association titles out of 28 possible since the 2002-03 school year, and have garnered numerous CAA Athlete and Rookie of the Year awards. In 2008-09, the teams won three of four conference titles for the second year in a row, and in May, sent six athletes to the NCAA Outdoor Championships, the most since 1975. The men's cross country team also extended a streak of its own, making the NCAA Championships for the 12th consecutive season and winning its ninth regional title. To date, Stimson's programs have produced 59 All-Americans and one Olympian while winning 45 CAA team titles, nearly half of the conference championships awarded in his 24 years.

Stimson, who works primarily with the throwers, jumpers, and multi-eventers, has mentored many W&M athletes to national prominence in his tenure. Due to the absence of the javelin or the hammer throw at the high school level in Virginia and other nearby states, Stimson has earned a reputation for his ability to develop young talent.

His coaching credits include W&M hammer throw record-holder Mike Howell, who started with the hammer in his rookie season at W&M, and progressed through the ranks until his senior year, when he posted the eighth-best mark by an American collegian (206'1"). Decathlon record-holder Todd Doughty (7,240 points) benefited from his time with Stimson as well, working his way from a walk-on to one of the top 20 decathletes in the country over the course of his career at W&M.

and third amongst all American Juniors (19 and under). After taking seventh at the NCAA East Regional, he was the first at-large athlete selected to the NCAA Championships, setting W&M records for best finish (19th) and best throw at the national meet (208-7).

More Stimson-guided athletes litter the W&M and CAA record books. In 2005, Ayanna Jones claimed her second shot put title at the CAA Championships, the fifth-consecutive year a Tribe woman had won the event. She would go on to shatter the 23-year-old school record in the event, putting the shot 48' 6" in the ECAC Championships. 2006 graduate Andy Smith became one of only two athletes in school history to claim four CAA crowns in one event (joining Tyler Steel, winner of the hammer throw from 1997-2000) after winning the javelin for the fourth time at the 2006 conference meet.

Perhaps no event in recent years shows the effect of Stimson's tutelage more than the women's heptathlon, where five athletes in the Green and Gold have won the last seven CAA titles, and eight of the nine ever contested, along with two ECAC crowns. Alarice Cesareo earned a pair of titles in 2001 and 2003, and Phi Beta Kappa-graduate Sarah McHale won in 2004. In 2005, Bonnie Meekins won her first title with a then-record score of 4,763 points, before giving way to classmate Brenna Blevins in 2006, who scored 4,806 points.

In 2007, Meekins came back again with another meet record, 5,192 points. Similarly, Blevins won the 2006 ECAC crown with a then-school record total of 5,229, the highest point total not invited to the NCAA Championships that year. Meekins provided the breakthrough the following spring, powering to a score of 5,457 to claim the Eastern title, and a trip to the NCAA meet, where she would place 16th. In 2008, freshman Katie Guevel won the CAA title with a Zable Stadium record 5,158 points, and defended her crown in 2009 with another NCAA provisional-qualifying mark. Guevel set 15 school records and 15 freshman records during her first stellar year at the College.

In 2009, the women's throwing team swept the shot put at the CAA Championships with the top three showings as Ashley Williams won her first conference title. Williams also qualified to the ECAC Championships in the hammer throw



59 All-Americans
45 CAA Titles
29 CAA Athletes of the Year
24 Years at the College
3-time CAA Coach of the Year
1 Olympian

On the women's side, Stimson coached All-America high jumper Lisa Rayner to an 11th-place finish at the NCAA Championships and a school-record mark of 5'11.25" in 1994. Wendy Warren, the school record-holder in the javelin (153'6"), was discovered in a physical education class and went on to earn All-East honors and place sixth at the ECAC Championships. Stimson coached pole vaulter Charlotte LaRoche to second place in the ECAC Championships and a then-record of 13'1" in her freshman season. He then guided steady improvement throughout her career, culminating in 2004 with her second conference title and double All-East honors. Stimson has had numerous All-East performers in all of the field events.

A recent example of Stimson's coaching ability can be seen in 2004 graduate Chris Parsons. As a freshman, Parsons made a powerful debut, winning CAA titles in both the shot put and the javelin, enabling him to be selected for the United States Junior National Team. He followed up his impressive freshman season with a sophomore campaign that featured top CAA finishes in the discus (fourth), javelin (third), hammer (second) and a second straight first-place showing in the shot put. Parsons went on to garner All-East honors in the hammer at the IC4A meet. In 2003 Parsons was named CAA Scholar-Athlete of the year, after earning a pair of all-conference honors by finishing second in both the shot and the hammer at the CAA Championships. Parsons capped his career in style, winning the 2004 CAA title in the shot and hammer and breaking the NCAA Regional mark in both events.

Freshmen Natalie Baird and Brandon Héroux continued Stimson's string of success at developing young talent in 2009, with both athletes being named Rookie of the Year in the CAA. Baird set the W&M freshman record in all five events she contested last season, and broke the 27-year-old school record in the discus at her second meet. She earned all-conference honors in both the discus and the shot put, and was named All-East after finishing sixth in the discus. This past summer, Baird competed at the USAT&F Junior National Championships in both the discus and the hammer, achieving another sixth-place finish in the discus.

Héroux proved one of the best javelin throwers in the nation when he demolished the school, freshman, and conference records with a throw of 227-5 to win the CAA title. That effort ranked among the nation's top-20 last year,

last spring, just missing All-East honors after placing ninth with a career-best throw of 173 feet. Carly Morse, second in the CAA shot put, earned All-East honors indoors with her sixth-place put at the ECAC meet. On the men's side, high jumper Cam Shriver brought the CAA title to William and Mary for the first time since 1991, and became the first Tribe athlete with both an indoor (2008 IC4A) and outdoor conference title to his credit since 1977. Shriver went on to the NCAA East Regional, where he made himself eligible for the NCAA Championships with his 11th-place finish, and was named CAA Scholar-Athlete of the Year as well as to the CoSIDA/ESPN The Magazine Academic All-District first team.

Stimson began his career at perennial national powerhouse Tennessee, where he helped Volunteer athletes finish in the nation's top-10 on seven occasions and collect 12 Southeastern Conference titles. His coaching career started at Tennessee as a graduate assistant, helping the Vols win the 1972 NCAA cross country championship. From Knoxville, he moved to J.E.B. Stuart High School in Falls Church, Virginia for one year, then on to Miami University (Ohio) for nine years and back to Tennessee for four more years as the top assistant before coming to Williamsburg.

A native of Falconer, New York, Stimson graduated with honors from Ohio University in 1971 and holds a master's degree from Miami (Ohio). As an undergraduate, he was the All-Ohio and Central Collegiate shot put champion, as well as a two-time MAC shot put champion. He concluded his athletic career by competing in both the NCAA and AAU national championships in the shot put.

Dan and his wife Rosemary, also a Falconer native, have two children. Their son, Clare, is a local college student. Daughter Krista Crider graduated from W&M in 1996 with a B.S. in biology and earned her master's degree at the College in 1998. She earned a Ph.D. in the field of genetics and molecular biology at Emory University, and works for the Centers for Disease Control. Krista is a former W&M record holder in the hammer throw, and is the proud mother of two future Tribe record-holders in three-year-old Samuel Daniel Crider, and Kara Elizabeth Crider, born in the spring of 2009.

Emil Davis has spent the past nine seasons mentoring athletes at his alma mater, primarily responsible for the sprinters, jumpers, and multi-eventers for both the College's track teams.

Prior to joining W&M, Davis coached the Bruton High School (Williamsburg) girl's track and field team for 12 seasons. In his time with Bruton, where he continues to teach biology, his teams accumulated an impressive 82 victories, including two state championships (1996 and 1997), state runner-up (1998), and numerous invitational victories.

Davis graduated in 1985 with a degree in biology, after earning All-East honors his senior year at W&M by placing second in the pentathlon at the indoor IC4A Championships. He still holds the Tribe record in that event (3,840). He is number two on the all-time lists in both the 200m (21.17) and the decathlon (6,819) and was a member of three record-setting relay teams. Davis holds the U.S. Masters age-group record for 40-44 year-old competitors in the double-decathlon (11,178 points).

Davis and his wife, Lynda, currently reside in Toano, Virginia and are the proud parents of three daughters: Elizabeth, a 2008 graduate of Virginia; Samantha, a 2009 graduate of James Madison; and Hannah, a third-year swimmer at Virginia.



Dave Fritz begins his third season coaching the pole vaulters at William and Mary this fall, and has helped develop the College's program into one of the best on the East Coast in that short amount of time.

Over the past two years, Fritz has coached Nicole Kazuba into two consecutive appearances at the NCAA Outdoor Championships, and to 20 of the top 30 vaults all-time at W&M. In the same amount of time, Emily Jeremiah has added nearly a full meter to her personal best, and is a two-time All-East performer after entering school with only one year of vaulting experience.

From 2002-07, Fritz worked as the assistant jumps coach at Suhr Sports in New York, helping both professional and amateur pole vaulters to unprecedented heights. Most notably, he helped to develop Jennifer Stuczynski from an absolute novice to become the reigning U.S. record holder in the women's pole vault (16-0) and the second-best vaulter in the world. Along the way, Stuczynski also captured four national titles, indoors in 2005 and 2007, and outdoors in 2006 and 2007.

Among amateur athletes, his success has been equally compelling, helping to produce the top-two high school girl's pole vaulters. Mary Saxer was the first high school girl to clear 14 feet, and set the national high school girl's record indoors of 14-3.25. Tiffany Maskulinski also cleared 14-0 under Fritz' tutelage, only the second girl to do so. At the collegiate level, he coached at the Rochester Institute of Technology during the 2006-07 year, producing a pair of school records and the school's first NCAA qualifier in the pole vault.

A three-time All-Big East vaulter at Virginia Tech, Fritz graduated in 2004 with a bachelor's degree in computer science. In the summer of 2006, he was the head clinician for pole vault at the Region II Junior Olympics and this season added a Level II certification in the sprints, hurdles, and relays. He is also nationally certified by the Pole Vault Safety Board.



Ryan Murphy begins his first season with William and Mary this fall as the program's full-time assistant for middle-distance and distance events after an All-East career at George Mason.

Murphy, the brother of current Tribe senior Keely Murphy, began his collegiate career at the University of Virginia, where he ran both cross country and track for the Cavaliers. Graduating after just three years with a degree in English, he ranked among the top 15% of all third- and fourth-year students in 2007.

Murphy transferred to George Mason to complete his eligibility, ranking in the top-five cross country runners on the team in both 2007 and 2008. He earned All-East accolades in 2008 on the Patriots' outdoor 4x800m relay team, helping produce the nation's 13th-fastest performance in 7:28.30. Twice scoring at the CAA Championships in the 1,500m run, Murphy qualified to the IC4A Championships both indoors and outdoors both of his years in Fairfax, and was a CAA Commissioner's Award recipient.

In addition to his 2007 undergraduate degree from Virginia, Murphy graduated from George Mason in 2009 with a Master of Arts degree in Literature.



Ed Moran is in his fifth season on the William and Mary staff, moving into the volunteer ranks after four years as a full-time assistant. A four-time All-American for the College, Moran has continued his career as a professional runner with five appearances on the U.S. National Team, achieving the Olympic "A" qualifying standard at 5,000m and 10,000m in 2007 and winning the 5,000m gold medal at the 2007 Pan-American Games. This summer, he was one of 16 W&M alumni named to the CAA Silver Anniversary Cross Country team.

A professionally-sponsored runner with Nike, Moran raced unsponsored at the 2005 USAT&F Track and Field Championships shortly after earning his fourth All-America nod. He boasted an impressive debut, running well below his previous personal record in the 5,000m (13:39.70, second-best in school history, set a scant month-and-a-half earlier) to finish in 13:25.87. This time placed him only 49 hundredths of a second shy of the school record, running as the fastest amateur in the field of 24 runners. In 2007, he won the gold medal at the Pan-American Games with a meet-record time of 13:25.60, and in 2008, finished fourth at the U.S. Olympic Trials in the 10,000m run.

In his six-year collegiate career, Moran racked up three all-conference and All-Southeast honors (never finishing worse than third), and was twice conference champion and Athlete of the Year in cross country. On the track, he earned multiple all-conference nods, was named the 2003 CAA Male Athlete of the Year and was the 2005 IC4A and CAA champion in the 5,000m. He earned dual degrees in government and finance in 2003 and a Masters in Public Policy from the College in 2005, and is currently enrolled in the MBA program at the Mason School of Business.



Todd Doughty begins his second stint on the Tribe coaching staff this fall after serving as an assistant during the 1999-00 school year. His responsibilities will be assisting with all athletes of the program outside of the distance and middle-distance athletes.

An account manager at Apex Technologies in Chesapeake, Doughty graduated from W&M in 1997 as the school record-holder in the decathlon with 7,240 points, and was a four-time All-East performer in the multi-events. After graduation he continued competition, setting personal bests of 7,592 in the decathlon in 2000 and 5,425 in the heptathlon that same year. During the run-up to the 2000 Olympic Trials, he set the Zable Stadium record of 7,300 points in the decathlon.

After graduating with a degree in biology, Doughty spent two years as an assistant at Duke University, tutoring multi-eventers to the first, fourth, and fifth all-time decathlon performances and to the 1999 ECAC indoor heptathlon title.



| <u>Name</u> | <u>XC</u> | <u>Ind.</u> | <u>Out.</u> | <u>Event</u> | <u>Hometown</u> | <u>High School</u> |
|-----------------------|-----------|-------------|-------------|-----------------|-------------------------|--------------------------|
| David Blitzer | -- | Jr. | Jr. | Sprints | Haworth, N.J. | Northern Valley Regional |
| Chris McIntosh | -- | Jr. | Jr. | Sprints/Hurdles | Owings Mill, Md. | Franklin |
| Matt Clark | -- | So. | So. | Hurdles | Glen Allen, Va. | St. Christopher's |
| Tshepo Mathabane | -- | Fr. | Fr. | Sprints | Alexandra, South Africa | Christ School |
| Todd Saunders | -- | Fr. | Fr. | Sprints | Westfield, N.J. | Westfield |
| Jay Bilborrow | So. | Jr. | Jr. | Middle Distance | Coldwater, Mich. | Coldwater |
| Sean Mahoney | Fr. | Jr. | Jr. | Middle Distance | Wayne, Pa. | Radnor |
| Harry Miller | Jr. | Sr. | Sr. | Middle Distance | Portland, Ore. | Catlin Gabel |
| Brian Sklodowski | Jr. | Jr. | Jr. | Middle Distance | Newark, Del. | The Tatnall School |
| Liam Anastasia-Murphy | Fr. | So. | So. | Middle Distance | Gloucester, Mass. | Gloucester |
| Peter Dorrell | So. | Fr. | So. | Middle Distance | Blacksburg, Va. | Blacksburg |
| Chris Tyson | So. | So. | So. | Middle Distance | Arlington, Va. | Washington-Lee |
| Dan Grimm | Fr. | Fr. | Fr. | Middle Distance | Clifton, Va. | Centreville |
| Christo Landry | Finished | Jr. | Sr. | Distance | Falls Church, Va. | Thomas Jefferson |
| Jonathan Grey | Jr. | Jr. | Jr. | Distance | Lancaster, Pa. | Kennard-Dale (Oklahoma) |
| Colin Leak | Sr. | Sr. | Sr. | Distance | Chadds Ford, Pa. | Unionville |
| Ben Massam | Sr. | Jr. | Jr. | Distance | Chatham, N.J. | Chatham |
| Drew Midland | Jr. | -- | Sr. | Distance | Virginia Beach, Va. | Ocean Lakes |
| Skeeter Morris | Jr. | Jr. | Sr. | Distance | Burkeville, Va. | Nottoway |
| Charlie Swartz | Jr. | Jr. | Sr. | Distance | Manassas, Va. | Osborn |
| Pete Asaro | So. | So. | So. | Distance | Gloucester, Mass. | Gloucester |
| Tom Burke | Jr. | So. | So. | Distance | Edina, Minn. | Edina |
| Paul Norland | Fr. | Fr. | Jr. | Distance | Falls Church, Va. | Thomas Jefferson |
| Robert Sagar | Jr. | Sr. | Sr. | Distance | Alexandria, Va. | Bishop Ireton |
| Max Werner | So. | Jr. | Jr. | Distance | Sterling, Va. | Potomac Falls |
| Patterson Wilhelm | Jr. | Sr. | Jr. | Distance | Lynchburg, Va. | E.C. Glass |
| Lewis Woodard | So. | Jr. | Jr. | Distance | Charlotte, N.C. | Providence Day School |
| Glen Wright Colopy | So. | Jr. | Jr. | Distance | Cary, N.C. | Cary Academy |
| David Adley | Fr. | So. | So. | Distance | Pittsburgh, Pa. | Baldwin |
| Zach Gates | Fr. | So. | So. | Distance | Fishers, Ind. | Hamilton Southeastern |
| Alex McGrath | Fr. | So. | Fr. | Distance | Marlborough, N.H. | ConVal Regional |
| John Pence | Fr. | So. | So. | Distance | Columbus, Ind. | Columbus North |
| Griff Ashooh | Fr. | Fr. | Fr. | Distance | Stafford, Va. | Colonial Forge |
| Thomas Baker | Fr. | Fr. | Fr. | Distance | Louisa, Va. | Louisa County |
| Josh Hardin | Fr. | Fr. | Fr. | Distance | Sterling, Va. | Potomac Falls |
| John Muller | Fr. | Fr. | Fr. | Distance | LaGrangeville, N.Y. | Arlington |
| Zach Tennant | Fr. | Fr. | Fr. | Distance | Fairview, W.Va. | North Marion |
| Kiernan Lofland | -- | Jr. | Sr. | Pole Vault | Crozier, Va. | St. Christopher's |
| Doug Zimmer | -- | Sr. | Sr. | Pole Vault | McLean, Va. | McLean |
| Keith Constance | -- | Jr. | Jr. | Pole Vault | Independence, Mo. | Truman |
| Daniel Inge | -- | So. | So. | Pole Vault | Lynchburg, Va. | E.C. Glass (Clemson) |
| Ben Katz | -- | Fr. | Fr. | Jumps/Sprints | Manakin-Sabot, Va. | St. Christopher's |
| Alex Ball | -- | Sr. | Sr. | Throws | Winchester, Va. | John Handley |
| Adam Gawne | -- | Jr. | Sr. | Throws | Lyndonville, N.Y. | Lyndonville |
| Zach Jordan | -- | So. | Jr. | Throws | Dublin, Ohio | St. Charles Prep |
| Dan Klatzkin | -- | Jr. | Jr. | Throws | Gaithersburg, Md. | Randolph-Macon Academy |
| Brandon Heroux | -- | -- | So. | Javelin | Westfield, N.J. | Westfield |
| Todd Repass | -- | Fr. | Fr. | Throws | Fredericksburg, Va. | Stafford |
| Roman Dent | -- | So. | Fr. | Multi-Events | Franklin, Tenn. | Brentwood |

Director of Track and Field: Dan Stimson (Ohio, 1971)

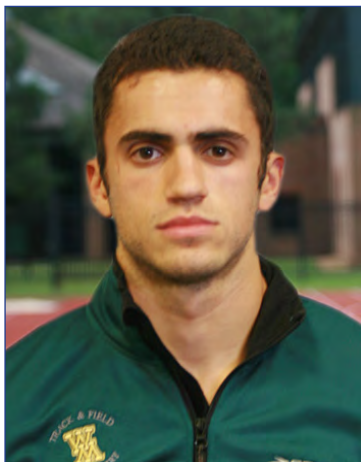
Head Men's Coach: Alex Gibby (William and Mary, 1997)

Assistant Coach: Emil Davis (William and Mary, 1985)

Assistant Coach: Dave Fritz (Virginia Tech, 2004)

Assistant Coach: Ryan Murphy (Virginia, 2007)

Volunteer Assistants: Todd Doughty (William and Mary, 1997), Ed Moran (William and Mary, 2003)

**DAVID BLITZER**

B.S. Kinesiology 2011

Haworth, N.J.
Northern Valley Regional**Personal Best Marks****Indoors:**400m.....52.80.....2/16/08
500m.....1:08.78.....3/1/09**Outdoors:**400m.....50.35.....3/15/08
800m.....1:59.79.....5/9/09**2008-09**

Indoor: Competed in the 200m, 400m, 500m, and 600m dash events ... Ran 1:08.78 in the 500m at George Mason.

Outdoor: Began moving up to middle-distance efforts, concluding his season with a 1:59.79 800m at CNU in May.

2007-08

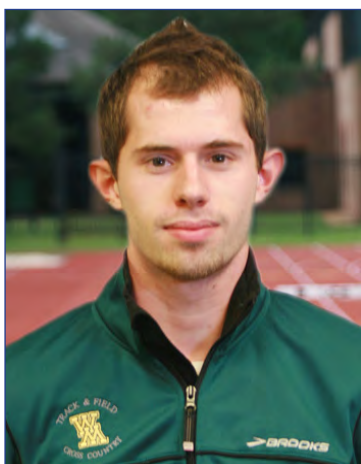
Moved onto the Tribe's all-time top-10 performers list at the George Mason Patriot Games ... Ran the 60m dash in 7.52 seconds to become the 10th-fastest runner in school history in that event ... Ran a 50.35 in the 400m dash at the VCU Ram Invitational.

At Northern Valley

Team captain, leading the squad to the 2007 League Championship ... Team also won the league title, as well as the county championship and the Jack Yonkers Relays in 2005 ... First-team all-league as a junior and as a senior in the 400m dash ... Honorable Mention all-county in the 400m as a senior ... Part of the sixth-place 4x400m relay at the Meet of Champions ... Also captained the basketball team, earning three letters as a point guard ... Member of the National Honor Society ... National Hispanic Recognition Program Scholar finalist ... Blaustein Scholar.

Personal

Son of Daniel and Georgina Blitzer ... Born November 30, 1988 in Englewood, New Jersey ... Sister, Sarah, graduated from W&M in 2007 ... Enjoys listening to music, playing guitar, and watching movies ... Craziest ambition is to walk on another planet.

**CHRIS MCINTOSH**

B.A. English 2011

Owings Mill, Md.
Franklin**Personal Best Marks****Indoors:**200m.....23.17.....2/23/08
400m.....51.60.....2/21/09
500m.....1:07.18.....1/17/09**Outdoors:**400m.....50.95.....3/29/08
400m H54.28.....4/19/08**2008-09**

Indoor: Ran 1:07.18 in the 500m and 23.70 in the 200m at Navy in January,

both season-bests ... Ran the 400m leg of the Tribe's top DMR that qualified and ran at the IC4A Championships.

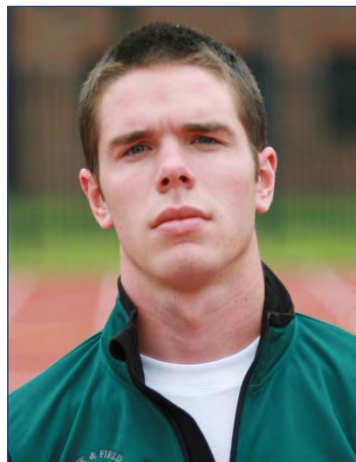
Outdoor: Just missed all-conference honors in the 400m hurdles, taking fourth at the CAA Championships ... Won the 400m hurdles at the Tribe Open, Fred Hardy Invitational, and at George Mason in May ... Last race of the year produced the season-best time, 54.37 seconds.

2007-08

Ran a personal best of 54.28 in the 400m hurdles at the CAA Championships ... First time since 1999 a W&M runner eclipsed the 55 second mark in the 400m hurdles ... Ranks eighth all-time in the 400m hurdles and 11th all-time in the 200m run.

At FranklinEarned All-American honors in the 400m hurdles in 2005 at the AAU Junior Championships ... Earned seven varsity letters in track under the tutelage of Mary Jo Wolf ... 300m hurdles state champion as a junior ... Completed the 2006 season undefeated in the 300m hurdles ... Third in the state in the 110m hurdles that year as well ... Earned championships in both the 110m hurdles and 300m hurdles at the county, regional, and divisional levels ... First-team all-county both indoors and outdoors ... *Baltimore Sun* All-Met first team honoree ... Also earned two letters as a defensive back on the football field ... Helped Franklin to the region championship as a senior, upsetting an undefeated (11-0) City College squad ... Treasurer and parliamentarian of Franklin's National Art Honor Society chapter.**Personal**

Son of Michael and Ann McIntosh ... Born January 31, 1989 in Baltimore, Maryland ... Enjoys reading.

**MATT CLARK**

B.B.A. Accounting 2012

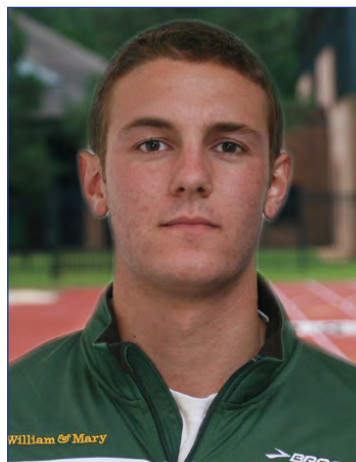
Glen Allen, Va.
St. Christopher's**Personal Best Marks****Indoors:**55m H8.29.....12/6/08
60m H8.70.....1/30/09**Outdoors:**200m.....23.42.....4/3/09
110m H15.58.....4/3/09**2008-09**

Indoor: Opened the year running 8.29 in the 55m hurdles at CNU ... Set W&M's freshman record in the 60m hurdles with his 8.70 effort at CNU, in late January.

Outdoor: Season-best 110m hurdle effort of 15.58 came at the Colonial Relays ... Eighth in the hurdles at the CAA Championships ... Also ran on the Tribe's 4x100m relay team at the conference meet.

At St. Christopher'sAll-state in the 55m hurdles in 2008 ... Named all-conference in 2005, 2007, and 2008 ... Named All-Metro in 2007 and 2008 by the *Richmond Times-Dispatch*.**Personal**

Son of Kevin and Suzanne Clark ... Born July 13, 1990 in Southfield, Michigan ... Father played hockey at the University of Delaware ... Enjoys playing golf.

**TODD SAUNDERS**

B.B.A. Business 2013

Westfield, N.J.
Westfield**Personal Best Marks****Outdoors:**100m.....10.9.....H.S.
200m.....22.5.....H.S.**At Westfield**

Helped lead Westfield to the county title as a junior ... Qualified for the region meet in both the 100m and 200m dash as a senior ... Also a standout soccer player, earned third-team all-state honors as a junior and second-team all-state honors as a senior ... Won Union County Player of the Year honors in 2008 ... Placed highly on the National Latin Exam as a junior.

Personal

Son of Robert and Lori Saunders ... Born October 18, 1990 in Livingston, New Jersey ... Enjoys playing sports and rooting for the Yankees and New York Giants.



JAY BILSBORROW

B.A. English 2010
B.A. History 2010

Coldwater, Mich.
Coldwater

Personal Best Marks

Indoors:
800m.....1:53.38.....2/20/09
1,000m.....2:30.36.....1/17/09
Mile.....4:14.68.....3/7/09

Outdoors:
800m.....1:53.01.....5/8/09
1,500m.....3:49.79.....5/2/09

ALL-EAST
2009 Outdoor Track

Personal

Son of James and Jacqueline BilSBorrow ... Born May 24, 1987 in Marshall, Michigan ... Father ran cross country and track at Eastern Michigan ... Mother ran nationally for six years in the AAU ... Three brothers all ran cross country and track at various schools ... Brother, Jacksy, currently attends the Marshall-Wythe School of Law at W&M.



SEAN MAHONEY

B.S. Biology 2010

Wayne, Pa.
Radnor

Personal Best Marks
Indoors:
800m.....1:58.60.....2/7/09
1,000m.....2:28.67.....2/20/09
Mile.....4:18.15.....11/30/07

Outdoors:
800m.....1:53.92.....5/2/09
1,500m.....4:11.17.....4/4/08

2008-09

Cross Country: Did not compete. Indoor: Qualified for the IC4A Championships after running 2:28.67 in the 1,000m at Virginia Tech ... Ran 2:32.16 at the IC4A meet ... Timed 1:58.60 in the 800m at CNU in February.

Outdoor: Ran the third leg of the 4x800m preliminary at the IC4A Championships, qualifying the Tribe for the finals ... Ran 1:53.92 in the 800m at George Mason in early May.

2007-08

Cross Country: Did not compete. Track: Ran a personal best of 1:55.53 in the 800m outdoors at the CAA Championships ... Set a personal best at the Liberty Kickoff in the mile with his time of 4:18.15.

2006-07

Cross Country: Redshirted ... Competed unattached at the Colonial Inter-Regional, taking 19th in the "B" race. Track: Redshirted indoors and outdoors.

At Radnor

Third-place in the 1,600m state championship as a senior ... Second-team

2008-09

Cross Country: Missed all-conference honors by one place at the CAA Championships, taking 13th ... 44th at the IC4A Championships, third-best for the Tribe ... Fifth at the Tribe Open ... Also ran at the Lou Onesty Invitational and the Colonial Inter-Regional.

Indoor: Qualified for the IC4A Championships after finishing the mile in 4:14.88 at CNU in January ... Improved to 4:14.68 at the IC4A meet ... 1:53.38 in the 800m at Virginia Tech.

Outdoor: **All-East** as part of the College's 4x800m relay team at the IC4A Championships ... Ran 3:49.79 at George Mason in May to qualify for the IC4A 1,500m ... 3:56.30 at the IC4A meet itself ... Eighth in the 800m at the CAA Championships ... Lowered his personal-best to 1:53.01 in the 800m at North Carolina in May.

2007-08

Cross Country: Did not compete. Track: Ran 1:55.58 in the 800m run at the CAA Championships.

2006-07

Cross Country: Redshirted. Track: Redshirted both indoors and outdoors.

At Coldwater

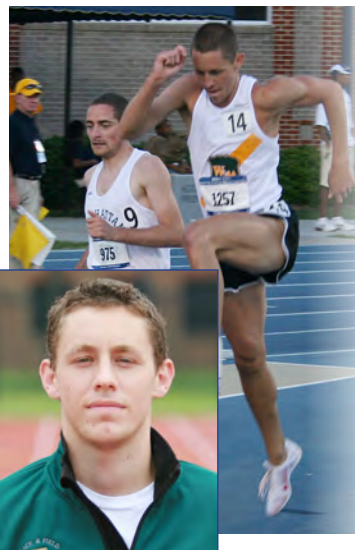
All-American after finishing fifth in the mile (4:11.18) at Nike Outdoor Nationals ... Ran 4:10.4 in the 1,600m to win the Midwest Meet of Champions ...

Three-time state champion, twice in the 1,600m and once in the 800m ... Holds the Michigan state-meet record at 800m, 1:53.63 ... Six-time Academic All-State in track and cross country ... Two-time All-State in cross country, three-time all-state in track ... Combined, won 22 conference, regional, and state championships ... Has run 9:19 for 3,200m, breaking Coldwater's 37-year old school record previously set by his father ... Also a member of Coldwater's mock trial team that won two state championships and placed in the top three at nationals three times.

All-Southeastern Pennsylvania track and field team ... All-County in cross country in 2006 and in track in 2005 and 2006 ... All-League and All-Main Line in cross country and track all four years of high school ... Club President of the Model United Nations ... Member of the Concordia Barbershop Octet.

Personal

Son of Hank and Jean Mahoney ... Born November 3, 1987 in Philadelphia, Pennsylvania ... Enjoys cycling, geocaching, fishing, and paintball ... Favorite city is Cairo, Egypt ... Craziest ambition is to run a sub-four minute mile.



HARRY MILLER

B.S. Biology 2010

Portland, Ore.
Catlin Gabel

Personal Best Marks

Indoors:
1,000m.....2:29.32.....1/30/09
3,000m.....8:46.77.....2/3/06
Mile.....4:16.15.....11/30/07

Outdoors:
800m.....1:56.27.....3/31/07
1,500m.....3:48.70.....4/19/08
3K SC.....8:49.09.....4/24/08

Team USA
2008 NACAC
U-23 Championships

ALL-CAA
Outdoor 3,000m Steeplechase
2007 • 2008
Outdoor 1,500m
2008

2008-09

Cross Country: **All-CAA** after finishing fifth at the CAA Championships ... Ran at the Southeast Regional ... Was the Tribe's top finisher in the open race at the Pre-National Invitational ... 29th at the Colonial Inter-Regional.

Indoor: Competed only once ... Won the 1,000m at CNU in January with a time of 2:29.32.

Outdoor: Began to overcome injuries towards the end of the season ... Eighth in the steeplechase at the CAA Championships ... Won at GMU in May with a season-best 9:06.30 ... Ran the steeplechase at both the IC4A and NCAA Regional Championships.

2007-08

Cross Country: 34th at the IC4A Championships ... Just missed all-conference honors at the CAA Championships, finishing 13th (top-12 are All-CAA) ... Sixth Tribe runner at Pre-Nationals ... 14th at the Colonial Inter-Regional. Track: Broke personal record in the steeplechase by 16 seconds at the Penn Relays ... Ran 8:49.09, the fastest W&M performance since 1996 and fourth-fastest all-time ... Earned **All-CAA** honors in the 3,000m steeplechase for the second time by finishing third... Ran at the IC4A Championships and NCAA Regional ... Won the mile at the Liberty Kickoff indoors in 4:16.15 ... Competed in the steeplechase at the NACAC U-23 Championships in July.

2006-07

Cross Country: Ninth unattached at the Tribe Open ... 11th unattached in the Colonial Inter-Regional "B" race. Track: **All-conference** for the first time after taking third in the 3,000m steeplechase at the CAA Championships ... Seventh in the steeplechase at the Colonial Relays in a personal-best time of 9:12.33 ... Won the Tribe Invitational 800m in 1:56.27 ... Ran the mile in 4:18.25 indoors at Virginia Tech.

2005-06

Cross Country: Ninth unattached at the Tribe Open ... 18th unattached at the Cavalier Open. Track: Won his debut at 3,000m at the Vince Brown Invitational, running 8:46.77 ... Took third in the 3,000m steeplechase at the Ram Invitational, running 9:28.10.

2005-06

Cross Country: Ninth unattached at the Tribe Open ... 18th unattached at the Cavalier Open. Track: Won his debut at 3,000m at the Vince Brown Invitational, running 8:46.77 ... Took third in the 3,000m steeplechase at the Ram Invitational, running 9:28.10.

At Catlin Gabel

Third at the Oregon 2A state cross country championship ... State champion in the 1,500m with a state meet record ... Runner-up in the 800m ... Member of the Oregon 2A state champion soccer team in 2004.

Personal

Son of Andrew and Brenda Miller ... Born February 8, 1987 in Seattle, Washington.



BRIAN SKLODOWSKI
B.B.A. Finance 2011

Newark, Del.
The Tatnall School

| Personal Best Marks | |
|---------------------|----------------------|
| Indoors: | |
| 800m..... | 1:53.17.....2/21/09 |
| 1,000m..... | 2:26.21.....3/7/09 |
| Outdoors: | |
| 800m..... | 1:53.47.....3/21/09 |
| 1,500m..... | 3:46.20.....5/16/09 |
| 5,000m..... | 14:16.76.....4/23/09 |

| |
|---|
| ALL-ACADEMIC 2009 Outdoor Track |
| ALL-EAST 2008 Cross Country 2009 Indoor 1,000m 2009 Outdoor 1,500m 2009 Outdoor 4x800m |
| ALL-CAA 2008 Cross Country 2008 Outdoor 800m 2009 Outdoor 1,500m |

Personal
Son of John and Eileen Sklodowski ... Born May 7, 1989 in Upper Darby, Pennsylvania ... Until high school, only ran the 100m dash ... Favorite athletes are Xavier Carter and Steve Prefontaine ... Craziest ambition is to run a sub-four minute mile.

2008-09
Cross Country: **All-East** as W&M's top finisher at the IC4A Championships, taking 18th overall ... Eighth at the CAA Championships for **all-conference** acclaim ... 20th at the Colonial Inter-Regional ... Ran in the open race at Pre-Nationals.
Indoor: **All-East** at 1,000m, running 2:27.70 in the finals for seventh place ... Ran a collegiate-best 2:26.21 in the prelims, ranking ninth in school history ... Personal-best 1:53.17 in the 800m came at Virginia Tech.
Outdoor: Twice named **All-East** at the IC4A Championships, both as a member of the sixth-place 4x800m relay and finishing eighth in the open 1,500m ... Ran a career-best 3:46.20 in the prelims of the 1,500m, qualifying for the NCAA Regional ... **All-CAA** after taking third in the 1,500m at the conference meet ... Ran 14:16.76 in the 5,000m at the Penn Relays ... Named to the **USTFCCCA All-Academic Team**.

2007-08
Cross Country: Ran at the IC4A Championships ... Eighth at the Cavalier Open ... 18th at the Tribe Open ... Ran at both the Colonial Inter-Regional and Lou Onesty Invitational. Track: Earned **All-CAA** honors for the first time after running a personal-best of 1:54.25 in the 800m at the CAA Championships ... Qualified for the IC4A Championships in the 1,500m run ... Qualified for both the 1,500m run and 5,000m run at the USAT&F Junior National Championships ... Anchored the distance medley relay at North Carolina to an IC4A-qualifying time of 10:15.14 indoors.

At Tatnall
Earned nine all-state honors, eight of them first-team selections ... State record-holder at 1,600m (4:11.93) and 3,200m (9:16.80) ... Five-time State Runner of the Year in cross country (three times) and track (twice) ... Won the Division II state title at 1,600m as a junior ... Delaware Meet of Champions winner at 1,600m in 2006 ... Division II state champion in cross country as a sophomore and again as a senior ... 2005 & 2007 3,200m champion at the state indoor track meet ... 2005 & 2006 Division II state champion at 3,200m ... Also won the 2005 Meet of Champions 3,200m ... State champion as part of the 4x800m relay in 2005 and 2006 ... Has also run 1:54.35 for 800m ... Member of the honor roll.



LIAM ANASTASIA-MURPHY
Class of 2012

Gloucester, Mass.
Gloucester

At Gloucester
Northeastern Conference All-Star in cross country and indoor/outdoor track all four years ... Massachusetts State Division II 1,000m champion in 2008 ... State Division II cross country champion in 2007 ... MA State All-State indoor 4x800 relay champion in 2007-08 ... Named All-Scholastic in winter track in 2007-08 by the *Boston Globe* and *Boston Herald*.
Personal
Son of Christopher Murphy and Karen Anastasia ... Born April 9, 1990 in Beverly, Massachusetts ... Brother, Sean, ran cross country and track at the College for four years ... Enjoys playing the guitar, bowling, and wiffleball.

| Personal Best Marks | |
|---------------------|---------------------|
| Indoors: | |
| 1,000m..... | 2:28.91.....3/7/09 |
| Mile..... | 4:16.12.....12/6/08 |
| Outdoors: | |
| 3K SC..... | 9:19.03.....4/18/09 |

| |
|--|
| USAT&F Junior Qualifier 2009 Outdoor 3K Steeplechase |
| ALL-EAST 2009 Outdoor 4x800m |
| ALL-CAA 2009 Outdoor 3K Steeplechase |

2008-09
Cross Country: Redshirted.
Indoor: Qualified for the IC4A Championships in the 1,000m, timing 2:29.35 at Virginia Tech ... Ran 2:28.91 at the IC4A meet.
Outdoor: **All-East** as part of the sixth-place 4x800m relay at the IC4A Championships ... **All-CAA** after finishing third in the 3,000m steeplechase at the conference championships ... Ran a career-fast 9:19.03 in that race ... Opened the spring with a runner-up finish at the Colonial Relays steeplechase, timing 9:21.91.



PETER DORRELL
B.A. Economics 2012

Blacksburg, Va.
Blacksburg

| Personal Best Marks | |
|---------------------|----------------------|
| Outdoors: | |
| 5,000m..... | 14:35.30.....4/23/09 |
| 3K SC..... | 9:03.85.....5/16/09 |

| |
|---|
| CAA Rookie of the Year 2008 Cross Country |
| ALL-CAA 2008 Cross Country |

2008-09
Cross Country: **CAA Rookie of the Year** ... Ran for the Tribe at the NCAA Championships ... Tenth at the CAA Championships for **all-conference** honors ... Finished fifth for W&M at the Pre-National Invitational.
Indoor: Redshirted, running twice unattached ... Season-best of 8:30.64 unattached in the 3,000m at CNU in January.
Outdoor: Made a run at W&M's freshman record in the 3,000m steeplechase, timing 9:03.85 at the IC4A Championships for 11th place ... Qualified for IC4As and the NCAA Regional in the event after running 9:06.43 at George Mason in May ... Debuted in the steeplechase at the CAA Championships, finishing fifth in 9:24.41 ... Also took fifth at the conference meet in the 1,500m ... Ran 14:35.30 in the 5,000m at Penn Relays.

At Blacksburg
Nine-time Virginia AA state champion ... Two-time Gatorade Track Athlete of the Year ... Nike Indoor two-mile All-American ... Holds three Virginia AA state meet records.
Personal
Son of Pete and Nance Dorrell ... Born July 16, 1989 in Gainesville, Florida ... Enjoys frisbee, tree climbing, and traveling.



CHRIS TYSON

B.S. Biology 2012
B.A. Philosophy 2012

Arlington, Va.
Washington-Lee

ies, qualifying W&M for the finals of the event ... Ninth in the 800m at the CAA Championships.

2007-08

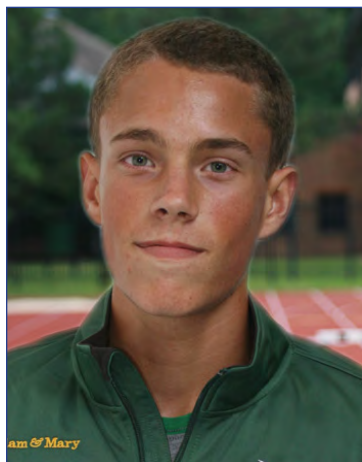
Cross Country: Redshirted ... Ran unattached in four races, including finishing 11th at the Tribe Open. Track: Redshirted.

At Washington-Lee

All-American indoors at the NSIC Championships in the mile as a senior ... Virginia AAA state champion in the 1,000m, running 2:31.05 ... Runner-up at 3,000m at the 2007 Colonial Relays.

Personal

Son of David Tyson and Karin Ferriter ... Born January 5, 1989 in Washington, D.C. ... Interests include entomology and ornithology.



DAN GRIMM

B.S. Kinesiology 2013

Clifton, Va.
Centreville

Personal Best Marks
Indoors:
1,000m.....2:35.55.....H.S.
Outdoors:
800m.....1:55.95.....H.S.
1,600m.....4:16.28.....H.S.

At Centreville

All-state both indoors and outdoors in the 4x800m relay as a senior ... Fifth-place at both championships ... Won the 800m, 1,600m, and 4x800m at the district championships outdoors ... Silver-medalist at the region meet in the 1,000m indoors as a senior ... Also took second in the 800m at the region outdoor championships as a junior ... All-district and all-region in cross country as a senior ... Holds the 1,600m record at Centreville (4:16.28) ... Member of the National Honor Society and the Key Club.

Personal

Son of Bob and Joan Grimm ... Born May 24, 1991 in Norfolk, Virginia ... Enjoys playing ping-pong, swimming, and listening to music.

Personal Best Marks
Indoors:
1,000m.....2:27.56.....3/7/09
Outdoors:
1,500m.....3:48.64.....5/16/09
ALL-EAST
2008 Cross Country
ALL-CAA
2008 Cross Country
2009 Outdoor 1,500m

2008-09

Cross Country: All-East, finishing 21st at the IC4A Championships ... Earned all-conference honors after finishing 11th at the CAA Championships ... Finished 38th at the Colonial Inter-Regional ... Third at the Tribe Open. Indoor: Ran the 1,000m at the IC4A Championships, timing a career-best 2:27.56 to place 14th in the preliminaries ... Ran 4:17.79 in the mile at CNU in December.

Outdoor: All-CAA after finishing second in the 1,500m at the conference championships ... Qualified for the IC4A Championships with a win at George Mason in 3:49.14 ... Reset his career-best with a time of 3:48.64 at the IC4A Championships ... Ran the lead-off leg of the 4x800m at the IC4A preliminaries ... Ninth in the 800m at the



CHRISTO LANDRY

M. Accounting 2009
B.B.A. Finance 2008
B.A. Economics 2008

Falls Church, Va.
Thomas Jefferson

Personal Best Marks
Indoors:
3,000m.....8:35.80.....1/28/05
5,000m.....14:05.66.....12/3/06
Outdoors:
1,500m.....3:51.52.....4/23/05
3,000m.....8:06.71.....4/8/05
5,000m.....13:53.62.....4/30/06

ALL-AMERICAN

Cross Country
2004 • 2006 • 2007

Team USA

2005 World Cross Country
Junior Championships

ALL-ACADEMIC

Cross Country
2006 • 2007

ALL-REGION

Cross Country
2004 • 2006 • 2007

ALL-EAST

Outdoor Track
2006 • 2009

CAA Athlete of the Year

2007 Cross Country

CAA Champion

2007 Cross Country

CAA Scholar-Athlete of the Year

2007 Cross Country

ALL-CAA

Cross Country
2004 • 2007
2005 Outdoor Track

2008-09

Indoor: Did not compete. Outdoor: All-East after placing fourth in the 5,000m at the IC4A Championships ... Ran 14:03.69 in that race to qualify for the NCAA East Regional ... Raced for the first time in 17 months at the Colonial Relays, helping pace the 10,000m ... Eighth in the 5,000m at the CAA Championships ... Ran 14:17.43 to win the 5,000m at George Mason in May and qualify for the IC4A Championships.

2007-08

Cross Country: CAA Athlete of the Year ... CAA Scholar-Athlete of the Year ... Ran 30:04 at the NCAA Championships to place 13th and earn his third All-American certificate ... One of only three Tribe harriers to finish 13th or better at the national meet ... Joins Matt Lane as the only athletes with three All-American performances in cross country ... Won the CAA Championship in 23:58.9, the second-fastest time in conference history ... Fourth at the Southeast Regional ... 34th at the Pre-National Invitational ... Third at the Colonial Inter-Regional ... Named All-Academic by the USTFCCCA. Track: Did not compete.

2006-07

Cross Country: All-American for the second time after finishing 34th at the NCAA Championships ... Eighth at the Southeast Regional ... Won the Colonial Inter-Regional in September ... Named Runner of the Week by both the CAA and the IC4A after the Inter-Regional ... 84th at the Brooks Pre-National Invitational ... Named to the USTFCCCA All-Academic team. Track: Redshirted outdoors ... Ran 14:05.66 at the CNU Holiday Open 5,000m to provisionally qualify for the NCAA indoor championships.

2005-06

Cross Country: Third at the Great American Festival ... Eighth at the Pre-National Invitational ... Named CAA Runner of the Week after both races ... Bike accident ended his season before the conference meet. Track: Redshirted the indoor season ... Competed in the 5,000m at the NCAA Championships for the second time, finishing 26th ... Ninth in the NCAA East Regional ... All-East in the 5,000m after finishing eighth at the IC4A Championships ... Qualified for the Regional in the first race of the year, timing 14:01.08 for third place at the Raleigh Relays ... Ran a personal-best 13:53.62 at Stanford's Payton Jordan Invitational ... Scored twice at CAAs, taking fourth in the 5,000m and eighth in the 1,500m.

2004-05

Cross Country: All-American with 38th-place finish at NCAA Championships ... Runner-up at CAA Championships ... Seventh in the Southeast Regional ... Fourth at the USAT&F Junior Championships ... Forty-sixth at the World Junior Championships. Track: At-large qualifier to the NCAA Championships in the 5,000m, finishing 18th overall ... Ninth in the 5,000m at the East Regional ... 5,000m runner-up at CAAs ... Also fourth at CAAs in the 1,500m ... IC4A qualifier in the indoor and outdoor 5,000m and outdoor 1,500m ... Set W&M freshman record in the 5,000m (14:01.62) at the Cardinal Invitational.

At Thomas Jefferson

Fastest Virginian in the 1,600m, clocking 4:12.51 outdoors ... First W&M member of the USA Today All-Prep team ... Third at the adidas Outdoor Championships running 8:48.27 for the full two miles, the fourth fastest time ever on the East Coast and third-fastest in VA ... Virginia AAA champion in the

outdoor 1,600m and 3,200m ... Second in the 3,200m at the Virginia indoor AAA state meet ... Clocked 4:12.67 to claim fourth in the mile at the NSICs ... 10th at the 2003 Foot Locker Southeast Cross Country Regional.

Personal

Son of Steve and Diane Landry ... Born April 29, 1986 in Madison, Wisconsin ... Enjoys reading, playing computer games, and poker.



JON GREY

B.S. Kinesiology 2010

Lancaster, Pa.

Kennard-Dale/Oklahoma

Personal Best Marks

Indoors:

3,000m 8:12.98 2/20/09

5,000m 14:15.92 3/7/09

Outdoors:

5,000m 14:03.64 5/15/09

10,000m ... 28:55.48 5/3/09

NCAA Qualifier

2009 Outdoor Provisional

USAT&F Senior Qualifier

2009 Outdoor Provisional

USAT&F Junior Qualifier

2007 Cross Country

2007 Outdoor Track

ALL-REGION

Cross Country

2007 • 2008

2009 Outdoor Track

ALL-EAST

2009 Indoor Track

2009 Outdoor Track

CAA Athlete of the Meet

2009 Outdoor Track

CAA Champion

2009 Outdoor 5,000m

2009 Outdoor 10,000m

ALL-CAA

2008 Cross Country

2009 Outdoor Track (twice)

2008-09

Cross Country: 78th at the NCAA Championships ... Led W&M to the region title, finishing sixth for **All-South-east** honors ... Bronze-medalist at the CAA Championships ... Ran second for W&M at CAAs, Pre-Nationals, and NCAAs ... Fourth on the team, 13th overall at the Colonial Inter-Regional.

Indoor: **All-East** after finishing second in the IC4A 5,000m ... Timed 14:15.92 in the effort ... Ran 8:12.98 in the 3,000m at Virginia Tech, becoming the 10th-fastest runner in school history.

Outdoor: Named the **Track Athlete of the Meet** at the CAA Championships ... Became the first athlete to ever win both the 5,000m and 10,000m at the CAA meet ... Set a meet-record time of 30:06.17 in the 10,000m, and the second-fastest time in conference history in the 5,000m (14:11.91) ... Provisionally qualified to the NCAA Championships at 10,000m after running 28:55.48 at Stanford in May ... Time ranks him third in school history ... Advanced to the national meet, where he finished 20th in 29:51.13 ... Opened the outdoor season with a provisional-time of 29:25.71 while winning the Raleigh Relays ... **All-East** outdoors after taking third in the 5,000m at the IC4A Championships ... Ran a career-best 14:03.64 in that race ... **All-Region** in the 5,000m after he took eighth at the NCAA East Region meet.

At Oklahoma

Cross Country: Finished 13th at the USA Jr. Cross Country Championships in 2007 ... Placed fifth at the Penn State National Meet ... Earned **all-region** honors for a 17th place finish at the Midwest Regional. Track: Placed fifth at the 2007 USAT&F Junior Nationals in the 10,000m run.

At Kennard-Dale

Holds the school record in the 3,200m and the 1,600m run ... YAIAA Champion in the 3,200m and 1,600m runs ... Set a meet record in the 3,200m run at the meet ... Placed second in the 3,200m and fifth in the 1,600m at the D3 AAA 2006 Track and Field Championships ... Placed tenth in the 1,600m and third in the 3,200m runs at the 2006 PIAA Track and Field Championships ... YAIAA County Champion and set the course record in 2005 ... Placed second at the 2005 PIAA District 3 Cross Country Championships ... Placed fifth while representing Pennsylvania at the 2005 Mid-East Championships ... Finished fifteenth at the 2005 Footlocker Northeast Regional.

Personal

Son of Kenneth Wirtz and Suzanne Grey-Wirtz ... Born February 13, 1988 West Palm Beach, Florida... Twin brother, Matthew, ran cross country for Slippery Rock and Oklahoma University ... Came to the College because it was a great athletic and academic opportunity.



COLIN LEAK

B.S. Kinesiology 2010

B.A. Religious Studies 2010

Chadds Ford, Pa.

Unionville

Personal Best Marks

Indoors:

3,000m 8:15.70 3/8/09

5,000m 14:31.08 3/4/06

Mile 4:14.69 1/30/09

Outdoors:

1,500m 3:52.73u 5/3/08

5,000m 14:06.92 5/15/09

10,000m ... 29:43.65 3/27/09

ALL-REGION

2008 Cross Country

ALL-EAST

2009 Indoor Track

2009 Outdoor Track

ALL-CAA

2008 Cross Country

Outdoor Track

2006 • 2007 • 2009

2008-09

Cross Country: Runner-up at the CAA Championships and Colonial Inter-Regional ... Third for W&M at the Pre-National Invitational ... Second for W&M, ninth overall at the Southeast Regional ... 94th at the NCAA Championships.

Indoor: **All-East** in the 3,000m after finishing eighth at the IC4A Championships ... Ran a personal-best 8:15.70 in the race ... Ran the mile in 4:14.69 at CNU in January.

Outdoor: Third in the 10,000m at the CAA Championships for **all-conference** honors ... Also took sixth in the 5,000m at the conference meet ... **All-East** after finishing sixth in the 5,000m at the IC4A Championships ... Timed a personal-best 14:06.92 in the race to qualify for the NCAA Regional ... Improved his personal-best 10,000m time to 29:43.65 at the Raleigh Relays ... Ranks 10th in school history with the performance.

2007-08

Cross Country: Seventh for the Tribe at both the NCAA Championships and Southeast Regional ... Finished 50th overall at the region championships ... Fourth on the team at the Pre-National Invitational ... Thirteenth at the Colonial Inter-Regional. Track: Redshirted outdoors ... Ran unattached at the George Mason Invitational and the Carolina Outdoor Classic in the 1,500m run ... Ran unattached at the Colonial Relays and the Larry Ellis Invitational in the 5,000m run.

2006-07

Cross Country: Third at the Cavalier Open in his first race of the season ... Ran for the Tribe at the NCAA Championships. Track: Runner-up at the CAA Championships in the 10,000m ... Time of 30:24.18 qualified him for the IC4A Championships ... Fifth at the Colonial Relays 5,000m with an IC4A-qualifying mark of 14:24.49.

2005-06

Cross Country: Finished sixth running unattached at the Maymont Festival ... 24th unattached at the Tribe Open. Track: Second at the CAA Championships in the 10,000m run with a time of 30:52.67 in his debut at the distance ... Ran 14:35.79 at the Collegiate Open to qualify for the 5,000m at the indoor IC4As ... Qualified for the outdoor IC4As in the 5,000m after finishing 14th at the Duke Invitational.

At Unionville

Two-time county champion in cross country ... Medalist at the district championship junior year ... District runner-up senior year ... Medaled at the state championship as a senior ... Also medaled at the Mid-East cross country championships ... All-state indoors in the 3,000m ... Ran at the Nike Indoor Nationals in the mile ... County champion in the 1,600m, 3,200m, and 4x800 relay ... District champion in the 3,200m, sixth in the state in the 3,200m ... Sixth in the Penn Relays 3,000m.

Personal

Son of Kevin and Maureen Leak ... Born October 26, 1986 in Hampton, Virginia ... Grandfather, James O'Connell, ran cross country and track at Iona College.



BEN MASSAM
B.A. History 2010

Chatham, N.J.
Chatham

Personal Best Marks
Indoors:
3,000m.....8:25.36.....2/20/09
5,000m.....14:24.07.....12/6/08
Mile.....4:17.16.....1/30/09
Outdoors:
1,500m.....3:54.66u.....3/21/09
5,000m.....14:05.66u.....5/16/09
10,000m.....29:28.87u.....5/3/09

ALL-ACADEMIC
Cross Country
2007 • 2008
ALL-REGION
Cross Country
2007 • 2008
ALL-EAST
2008 Indoor Track
2008 Outdoor Track
CAA Champion
2008 Outdoor 10,000m
ALL-CAA
2008 Outdoor Track (twice)

German National Honor Society ... National Merit Commended Scholar.
Personal
Son of Bradley and Barbara Massam ... Born April 16, 1988 in Camp Hill, Pennsylvania ... Enjoys hiking and horse racing ... Most prized possession is his health.

2008-09
Cross Country: **All-Region** after finishing 16th at the Southeast Region Championships ... Performance also earned him a place on the **USTFCCCA All-Academic** team ... Fourth for W&M, 124th overall at the NCAA Championships ... Won the Colonial Inter-Regional ... Sixth for W&M at the Pre-National Invitational.

Indoor: Just missed All-East honors, placing ninth in the 5,000m at the IC4A Championships.

Outdoor: Redshirted, competing unattached several times ... Ran under 30 minutes in the 10,000m twice, including a personal-best 29:28.87 at Stanford in May ... Also lowered his personal-best in the 5,000m significantly, to 14:05.66 at North Carolina in mid-May.

2007-08
Cross Country: **All-Region** team member, finishing 15th at the Southeast Regional ... Fifth Tribe finisher at the NCAA Championships ... Fifth at the Colonial Inter-Regional ... Third for the Tribe at the Pre-National Invitational, finishing 49th overall ... Named **All-Academic** by the USTFCCCA. Track: Placed eighth at the indoor IC4A Championships in the 5,000m run ... Earned **All-East** honors for the first time ... Placed fifth at the Outdoor IC4A Championships in the 10,000m run for his second **All-East** certificate... **CAA Champion** in the 10,000m run only forty minutes after placing second in the 5,000m run ... Colonial Relays champion in the 5,000m run ... Ran a 14:42.44 at Virginia Tech to qualify for the 5,000m run at the indoor IC4A Championships.

2006-07
Cross Country: Led the Tribe at the season-opening Lou Onesty Invitational, finishing seventh ... Twenty-ninth at the Tribe Open ... Ran for W&M in the "A" race of the Colonial Inter-Regional. Track: Redshirted indoors ... Ran 15:22.80 in the 5,000m at the Colonial Relays ... Timed 32:15.77 for 10,000m at the Fred Hardy Invitational ... Season was cut short due to illness.

At Chatham
National Champion in the 5,000m at Nike Outdoor Nationals, running 14:48.73 ... Six state championships in cross country and track combined ... Second at the New Jersey Meet of Champions in cross country ... Seventh in the 3,000m championship at the Penn Relay Carnival ... Holds the Morris County cross country record and six county championships ... Won eight Iron Hills Conference championships in track and cross country, and holds three conference records ... Member of the National Honor Society and



DREW MIDLAND
B.S. Chemistry 2010

Virginia Beach, Va.
Ocean Lakes

Personal Best Marks
Indoors:
3,000m.....8:20.99.....3/9/08
5,000m.....14:57.17.....2/22/08
Mile.....4:21.53.....2/10/07
Outdoors:
1,500m.....4:03.25.....3/21/09
5,000m.....14:52.96.....4/18/07
10,000m.....31:03.77.....4/3/09

ALL-EAST
Cross Country
2006 • 2007
ALL-CAA
2007 Cross Country

2008-09
Cross Country: Did not compete. Indoors: Ran 8:33.41 in the 3,000m at CNU in January. Outdoors: Fourth in the 10,000m at the Colonial Relays, running 31:03.77 ... Personal-best effort of 4:03.25 for 1,500m came at the Tribe Open.

2007-08
Cross Country: Finished 17th at the IC4A Championships to earn **All-East** honors for the second year in a row ... **All-CAA** after finishing seventh at the CAA Championships ... Seventh at the Tribe Open. Track: Set a personal best 3,000m at the indoor IC4A Championships with a time of 8:20.99 ... Dropped six seconds from his previous best at 3,000m in winning the event at George Mason with an IC4A-qualifying time of 8:23.91.

2006-07
Cross Country: **All-East** after finishing 21st at the IC4A Championships ... Raced to a fifth-place showing at the Cavalier Open. Track: Set his season-best at 5,000m at the Larry Ellis Invitational in April, running 14:52.96 ... Seventh in the Patriot Games 3,000m indoors, running 8:34.72 ... Timed 4:06.30 for 1,500m at the Lou Onesty Invitational.

2005-06
Cross Country: Finished 20th at the Cavalier Open and 16th at the Maymont Festival running unattached. Track: Second in the 3,000m at the Christopher Newport Invitational ... Third in the 3,000m at the Vince Brown Invitational, running 8:51.13 ... Redshirted outdoors.

At Ocean Lakes
Three-time state qualifier in cross country ... Indoor state champion in the 3,200m ... Wendy's High School Heisman State Finalist ... National Honor Society.

Personal
Son of Mark and Louise Midland ... Born April 16, 1987 in Lawrence, Kansas ... Sister, Katie, graduated from W&M in 2007 ... Hobbies include miniature golf ... Most prized possession is his W&M jersey.



SKEETER MORRIS
B.S. Kinesiology 2010

Burkeville, Va.
Nottoway

2008-09
Cross Country: Fifth for the College at the IC4A Championships ... 19th at the CAA Championships ... The Tribe's seventh finisher at the Colonial Inter-Regional, finishing 22nd overall ... Ran in the open race at Pre-Nationals ... Second at the Cavalier Open.

Indoor: Ran 8:45.98 in the 3,000m at CNU in January.

Outdoor: Broke out in the 10,000m, earning **All-East** honors with an eighth-place finish at the IC4A Championships ... Ran a personal-best 30:34.55 in that race ... Runner-up at the Colonial Relays ... Fifth at the CAA Championships.

2007-08
Cross Country: Ran at the IC4A Championships ... Ran unattached at the Cavalier Open, finishing fifth ... Also ran unattached at the Colonial Inter-Regional and the Tribe Open. Track: Ran a personal best of 31:24.08 in the 10,000m run at the CAA Championships ... Ran 8:51.99 in the 3,000m indoors at the Vince Brown Invitational.

2006-07
Cross Country: Redshirted ... 11th unattached at the Cavalier Open ... Also ran unattached at W&M's two home meets. Track: Redshirted indoors ... Set his personal-best in the 5,000m at the Larry Ellis Invitational ... Crossed the finish line in 15:08.68.

At Nottoway
Virginia AA indoor state champion at

Personal Best Marks

Indoors:

3,000m.....8:45.98.....1/30/09
5,000m.....15:19.04.....2/20/09

Outdoors:

5,000m.....15:15.79.....4/6/07
10,000m...30:34.55.....5/15/09

ALL-EAST

2009 Outdoor 10,000m

3,200m ... Also took seventh in the 1,600m for all-state honors ... Placed third in the seniors race at the Footlocker South Regional ... 15th at the AA state championships ... Three-time team MVP in track ... Member of the National Honor Society.

Personal

Son of Jimmy and Barbara Morris ... Born November 16, 1987 in Farmville, Virginia ... Full name is Richard William Morris ... Favorite athlete is Bernard Lagat.



2008-09

Cross Country: Sixth for W&M at the Southeast Regional, helping clinch the region title ... **All-CAA** after finishing seventh at the conference championships ... Seventh for W&M at Pre-Nationals.

Indoor: Redshirted ... Ran 4:20.64 in the mile unattached at George Mason. Outdoor: Redshirted ... Ran the steeplechase for the first time, setting a personal-best of 9:14.46 unattached at George Mason in May ... Ran 14:27.81 in the 5,000m at the Penn Relays unattached.

2007-08

Cross Country: **All-East** after leading the Tribe at the IC4A Championships, finishing 11th overall ... **All-CAA** after finishing sixth at the CAA Championships ... Fourth at the Tribe Open. Track: Ran the 5,000m run at both the indoor and outdoor IC4A Championships ... Placed fourth at the CAA Championships in the 5,000m run ... Set a personal best in the 5,000m run at the Penn Relays with a time of 14:21.49 ... Qualified for the IC4A indoor championships after running 14:44.42 in the 5,000m at Liberty.

2006-07

Cross Country: Redshirted. Track: Finished the mile at the Virginia Tech Challenge in 4:18.59 ... Broke his personal-record at 5,000m every time on the track, culminating in a time of 14:58.93 at the Duke Twilight Invitational.

2005-06

Cross Country: 17th unattached at the Maymont Festival ... Seventeenth unattached at the Tribe Open ... Competed at the USAT&F Junior Championships, placing 54th. Track: Placed 10th at the CAA Championships in the 1,500m, running 4:01.22 ... Took second in the 5,000m at the Patriot Open, running 15:14.18.

At Osbourn

Won 12 letters at Osbourn ... Northwest Region runner-up in cross country ... Fourth at the Virginia AAA outdoor championships in the 1,600m ... Osbourn Athlete of the Year in 2004 and 2005 ... Treasurer of National Honor Society.

Personal

Son of Matthew Swartz and Nancy Sonnenberg ... Born November 4, 1987 in Manassas, Virginia ... Father played basketball at Union College and brother, Alex, ran cross country at Virginia ... Plays piano and roots for the Redskins.

CHARLIE SWARTZ

B.S. Biology 2010

Manassas, Va.
Osbourn

Personal Best Marks

Indoors:

3,000m.....8:31.73.....2/22/08
5,000m.....14:44.42.....11/30/07
Mile.....4:18.59.....2/16/07

Outdoors:

1,500m.....3:56.69.....3/29/08
5,000m.....14:21.49.....4/24/08
3K SC.....9:14.46u.....5/2/09

USAT&F Junior Qualifier

2006 Cross Country

ALL-EAST

2008 Cross Country

ALL-CAA

Cross Country
2007 • 2008

Manassas, Virginia ... Father played

basketball at Union College and brother, Alex, ran cross country at Virginia ... Plays piano and roots for the Redskins.



PETE ASARO

B.S. Kinesiology 2011

Gloucester, Mass.
Gloucester

Personal Best Marks

Indoors:

5,000m.....15:24.23.....11/30/07

Outdoors:

1,500m.....4:03.23.....3/29/08
5,000m.....15:06.58.....4/4/08
3K SC.....9:27.13.....4/19/08

ALL-CAA

2007 Cross Country

2008-09

Cross Country: Did not compete.

Indoor: Did not compete.

Outdoor: Did not compete.

2007-08

Cross Country: **All-CAA** after finishing 11th at the CAA Championships ... Ran at the IC4A Championships ... Finished 45th in the Pre-Nationals Open Race ... Took 39th at the Colonial Inter-Regional.

Indoor: Competed only once, timing 15:24.23 at the Liberty Kickoff.

Outdoor: Just missed all-conference honors after finishing fourth at the CAA Championships in the 3,000m steeplechase ... Ran a season-best 9:27.13 in the race ... Ran 15:06.58 for 5,000m at the Colonial Relays.

At Gloucester

North Eastern Conference Champion in cross country, the 600m run, and 800m run as a senior ... Conference MVP in cross country ... Fifth at the Massachusetts All-State cross country meet ... Third in the indoor mile at All-States ... Fifth in the mile outdoors ... Part of the 2A state championship 4x800m relay ... Named All-Scholastic by the *Boston Globe* and *Boston Herald*.

Personal

Son of Mark and Paula Asaro ... Born December 29, 1988 in Gloucester, Massachusetts ... Enjoys playing basketball, tennis, and frisbee.



TOM BURKE

Class of 2011

Edina, Minn.
Edina

Personal Best Marks

Outdoors:

1,500m.....4:01.89u.....3/21/09
5,000m.....14:43.37u.....5/16/09
10,000m...30:12.87u.....4/23/09

CAA Rookie of the Year

2007 Cross Country

ALL-CAA

2007 Cross Country

2008-09

Cross Country: Was the Tribe's sixth finisher at the NCAA Championships ... Won the Cavalier Open ... Fourth for W&M at the Pre-Nationals Invitational ... Fifth on the team, 15th overall, at the Colonial Inter-Regional.

Indoor: Redshirted.

Outdoor: Redshirted ... Ran a collegiate-best 14:43.37 for 5,000m unattached at North Carolina in mid-May ... Also ran unattached at the Penn Relays, finishing the 10,000m in 30:12.87.

2007-08

Cross Country: **CAA Rookie of the Year** ... **All-CAA** after finishing eighth at the CAA Championships, tops among all true freshmen in the conference ... Led W&M in his first collegiate race, timing 25:59.0 at the Lou Onesty Invitational ... 34th at the Colonial Inter-Regional ... 17th in the Pre-Nationals open race ... Ran at the IC4A Championships. Track: Finished ninth and set a personal best of 32:42.16 at the CAA Championships in the 10,000m run.

At Edina

Two-time all-state selection in cross country ... Posted finishes of 12th as a junior and eighth as a senior at the state championships ... Also all-section and all-state in track both his senior and junior years ... Three-time all-conference and all-section in cross country ... Three-time all-conference honoree in track ... Has run 1:57 for 800m, 4:15 for 1,600m, and 9:10 for 3,200m.

Personal

Son of Reid and Valerie Burke ... Born November 14, 1988 in Edina, Minnesota ... Enjoys ultimate frisbee, Champions League soccer, and the Minnesota Twins.



PAUL NORLAND

B.B.A. Business 2011

Falls Church, Va.
Thomas Jefferson

Personal Best Marks
Outdoors:
5,000m.....15:23.92.....3/28/08
3K SC.....9:40.74.....5/2/09

2008-09
Cross Country: Did not compete.
Indoor: Redshirted.
Outdoor: Ran both the 1,500m and steeplechase at the CAA Championships ... 12th in the steeplechase, 15th in the 1,500m ... Set a personal-best of 4:10.75 in the 1,500m at the Colonial Relays ... Ran 9:40.74 in the steeplechase at George Mason in May.

2007-08
Cross Country: Redshirted ... 10th unattached at the Tribe Open ... Also ran unattached at the Colonial Inter-Regional and Cavalier Open. Track: Competed in the 3,000m steeplechase twice.

At Thomas Jefferson
Helped team to the 2004 Virginia AAA cross-country title ... Also ran on the runner-up squad at the 2005 championships ... Took third in the AAA state 3,200m run at the 2007 outdoor championships ... Earned a pair of all-state honors indoors, taking fourth in the 3,200m and teaming for second in the 4x800m relay.

Personal
Son of David and Susan Norland ... Born February 27, 1989 in Washington, D.C. ... Father played soccer at Washington & Lee ... Enjoys playing guitar and snowboarding.



ROBERT SAGAR

B.A. History 2011

Alexandria, Va.
Bishop Ireton

Personal Best Marks
Indoors:
3,000m.....8:51.51.....2/10/07
5,000m.....15:10.28.....12/6/08

Outdoors:
1,500m.....3:59.62.....3/31/07
3K SC.....9:22.67.....5/2/09

2008-09
Cross Country: Sixth at the Cavalier Open ... Ninth at the Tribe Open ... Also ran at the Lou Onesty Invitational and

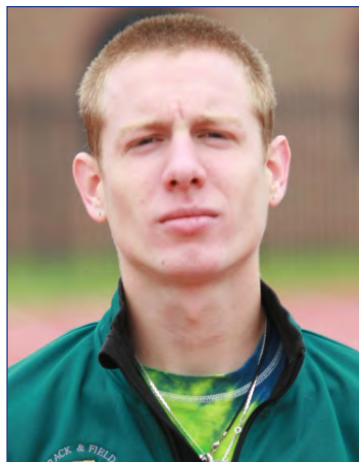
Colonial Inter-Regional.
Indoor: Opened the year running 15:10.28 in the 5,000m at CNU.
Outdoor: Seventh in the steeplechase at the CAA Championships ... Lowered his personal-best in the 3,000m steeplechase to 9:22.67 at George Mason in May.

2007-08
Cross Country: Took fifth in the IC4A Coaches Race ... 14th at the Tribe Open ... 18th at the Cavalier Open. Track: Ran a season-best 9:38.47 in the 3,000m steeplechase at the Larry Ellis Invitational.

2006-07
Cross Country: Redshirted after walking onto the team ... Ran 26:20.6 unattached at the Tribe Open. Track: Just missed scoring at the CAA Championships, finishing ninth in the 3,000m steeplechase ... Ran a career-best 9:32.66 in the steeplechase at the Lou Onesty Invitational ... Runner-up at the Tribe Invitational 1,500m, finishing in 3:59.62 ... Ran 8:51.51 for 3,000m at the Vince Brown Invitational.

At Bishop Ireton
Virginia Catholic School's state champion in cross country in 2005 ... Virginia Catholic state champion in the 800m and 1,600m as a senior, and in the 800m as a junior ... Two-time Washington Catholic Athletic Conference champion at 1,600m ... WCAC cross country champion as a senior ... Named Honorable Mention All-Met by the *Washington Post* in cross country and track ... Member of the National Honor Society and Hispanic Honor Society.

Personal
Son of Richard and Debra Sagar ... Born August 7, 1987 in Arlington, Virginia ... Twin brother, Matt, runs cross country and track at VMI ... Enjoys reading, watching movies, and listening to music.



MAX WERNER

B.A. English 2011
B.A. Philosophy 2011

Sterling, Va.
Potomac Falls

Personal Best Marks
Indoors:
3,000m.....8:47.07.....2/9/08
5,000m.....15:03.74.....2/20/09

Outdoors:
5,000m.....14:52.67.....3/27/09
10,000m...30:55.58.....5/15/09

USAT&F Junior Qualifier
2007 Outdoor 10,000m

2008-09
Cross Country: Was W&M's top finisher at the Lou Onesty Invitational ... Ran at the Colonial Inter-Regional ... Fifth at the Cavalier Open.
Indoor: Season-bests of 8:55.64 in the 3,000m (at CNU) and 15:03.74 for 5,000m at Virginia Tech.
Outdoor: Sixth in the 10,000m at the CAA Championships, finishing in 31:03.53 ... Qualified for the IC4A Championships, where he ran a career-best 30:55.58 for 13th ... Opened the year taking third in the 10,000m at the Colonial Relays with a time of 31:03.55 ... Improved his best 5,000m to 14:52.67 at the Fred Hardy Invitational in March.

2007-08
Cross Country: Redshirted after walking onto the team ... Ran unattached at the Cavalier Open, finishing 17th. Track: Ran 31:47.67 at the CAA Championships in the 10,000m run ... Qualified for the USA Track and Field Junior Nationals ... Ran a personal best of 15:33.81 in the 5,000m at the Liberty Kickoff.

At Potomac Falls
Helped Potomac Falls to a third-place finish at the Virginia AA cross country championships in 2004 ... All-Region in cross country as a senior ... Earned three all-district accolades while helping Potomac Falls to four consecutive Dulles District titles ... District champion in the 3,200m run as a senior ... Earned six all-district awards in track ... Also earned a pair of all-region certificates ... President of the German Club.

Personal
Son of Russ and Pam Werner ... Born February 2, 1989 in Alexandria, Virginia ... Grandfather, Cas Kowalewski, played basketball at the University of Portland ... Enjoys playing guitar and watching the Redskins ... Growing up, wanted to be an engineer.



Personal Best Marks
Indoors:
3,000m.....8:08.74.....3/8/09
5,000m.....14:05.18.....2/14/09
Mile.....4:13.58.....2/23/08

Outdoors:
1,500m.....3:50.92u.....5/9/09
5,000m.....14:05.59u.....5/16/09

NCAA Qualifier
2009 Indoor Provisional

ALL-REGION
Cross Country
2007 • 2008

ALL-EAST
2009 Indoor 5,000m
2008 Outdoor 5,000m

CAA Champion
2008 Outdoor 5,000m

ALL-CAA
Cross Country
2007 • 2008
Outdoor 5,000m
2007 • 2008

PATTERSON WILHELM

B.A. Economics 2011

Lynchburg, Va.
E.C. Glass

2008-09
Cross Country: Led the Tribe at the NCAA Championships with his 69th-place finish ... Also finished first for W&M at the Pre-National Invitational ... **All-Region** after finishing 13th at the Southeast Regional ... Fourth at the CAA Championships for **all-conference** honors ... Fourth at the Colonial Inter-Regional.
Indoor: Provisionally qualified for the NCAA Championships at 5,000m ...

Ran 14:05.18 at the University of Washington in February ... **All-East** after finishing third in the 3,000m at the IC4A Championships ... Ran 8:08.74 in the race, ranking sixth in school history ... Won the mile at Navy in January, running 4:15.92.

Outdoor: Redshirted ... Set career-best marks of 3:50.92 for 1,500m and 14:05.59 for 5,000m running unattached in May.

2007-08

Cross Country: Second Tribe finisher at the NCAA Championships, placing 123rd overall ... Placed 23rd at the Southeast Regional to earn **all-region** honors ... Third at the CAA Championships for **All-CAA** accolades ... 25th at the Colonial Inter-Regional. Track: Finished 15th at the NCAA East Regional in the 5,000m run ... **CAA Champion** in the 5,000m run ... Earned **All-East** recognition for his performance of 14:19.23 at the IC4A Championships in the 5,000m run ... Qualified for the IC4A indoor championships in the 5,000m after running 14:32.89 at the Liberty Kickoff ... Runner-up at the Colonial Relays in the 5,000m run ... Ran 8:29.10 in the 3,000m at North Carolina to qualify for the IC4A Championships indoors in that event as well.

2006-07

Cross Country: Redshirted ... Won the Colonial Inter-Regional "B" race unattached ... Fourth unattached at both the Cavalier and Tribe Opens. Track: **All-conference** after taking third in the 5,000m at the CAA Championships ... IC4A qualifier both indoors and outdoors at 5,000m ... Eighth in the Colonial Relays 5,000m ... Timed 3:54.12 for 1,500m at the Mason Last Chance Invitational ... Took fourth in the mile at CNU in 4:16.22.

At E.C. Glass

Three-time all-state in 2006 ... Second indoors at the Virginia AAA championships at 1,600m ... Fourth outdoors in the 3,200m and sixth in the 1,600m ... Third in the state in cross country in 2004 ... Also took 21st at the Footlocker South Regional in 2004 ... 13 total all-state honors in cross country and track ... National Honor Society.

Personal

Son of Barry and Marion Wilhelm ... Born October 18, 1987 in Greensboro, North Carolina ... Father attended William and Mary ... Enjoys poker, tennis, and fishing.



2008-09

Cross Country: Donned the Green and Gold for the first time at the Tribe Open, finishing second overall ... Sixth at the CAA Championships for **all-conference** accolades ... Member of the **all-region** team, finishing 22nd to cap the scoring for W&M and clinch the region title ... Fifth for the Tribe again at the NCAA Championships, taking 149th overall. Indoor: Competed exclusively in the mile ... Ran 4:10.86 at Virginia Tech to qualify for the IC4A Championships ... **All-East** after timing a career-best 4:08.76 in the finals for fifth place. Outdoor: Tenth in the 1,500m at the CAA Championships ... Ran at the IC4A Championships, finishing in a career-best 3:49.25 in the preliminary round ... Had an outstanding Colonial Relays, taking fifth in the 5,000m Friday night before leading the victorious 4x1,500m relay ... Ran the 5,000m again at Penn Relay, finishing in 14:17.14.

2007-08

Cross Country: Did not compete. Track: Ran a personal-best of 3:51.56 in the 1,500m at IC4A Championships ... Qualified for the IC4A Championships with his time of 3:51.86 at the George Mason Invitational.

2006-07

Cross Country: Redshirted ... Twelfth unattached in the Colonial Inter-Regional "B" race ... Nineteenth unattached at the Tribe Open. Track: Redshirted both indoors and outdoors.

At Providence Day

Won seven state titles ... Two-time NCISAA 3A cross country champion ... Also earned a pair of titles in the 1,600m, and one each in the 3,200m, 800m, and 3,200m relay ... Named Cross Country Runner of the Year twice by the *Charlotte Observer* ... National Honor Society member.

Personal

Son of Warden and Deborah Woodard ... Born February 21, 1988 ... Full name is Warden Lewis Woodard, IV ... Reads the news every day on the BBC website, in Spanish.

LEWIS WOODARD

B.A. History 2011
B.B.A. Accounting 2011

Charlotte, N.C.
Providence Day

Personal Best Marks

Indoors:

Mile 4:08.76.....3/8/09

Outdoors:

1,500m..... 3:49.25.....5/16/09

5,000m..... 14:17.14.....4/23/09

ALL-REGION
2008 Cross Country

ALL-EAST
2009 Indoor Mile

ALL-CAA
2008 Cross Country



GLEN WRIGHT COLOPY

B.A. Economics 2011
B.S. Mathematics 2011

Cary, N.C.
Cary Academy

Personal Best Marks

Indoors:

3,000m..... 8:55.94.....1/30/09

5,000m..... 15:15.05.....2/20/09

Outdoors:

3,000m..... 8:49.04.....4/11/09

5,000m..... 15:17.88.....3/28/08

10,000m..... 31:29.32.....4/17/09

2008-09

Cross Country: Finished 12th at the Tribe Open.

Indoor: Career-fast 15:15.05 in the 5,000m came at Virginia Tech. Outdoor: Ninth in the 10,000m at the CAA Championships, timing 31:29.32 ... Ran 8:49.04 in the 3,000m at Virginia.

2007-08

Cross Country: Redshirted after walking onto the team ... Ran unattached in three races, including a 19th-place finish at the Cavalier Open. Track: Set a personal best of 32:50.27 in the 10,000m run at the Colonial Relays.

At Cary Academy

Earned the bronze medal at the NCISAA 3A cross country championships in 2005 ... Fourth in the 1,600m run at the NCISAA 3A track championships as a senior ... Also took seventh in the 800m at the state meet ... Ran cross country and track for four years ... Also swam competitively for a year ... Earned his Eagle Scout award ... National Honor Society.

Personal

Son of Mike Wright Colopy and Alisa Wright Colopy ... Born February 4, 1988 in Houston, Texas ... Brother, Travis, is also a member of the Class of 2010 at the College ... Favorite athlete is Rob Dennis.



DAVID ADLEY

Class of 2012

Pittsburgh, Pa.
Baldwin

Personal Best Marks

Indoors:

Mile 4:19.89.....1/30/09

Outdoors:

5,000m..... 15:13.63.....3/27/09

10,000m..... 30:51.74.....4/17/09

ALL-CAA
2009 Outdoor 10,000m

2008-09

Cross Country: Redshirted

Indoor Track: Opened his season in the mile at the CNU Captain's Invitational, timing 4:19.89.

Outdoor Track: **All-CAA** after running 30:51.74 in the 10,000m at the CAA Championships ... Placed second in the race and qualified for the IC4A Championships ... Ran 30:57.87 at IC4As for 14th.

At Baldwin

First-team all-state in cross country ... Cross country district champion ... Three-time All-American in indoor track ... Three-time district champion in outdoor track ... Placed second in the 4x800 relay at the Pennsylvania state meet ... Finished fifth in the 1600m run at the outdoor state meet.

Personal

Son of Michael and Kim Adley ... Born November 29, 1989 in Pittsburgh, Pennsylvania ... President of his senior class ... Plays the violin, viola, guitar, and piano.



ZACH GATES

B.S. Mathematics 2012
B.A. Economics 2012

Fishers, Ind.
Hamilton Southeastern

Personal Best Marks

Indoors:
3,000m.....8:38.31u.....1/30/09
5,000m.....15:07.58.....2/20/09

Outdoors:
5,000m.....14:32.44.....4/17/09
10,000m...30:29.78.....5/15/09

ALL-EAST
2009 Outdoor 10,000m

2008-09
Cross Country: Redshirted.
Indoor: Ran 8:38.31 in the 3,000m unattached at CNU ... Wearing the Green and Gold for the first time, finished seventh in the 5,000m at Virginia Tech in 15:07.58.
Outdoor: **All-East** after taking sixth in the IC4A 10,000m ... Ran 30:29.78 at the IC4A meet ... Scored points for the Tribe at the CAA Championships, finishing seventh in the 5,000m with a time of 14:32.44.

At Hamilton Southeastern
Placed fourth at the state cross country meet in 2007 ... Finished fourth in the 3,200m at the state meet ... Named academic all-state in cross country and track ... Member of the National Honor Society.
Personal
Son of Brent and Sharon Gates ... Born October 15, 1989 in Indianapolis, Indiana ... Enjoys playing tennis, basketball, and frisbee.



ALEX MCGRATH

B.A. International Relations 2012

Marlborough, N.H.
ConVal Regional

Personal Best Marks

Indoors:
3,000m.....8:35.26.....1/17/09
Mile.....4:20.08.....1/30/09

2008-09
Cross Country: Redshirted.
Indoor: Set best marks of 8:35.26 in the 3,000m at Navy and 4:20.08 in the mile at CNU, both in January.
Outdoor: Redshirted.

At ConVal Regional
Gatorade Runner of the Year in 2007 ... New Hampshire Runner of the Year in 2007 ... All-New England in 2006 and 2007 ... All-State in 2006 and 2007 ... All Class I 2005-07 ... Cross country Class I Champion in 2007 ... Cross country State Champion in 2007 ... Class I Indoor Champion in the 1,500m in 2008 and 3,000m in 2007 and 2008 ... Class I Outdoor Champion in the 1,600m in 2007, the 3,200m in 2007 and 2008, the 1,600m in 2007, and the 4x800 relay in 2008 ... Named All-Class I in 2006-08 ... New England Champion in the 3,200m and runner up in 2007.

Personal
Son of Art McGrath and Barbara Weafer ... Born September 14, 1990 in Concord, New Hampshire ... Brother, Scott, is in his fourth year running cross country and track at the University of New Hampshire ... Enjoys biking, hiking, and swimming.



JOHN PENCE

B.A. International Relations 2012
B.A. Hispanic Studies 2012

Columbus, Ind.
Columbus North

Personal Best Marks

Indoors:
3,000m.....8:37.15.....1/30/09

Outdoors:
1,500m.....4:06.30.....3/21/09

2008-09
Cross Country: Redshirted.
Indoor: Ran 8:37.15 in the 3,000m at CNU in January.
Outdoor: Only appearance was at the season-opening Tribe Open, running 4:06.30 in the 1,500m.

At Columbus North

Named all-conference in both cross country and track in 2005-07 ... Eighth in the 3,200m at the state meet in 2007 and finished seventh in 2008.

Personal

Son of Gregory and Denise Pence ... Born June 12, 1989 in Columbus, Indiana ... Sister, Lauren, ran cross country and track for four years at Vanderbilt University ... Came to the College because the blend of strong academics and rich history.



GRIFF ASHOOH

B.A. Government 2013
B.A. International Relations 2013

Stafford, Va.
Colonial Forge

Personal Best Marks

Outdoors:
1,600m.....4:29.....H.S.
3,200m.....9:40.....H.S.
2K SC.....6:45.....H.S.

At Colonial Forge
Earned all-state honors in 2008 after finishing 12th at the Virginia AAA cross country championships ... Nine-time all-district and all-region performer ... Named honorable mention all-met in 2008 by the *Washington Post* ... Named Colonial Forge's Athlete of the Year as a senior ... President of the Environmental Club, VP of the Young Democrats, and treasurer of the National Honor Society.

Personal
Son of Peter and Winifred Ashooh ... Born September 4, 1990 in Morristown, New Jersey ... Father graduated from W&M in 1979 ... Enjoys running and jammin'.



THOMAS BAKER

B.S. Chemistry 2013

Louisa, Va.
Louisa County

Personal Best Marks

Indoors:
1,000m.....2:40.....H.S.

Outdoors:
1,600m.....4:25.....H.S.
5,000m.....15:35.....H.S.
2K SC.....6:22.....H.S.

At Louisa County

Prep All-American at the USAT&F Junior Olympic cross country championships, finishing third ... Three-time All-State in cross country ... Six-time All-State indoors ... Two-time All-State outdoors ... District champion indoors at 3,200m ... Graduated third in his class ... Won the Dr. Southall Student-Athlete award ... Member of the National Honor Society.

Personal

Son of Stephan and Rhonda Baker ... Born June 2, 1991 in Charlottesville, Virginia ... Enjoys music, video games, and playing on rec sports leagues.



JOSH HARDIN
Class of 2013

Sterling, Va.
Potomac Falls

Personal Best Marks
Outdoors:

| | | |
|--------|-------------|------------|
| 3,200m | 9:11 | H.S. |
| 5,000m | 15:13 | H.S. |

At Potomac Falls
Six-time all-state honoree, twice in cross country and four times in track ... Bronze medalist at the NXN Southeast Regional, qualifying to the Nike Cross National meet ... Three-time Loudoun Runner of the Year by the *Washington Post Extra* ... First-team All-Met by the *Washington Post* ... Won seven district

titles, three in cross country and four in track ... Also played lacrosse for two years, earning first-team all-district honors both seasons ... Named to the all-region team ... Holds four school records in lacrosse.

Personal
Son of Clay and Hong Hardin ... Born May 12, 1991 in Fairfax, Virginia ... Enjoys playing badminton and dancing.



JOHN MULLER
Class of 2013

LaGrangeville, N.Y.
Arlington

Personal Best Marks
Outdoors:

| | | |
|--------|---------------|------------|
| 1,600m | 4:12.9 | H.S. |
| 3,200m | 9:00.61 | H.S. |

At Arlington
Four-time all-state honoree, including cross country, indoor, and outdoor track as a senior ... Silver medalist at the state championships in the 3,200m with a time of 9:00.61 ... Won the scholar-athlete award in 2008-09 ... Honor roll student all four years.

Personal
Son of William and Martha Muller ... Born November 28, 1990 in Hopewell Junction, New York ... Enjoys playing ultimate Frisbee, tennis, and golf.



ZACH TENNANT
B.B.A. Marketing 2013
B.S. Kinesiology 2013

Fairview, W.Va.
North Marion

Personal Best Marks
Outdoors:

| | | |
|--------|--------------|------------|
| 800m | 1:57.7 | H.S. |
| 1,500m | 3:54.8 | H.S. |
| 1,600m | 4:13.8 | H.S. |
| 3,200m | 9:14.8 | H.S. |

At North Marion
Three-time state champion in West Virginia, winning the 1,600m as a junior and senior, and claiming the 3,200m as a senior ... Broke the state championship record in both the 1,600m and

3,200m as a senior ... Holds the best time ever run on the state cross country course, when he won the state preview invitational as a senior ... Runner-up in the cross country state meet as a junior, but missed due to injury his senior year ... Six-time all-region, winning titles in the 800m, 1,600m, and 3,200m as a senior ... Also won the 1,600m as a junior ... Conference Runner of the Year as a junior in cross country ... Four-time all-conference ... Holds the conference 1,600m record ... Held a spot on the honor roll all four years of high school, graduating *cum laude*.

Personal
Son of Richard and Terri Tenant ... Born October 5, 1990 in Fairmont, West Virginia ... Enjoys traveling, swimming, and biking.



KEITH CONSTANCE
B.S. Mathematics 2011

Independence, Mo.
Truman

Personal Best Marks
Indoors:

| | | |
|------------|--------------|--------------|
| Pole Vault | 4.05m | 2/7/09 |
| | 13-3.5 | |

Outdoors:

| | | |
|------------|-------------|--------------|
| Pole Vault | 4.37m | 5/9/09 |
| | 14-4 | |

2008-09
Indoor: Improved his personal-best indoor effort to 13-3.5 with a fifth-place effort at CNU in early February.

Outdoor: Opened the outdoor season at 13-3.5 at the the Tribe Open ... Flew up the bar at Richmond, setting a then-best of 14-1.25 ... Just missed scoring at the CAA Championships, placing ninth at 13-11.25 ... Cleared the bar at 14-4 to win at CNU in May.

2007-08
Set a personal-best height after vaulting 13 feet at the CNU Holiday Open ... Competed outdoors at the Fred Hardy Invitational.

At Truman
Earned four letters as a pole vaulter for Coach Dave Magraw ... All-Conference as a junior ... Has cleared 13 feet in the pole vault ... Has also run 11.3 in the 100m dash ... Played four years of football, earning three letters at strong safety ... Graduated in the top one percent of his graduating class ... Senior Class President ... Eagle Scout ... Bright Flight Scholar ... McCoy Award ... Math and Physics Institute Top Five Award ... Member of the National Honor Society and French Honor Society.

Personal
Son of Bradley and Larna Constance ... Born June 3, 1988 in Independence, Missouri ... Brother, John, is a senior at W&M ... Favorite athlete is Joey Chestnut.



DANIEL INGE
Class of 2012

Lynchburg, Va.
E.C. Glass/Clemson

Personal Best Marks
Indoors:

| | | |
|------------|-------------|------------|
| Pole Vault | 4.80m | H.S. |
| | 15-9 | |

Outdoors:

| | | |
|------------|---------------|------------|
| Pole Vault | 5.00m | H.S. |
| | 16-4.75 | |

ACC ALL-ACADEMIC
2009 Indoor Track

At Clemson
Competed for the Tigers for one year ... Named to the All-ACC indoor academic team ... Season-best effort outdoors came at the Hurricane Invitational, where he cleared 15-7 ... Topped the bar at 15-1 at the ACC outdoor championships, placing 11th ... Indoors, cleared 15-11 for ninth at the ACC Championships.

At E.C. Glass
Earned All-American honors at the 2008 Nike Indoor Nationals, placing seventh ... Owns the second-best vault in Virginia high school history ... Won the Virginia AAA state title indoors in both 2007 and 2008 ... Named all-state a total of four times, including both indoor and outdoor in 2007 ... Four-time region champion and six-time district champion ... National Honor Society ... Was a volunteer firefighter with the Boonsboro Volunteer Fire & Rescue squad.

Personal
Son of David and Frances Inge ... Born June 22, 1989 in Lynchburg, Virginia ... Brother, Paul, vaulted for a year at Liberty ... Enjoys music, playing on the computer, and watching TV.



BEN KATZ
B.S. Applied Science 2013

Manakin-Sabot, Va.
St. Christopher's

| Personal Best Marks | |
|---------------------|-----------------|
| Indoors: | |
| High | 2.03m.....H.S. |
| | 6-8 |
| Long | 6.95m.....H.S. |
| | 22-9.75 |
| Outdoors: | |
| High | 2.04m.....H.S. |
| | 6-8.5 |
| Triple | 13.44m.....H.S. |
| | 44-1 |

At St. Christopher's

Captained St. Chris to the VISAA state titles both indoors and outdoors as a senior ... Set the VISAA state championship record in the high jump, clearing the bar at 6-8.5 outdoors ... Also helped set the state meet record in the 4x100m relay ... State indoor champion in the high jump in 2008 ... Named the Most Valuable Field Performer at the 2009 VISAA Indoor Championships ... Most Valuable Field Performer at the LIS Indoor Championships in both 2008 and 2009 ... Also named overall MVP at the 2009 LIS indoor meet ... Totaled six all-state honors over his final two years ... Conference champ in the high jump and 4x400m relay indoors as a junior ... Won the high jump at the Virginia Junior Olympic state meet in 2008 ... Named All-Met by the *Richmond Times-Dispatch* on 10 occasions ... Also swam for two years and played soccer for three ... Honors student ... Volunteer at St. Mary's Hospital in Richmond.

Personal

Son of Marc and Sheelah Katz ... Born July 1, 1990 in Richmond, Virginia ... Father played football at Hobart ... Interested in mechanical and biomedical engineering, and enjoys playing soccer and reading.



KIERNAN LOFLAND
B.A. Art 2010

Crozier, Va.
St. Christopher's

| Personal Best Marks | |
|---------------------|-------------------|
| Indoors: | |
| Pole Vault | 4.80m.....1/19/08 |
| | 15-9 |
| Outdoors: | |
| Pole Vault | 4.90m.....5/11/07 |
| | 16-0.75 |

ALL-CAA
Outdoor Pole Vault
2007 • 2009

2008-09

Indoors: Redshirted ... Competed twice unattached, topping the bar at 15-3 at the Mason Last Chance meet.
Outdoors: Runner-up at the CAA Championships with a vault of 15-11 ... Qualified for the IC4A Championships ... Also took second at the Colonial Relays, clearing the bar at 15-9.

2007-08

Placed 13th in the pole vault at the IC4A Indoor Championships ... Finished fifth at the CAA Championships with a jump of 15-1 ... Runner-up at the Colonial Relays with a jump of 15-7 ... Had his personal-best vault indoors, clearing 15-9 to win the event at Navy and qualify for the IC4A indoor championships ... Also won the pole vault at the CNU Captain's Invitational.

2006-07

Broke W&M's 32-year old freshman record in the pole vault at the IC4A outdoor championships ... Cleared 16-0.75 in the meet, breaking the old mark of 16-0, set in 1975 by Dave Lipinski (12 years before he was born) ... Effort is also the overall best freshman mark in school history (indoor or outdoor) ... Ranks fourth all-time at W&M ... CAA runner-up in the pole vault, clearing 15-11 ... Also ran anchor on the fifth-place 4x100m relay team at the conference championships ... Vaulted 15-7 to win the Tribe Invitational and qualify for the IC4A Championships.

At St. Christopher's

All-State outdoors as a senior ... Four-time *Richmond Times-Dispatch* All-Met team member ... Three-time All-Prep League honoree ... Also earned two letters in cross country and one in lacrosse.

Personal

Son of Gary and Jan Lofland ... Born July 26, 1987 in Buffalo, New York ... Sister, Glennis, is a sophomore on the track team ... Enjoys surfing and mountain-biking ... Growing up, wanted to be an architect.



DOUG ZIMMER
B.B.A. Business 2010

McLean, Va.
McLean

| Personal Best Marks | |
|---------------------|-------------------|
| Indoors: | |
| Pole Vault | 4.65m.....3/1/09 |
| | 15-3 |
| Outdoors: | |
| Pole Vault | 4.60m.....3/27/09 |
| | 15-1 |

2008-09

Indoor: Converted exclusively to the pole vault ... Cleared a career-best 15-3 at the Mason Last Chance meet ... Won at Mason, and in the season-opener at Christopher Newport.

Outdoor: Best mark came in March at the Fred Hardy Invitational, where he placed fourth at a height of 15-1.

2007-08

Scored a personal best 6,261 at the IC4A Championships in the decathlon ... Score ranks him sixth all-time at the College ... Set a personal best in the pole vault at the IC4A Championships with a mark of 14-7.25... Set a personal record in the 100m dash at the IC4A Championships ... Qualified for IC4A Championships for first time by scoring 6,222 points in the decathlon at the CAA Championships ... Won the pole vault component and placed third in the 1,500m run ... Set personal records in both the 110m hurdles and 400m dash components at the CAA Outdoor Championships.

2006-07

Ranks second all-time in the heptathlon at W&M ... Scored 4,482 points at the CNU Captain's Invitational ... Just missed All-CAA honors at the conference championships, placing fourth in the decathlon ... Personal-best score of 6,047 points ranks sixth in school history ... Won the pole vault during the decathlon, clearing a career-best 13-7.25 ... That vault set his personal-best by nine inches ... Also set personal-bests in the javelin, discus, 400m dash, 1,500m run, and 100m dash ... Ranks sixth in school history in the 60m dash after running 7.41 seconds during the heptathlon at the Liberty Kick-off Invitational ... Ranks eighth all-time at the College in the 60m hurdles thanks to a performance of 9.35 seconds at North Carolina ... Won the long jump during the heptathlon at the Captain's Invitational with a jump of 21-4.75 ... Personal-best mark in the long jump of 21-8.25 came outdoors at the Fred Hardy Invitational.

2005-06

Ran 9.35 for the 60m hurdles at the Father Diamond Invitational ... Also cleared 6-1.25 in the high jump and 21 feet in the long jump ... Redshirted outdoors.

At McLean

Most Valuable Athlete for outdoor track in 2004 and 2005, indoor track for the 2004-05 season ... Named to the Athletic Honor roll for the 2004-05 winter track season ... PVTC Decathlon junior champion ... McLean's Business Student of the Year.

Personal

Son of Brian and Gloria Zimmer ... Born June 15, 1987 in Arlington, Virginia ... Sister, Melody, graduated from W&M ... Favorite athlete is decathlete Tom Pappas.



ALEX BALL
B.B.A. Marketing 2010
B.A. Literary & Cultural Studies 2010

Winchester, Va.
John Handley

| Personal Best Marks | |
|---------------------|--------------------|
| Indoors: | |
| Shot Put | 13.25m.....12/3/06 |
| | 43-5.75 |
| Weight | 14.56m.....3/1/09 |
| | 47-9.25 |

| | |
|------------------|--------------------|
| Outdoors: | |
| Shot Put | 13.47m.....4/18/09 |
| | 44-2.5 |
| Discus | 40.60m.....4/4/09 |
| | 133-2 |
| Hammer | 46.26m.....4/11/08 |
| | 151-9 |

2008-09

Indoor: Reset his personal best in the weight throw twice ... Threw for 45-8.5 at CNU in February ... Took third at the GMU Last Chance meet with a throw of 47-9.25.

Outdoor: Scored in three events at the CAA Championships ... Seventh in the hammer throw ... Eighth in both the shot put and discus ... Set his collegiate-

best put at the conference meet with an effort of 44-2.5 ... Also set his career-best in the discus during the spring, throwing 133-2 at the Colonial Relays.

2007-08
Placed seventh at the CAA Championships in the hammer throw and also threw discus ... Threw a personal best 151-9 in the hammer throw at the Lou Onesty Invitational, surpassing his previous best by over ten feet ... Achieved a personal-best mark in the weight throw in each of his first three meets, culminating in a toss of 45-3 at the CNU Captain's Invitational ... Matched that mark at the Vince Brown Invitational.

2006-07
Had his best performance in the discus at the end of the season, throwing 130-0 at the Mason Last Chance Invitational ... Placed 13th in the shot and 14th in the discus at the CAA Championships.

At Handley
Earned two all-state honors in track ... Runner-up in the shot put as a senior ... Third in the discus as a junior ... Region discus champ as a senior, his second all-region discus honor ... Also named all-region in the shot put as a senior ... Wendy's High School Heisman nominee ... Also earned three letters in golf and two in basketball ... President of the Handley chapter of Young Democrats ... Interned at UVA's Center for Politics.

Personal
Son of Scott and Kim Ball ... Born December 12, 1987 in Williamsburg, Virginia ... Mother earned her J.D. from the Marshall-Wythe School of Law in 1989 ... Craziest ambition is to start Ball Financial Group and own a Gulfstream 400 business jet.



ADAM GAWNE
B.A. Government 2010

Lyndonville, N.Y.
Lyndonville

| Personal Best Marks | |
|---------------------|--------------------|
| Indoors: | |
| Weight | 14.65m.....2/16/08 |
| | 48-0.75 |
| Outdoors: | |
| Hammer ... | 46.76m.....4/18/08 |
| | 153-5 |

2008-09
Indoor: Had a season-best effort of 44-6.75 in the weight throw, coming at CNU in February.

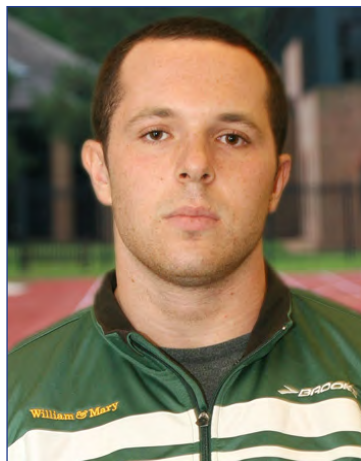
Outdoor: Exclusively threw the hammer ... Season-best toss came at the CAA Championships, where he placed ninth at 144-8.

2007-08
Set a personal best and finished sixth in the hammer throw at the CAA Championships with a distance of 153-5 ... Threw a personal-best distance of 48-0.75 at the Carolina Invitational weight throw.

2006-07
Redshirted indoors ... Competed at the Vince Brown Invitational unattached, throwing the weight 45-1.5 ... Outdoors, had a best mark in the hammer throw of 142-9 at the JMU Invitational ... Scored a point for the team at the CAA Championships, placing eighth in the hammer throw.

At Lyndonville
Ranked nationally as a senior in the hammer throw ... Achieved best marks of 161 feet with the 12-lbs hammer and 145-11 with the 16-lbs hammer.

Personal
Son of Brian and Patti Gawne ... Born May 9, 1988 in Medina, New York.



DAN KLATZKIN
B.B.A. Finance 2010

Gaithersburg, Md.
Randolph-Macon Academy

| Personal Best Marks | |
|---------------------|--------------------|
| Indoors: | |
| Shot Put ... | 14.86m.....1/26/08 |
| | 48-9 |
| Outdoors: | |
| Shot Put ... | 14.64m.....4/19/08 |
| | 48-0.5 |
| Discus | 46.74m.....4/12/08 |
| | 153-4 |

ALL-CAA
2008 Outdoor Track (twice)

2008-09
Indoor: Won the shot put at the Navy Invitational in January ... Top mark came at CNU in February, where he put the shot 47-0.25.

Outdoor: Took sixth in the discus at the CAA Championships ... Became

injured during the event, ending his season early.

2007-08
Earned All-CAA honors in both the discus and shot put ... Finished second in the discus with a throw of 148-10 and third in the shot put with a put of 48-0.5 at the CAA Championships ... Ranks seventh all-time in the discus at the College with his throw of 153-4 at the Lou Onesty Invitational ... Set his personal-best mark with a college-weight shot put at George Mason ... Put the shot 48-9 at the Patriot Games indoors to take second in the event.

2006-07
Member of the football team ... Scout team tight end.

At Randolph-Macon
Four-year letter winner in track, two at Wootton High in Maryland and two at Randolph-Macon Academy in Front Royal, Virginia ... At Wootton, was the only freshman to qualify for the 4A state championships in the discus ... Repeated the qualification as a sophomore ... Won the Virginia Independent School state title in the discus as a junior under the tutelage of Dick Allanson ... Despite having his senior season cut short due to illness, managed career-best marks in both the discus and shot put ... Won the shot put at the Fork Union Invitational ... Also an all-state tight-end in each of his final two seasons ... Hauled in 58 catches for 940 yards and 14 touchdowns for the Yellow Jackets ... Reached the rank of Second Lieutenant in the school's Air Force JROTC program.

Personal
Son of Robert and Deborah Klitzkin ... Born December 5, 1987 in Rockville, Maryland ... Enjoys running.



ZACH JORDAN
B.S. Biology 2011

Dublin, Ohio
St. Charles Prep

| Personal Best Marks | |
|---------------------|--------------------|
| Indoors: | |
| Weight | 14.51m.....1/30/09 |
| | 47-7.25 |
| Outdoors: | |
| Discus | 34.98m.....3/21/09 |
| | 114-9 |
| Hammer ... | 50.29m.....5/2/09 |
| | 165-0 |

2008-09
Indoor: Threw a personal-best 47-7.25

in the weight throw at CNU in January.
Outdoor: Reset his personal-best four times in the hammer throw ... Fifth at the CAA Championships with a throw of 160-8 ... Best effort came in May at GMU, where he threw 165-0 for the win ... Ranks seventh in school history ... Threw 164-4 at Virginia, becoming just the seventh thrower in school history to surpass 50 meters and the 10th to throw farther than 160 feet.

2007-08
Threw a personal best 153-7 in the hammer throw at the CAA Championships, placing fifth.

At St. Charles
Earned third-place in the discus at the league championships as a junior and a senior ... Has a best throw of 140-1 for the discus and 133-6 for the hammer ... Also earned two letters as a left-winger in hockey ... Part of the 25th-place team at the TEAM+S National Engineering Competition in 2006 ... Also took part in the competition in 2007, placing 26th ... Member of the National Honor Society.

Personal
Son of Mark and Joan Jordan ... Born June 1, 1989 in Chicago, Illinois ... Mother ran track and cross country at the College of Mount Joseph from 1978-81 ... Father was coached by Dan Stimson at Miami (Ohio) from 1978-82.



BRANDON HÉROUX
B.B.A. Marketing 2012

Westfield, N.J.
Westfield

Personal Best Marks
Outdoors:
Javelin.....69.33m.....4/17/09
.....227-5

record by more than four feet, and the conference record by nearly 21 feet ... Also won the Colonial Relays title ... School-record throw ranked third in the nation among junior men (19 and under), and was the top throw by any junior-eligible collegiates.

At Westfield

Penn Relays Champion in 2008 in the javelin throw ... Named second-team All-New Jersey, All Groups ... First-team all-area (North II Group IV) in 2007 and 2008 ... First-team All-Union County in 2007 and 2008... First-team All-Watchung Conference in 2007 and 2008 ... Named Male Athlete of the Week by the *New Jersey Star Ledger*, *Courier News*, and *Westfield Ledger* during the 2008 season ... Named to the National Scholastic Sports Federation All-America Team in 2008 ... Named Westfield High School's Union County Male Scholar Athlete of the Year ... East Coast Relays Champion in 2007.

Personal

Son of Paul and Linda Héroux ... Born on March 21, 1990 in Edison, New Jersey ... Uncle, Bill Mast, played four years of soccer at St. Bonaventure University ... Enjoys going to the beach, snowboarding, and playing sports.

NCAA Qualifier
2009 Javelin Throw

USAT&F Junior Qualifier
2009 Javelin Throw

ALL-ACADEMIC
2009 Javelin Throw

ALL-REGION
2009 Javelin Throw

CAA Rookie of the Year
2009 Outdoor Track

CAA Champion
2009 Javelin Throw

ALL-CAA
2009 Javelin Throw

2008-09

CAA Rookie of the Year ... **USTFCCCA All-Academic** track selection ... Became the first W&M field athlete to reach the NCAA Championships since 1975 ... Placed 19th in the javelin with a throw of 208-7, both program records at the national meet ... Named **all-region** after placing seventh at the NCAA Regional ... Was the top at-large candidate in the national pool for NCAA selections ... Won the **CAA title** in the javelin with a school, conference, and stadium record throw of 227-5 ... Broke the old school



TODD REPASS
B.B.A. Accounting 2013

Fredericksburg, Va.
Stafford

Personal Best Marks
Outdoors:
Discus 149-0H.S.
Shot Put ... 51-6 H.S. (12 lbs)

At Stafford

All-State at the Virginia AAA state championships indoors, placing eighth in the shot put ... Put the shot 49-2.25 for 12th-place outdoors ... Has pre-best marks of 149 feet for the discus and 51-6 with the 12-lbs shot put ... Won both the indoor and outdoor district shot put titles as a senior ... Earned all-district and all-area honors both indoors and outdoors as well ... Also a standout football player, earning all-district and all-area accolades as a lineman ... Named All-Academic each of his last three years ... Captained the Math Team at Stafford ... Graduated top-10 in his class.

Personal

Son of Todd Repass, Jr., and Patricia Romano ... Born March 26, 1991 in Fredericksburg, Virginia ... Enjoys fishing, golfing, and spending time with family and friends.



ROMAN DENT
B.A. Film Studies 2012

Franklin, Tenn.
Brentwood

Personal Best Marks
Indoors:
55m H 8.12 12/6/08
LJ 8.24m 12/6/08
..... 20-5.75

2008-09

Indoor: Competed only in the December opener ... Ran 8.12 in the 55m hurdles, tied for 10th in school history ... Set a mark of 20-5.75 in the long jump. Outdoors: Did not compete.

At Brentwood

Nike Indoor All-American ... State champion in the triple jump twice and once in the long jump, 110m hurdles, and the pole vault ... Two-time first-team All Mid-State award winner ... AAU Southern Indoor Nationals triple jump record holder ... Had his jersey retired in the Brentwood High School Hall of Fame ... National Honor Society.

Personal

Son of Tom and Joy Dent ... Born November 7, 1988 in Nashville, Tennessee ... Cousin, Liz Austin, played volleyball for four years at St. John's ... Has several acting credits, including Best Overall Male Actor in 2006 at the American Model and Talent Convention.

All-Time Roster

This is the Tribe's first attempt at compiling an all-time roster for men's cross country and track and field. Athletes listed here competed either before 1930, or since 1967. Efforts to fill in the intervening years continue, and your help would be greatly appreciated. If you or someone you know competed for the Tribe but are not listed, please send an email to jcskip@wm.edu.

- A • A •
- Maziar Abdolrasulnia
- Jim Abicht
- Mallory Abney
- Steve Adderly
- David Adley**
- James Agee

- Phillip Agee
- Tim Alford
- William Alfriend
- Savory Amato
- Liam Anastasia-Murphy**
- Sean Anastasia-Murphy
- David Anderson
- Harald Anderson
- John Anderson
- Mark Anderson
- Richard Anderson
- Miner Andrews
- Brad Anger
- Brad Angevine
- Fred Anspach
- Thomas Antenucci
- Anthony Arena
- Mark Argentine
- Larry Armstrong
- Louis Aronow
- Pete Asaro**
- Griff Ashooh**
- George Ashton
- John Averett
- Ferenc Ayer

- B • B •
- Benjamin Babb
- J Bacon
- Marshall Baggett
- Eric Baker
- George Baker
- J Baker
- Thomas Baker**
- Paul Baldacci
- Randolph Balderson
- John Baldwin
- Robert Bales
- Alex Ball**
- Pat Banks
- Art Barksdale
- Fletcher Barnes
- Ronnie Barnes
- Terry Barnes
- Joe Barrell
- Wendell Barrow
- Glenn Baruch
- Chad Bates
- Rodger Bates
- Todd Beach
- Mike Beamer

- Ron Bean
- John Becher
- Keith Bechtol
- William Becker
- Claude Beckles
- Ben Beiter
- Justin Benabdallah
- Chris Bender
- Chris Benjamin
- Joseph Bennett
- Kent Benton
- TJ Benzi
- John Berger
- Josh Berger
- Douglas Bergmann
- James Bergoff
- Floyd Berl
- Michael Berry
- Andrew Beveridge
- Mike Beverly
- Dale Bickert
- Jay Bilsborrow**
- Bob Bjorklund
- Brian Black
- Doug Blackman

- Mark Blackwell
- Woodley Blackwell
- Walter Blake
- Tyler Blanchard
- John Bland
- David Blitzler**
- Eric Bonnette
- George Booker
- Steve Boone
- Wes Boone
- James Booth
- Jonathan Borg-Breen
- Kevin Bosma
- Walter Bowen
- Pete Bracken
- Almer Bradford
- Zach Bradford
- Bradley
- Joe Brassell
- Pete Breckinridge
- Seamus Bresnahan
- Wes Bright
- Greg Briscoe
- Mack Britton
- Nick Brockway

- J Brooks
- Adolph Brown
- James Brown
- Jeff Brown
- Mike Brown
- Gene Bruner
- Ernest Brunson
- Richard Bryan
- Larry Bryant
- Dean Buckius
- Neil Buckley
- Platt Bullard
- Edward Burford
- Mike Burgess
- John Burgomaster
- Pat Burke
- Tom Burke**
- Dan Burnick
- Eric Burns
- Scott Burns
- Daryl Burrell
- Leslie Bush
- Everett Butler
- Scott Butler
- Terry Buyer

| | | | | | |
|------------------------|----------------------|---------------------|----------------------|-----------------------|------------------------|
| Billy Bylund | Tom Cuff | Mike Edwards | Mike Gill | Carrington Herbert | Edney Jones |
| Nick Byrne | Corjo Cuffee | Rob Edwards | Steve Gillard | Scott Herlihy | John Jones |
| • C • C • | Brian Cunningham | Steve Edwards | James Gilley | Chris Herman | Peter Jones |
| Jason Caamano | Jay Cunningham | Tracy Edwards | Ted Gillick | Brandon Heroux | Ryan Jones |
| Trevor Cable | Wescott Cunningham | Oliver Ehlinger | Gilmore | Chris Herx | Tom Jones |
| Griffin Callahan | Greg Curling | Brian Eigel | Jerry Gimmell | Ron Hershner | Chop Jordan |
| Dennis Cambal | Richard Curry | Roger Eitelman | Paul Giuliano | Jim Hickey | Zach Jordan |
| David Campana | Zack Curry | Paul Elcan | Greg Glasser | Horace Hicks | Alexander Joyner |
| Gordon Campbell | • D • D • | Elkins | Scott Gleason | Lloyd Hicks | Upsher Joyner |
| Horace Campbell | Bruce Dallas | Mike Ellington | Jeff Godwin | Joby Higinbotham | Ed Justis |
| Jared Campbell | Ted Dalton | Bill Elliot | Matt Goette | Albert Hill | Nate Jutras |
| Rob Campbell | Colin Daly | Bill Elliott | Andre Goetz | Andrew Hill | • K • K • |
| John Cannon | John Daly | Gary Ellis | Eric Goetz | Chris Hill | Owen Kahn |
| Julius Caplan | Mark Damario | Kevin Ellis | Kirk Gooding | Kevin Hill | Thomas Kannon |
| Ed Capony | Wilbur Dameron | Ellis | Daniel Gordon | Hill | Chris Katilie |
| Willard Cardwell | Robert Daniel | Chris Elston | Bill Gorton | James Hipolit | Ben Katz |
| Craig Carey | Herbert Daughtrey | Robert Enfield | Rich Gossweiler | Phil Hoey | John Kauffman |
| James Carmean | Geoff David | Alex English | Jim Graham | Jason Hoffman | Julius Kaufman |
| William Carmichael | Jose Davila | Brandon Evans | Michael Graham | Mike Hoglund | Matt Keally |
| Bert Carpenter | Chris Davis | Michael Ewing | Sean Graham | Lou Hoitsma | Graham Kearney |
| Mike Carpenter | Emil Davis | Kenechi Ezekwe | Winton Graham | Scott Holmes | Michael Keeling |
| Seth Carpenter | George Davis | • F • F • | Bruce Gravatt | Bill Honaker | Mike Keenan |
| Boyd Carter | Irwin Davis | Daniel Falkenstein | John Green | David Hood | John Kellogg |
| Harry Carter | Jarrold Davis | Roger Farano | Joe Greene | AA Hooff | Tom Kennedy |
| Stephen Cason | Jim Davis | Roger Farano | John Greenplate | Steve Hoogland | Seth Kenney |
| Emil Cekada | Melvin Davis | Gerald Farinola | Walter Greenwood | John Hopke | Yelverton Kent |
| John Chambers | Robert Davis | Steve Farragher | Ed Gregg | Joe Hopkins | Ron Kephart |
| Charles Chandler | Theo Davis | James Farrar | Granville Gresham | Ned Hopkins | Robert Keroack |
| Joseph Chandler | John Davlin | John Farrell | Jon Grey | Joe Hornbarger | Sandy Khanna |
| Chaplain | Jerry Decker | George Fenigsohn | Gene Griffin | Andy Horrocks | Steve Killiany |
| Winston Charles | Mark Decot | Edward Fentress | Tom Griffin | Marvin Horton | George King |
| Dan Chen | Keith DeLong | Herbert Fentress | Charles Griffith | Yuri Horwitz | Kirwan King |
| Pu Chen | Bryan Delsite | Joe Fiander | Doug Griffith | William Hoskins | Oliver King |
| Anders Christiansen | Rob Dennis | Edward Field | Lane Grigg | Jeff Hough | T King |
| Cornell Christianson | Allen Denson | Dean Fields | Joe Grillo | Mike Howell | Spencer Kirk |
| Nathan Chubb | Roman Dent | Randall Fields | Dan Grimm | David Howland | Tyler Kirk |
| John Clark | John Derrick | William Fields | Kent Gritton | Vince Hubler | Doug Kirkpatrick |
| Kennedy Clark | George DeShazo | Walt Fillman | David Grotf | Fraser Hudgins | Guy Kirton |
| Matt Clark | Bob DeTombe | Bill Findler | G.D. "Tiny" Grove | Randolph Hudgins | Matt Kirwan |
| Reggie Clark | Brian Devine | Ted Findler | Frank Gruver | Edward Hudson | Dan Klatzkin |
| Robert Clark | Bob Diederich | Matthew Fine | Dave Gsell | John Hudson | James Knight |
| Alfred Clarke | Ernest Dietz | Mark Finlan | Jay Gsell | John Hudson | Kirk Komocki |
| George Cleveland | Brian Diglio | Jake Fish | Gunn | Walter Hudson | Charles Kondak |
| William Close | Paul DiNardo | Fisher | Anthony Gyapong | Steve Huebner | Justin Kortanek |
| Forrest Cobb | George Dippold | Ian Fitzgerald | • H • H • | Andy Huggins | Doug Kossler |
| Chad Cochran | Tim Dirgins | Liam Fitzgerald | Mims Hackett | David Hughes | Chris Koteas |
| Charles Coiner | Jim Disciullo | Sidney Fleet | Mike Hagon | Jeff Hughes | Kevin Krause |
| Mike Coiro | James Dlugasch | David Fleming | Bob Haislip | Joe Hughes | R Kyle |
| Brent Colburn | Mark Doane | J Flickinger | Roger Hale | Troy Hughes | • L • L • |
| Kevin Coldren | S Doane | B Flickmyer | Leon Hall | Jesse Humphreys | Matthew LaFauci |
| Kenneth Collins | Greg Dobrasz | Tim Foerster | Ken Halla | Steve Huntzinger | Bob LaFranke |
| Mac Collins | Charles Dobson | John Polan | Pete Hammond | Bill Hurley | Christo Landry |
| Richard Collins | Brian Doherty | Weymouth Forehan | Hugh Hancock | Win Hurst | Matt Lane |
| Pat Comstock | William Dold | Jon Foreman | Vince Hancock | Charlie Hurt | Alvis Lang |
| Juan Conde | Ray Dombroski | Benjamin Fowler | John Hanley | Brian Hyde | Karl Lang |
| Keith Constance | Mike Dominguez | Jim Fox | Josh Hardin | • I • I • | Langbauer |
| Jesse Contario | James Donaldson | Powell Fox | Raymond Harlow | Scott Ickes | Rhett Larson |
| Rich Conway | John Doniphan | Hamlet Franklin | Jim Harmon | Daniel Inge | Elder Lash |
| Sean Conway | Frank Donlon | Tom Frantz | Michael Harmon | George Ingham | Alfred Lassiter |
| Jim Coogan | Terry Donnelly | Mike Fratkan | Charles Harper | Joseph Inman | Timothy Latham |
| Howard Cook | Peter Dorrell | Jacob Frey | Herman Harris | Alphonse Irving | Richard Laughman |
| Tim Cook | Harry Dougherty | Oliver Frey | Ryan Harris | Winston Irwin | John Lavey |
| Walter Cooke | Baker Doughty | Dave Friedman | Keith Harrison | • J • J • | Kevin Lawlor |
| Julian Cooper | Todd Doughty | Charles Fritschner | Reid Harrison | Carey Jackson | William Lawson |
| Mitch Cooper | Scott Douglas | • G • G • | Brian Hart | Darrell Jackson | Robert Lawyer |
| Richard Copeland | Peter Dowd | Noah Gabriel-Landis | Chris Harter | Ed Jackson | Chris Layton |
| Charles Copenhaver | Tim Dowd | Brendan Gaffney | Chris Harvey | John Jackson | Harvey Leach |
| Andrew Copland | David Dowler | Brendan Gallagher | Stuart Harvey | Kenneth Jackson | Richard Leahy |
| Ed Copony | Ryan Downey | John Galt | Wallace Harwood | Matthew Jackson | Colin Leak |
| Florian Cords | Gary Doyle | Bob Garber | Michael Hass | Steve Jackson | Matt Lentz |
| Bill Corley | Kevin Doyle | Jim Gardiner | Harvey Hastings | Andy Jacob | Joe Lerch |
| Steve Cornelius | Derek Drake | Andrew Garland | Phillip Hatfield | JD Jaffe | Larry Leslie |
| Lee Corvin | Paul Drees | James Garnett | Randy Hawthorne | Steven James | Orrin Levin |
| Paul Costello | Jeremy Driver | David Garrett | Gary Hayden | Jim Jancaitis | Lionel Levvy |
| Sean Coster | Tim Drummond | Ellison Garrison | Neal Hayes | Dan Jannuzzi | Dave Lieb |
| Kevin Coughlin | Charles Duckworth | Robert Garrity | McClinton Haynie | Mark Jean-Michel | Lincoln |
| Matt Couch | Tom Duffey | Steve Gaskins | Alex Heacock | Kevin Jefferson | Jon Lindquist |
| Frank Courtney | Bob Duncan | Jeff Gaston | Chris Healey | Bill Jeffries | Sam Lindsay |
| Mike Cousins | Bryan Dunn | Alan Gates | Jon Healey | Ben Jenkins | C Lindsey |
| Pat Cousins | Jason Dunn | Zach Gates | Healy | Jennings | Todd Lindsley |
| Glenn Crafford | Tom Dunn | Adam Gawne | Nick Hecker-Thompson | Warren Joblin | Dave Lipski |
| Dee Craig | R Durham | Vernon Geddy | Jeff Hedley | Jim Johnson | Rich Lipsky |
| Crawford | Steve Durso | Fred Geiger | Bruce Hegyi | Lloyd Johnson | James Lister |
| Lou Creekmur | Steve Dye | Drexell George | Matt Heidman | Milt Johnson | Henry Little |
| Anthony Critelli | • E • E • | Jon George | Ben Helmandollar | Robert Johnson | Les Litwin |
| Sam Crocker | Darren Early | John Gerdelman | Bill Helsley | Thomas Johnson | Greg LoCasale |
| Cecil Crockett | Mike Early | Drew Gibbons | Thomas Hendrick | Johnson | Kiernan Lofland |
| Marcus Crockett | James Eason | Ed Gibbons | Dan Henneberg | John Johnston | John Logsdon |
| Kevin Cropp | Otey East | Alex Gibby | Ray Henry | Mike Jonas | Durwood Lohr |
| Marvin Crowder | Samuel Edgar | Jeff Gift | Ronald Henry | | Edwin Lohr |
| Hiram Cuevas | | Larry Gilbert | | | |

| | | | | | |
|-------------------------|-----------------------|--------------------|-------------------------|-----------------------|---------------------------|
| Joe Loiacono | Scott Miller | Chuck Pedlar | David Ruch | Brad Stansberry | Chris Walker |
| Bill Louv | Tim Miller | John Pence | John Rue | Tyler Steel | Dan Walker |
| Hank Louv | Samuel Mirmelstein | Jeremy Pendergraft | Robby Rule | Lindsey Steele | Sam Walker |
| Ed Lull | Mike Mischler | William Pennington | Kevin Runion | Zach Stengel | William Walker |
| Thomas Lupton | Aaron Mitchell | James Perkins | Jay Rush | Robert Stewart | Mark Walther |
| Juris Luzins | Benjamin Mitchell | Randy Perkins | Bob Ryan | Stewart | Matt Warco |
| John Lyons | Rupert Mitchell | Matt Perkowski | David Ryan | Jeff Stillwell | Colin Ward |
| • M • M • | Dave Mock | Jeff Perrella | Patrick Ryan | Greg Stokes | Deric Ward |
| Steve Mabus | Henry Moncure | Theodore Perry | Thomas Ryan | Jeremy Stone | Pat Warfle |
| Pat MacElroy | Charles Montague | Perzekow | Les Ryce | Marshall Stone | John Warner |
| Dan MacKay | Ben Montgomery | Derrick Peters | • S • S • | Webster Stone | Charles Warren |
| R Macklin | George Moore | Scott Peters | Robert Sagar | Robert Storm | Dave Watson |
| Edward Macon | Girard Moore | Constant Peterson | Leonard Samila | Nelson Stortz | J Watson |
| Sean Mahoney | Hal Moorehead | Charles Phillips | Macon Sammons | Shermer Stradley | Josh Watson |
| Clifton Maitland | Scott Moorhead | Chris Phillips | Eric Sandridge | Joe Straub | Delmar Weaver |
| Matthew Maline | Ed Moran | Joe Philpott | Charles Sargent | John Strayer | Webb |
| Sean Malloy | Matt Moran | James Picard | Dave Sargent | Kenneth Streeter | Todd Weimer |
| John Malone | Matt Morley | Anthony Pichette | Jim Satterley | Milton Stribling | Robert Wells |
| Matt Malone | Casey Morris | Pilley | Jay Saunders | Charles Strode | Rick Welsh |
| Richard Mann | Skeeter Morris | Chuck Pinkerton | Jerald Saunders | David Strunce | Matt Wendeln |
| Gene Manner | Johnson Moss | Robert Pitts | Lawrence Saunders | Henry Stryker | Chris Wenk |
| George Mapp | Brian Mount | Richard Platt | Todd Saunders | Richard Stuart | Max Werner |
| Harry Mapp | Mitchell Mozeski | Lou Plummer | Tony Sawyer | William Sturgis | Nathaniel Wesley |
| Joseph Mapp | Tom Mulcahy | Barclay Poling | Chris Scalia | Chris Sullivan | Harrison Wesson |
| Bob Marchbank | Mark Mullady | Pollard | Mike Schay | Joe Suminski | Mike Wetherington |
| John Marland | John Muller ('74) | Andrew Porter | Leif Scheie | Barnabas Svalina | Ostin Whitaker |
| Wilhelm Marsh | John Muller | Chester Porter | Josh Schendel | Geoffrey Swanson | Edward White |
| Marshall | Pat Mulligan | James Porter | John Schilling | Charlie Swartz | Fairmont White |
| Hansen Martin | Charles Muncaster | Chuck Potee | Tim Schneider | Dan Sweeney | Kevin White |
| James Martin | William Munsey | Thomas Potter | Jason Schoener | Todd Swenson | Milton White |
| Larry Martin | David Murphy | Edward Potterfield | Kevin Scholl | Livingston Swentzel | Whitlock |
| Ron Martin | Devin Murphy | Jeff Powell | Matt Schu | Steve Swift | Andy Whitney |
| Martin | James Murphy | Sean Power | Eugene Schultz | Harmon Swink | William Whittington |
| Jay Marzullo | Matt Murray | Stephen Power | Walter Schumm | Lee Syer | Dick Widell |
| Ben Massam | Erik Musiek | Steve Power | Benjamin Scott | • T • T • | Kevin Wiggins |
| Costello Massey | • N • N • | John Prentice | Bill Scott | Bud Tamea | Phil Wiggins |
| Tshepo Mathabane | Dan Nally | Andrew Press | William Scott | Bill Tarantino | Brian Wilber |
| Arthur Matsu | Dick Nangle | Tony Price | Kevin Scully | Tavener | Chris Wilber |
| Jack Matthews | Steve Natusch | Chris Pruitt | Ted Senita | Floyd Taylor | John Wiley |
| Marlon Mattis | David Neely | Milton Pruitt | Paul Serra | Jim Taylor | Patterson Wilhelm |
| David Maurer | Edmund Neighbors | R Purdue | Sean Sewell | Sicas Taylor | Bryce Wilk |
| Alex Mayer | Harry Nelson | Steve Puryear | Mario Shaffer | Adam Tenerowicz | Matt Wilkens |
| J McAllister | Dan Newland | Chris Pyke | Al Sharrett | Zach Tennant | James Wilkerson |
| Rick McAuley | Harold Newland | • Q • Q • | Dan Shay | Eric Ter Weele | Harry Wilkins |
| Wayne McBride | Steve Nichols | Connie Quesenberry | Scott Sheely | Dudley Terry | Alex Willacey |
| Brendan McCarthy | D Nightengale | J Quirk | Joseph Sheff | Erik Thamm | Adam Williams |
| Jim McCarthy | Jay Nixon | Tom Quitko | Conway Sheild | Mike Thom | Eric Williams |
| Tony McCarthy | Don Nizolek | • R • R • | Patrick Sheridan | Dale Thomas | Robert Williams |
| William McCuen | Tom Noble | Rabinwitz | Lawrence Sherritt | Fred Thomas | Geoff Williamson |
| Bruce McCutcheon | Steve Nobles | Peter Raihofer | Jim Shields | Greg Thomas | Weston Willis |
| Torrey McDonald | Steven Noll | John Randolph | Raymond Shipp | Justin Thomas | Edwin Wilshin |
| Scott McDonell | Vince Norako | Doc Rangeley | Bennie Shotwell | Robert Thomas | Andy Wilson |
| Jim McDuffie | Kris Norenburg | Art Rawding | Cam Shriver | Pem Thomson | Arthur Winder |
| Mike McEaddy | Paul Norland | Robert Rawl | Sean Shrubri | Jason Tiezzi | John Winder |
| Francis McFall | Clarence Norsworthy | Reardon | Clark Shuler | Matthew Titiev | Gordon Winfield |
| Lewis McGehee | Paul Norton | Alan Reed | James Shuster | George Todd | Ted Wingerd |
| Kevin McGettigan | Edward Novick | Thomas Reese | Sims | John Todd | William Winsboro |
| Chris McGovern | Tom Nugent | Alan Reeves | Ranjan Sinha | Lee Todd | Warren Winston |
| Alex McGrath | • O • O • | Joe Rehme | Brian Sklodowski | Fred Toepke | Kyle Wisian |
| Marc McGuigan | Walt Obenschain | J Reid | John Slaughter | Kevin Toomer | Ed Witt |
| Tim McGuire | John O'Connor | George Reilly | Chris Slominski | Edwin Toone | Mike Witt |
| Terrell McIlwain | Oglesby | Nate Reilly | C Smeltzer | Clarence Topping | Witten |
| Chris McIntosh | Brandon Oliver | Jonna Reinhardt | Andy Smith | Howard Townsend | Matt Wolak |
| Scott McLennan | Tim Oliver | William Renn | C Smith | George Trevillian | Ed Wolfe |
| Todd McLoughlin | Richard Olsen | Todd Repass | Carlton Smith | Lewis Trice | Paul Wolfteich |
| Stacy McMarlin | Derek O'Neal | Alexander Reyno | Curtis Smith | Rex Trobridge | Ted Wood |
| Christian McMurray | Tim O'Reilly | Sam Rhodes | Eric Smith | William Tuck | Tom Wood |
| Gilbert McNair | Adam Osttot | Roy Rice | Joseph Smith | Christopher Tulou | Wood |
| Ted McNiff | Outland | Aaron Rich | Julius Smith | Elton Turpin | Lewis Woodard |
| Joe McReynolds | R Owen | Richard Riley | Russell Smith | John Tuthill | Bittle Woods |
| E Meade | • P • P • | Jon Ritson | Walter Smith | Chris Tyson | Kimble Woodworth |
| Marion Meades | Mark Paccione | Nathan Rittenberg | William Smith | • U • U • | Jack Wright |
| Andrew Mearns | Padgett | Luther Rittenberg | Archie Smither | Dan Usher | Glen Wright Colopy |
| Hilton Mears | Robert Page | Dedric Robinson | G Smithers | • Y • Y • | Eric Yancy |
| John Mellor | Jeff Palfini | Arthur Rodgers | Huck Snyder | John Yates | John Yates |
| William Melvin | Forrest Palmer | Patrick Rodrigues | Steve Snyder | Bob Youman | Scott Young |
| Rey Mendez | Joel Parker | Stuart Rogers | Thomas Soban | Thomas Young | Thomas Young |
| Paul Mengee | J Parramore | Jeff Rogozinski | Glenn Sobotka | Dave Youngblade | Dave Youngblade |
| Raymond Meredith | Chris Parsons | Doug Rohrer | Matt Solomon | • V • V • | Richard Vachal |
| Frederick Metcalf | Garret Parsons | Jelani Roper | William Sorg | Nick Valenti | Nick Valenti |
| Wayne Metcalf | Harland Partch | Cabell Rosanelli | Jason Sostaric | Robert Van Laer | Robert Van Laer |
| Daniel Metheny | Brian Partlow | Neil Rosenblatt | Joel Souza | Jacob Van Putten | Jacob Van Putten |
| William Mettrey | Bill Patchak | Martin Ross | John Sperry | Paul Vandegrift | Paul Vandegrift |
| Ira Meyers | Abe Patterson | Rich Rothschild | Aaron Spicer | Thomas Varney | Thomas Varney |
| Howell Michael | Paul Pavlich | Stuart Rothwell | Herbert Spicer | Carroll Vernon | Carroll Vernon |
| Jon Michael | Kyle Pawlaczky | Robert Rowland | Garrett Spitz | Jim Vick | Peter Villiger |
| Arnold Michaels | Harry Paxson | Mike Rowling | Jim Sporn | John Vincent | John Vincent |
| Drew Midland | Gordon Pearson | Ted Royster | Oscar Spraker | Gordon Wachsmann | Gordon Wachsmann |
| AJ Migonis | Philip Peck | Zach Rubin | Thomas St Germain | Marcus Wade | Marcus Wade |
| Harry Miller | | | Josiah Stanley | John Waggoner | John Waggoner |
| Mike Miller | | | Axel Stanovsky | Mark Wainwright | Mark Wainwright |
| | | | | Steve Waite | Steve Waite |

NCAA/IC4A STANDARD EVENTS

| | | |
|--|--|--|
| Event | Freshman Indoor Record | Indoor Record |
| 55m | Forrest Palmer, 6.44 (1979) | Jeff Powell, 6.18 (1/21/84) |
| 55m hurdles | Jeff Powell, 7.33 (3/13/82) | Jeff Powell, 7.13 (3/10/84) |
| 60m | Marty Ross, 7.44m (12/1/06) | Justin Benabdallah, 7.14 (2/3/06) |
| 60m hurdles | Matt Clark, 8.70 (1/31/09) | Erik Musiek, 8.26 (2/7/97) |
| 200m | Chris McIntosh, 23.17 (2/23/08) | Jay Cunningham, 22.04 (2/15/92) |
| 400m | Kevin Toomer, 50.47 (3/4/84) | Steve Boone, 48.97 (1983) |
| 500m | Kevin Toomer, 1:05.0 (1/21/84) | George Ashton, 1:03.71 (2/7/98) |
| 800m | Paul Vandegrift, 1:52.7 (1/14/88) | Anders Christiansen, 1:47.19 (3/6/99) |
| 1,000m | Mike Brown, 2:28.13 (2/11/95) | Brian Hyde, 2:20.93 (2/11/95) |
| Mile | Mac Collins, 4:06.3 (1973) | Brian Hyde, 3:59.16 (3/10/95) |
| 3,000m | Matt Maline, 8:16.97 (2/16/02) | Matt Lane, 8:00.40 (3/13/98) |
| 5,000m | Matt Keally, 14:17.87 (3/8/03) | Matt Lane, 13:43.36 (3/9/01) |
| High Jump | John Schilling, 6-11 (2/1/75) | Al Irving, 7-1 (3/15/75) |
| Pole Vault | Adolph Brown, 16-0.5 (2/20/88) | Dave Lipinski, 16-8.5 (2/27/77) |
| Long Jump | John Jones, 23-5 (1972) | John Jones, 23-11 (1975) |
| Triple Jump | Kenechi Ezekwe, 48-6.75 (12/1/95) | John Jones, 50-11 (1/25/75) |
| Shot Put | George Dippold, 55-10.5 (1/22/83) | Drexell George, 57-7 (1976) |
| 35-lbs Weight Throw | Chris Parsons, 49-6.5 (2/9/01) | Adam Williams, 59-5 (3/3/96) |
| | | Marlon Mattis, 59-5 (12/8/84) |
| Heptathlon | Marty Ross, 4,481 (12/1-2/06) | Phil Agee, 4,733 (1/25-26/02) |
| 4x400m Relay | -- | Erik Musiek, George Ashton, 3:16.15 (2/7/98) |
| | | Anders Christiansen, Mark Finlan |
| 4x800m Relay | -- | Rob Campbell, Dave Ryan, 7:24.3 (2/23/88) |
| | | Hiram Cuevas, Paul Vandegrift |
| Distance Medley Relay (Meters) -- | | Sean Graham, Chris Wilber, 9:36.53 (2/24/01) |
| | | Sean Conway, Matt Lane |
| Event | Freshman Outdoor Record | Outdoor Record |
| 100m | Mike Fratkin, 10.4 (6/13/68) | Jay Cunningham, 10.4 (5/9/92) |
| | | Bob Keroack, 10.4 (4/2/76) |
| 110m hurdles | Jeff Powell, 13.74 (7/82) | Mike Fratkin, 10.4 (6/13/68) |
| 200m | Mike Fraktin, 20.8 (6/14/68) | Charles Dobson, 13.5 (1972) |
| 400m | Nelson Stortz, 48.7 (1974) | Mike Fratkin, 20.8 (6/14/68) |
| 400m hurdles | Bill Becker, 53.4 (1974) | Steve Boone, 47.45 (4/8/83) |
| 800m | Reggie Clark, 1:49.1 (6/1/72) | Bill Becker, 51.1 (1975) |
| 1,500m | Paul Vandegrift, 3:44.2 (7/14/88) | Anders Christiansen, 1:46.56 (6/4/97) |
| Mile | Hal Michael, 4:04.8 (1968) | Brian Hyde, 3:35.84 (5/12/95) |
| 3,000m Steeplechase | John Greenplate, 9:02.2 (1973) | Ron Martin, 3:58.9 (1974) |
| 5,000m | Christo Landry, 14:01.62 (5/1/05) | Jim Shields, 8:44.6 (4/24/78) |
| 10,000m | Keith Bechtol, 29:58.13 (5/13/04) | Matt Lane, 13:25.38 (5/5/01) |
| High Jump | John Schilling, 6-11 (1975) | Matt Lane, 28:28.97 (4/1/01) |
| | | John Schilling, 7-0 (5/28/77) |
| | | Al Irving, 7-0 (1975) |
| Pole Vault | Kiernan Lofland 4.90m (5/11/07) | Charles Strode, 16-6 (1972) |
| Long Jump | John Jones, 24-7 (1972) | John Jones, 25-4.25 (1975) |
| Triple Jump | Ryan Harris, 50-3.75 (1990) | Ryan Harris, 50-9.5 (5/2/92) |
| Shot Put | George Dippold, 55-6 (3/26/83) | Drexell George, 57-5.75 (1976) |
| Discus | Steve Huntzinger, 47.75m (4/10/04) | Mike Schay, 172-0 (1978) |
| Hammer Throw | Tyler Steel, 48.90m (4/18/97) | Mike Howell, 62.82m (5/21/93) |
| Javelin (since 1985) | Brandon Héroux, 69.33m (4/17/09) | Brandon Héroux, 69.33m (4/17/09) |
| Decathlon | Emil Davis, 6,819 (3/27-28/81) | Todd Doughty, 7,240 (5/16-17/96) |
| 4x100m Relay | -- | Mitch Cooper, Emil Davis, 41.25 (4/5/85) |
| | | Alex Willacey, Pat Cousins |
| 4x400m Relay | -- | Todd Doughty, Erik Musiek, 3:12.60 (4/19/97) |
| | | George Ashton, Anders Christiansen |
| 4x800m Relay | -- | Phil Wiggins, Ed Gibbons, 7:23.67 (4/28/84) |
| | | Philip Peck, Phil Hoey |

NCAA ACHIEVEMENTS

NCAA Cross Country Appearances (24)

| YEAR | PLACE |
|------|------------------|
| 1963 | 17th |
| 1964 | 20th |
| 1966 | 18th |
| 1968 | 15th |
| 1970 | 10th |
| 1971 | 17th |
| 1972 | 11th |
| 1973 | 4th |
| 1975 | 23rd |
| 1990 | 15th |
| 1994 | 18th |
| 1995 | 17th |
| 1997 | 9th |
| 1998 | 13th |
| 1999 | 13th |
| 2000 | 10th |
| 2001 | 16th |
| 2002 | 14th |
| 2003 | 31st |
| 2004 | Not Classified * |
| 2005 | 22nd |
| 2006 | 8th |
| 2007 | 15th |
| 2008 | 16th |

* W&M only had four runners cross the finish line due to food poisoning.



NCAA Outdoor Track and Field

Team Scoring Finishes (17)

| YEAR | PLACE |
|------|--------------------------|
| 1934 | T27 of 42 (five points) |
| 1935 | T19 of 41 (six points) |
| 1968 | T23 of 65 (eight points) |
| 1969 | T19 of 57 (eight points) |
| 1970 | T33 of 54 (six points) |
| 1974 | T31 of 63 (six points) |
| 1986 | T46 of 64 (five points) |
| 1990 | T56 of 72 (four points) |
| 1991 | T32 of 77 (eight points) |
| 1992 | T57 of 69 (three points) |
| 1995 | T65 of 74 (two points) |
| 1997 | T34 of 76 (eight points) |
| 1999 | T58 of 77 (three points) |
| 2000 | T30 of 75 (eight points) |
| 2001 | T39 of 74 (five points) |
| 2003 | T32 of 75 (seven points) |
| 2005 | T60 of 71 (two points) |

NCAA Indoor Track and Field

Team Scoring Finishes (13)

| YEAR | PLACE |
|------|--------------------------|
| 1965 | T40 of 46 (one point) |
| 1968 | T28 of 43 (three points) |
| 1969 | T20 of 38 (four points) |
| 1970 | T15 of 43 (six points) |
| 1973 | T39 of 55 (two points) |
| 1974 | T14 of 52 (six points) |
| 1975 | T14 of 53 (six points) |
| 1984 | T39 of 57 (four points) |
| 1988 | T44 of 58 (two points) |
| 1998 | T57 of 65 (two points) |
| 1999 | T25 of 59 (eight points) |
| 2000 | T24 of 62 (six points) |
| 2001 | T28 of 60 (eight points) |

Indoor National Champions

| | | |
|------|--------------|------|
| 1970 | Hal Michael | Mile |
| 1974 | Reggie Clark | 880y |

USTCA Male Track and Field Athlete of the Year

2001 Matt Lane

Cross Country All-America

| | | |
|------|-----------------------|-------------|
| 1969 | Hal Michael | 7th |
| 1970 | Ron Martin | 25th |
| 1973 | Bill Louv | 19th |
| 1975 | Mac Collins | 40th |
| 1984 | Ken Halla | 32nd |
| 1985 | Ken Halla | 18th |
| 1990 | Paul Vandegrift | 20th |
| 1991 | Steve Swift | 33rd |
| 1997 | Matt Lane | 16th |
| 1998 | Matt Lane | 11th |
| 1999 | Matt Lane | 5th |
| 2000 | Ed Moran | 32nd |
| 2002 | Ed Moran | 30th |
| 2004 | Christo Landry | 38th |
| 2006 | Christo Landry | 34th |
| 2007 | Christo Landry | 13th |

Indoor Track and Field All-America

| | | |
|------|---------------------|-------------|
| 1969 | Juris Luzins | 1,000y |
| 1970 | Hal Michael | Mile |
| 1974 | Reggie Clark | 880y |
| 1975 | Reggie Clark | 880y |
| | Al Irving | High Jump |
| | Frank Courtney | DMR |
| | Bill Becker | DMR |
| | Mac Collins | DMR |
| | Reggie Clark | DMR |
| 1984 | Jeff Powell | 55m Hurdles |
| 1988 | Rob Campbell | 4x800m |
| | Hiram Cuevas | 4x800m |
| | Dave Ryan | 4x800m |
| | Paul Vandegrift | 4x800m |
| 1989 | Paul Vandegrift | Mile |
| 1994 | Brian Hyde | 3,000m |
| 1995 | Brian Hyde | Mile |
| 1998 | Matt Lane | 3,000m |
| 1999 | Matt Lane | 5,000m |
| | Anders Christiansen | 800m |
| 2000 | Matt Lane | 5,000m |
| 2001 | Matt Lane | 5,000m |
| 2009 | Ian Fitzgerald | Mile |

Outdoor Track and Field All-America

| | | |
|------|---------------------|--------------|
| 1934 | Monk Little | Long Jump |
| 1935 | Monk Little | Long Jump |
| 1968 | Terry Donnelly | Steeplechase |
| 1969 | Juris Luzins | 880y |
| 1970 | Hal Michael | Mile |
| 1974 | Ron Martin | 3 Mile |
| 1985 | Ken Halla | 10,000m |
| 1986 | Ken Halla | 10,000m |
| 1988 | Hiram Cuevas | 1,500m |
| 1989 | Paul Vandegrift | 1,500m |
| 1990 | Paul Vandegrift | 1,500m |
| 1991 | Jeff Hough | 10,000m |
| | Paul Vandegrift | 1,500m |
| 1992 | Jeff Hough | 10,000m |
| | Paul Vandegrift | 1,500m |
| 1994 | Steve Swift | 10,000m |
| 1995 | Brian Hyde | 1,500m |
| 1997 | Anders Christiansen | 800m |
| 1998 | Matt Lane | 5,000m |
| 1999 | Matt Lane | 5,000m |
| | Anders Christiansen | 800m |
| 2000 | Matt Lane | 5,000m |
| 2001 | Matt Lane | 5,000m |
| 2003 | Sean Graham | 5,000m |
| | Ed Moran | 5,000m |
| 2005 | Ed Moran | 5,000m |

Top 30 NCAA XC Finishes Not All-America

| Year | Athlete | Place |
|------|-------------|-------|
| 1956 | Bob DeTombe | 27th |
| 1965 | Jim Johnson | 16th |
| 1968 | Hal Michael | 30th |

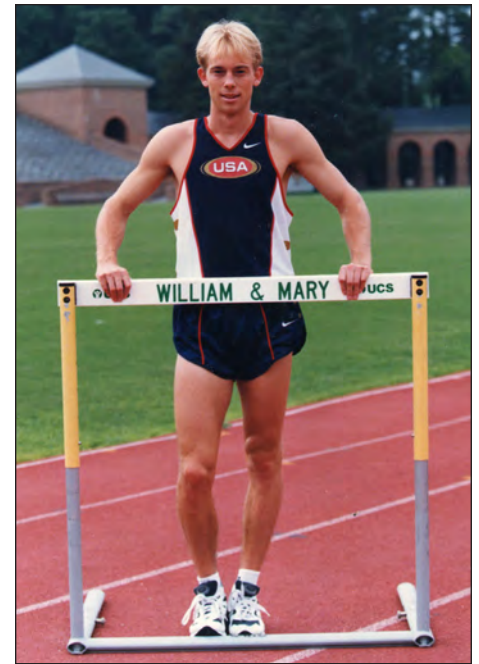
AAU/TAC/USAT&F

Indoor National Champions

| | | |
|------|--------------|------------|
| 1970 | Juris Luzins | AAU 1,000y |
|------|--------------|------------|

Outdoor National Champions

| | | |
|------|-------------|----------|
| 1970 | Hal Michael | AAU Mile |
|------|-------------|----------|



Brian Hyde '96 set the American Collegiate Record at 1,500m in 1995, before taking fourth at the 1996 Olympic Trials. He would be selected to the U.S. Olympic Team, finishing in the heats of the 1,500m at Atlanta.

American Indoor Records

| | | | |
|------|--------------|--------|--------|
| 1970 | Juris Luzins | 1,000y | 2:05.6 |
|------|--------------|--------|--------|

Olympic Trials

| Year | Athlete | Event |
|------|---------------------|--------------|
| 1928 | Ed Justis | Javelin |
| 1936 | Monk Little | Broad Jump |
| 1968 | Terry Donnelly | Steeplechase |
| 1972 | Hal Michael | 1,500m |
| | Juris Luzins | 800m |
| 1976 | Ron Martin | 1,500m |
| | (for England) | 5,000m |
| 1980 | Dave Lipinski | Pole Vault |
| 1984 | Jeff Powell | 110m Hurdles |
| 1988 | Hiram Cuevas | 1,500m |
| | Ken Halla | 10,000m |
| 1992 | Paul Vandegrift | 1,500m |
| 1996 | Brian Hyde | 1,500m |
| | Paul Vandegrift | 1,500m |
| | Steve Swift | Marathon |
| 2000 | Matt Lane | 5,000m |
| | Anders Christiansen | 800m |
| | Steve Swift | Marathon |
| 2004 | Matt Lane | 5,000m |
| | Sean Graham | 5,000m |
| 2008 | Jacob Frey | Marathon |
| | Ed Moran | 10,000m |

IAAF/WORLD

World Records Indoor Track and Field

| | | | |
|------|--------------|------|--------|
| 1970 | DMR | | 9:42.6 |
| 1970 | Juris Luzins | 880y | 1:50.9 |

(12-laps to a mile banked board)

International Competitors

| | | |
|------|-----------------|-----------------|
| 1969 | Mike Fratkin | Maccabiah |
| 1970 | Juris Luzins | Europe & USSR |
| 1970 | Hal Michael | Europe & USSR |
| 1975 | Charles Dobson | Pan-Am |
| 1977 | Rich Rothschild | Maccabiah |
| 1981 | Ira Meyers | Maccabiah |
| 1982 | Jeff Powell | Pan-Am Jr. |
| | | World Jr. Games |
| 1985 | Mitch Cooper | Maccabiah |
| 1987 | John Malone | USA-UK (I) |
| 1988 | Paul Vandegrift | World Jr. |
| 1990 | Bryan Delsite | World Jr. |
| 1991 | Paul Vandegrift | Europe & USSR |
| 1992 | Paul Vandegrift | USA-UK (I) |
| 1995 | Brian Hyde | World Champs |
| 1996 | Brian Hyde | Olympics |

| | | |
|------|-----------------------|---------------------|
| 1999 | Steve Swift | World Champs |
| 2001 | Matt Lane | World University |
| 2001 | Chris Parsons | USA-UK Jr. |
| 2001 | Matt Maline | World XC Jr. |
| 2004 | Keith Bechtol | World Jr. |
| 2005 | Christo Landry | World XC Jr. |
| 2005 | Dave Mock | NACAC XC Jr. |
| 2006 | Sean Graham | Four Nations |
| 2006 | Ed Moran | Chiba Ekiden Relay |
| 2007 | Jacob Frey | Pan-Am |
| 2007 | Ed Moran | Pan-Am |
| 2008 | Ed Moran | World XC |
| 2008 | Harry Miller | NACAC U-23 |
| 2008 | Ed Moran | Chiba Ekiden Relay |
| 2009 | Ed Moran | World XC |

International Medalists**Maccabiah Games**

| | | |
|------|-----------------|---------------------|
| 1969 | Mike Fratkin | Gold, 200m |
| 1969 | Mike Fratkin | Gold, 4x100m |
| 1969 | Mike Fratkin | Bronze, 100m |
| 1977 | Rich Rothschild | Gold, 1,500m |
| 1977 | Rich Rothschild | Silver, 800m |
| 1981 | Ira Meyers | Gold, Half-Marathon |

Pan-American Games

| | | |
|------|----------|--------------|
| 2007 | Ed Moran | Gold, 5,000m |
|------|----------|--------------|

NACAC Junior Cross Country

| | | |
|------|-----------|------|
| 2005 | Dave Mock | Gold |
|------|-----------|------|

World Junior Games

| | | |
|------|-------------|---------------|
| 1982 | Jeff Powell | Gold, 110m HH |
| | | Gold, 4x100m |

Pan-Am Junior Games

| | | |
|------|-------------|-----------------|
| 1982 | Jeff Powell | Silver, 110m HH |
|------|-------------|-----------------|

ACADEMIC HONORS**USTFCCA Team All-Academic Cross Country (10)**

1997, 1998, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007

USTFCCA Team All-Academic Track and Field (1)

2009

Rhodes Scholars

| | |
|------|----------------|
| 1989 | J.R. Deshazo |
| 1994 | Andrew Zawacki |

Goldwater Scholar

| | |
|------|---------------|
| 2005 | Keith Bechtol |
|------|---------------|

CoSIDA/ESPN The Magazine Academic All-America

| | |
|------|-------------------|
| 1995 | Matt Wilkens (3) |
| 1996 | Matt Wilkens (1) |
| 2000 | Matt Lane (3) |
| 2003 | Josh Watson (3) |
| | West Garrett (2) |
| 2006 | Keith Bechtol (3) |
| 2007 | Keith Bechtol (1) |

USTFCCA All-Academic

| | |
|------|-------------------------|
| 1996 | Matt Wilkens |
| 1997 | Matt Lane |
| | Kimble Woodworth |
| 1998 | Matt Lane |
| | Geoff Williamson |
| 1999 | Anders Christiansen |
| | Matt Lane |
| | Gene Manner |
| 2000 | Gene Manner |
| | Matt Lane |
| 2003 | Josh Watson |
| | West Garrett |
| 2004 | Matt Keally |
| 2005 | Matt Keally |
| 2006 | Keith Bechtol |
| | Christo Landry |
| | Ian Fitzgerald |
| | Dave Mock |
| 2007 | Christo Landry |
| | Ian Fitzgerald |
| | Ben Massam |
| 2009 | Ian Fitzgerald |
| | Brian Sklodowski |
| | Ben Massam |
| | Brandon Heroux |
| | Christo Landry |

Phi Beta Kappa

| | |
|------|-------------------|
| 1929 | Edwin W. Lohr '24 |
| 1935 | Monk Little |
| 1966 | Paul Bernstein |
| 1988 | Jay Rush |
| 1991 | Seth Carpenter |
| 1993 | Andrew Zawacki |
| 1995 | Chris Wenk |
| 1996 | Matt Wilkens |
| 1999 | Geoff Williamson |
| 2002 | Matt Schu |
| 2003 | Tyler Kirk |
| | Josh Watson |
| 2004 | Scott Ickes |
| 2005 | Pat Comstock |
| | Mike Dominguez |
| 2006 | Keith Bechtol |
| 2007 | Ollie Ehlinger |

CAA All-Sports Male Scholar-Athlete of the Year

| | |
|------|---------------|
| 2007 | Keith Bechtol |
|------|---------------|

CAA Cross Country Scholar-Athlete of the Year

| | |
|------|----------------|
| 2003 | Adam Otstot |
| 2004 | Pat Comstock |
| 2005 | Keith Bechtol |
| 2006 | Keith Bechtol |
| 2007 | Christo Landry |

CAA Track and Field Scholar-Athlete of the Year

| | |
|------|---------------|
| 2003 | Chris Parsons |
| 2004 | Chris Parsons |
| 2005 | Keith Bechtol |
| 2006 | Keith Bechtol |
| 2007 | Keith Bechtol |
| 2009 | Cam Shriver |

OTHER HONORS**W&M Athletics Hall of Fame**

| | |
|------|------------------------------|
| 1969 | Monk Little '36 |
| | J.C. "Scrap" Chandler '24 |
| | Leif Scheie '14 |
| | Walter Zable '37 |
| 1971 | W.S. "Pappy" Gooch, Jr. |
| | Jim Hickey '42 |
| 1973 | Walt Fillman '58 |
| 1976 | Jimmy Johnson '66 |
| 1977 | George Dewey Grove '27 |
| 1978 | Harry Groves '56 |
| | John Randolph '64 |
| | Lou Hoitsma '48 |
| 1979 | Terry Donnelly '68 |
| 1980 | Juris Luzins '70 |
| 1981 | Hal Michael '71 |
| | World Record DMR Team |
| | Hal Michael '71 |
| | Vince Norako '71 |
| | Jim Sporn '72 |
| | Ted Wood '70 |
| 1982 | Lou Plummer '36 |
| 1985 | Reggie Clark '75 |

1985

Bob DeTombe '59
Ron Martin '74

1973 Cross Country Team

John Randolph '64 (Coach)
Ron Martin '74
Brendan Gallagher '76
Tim Cook '75
John Greenplate '76
Bill Louv '74
Mac Collins '76
Reggie Clark '75

1986

Charles Dobson '75
Bill Louv '74

1987

Charlie Strode '72

1988

John Jones '75

1989

Randy Hawthorne '67
Al Irving '77

1991

Mac Collins '76

1992

Dave Lipinski '78

1994

Warren Joblin '60

1995

Jim Shields '80

1996

Drexell George '78

1997

Ken Halla '86

2001

Hiram Cuevas '89

2003

Paul Vandegrift '92

2007

Brian Hyde '96

W&M Alumni Medallion

| | |
|------|---------------------|
| 1971 | Walter Zable '37 |
| 1994 | John Randolph '64 |
| 2008 | Randy Hawthorne '67 |

CAA 25th Anniversary Cross Country Team

Mike Brown
Jacob Frey
Sean Graham
Ken Halla
Jeff Hedley
Charlie Hurt
Brian Hyde
Matt Keally
Kevin Krause
Christo Landry
Matt Lane
Ed Moran
Steve Swift
Howard Townsend
Paul Vandegrift

Southern Conf. 75th Anniv. Cross Country Team

Hal Michael

Southern Conf. 75th Anniv. Track and Field Team

Hal Michael
Reggie Clark



William and Mary's indoor DMR team of (l-r) Jim Sporn, Vince Norako, Ted Wood, and Hal Michael set a world's record time of 9:42.6 at the Delaware Invitational on February 28, 1970.

REGIONAL ACHIEVEMENTS

Eastern Track and Field

Athlete of the Year

- 2000 Matt Lane
- 2001 Matt Lane

NCAA Regional/District Cross Country Championships (9)

1966, 1967, 1970, 1971, 1973, 1990, 2000, 2005, 2008

NCAA Regional Cross Country Athlete of the Year

- 1997 Matt Lane
- 1999 Matt Lane
- 2001 Sean Graham

Southeast Cross Country Championship All-Region

- 1981 Fraser Hudgins
- 1984 Ken Halla
- 1988 Hiram Cuevas
- 2000 Ed Moran
Gene Manner
Sean Graham
Ben Jenkins
Jacob Frey
Dean Fields

- 2001 Sean Graham
Ben Jenkins
Craig Carey
John O'Connor

- 2002 Ed Moran
John O'Connor
Jacob Frey
Matt Keally
Charlie Hurt

- 2003 Ed Moran
Matt Keally
Jeff Hedley
Charlie Hurt

- 2004 Christo Landry
Jeff Hedley
Adam Tenerowicz
Matt Keally

- 2005 Ian Fitzgerald
Jeff Hedley
Matt Keally
Sean Anastasia-Murphy
Adam Tenerowicz

- 2006 Keith Bechtol
Christo Landry
Ian Fitzgerald
Dave Mock
Anthony Arena

- 2007 Christo Landry
Ian Fitzgerald
Ben Massam
Patterson Wilhelm

- 2008 **Jon Grey**
Colin Leak
Patterson Wilhelm
Ben Massam
Lewis Woodard

NCAA East Regional Track and Field All-Region

5,000 meter Run

- 2003 Sean Graham
Ed Moran
- 2004 Jeff Hedley
- 2005 Ed Moran
- 2008 Ian Fitzgerald
- 2009 Ian Fitzgerald

Jon Grey

Javelin Throw

- 2009 **Brandon Heroux**

Southeast Region Cross Country Coach of the Year

- 1990 Walt Drenth
- 1995 Walt Drenth
- 2000 Andrew Gerard
- 2005 Alex Gibby
- 2008 Alex Gibby

District Indoor Track and Field Coach of the Year

- 1972 John Randolph

IC4A ACHIEVEMENTS

IC4A Cross Country Championships (4)

Championship Division: 2006
University Division: 1980, 1982
Freshman Race: 1969

IC4A Cross Country Champions

- 1980 Fraser Hudgins
- 1982 Andy Whitney
- 1984 Ken Halla
- 1998 Matt Lane

IC4A Indoor Track and Field Champions

- 880 yard Run**
1975 Reggie Clark
- 1,000 meter Run**
2009 Ian Fitzgerald
- Two-Mile Run**
1975 Ron Martin
- 5,000 meter Run**
1991 Kevin Krause
- 60 yard High Hurdles**
1973 Charles Dobson
- 1974 Charles Dobson
- 1975 Charles Dobson
- 55 meter High Hurdles**
1984 Jeff Powell

Cam Shriver '09 won the Tribe's first IC4A high jump title at the 2008 Indoor Championships, clearing the bar at 2.10m.



High Jump

- 2008 Cam Shriver

Pole Vault

- 1977 Dave Lipinski

Broad Jump

- 1934 Monk Little

Distance Medley Relay

- 1975 Frank Courtney
Bill Becker
Mac Collins
Ron Martin
- 2007 Sean Anastasia-Murphy
Matt Wolak
Matt Warco
Ian Fitzgerald

IC4A Outdoor Track and Field Champions

- 1,500 meter Run**
2008 Ian Fitzgerald
- 5,000 meter Run**
1992 Jeff Hough
- 1995 Brian Hyde
- 2001 Matt Lane
- 2005 Ed Moran
- 10,000 meter Run**
2004 Keith Bechtol
- 120 yard High Hurdles**
1973 Charles Dobson
- 1975 Charles Dobson
- 3,000 meter Steeplechase**
1968 Terry Donnelly
- Broad/Long Jump**
1933 Monk Little
- 1975 John Jones
- 4x800 meter Relay**
2007 Matt Wolak
Ryan Jones
David Groff
Matt Warco

All-East Cross Country

- 1977 Jim Shields
- 1978 Jim Shields
- 1980 Fraser Hudgins
- 1981 Fraser Hudgins
- 1982 Fraser Hudgins
John Kellogg
Andy Whitney
Todd Lindsley
Ken Halla
- 1983 Ken Halla
- 2000 Dan Sweeney
Eric Bonnette
A.J. Mignonis
- 2001 West Garrett
Michael Keeling
- 2002 Brendan Gaffney
Sean Anastasia-Murphy
- 2004 Sean Anastasia-Murphy
Dave Mock
David Murphy
Charlie Hurt
- 2005 Anthony Arena
Steve Hoogland

- 2006 Rob Dennis
James Picard
Jason Schoener
Joel Parker
Dan Nally
Drew Midland
- 2007 **Charlie Swartz**
Drew Midland
James Picard
- 2008 **Brian Sklodowski**
Chris Tyson

STATE ACHIEVEMENTS

Virginia Intercollegiate Cross Country Championships (16)

1956, 1957, 1963, 1964, 1965, 1966, 1967, 1968, 1969, 1970, 1971, 1972, 1973, 1974, 1975, 1976

Virginia Intercollegiate Indoor Track Championships (10)

1967, 1968, 1970, 1971, 1972, 1973, 1974, 1975, 1976, 1977

Virginia Intercollegiate Outdoor Track Championships (16)

1963, 1964, 1965, 1966, 1967, 1968, 1969, 1970, 1971, 1972, 1973, 1974, 1975, 1976, 1978, 1984

Cross Country State Champions

- 1966 Terry Donnelly
- 1967 Hal Michael
- 1970 Hal Michael
- 1976 Mike Ellington
- 1985 Ken Halla

Indoor State Champions

- 1975 John Schilling HJ
- 1978 Rich Stuart Shot Put
- 1982 Jeff Powell 60m HH
200m
- 1984 Dan Usher 5,000m
- 1985 John Logsdon 1,000m

Outdoor State Champions

- 1967 Chop Jordan 2-Mile
- Juris Luzins Mile
- 1970 John Averett 880y
- 1971 Lewis McGehee 880y
- 1975 John Schilling HJ
- 1977 Kevin Cropp 1,500m
- 1978 Rich Rothschild 1,500m
- 1978 John Hopke 800m
- 1981 Jim Satterley 400m IH
- 1982 George Dippold Shot Put
- 1984 Claude Beckles 4x400m
- Kevin Toomer
- Ed Jackson
- Ken Halla 5,000m
- Marlon Mattis Hammer
- 1989 Adolph Brown PV



The Tribe men's cross country won its ninth NCAA Region title in 2008, upsetting Virginia 66-67 for the championship.

CAA Cross Country**Championships (16)**

1990, 1991, 1993, 1994, 1995, 1996, 1997, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008

CAA Track Championships (4)

1992, 1993, 2003, 2004

Southern Conference Cross Country**Championships (15)**

1955, 1956, 1957, 1963, 1964, 1966, 1967, 1968, 1969, 1970, 1971, 1972, 1973, 1974, 1975

Southern Conference Indoor**Track Championships (11)**

1957, 1966, 1967, 1968, 1969, 1970, 1971, 1972, 1973, 1974, 1975

Southern Conference Outdoor**Track Championships (12)**

1957, 1958, 1966, 1967, 1968, 1969, 1970, 1971, 1972, 1973, 1974, 1975

South Atlantic League**Indoor Track and Field****Freshman Championships (1)**

1928

Virginia-Carolina Conference**Outdoor Track and Field****Championships (4)**

1925, 1927, 1928, 1929

CAA Cross Country**Athlete of the Year**

1990 Paul Vandegrift
1991 Steve Swift
1992 Brian Hyde
1993 Steve Swift
1994 Brian Hyde
1997 Matt Lane
1998 Matt Lane
1999 Matt Lane
2001 Sean Graham
2002 Ed Moran
2003 Ed Moran
2004 Jeff Hedley
2005 Ian Fitzgerald
2007 Christo Landry

CAA Track and Field**Athlete of the Year**

1997 Anders Christiansen
2000 Matt Lane
2001 Matt Lane
2003 Ed Moran
2007 Keith Bechtol

CAA Cross Country**Rookie of the Year**

1993 Rey Mendez
1994 Mike Brown
1996 Matt Lane
2001 Matthew Maline
2002 Matt Keally
2003 David Murphy
2004 Christo Landry
2007 Tom Burke
2008 Peter Dorrell

CAA Track and Field**Rookie of the Year**

2003 Matt Keally
2004 Keith Bechtol
2005 Christo Landry
2009 Brandon Heroux

Southern Conference Cross Country**Champion**

1957 Bob DeTombe
1958 Bob DeTombe
1963 Jim Johnson
1964 Jim Johnson
1965 Jim Johnson

1966 Terry Donnelly

1967 Terry Donnelly

1968 George Davis

1969 Hal Michael

1970 Ron Martin

1971 Ron Martin

1972 Bill Louv

1973 Ron Martin

1974 Reggie Clark

1975 Mac Collins, Chris Tulou

1976 Mike Ellington

CAA Cross Country Champion

1985 Ken Halla

1990 Paul Vandegrift

1991 Kevin Krause

1992 Brian Hyde

1993 Steve Swift

1994 Brian Hyde

1998 Matt Lane

1999 Matt Lane

2001 Sean Graham

2002 Ed Moran

2003 Ed Moran

2004 Matt Keally

2005 Ian Fitzgerald

2007 Christo Landry

CAA Track and Field**Performer of the Meet**

2001 Matt Lane

2009 Jon Grey (Track)

South Atlantic League**Indoor Track and Field****Champions****Mile Relay**

1927 Green, Daughtrey, Baggett, Gresham

South Atlantic League**Indoor Track and Field****Freshman Champions****45 yard Dash**

1927 Frank Donlon

1928 Bill Scott

880 yard Run

1928 Herbert Spicer

High Jump

1927 Jose Davila

Shot Put

1927 William Carmichael

Mile Relay

1927 Donlon, Davis, Campbell, Baggett

South Atlantic League**Outdoor Track and Field****Champions****120 yard High Hurdles**

1925 Meb Davis

Discus Throw

1926 Tiny Grove

1927 Tiny Grove

Javelin Throw

1923 Girard Moore

Virginia-Carolina Conference**Outdoor Track and Field****Champions****100 yard Dash**

1928 Joe Bennett

1929 Connie Quesenberry

220 yard Dash

1928 Joe Bennett

1929 Joe Bennett

440 yard Run

1929 Marshall Baggett

880 yard Run

1928 Granville Gresham

1929 Winton Graham

Mile Run

1928 Gordon Campbell

1929 Granville Gresham

Rudy Zabel

Two-Mile Run

1929 Rudy Zabel

120 yard High Hurdles

1929 Milt Stribling

220 yard Low Hurdles

1929 Milt Stribling

High Jump

1929 Orrin Levin

Broad Jump

1917 Unknown

1929 Paul Baldacci

Shot Put

1917 Unknown

Discus Throw

1917 Unknown

Javelin Throw

1928 Ed Justis

1929 Ed Justis

Southern Conference Indoor**Track Champions****60 yard Dash**

1955 Walt Fillman

1956 Walt Fillman

1957 Walt Fillman

1968 Mike Fratkin

1969 Mike Fratkin

330 yard Dash

1968 Bill Findler

440 yard Dash

1970 Bill Findler

1972 Walter Cooke

600 yard Run

1968 Dave Watson

1971 Charles Duckworth

1972 Charles Duckworth

1973 Walter Cooke



Hal Michael '71 is one of the top middle-distance runners in school history, and was named by the Southern Conference to its 75th anniversary cross country and track teams.

880 yard Run

1967 Terry Donnelly

1968 Juris Luzins

1969 Ted Wood

1970 Ted Wood

1973 Lewis McGehee

1974 Mac Collins

1975 Reggie Clark

1977 Jon George

Mile Run

1958 Bob DeTombe

1964 Jim Johnson

1965 Jim Johnson

1966 Jim Johnson

1967 Terry Donnelly

1968 Terry Donnelly

1969 Hal Michael

1970 Hal Michael

1971 Hal Michael

1972 Ron Martin

1973 Mac Collins

1974 Mac Collins

1975 Reggie Clark

1976 Mac Collins

Two-Mile Run

1958 Bob DeTombe

1964 Jim Johnson

1965 Jim Johnson

1966 Jim Johnson

1969 George Davis

1971 Steve Snyder

1972 Tim Cook

1973 Tim Cook

1974 Bill Louv

1975 Ron Martin

60 yard High Hurdles

1967 Doug Griffith

1968 Doug Griffith

1969 Doug Griffith

1972 Charles Dobson

1973 Charles Dobson

1975 Charles Dobson

60 yard Low Hurdles

1968 Doug Griffith

1969 Doug Griffith

70 yard High Hurdles

1958 Jerry Saunders

1959 Jerry Saunders

1960 Bob Diedrich

1961 Bob Diedrich

70 yard Low Hurdles

1956 Walt Fillman

1957 Walt Fillman

High Jump

1956 Bob Bales

1957 Bob Storm

1958 Bob Storm

1959 Bob Storm

1963 Bill Jeffries

1966 Jim Jancaitis

1968 Bruce Dallas

1969 Bruce Dallas

1970 Bruce Dallas

1971 Flip Toepke

1973 Flip Toepke

1974 Al Irving

1975 John Schilling

1976 John Schilling

1977 John Schilling

Pole Vault

1960 Ron Henry

1970 Charles Strode

1971 Charles Strode

1972 Charles Strode

1976 Dave Lipinski

1977 Dave Lipinski

Long Jump

1966 John Prentice

Triple Jump

1970 Bud Tamea

1975 John Jones

Shot Put

1962 Pete Bracken

1965 Rodger Bates

1967 Nick Byrne

1970 Dennis Cambal

1971 Dennis Cambal

1976 Drexell George

1977 Drexell George

35 pound Weight Throw

1976 Drexell George

1977 Drexell George

Mile Relay

1958, 1967, 1968, 1969

2 Mile Relay

1972, 1973, 1974, 1975



Southern Conference Outdoor Track Champions

100 yard Dash

1943 Francis McFall
1957 Walt Fillman
1968 Mike Fratkin
1969 Doug Griffith
1970 Mike Fratkin
1971 Charles Dobson
1972 Les Ryce
1973 Charles Dobson

220 yard Dash

1943 Francis McFall
1957 Walt Fillman
1958 Al Sherman
1969 Doug Griffith
1970 Mike Fratkin
1971 Ben Helmadollar
1972 Les Ryce

440 yard Dash

1967 Fred Anspach
1968 Bill Findler
1969 Bill Findler

880 yard Run

1967 Juris Luzins
1968 Juris Luzins
1969 Juris Luzins
1971 Lewis McGehee
1973 Reggie Clark

1,500 meter Run

1977 Kevin Cropp

Mile Run

1964 Jim Johnson
1965 Jim Johnson
1966 Jim Johnson
1967 Terry Donnelly
1968 Hal Michael
1969 Hal Michael
1970 Hal Michael
1971 Hal Michael
1973 Mac Collins
1974 Ron Martin
1975 Ron Martin

3,000 meter Steeplechase

1967 Terry Donnelly
1968 Terry Donnelly
1969 Hal Michael
1970 Hal Michael
1971 Hal Michael
1972 Jay Gsell
1973 Jay Gsell

Two-Mile Run

1956 Bob DeTombe
1958 Bob DeTombe

Three-Mile Run

1966 Jim Johnson
1968 George Davis
1969 George Davis
1970 Steve Snyder
1972 Steve Snyder
1973 Bill Louv
1974 Toph Tulou

Six-Mile Run

1974 Ron Martin

120 yard High Hurdles

1960 Bob Diedrich
1961 Roger Hale
1962 Bob Diedrich
1967 Doug Griffith
1971 Charles Dobson
1972 Charles Dobson
1973 Charles Dobson
1974 Charles Dobson

220 yard Low Hurdles

1937 Walter Zable
1957 Walt Fillman
1958 Warren Joblin
1960 Warren Joblin

400 yard Intermediate Hurdles

1970 Dave Watson
1973 Bob Ryan

High Jump

1956 Bob Bales
1957 Bob Bales
1957 Bob Storm
1957 Dan Walker
1958 Bob Storm
1959 Bob Storm
1961 Bill Jeffries
1962 Bill Jeffries
1963 Bill Jeffries
1968 Bruce Dallas
1969 Bruce Dallas
1970 Bruce Dallas
1971 Flip Toepke
1972 Flip Toepke
1973 Flip Toepke
1974 Al Irving



Al Irving '77 took fourth in the high jump at the 1975 NCAA Championships, and is one of just two W&M field athletes to be named All-American.

Pole Vault

1940 Robert Rawl
1960 Ron Henry
1968 Marshall Stone
1969 Dan Henneberg
1970 Dan Henneberg
1971 Chris Harvey
1972 Charles Strode

Long Jump

1968 Scott McLennan
1969 Scott McLennan

Triple Jump

1968 Scott McLennan
1971 Mike Graham

Shot Put

1962 Pete Bracken
1964 Joe Greene
1965 Roger Bates
1970 Dennis Cambal
1974 Drexell George
1975 Drexell George
1976 Drexell George
1977 Drexell George

Discus

1962 Pete Bracken
1963 Kirk Gooding
1966 Max Taback
1970 Dennis Cambal
1977 Mike Schay

Javelin Throw

1946 Bill Wenning

1955 Don Wright

1970 Bob Daniel

1971 Bob Daniel

1973 Dave Ruch

1974 Dave Ruch

440 yard Relay

1968, 1970, 1974, 1975

Mile Relay

1956, 1957, 1958, 1960, 1968,
1969, 1970, 1972, 1974, 1975

ECAC South/CAA Outdoor

Track and Field Champions

200 meter Dash

1985 Emil Davis

800 meter Run

1992 Paul Vandegrift
1998 Anders Christiansen
1999 Anders Christiansen
2003 Chris Wilber
2004 Matt Wolak
2007 Matt Warco

1,500 meter Run

1992 Paul Vandegrift
1995 Brian Hyde
1996 Brian Hyde
2000 Matt Lane
2001 Matt Lane
2002 John O'Connor
2003 John O'Connor
2006 Jeff Hedley
2007 David Groff

3,000 meter Steeplechase

1992 Andy Wilson
1993 Scott Miller
1994 Scott Miller
1996 Jason Dunn
1998 Matt Moran
2003 Michael Keeling
2005 Adam Otstot
2006 Mike Dominguez
2007 Anthony Arena
2008 Rob Dennis

5,000 meter Run

1985 Ken Halla
1991 Jeff Hough
1992 Kevin Krause
1994 Steve Swift
1995 Eric Burns
1996 Brian Eigel
1997 Alex Gibby
1998 Matt Lane
1999 Matt Lane

2000 Gene Manner

2001 Matt Lane

2002 Jacob Frey

2003 Jacob Frey

2004 Keith Bechtol

2005 Ed Moran

2006 Matt Keally

2007 Keith Bechtol

2008 **Patterson Wilhelm**

2009 **Jon Grey**

10,000 meter Run

1990 Kevin Krause
1992 Chris Layton
1999 Gene Manner
2003 West Garrett
2004 Matt Keally
2005 Pat Comstock
2006 Keith Bechtol
2007 Matt Keally

2008 **Ben Massam**

2009 **Jon Grey**

110 meter High Hurdles

1994 Todd Doughty
400 meter Intermediate Hurdles
1991 Kevin Bosma
1998 George Ashton
1999 George Ashton
2000 George Ashton

High Jump

1991 Gary Doyle
2009 Cam Shriver

Long Jump

1992 Ryan Harris
1993 Ryan Harris

Triple Jump

1992 Ryan Harris

1993 Ryan Harris



Two-time Southern Conference indoor champion **Dave Lipinski '78**

Shot Put

1992 Michael Howell
2000 Barnabas Svalina
2001 Chris Parsons
2002 Chris Parsons
2003 Aaron Mitchell
2004 Chris Parsons

Discus

1992 Michael Howell
1993 Michael Howell
1995 Adam Williams
2004 Steve Huntzinger

Hammer Throw

1985 Marlon Mattis
1992 Michael Howell
1993 Michael Howell
1995 Adam Williams
1996 Adam Williams
1997 Tyler Steel
1998 Tyler Steel
1999 Tyler Steel
2000 Tyler Steel
2004 Chris Parsons

Javelin Throw

1990 Scott Young
1992 Scott Young
1993 Ben Montgomery
1997 Todd Doughty
2000 John Hanley
2001 Chris Parsons
2002 Andy Smith
2003 Andy Smith
2004 Andy Smith
2006 Andy Smith
2007 Alex Heacock
2009 **Brandon Héroux**

Decathlon

2000 Phil Agee
2002 Phil Agee
2003 Phil Agee
2004 Aaron Spicer
4x400 meter Relay
1985

Southern Conference Cross Country All-Conference

1955 Bob DeTombe
John Curry
Dave Youngblade
1956 Bob DeTombe
Dave Youngblade
Gilbert McNair
1957 Bob DeTombe
David Campana
Bob Bassett
1958 Bob DeTombe

- 1959 Bob Bassett
- 1961 Bob Lawson
- 1963 Jim Johnson
Bob Lawson
- 1964 Jim Johnson
Joe Philpott
- 1965 Jim Johnson
Terry Donnelly
Ned Hopkins
- 1966 Terry Donnelly
George Davis
Chop Jordan
Dick Widell
Juris Luzins
- 1967 Terry Donnelly
George Davis
Chop Jordan
- 1968 George Davis
Chop Jordan
Hal Michael
Juris Luzins
- 1969 Hal Michael
Randy Fields
Ted Wood
Wayne McBride



11-time All-American Matt Lane '01, the 2001 National Athlete of the Year.

- 1970 Randy Fields
Jay Gsell
Ron Martin
Hal Michael
Steve Snyder
- 1971 Tim Cook
Jay Gsell
Bill Louv
Ron Martin
Steve Snyder
- 1972 Bill Louv
Mac Collins
John Greenplate
Reggie Clark
Steve Snyder
Brendan Gallagher
Gene Schultz
- 1973 Ron Martin
Tim Cook
Bill Louv
John Greenplate
Reggie Clark
Mac Collins
Brendan Gallagher
- 1974 Reggie Clark
John Greenplate
Tim Cook
George Baquis
Chris Tulou
Steve Nobles
Gene Schultz
Jon Lott
- 1975 Chris Tulou
Mac Collins
Steve Nobles
Mike Ellington

- Jon Michael
- Kevin Ellis
- Mike Gilleran
- 1976 Mike Ellington
Kevin Cropp
Jim Shields

**CAA Cross Country
All-Conference**

- 1983 Ken Halla
John Kellogg
- 1984 Dan Usher
- 1985 Ken Halla
Hiram Cuevas
Brendan McCarthy
- 1986 Brendan McCarthy
Andrew Horrocks
- 1987 Andy Jacob
Dave Ryan
- 1988 Hiram Cuevas
Paul Vandegrift
- 1989 Paul Vandegrift
Hiram Cuevas
Kevin Krause
Vince Hancock
- 1990 Paul Vandegrift
Steve Swift
Douglas Bergmann
Kevin Krause
Jeff Hough
Chris Layton
Andy Wilson
- 1991 Kevin Krause
Steve Swift
Brian Hyde
Chris Layton
Scott Miller
Jay Saunders
- 1992 Brian Hyde
Pat Rodrigues
Scott Miller
Pete Breckenridge
- 1993 Steve Swift
Brian Hyde
Pat Rodrigues
Scott Miller
Rey Mendez
Brian Eigel
- 1994 Brian Hyde
Brian Eigel
Greg Dobrasz
Mike Brown
Howard Townsend
Matt Wilkens
Bryan Dunn
Eric ter Weele
- 1995 Rey Mendez
Mike Brown
Howard Townsend
Jason Dunn
Brian Eigel
Pat Rodrigues
Greg Dobrasz
- 1996 Rey Mendez



Reggie Clark '75 wins the 1974 NCAA indoor 880y title.

- Mike Brown
Matt Lane
Bryan Dunn
Howard Townsend
Alex Gibby
- 1997 Matt Lane
Howard Townsend
Mike Brown
Kimble Woodworth
Tom Ryan
- 1998 Matt Lane
Geoff Williamson
Gene Manner
- 1999 Matt Lane
Gene Manner
Eric Bonnette
Dean Fields
Todd Swenson
- 2000 Todd Swenson
Ed Moran
Gene Manner
Ben Jenkins
Jacob Frey
Dean Fields
Eric Bonnette
Mike Hoglund
Tyler Kirk
- 2001 Sean Graham
Ben Jenkins
Matthew Maline
John O'Connor
Craig Carey
Dan Sweeney
Jacob Frey
Tyler Kirk
Michael Keeling
- 2002 Ed Moran
John O'Connor

- Jacob Frey
Charlie Hurt
West Garrett
Michael Keeling
Adam Otstot
Ed Moran
- 2003 Matt Keally
Jason Schoener
Adam Otstot
David Murphy
Charlie Hurt
Pat Comstock
- 2004 Matt Keally
Christo Landry
Jeff Hedley
Pat Comstock
Sean Anastasia-Murphy
Anthony Arena
Charlie Hurt
Adam Otstot
- 2005 Ian Fitzgerald
Jeff Hedley
Matt Keally
Keith Bechtol
Dave Mock
Sean Anastasia-Murphy
- 2006 Sean Anastasia-Murphy
Dave Mock
Anthony Arena
Jason Schoener
Dan Nally
James Picard
Joel Parker
- 2007 Christo Landry
Dave Mock
Patterson Wilhelm
Rob Dennis
Charlie Swartz
Drew Midland
Tom Burke
James Picard
Pete Asaro
Karl Lang
- 2008 **Colin Leak**
Jon Grey
Patterson Wilhelm
Harry Miller
Lewis Woodard
Charlie Swartz
Brian Sklodowski
Peter Dorrell
Chris Tyson

**Southern Conference Cross Country
Coach of the Year**
1975 John Randolph

**CAA Cross Country
Coach of the Year**

- 1988 Roy Chernock
- 1990 Walt Drenth
- 1991 Walt Drenth
- 1993 Walt Drenth
- 1994 Walt Drenth
- 1995 Walt Drenth
- 1996 Dan Stimson
- 1997 Andrew Gerard
- 1999 Andrew Gerard
- 2000 Andrew Gerard
- 2001 Andrew Gerard
- 2002 Andrew Gerard
- 2003 Alex Gibby
- 2004 Alex Gibby
- 2005 Alex Gibby
- 2006 Alex Gibby
- 2007 Alex Gibby
- 2008 Alex Gibby

**CAA Track and Field
Coach of the Year**

- 1992 Dan Stimson
- 2003 Andrew Gerard



The four Tribe men who have run sub-4:00 -- (l-r) Paul Vandegrift '92 (3:59.60), Ron Martin '74 (3:58.9), Brian Hyde '96 (3:59.16i), and Hal Michael '71 (3:59.0).



“Hottest Small State University”

“Small, Smart & Public”

“Top Small Public University”

“Public Ivy”

11-to-1 Student-to-Faculty Ratio

Princeton Review: Best in the Southeast School

“Alma Mater of a Nation”

The College of William & Mary

Williamsburg, Va.

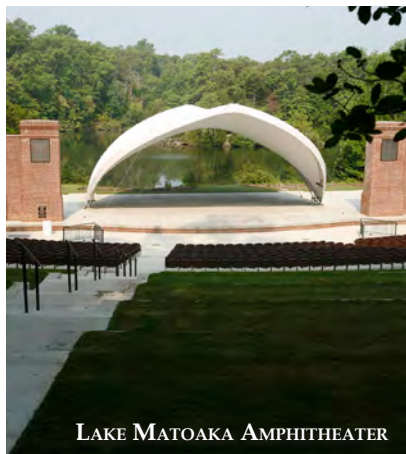
THE WREN BUILDING

The College of William and Mary is a public university located in Williamsburg, Va. Founded in 1693 by Royal Charter issued by King William III and Queen Mary II of England, William and Mary is the second oldest college in the country after Harvard. William and Mary has a long history of liberal arts education and a growing research and science curriculum that demonstrates a strong commitment to undergraduate research. The College, which became a state university in 1906, has been designated a “Public Ivy,” and for nine straight years has been ranked by U.S. News & World Report as the sixth-best public university in the country – and the nation’s top small public university.

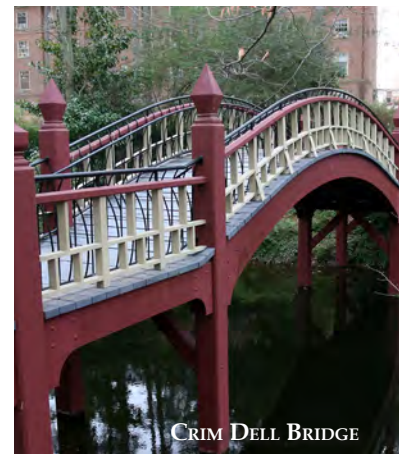
Also referred to as “the alma mater of a nation,” the College has educated four U.S. Presidents – George Washington, Thomas Jefferson, James Monroe and John Tyler, which is the third most of any college in the country. William and Mary also claims several firsts, including the 1776 creation of Phi Beta Kappa – the country’s first academic honor society – the first honor code of conduct for college students, and the first collegiate law school, established in 1779. William and Mary is also home to the Sir Christopher Wren Building – the country’s oldest academic building still in use – and the President’s House, the oldest home of a university president still in use.



A WINDOW LOOK AT CAMPUS




















LAKE MATOAKA AMPHITHEATER



CRIM DELL BRIDGE

2009-10

WILLIAM & MARY FACTS

-  Second oldest educational institution in the U.S.
-  In addition to four U.S. Presidents, W&M has educated a number of this country's key historical figures, including U.S. Supreme Court Chief Justice John Marshall and 16 signers of the Declaration of Independence.
-  W&M is one of only eight U.S. institutions of higher education designated a "Public Ivy." A Public Ivy is a state-assisted institution that offers a superior education at a cost far below that of Ivy League schools.
-  *U.S. News* ranked W&M sixth among all public colleges and universities and 32nd among both public and private institutions in 2009.
-  *Newsweek* named W&M "hottest small state university" in 2006.
-  *U.S. News and World Report* rated the School of Education 48th in the country in 2010.
-  W&M ranked 18th in graduation rates for national universities in 2009.
-  *The Princeton Review* named W&M a the 'Best of the Southeast' school in 2009.
-  The W&M Law School ranked 30th in the nation in 2008.
-  The History Department's doctoral program ranked fourth in the nation for U.S. Colonial History in 2010.
-  W&M ranked as the sixth-best public university in the country in the inaugural guide, "America's Best Colleges 2008" by *Forbes Magazine*.
-  *The Princeton Review* rated W&M the third among the top 50 best value public colleges nationally in 2009.
-  Phi Beta Kappa, the premier academic honor society in America, was founded by W&M students in 1776.
-  W&M's 11-to-1 student-faculty ratio is the lowest among the top public universities. Nearly 50 percent of William and Mary's classes have fewer than 20 students.
-  W&M libraries, including the main Earl Swem Library, were rated the eighth best College Library in the Country by the Princeton Review in 2008.
-  *Business Week* rated the W&M Undergraduate Business Program in the top 10 among Public Institutions in the country.
-  *Forbes Magazine* ranked W&M's MBA program in the top 50.



SUNKEN GARDENS



GRADUATES OUTSIDE THE WREN BUILDING



EARL SWEM LIBRARY



STUDENT RECREATION CENTER



LAKE MATOAKA



THE WREN CHAPEL



SAM SADLER CENTER



WOMEN'S SWIMMING AND DIVING
2007 CAA Champions

KATIE RADLOFF
Two-Time CAA Swimmer of the Year



WOMEN'S GYMNASTICS
SAAC CHAMPS Team Award



MEN'S SOCCER
2008 NCAA Second Round



TRIBE ATHLETICS: An Experience in Excellence

LACROSSE
Back-to-Back CAA Regular Season Champions

34 | All-America Honors in 2008-09

197 | All-Conference Honors in 2008-09



FIELD HOCKEY
National Academic Team Award

ADRIAN TRACY
All-American Football

The College of William and Mary sponsors 23 varsity sports and provides students with a unique and successful balance of athletics and academics. The Tribe Athletics Department finished 117th nationally in the Learfield Sports Directors' Cup Standings for 2008-09, a number that ranked second among Colonial Athletic Association (CAA) programs and fourth in the state of Virginia. The Directors' Cup, which was created by the NACDA and USA Today in 1993-94, is a program that honors institutions maintaining a broad-based program, achieving success in many sports, both men's and women's. W&M has placed among the top 100 nationally in 12 of the program's 16 years, while leading the CAA on seven occasions.

W&M has produced more CAA Championships than any program in the league's history. The College owns 95 league crowns, nearly 40 more than its closest competitor. The Tribe raked in the awards in 2008-09 as well, tallying a combined 197 all-conference honors, 34 All-America honors and six league players of the year. During the 2008-09 season, the Green and Gold produced an overall athletics winning percentage of 68.2, while racking up a combined 888 wins.

Along with its accomplishments on the field of play, the Tribe is just as successful in the classroom, epitomizing the term student-athlete. In the NCAA's inaugural Academic Progress Report in 2005, W&M ranked fourth among Division I teams, which was the highest of any athletic scholarship-granting school and of any public school. Since the inception of the CAA Scholar-Athlete of the Year, W&M has produced 28 honorees, more than any school in the conference.



WOMEN'S SOCCER
23 NCAA Appearances

HEAD COACH JOHN DALY
Eclipsed 300-win mark in 2008



MEN'S BASKETBALL
2008 CAA Finalists



RAGINI ACHARYA
ITA East Region Singles Champion
Women's Tennis

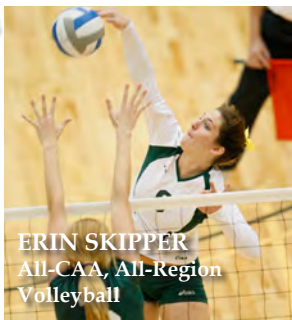
W&M: A COLLEGE OF CHAMPIONS

NCAA Championships (2)
Men's Tennis (2)

CAA Championships (95)
Baseball (1)
Men's Cross Country (16)
Women's Cross Country (16)
Men's Golf (1)
Women's Lacrosse (1)
Men's Soccer (6)
Women's Soccer (9)
Women's Swimming (1)
Men's Tennis (3)
Women's Tennis (20)
Men's Track and Field (4)
Women's Track and Field (9)
Volleyball (8)

CAA Football Championships (3)

ECAC Championships (7)
Men's Gymnastics (3)
Women's Gymnastics (4)



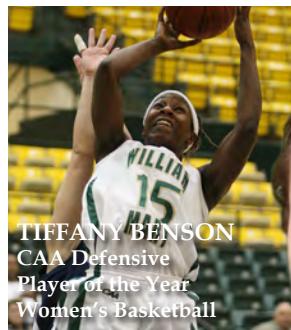
ERIN SKIPPER
All-CAA, All-Region
Volleyball



MEN'S GYMNASTICS
13-Time USAG National Champions
2008 National Academic Champions



ALEX GIBBY
Region Coach of the Year
Men's Cross Country








TIFFANY BENSON
CAA Defensive
Player of the Year
Women's Basketball

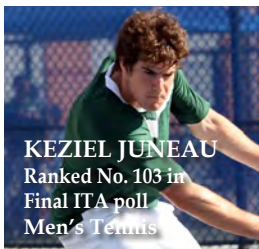
EMILY ANDERSON
All-American
Track and Field

7 | CAA Athletes of the Year
in 2008-09

.690 | Overall 2008-09 Athletics
Winning Percentage

WILLIAM & MARY ATHLETICS FACTS

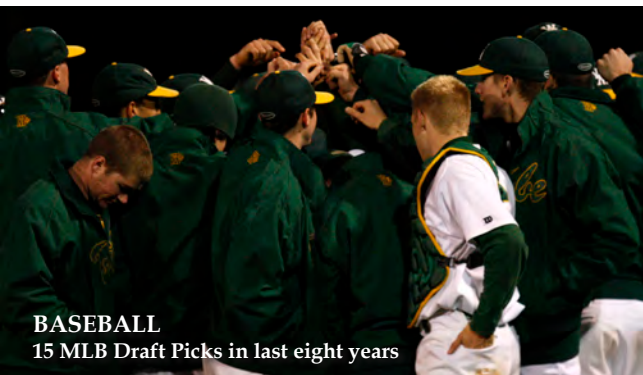
-  W&M ranked fourth, the highest of any athletic scholarship-granting school and of any public school, among the Division I teams in the NCAA's inaugural APR report
-  W&M's student-athlete graduations success rate is 95 percent
-  46 student athletes elected to Phi Beta Kappa in the past 11 years
-  Four Rhodes Scholars were W&M student-athletes
-  Won 28 CAA Scholar-Athlete of the Year Awards in the last seven years



KEZIEL JUNEAU
Ranked No. 103 in
Final ITA poll
Men's Tennis

TOTAL CAA CHAMPIONSHIPS

| WILLIAM AND MARY | 95 |
|------------------|----|
| James Madison | 58 |
| Old Dominion | 47 |
| George Mason | 43 |
| VCU | 36 |
| UNC Wilmington | 32 |
| Hofstra | 24 |
| East Carolina | 24 |
| Navy | 21 |
| Richmond | 20 |
| Towson | 9 |
| American | 8 |
| Loyola | 8 |
| Georgia State | 7 |
| Delaware | 4 |
| Northeastern | 3 |
| Virginia Tech | 2 |
| Drexel | 1 |
| UMass | 1 |
| Villanova | 1 |



BASEBALL
15 MLB Draft Picks in last eight years





ZABLE STADIUM TRACK



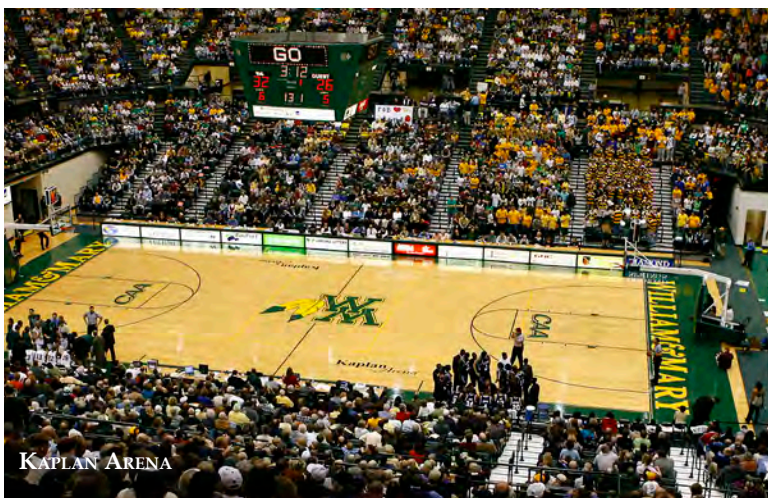
BUSCH TENNIS COURTS

William and Mary is committed to building and maintaining outstanding facilities for all 23 of its varsity athletic teams. The College has demonstrated this commitment by investing approximately \$16 million toward the construction and upgrade of its athletics facilities during just the last six years. Among W&M's recent projects were extensive improvements to Zable Stadium and the surrounding area over the past four years, including a brand-new all-weather track, permanent lights, video scoreboard, and moving the track team lockers into the stadium.

In the spring of 2007, the College constructed and dedicated the Stimson Throwing Events Area, a \$100,000 project that gave the Tribe a national-class facility for the shot put, discus, hammer, and javelin events. The facility includes three shot put circles, a full-length javelin runway, and an Olympic throwing cage for the discus and hammer, all located a short walk away from Zable Stadium.

In 2005, Kaplan Arena received an upgrade with the installation of 6,900-square foot permanent wood floor along with rubberized sports flooring on the open end of the arena to accommodate track and field and other multi-purpose activities. A year earlier, the home of Tribe soccer and lacrosse, Albert-Daly Field was dedicated, providing the programs with a \$1 million all-natural grass facility.

TRIBE ATHLETICS FACILITIES



KAPLAN ARENA



ALBERT-DALY FIELD



TRACK AND FIELD *Tribe* **CROSS COUNTRY**





KIERNAN LOFLAND
SENIOR • POLE VAULT



DANKLATZKIN
SENIOR • THROWS



HARRY MILLER
SENIOR • MIDDLE DISTANCE

2009-10 SCHEDULE

CROSS COUNTRY

| | | |
|-----------------|---|----------------------|
| Sept 5 | Spider Alumni Open St. Catherine's Park | Richmond, Va. |
| SEPT. 26 | COLONIAL INTER-REGIONAL CHALLENGE EASTERN STATE HOSPITAL | WILLIAMSBURG |
| Oct. 3 | Cowboy Jamboree OSU Cross Country Course | Stillwater, Okla. |
| Oct. 17 | Pre-National Invitational Wabash Valley Family Sports Center | Terre Haute, Ind. |
| OCT. 17 | TRIBE OPEN EASTERN STATE HOSPITAL | WILLIAMSBURG |
| Oct. 31 | 27th CAA Championships Newmarket Battlefield State Park | Newmarket, Va. |
| Nov. 6 | Cavalier Open Panorama Farms | Charlottesville, Va. |
| Nov. 14 | Southeast Region Championships Tom Sawyer State Park | Louisville, Ky. |
| Nov. 21 | 101st IC4A Championships Van Cortlandt Park | Bronx, N.Y. |
| Nov. 23 | 71st NCAA Championships Wabash Valley Family Sports Center | Terre Haute, Ind. |
| Feb. 13 | USAT&F Cross Country Championships Spokane, Wash. | |
| Mar. 27 | IAAF World Cross Country Championships Bydgoszcz, Poland | |

TRACK AND FIELD

| | | |
|-----------------|----------------------------------|------------------------|
| Dec. 4-5 | Liberty Multi-Event | Lynchburg, Va. |
| Dec. 5 | CNU Lidfliter | Newport News, Va. |
| Jan. 22-23 | Hampton Invitational | Hampton, Va. |
| Jan. 29-30 | CNU Captain's Invitational | Newport News, Va. |
| Jan. 30 | Navy Quad | Annapolis, Md. |
| Feb. 6 | Vince Brown Invitational | Newport News, Va. |
| Feb. 12 | Liberty Invitational | Lynchburg, Va. |
| Feb. 13 | Husky Invite | Seattle, Wash. |
| Feb. 19-20 | Virginia Tech Challenge | Blacksburg, Va. |
| Mar. 1 | Mason Last Chance | Fairfax, Va. |
| Mar. 6-7 | 88th IC4A Indoor Championships | Boston, Mass. |
| Mar. 12-13 | 45th NCAA Indoor Championships | College Station, Texas |
| MAR. 20 | TRIBE OPEN | WILLIAMSBURG |
| Mar. 25-26 | Alabama Relays | Tuscaloosa, Ala. |
| Mar. 26-27 | Fred Hardy Invitational | Richmond, Va. |
| APR. 2-3 | 45TH COLONIAL RELAYS | WILLIAMSBURG |
| Apr. 10 | GMU Invitational | Fairfax, Va. |
| Apr. 10 | Mt. SAC Relays | Walnut, Calif. |
| Apr. 17 | JMU Invitational | Harrisonburg, Va. |
| Apr. 22-24 | 116th Penn Relays | Philadelphia, Pa. |
| Apr. 30-May 1 | 21st CAA Championships | Fairfax, Va. |
| May 8 | CNU Captain's Invitational | Newport News, Va. |
| May 9 | Duke Twilight | Durham, N.C. |
| May 14-16 | 134th IC4A Outdoor Championships | Princeton, N.J. |
| May 28-29 | NCAA East Regional | TBA |
| June 9-12 | 89th NCAA Outdoor Championships | Eugene, Ore. |
| June 25-27 | USAT&F Junior/Senior Nationals | Des Moines, Iowa |
| July 20-25 | IAAF World Junior Championships | Moncton, Canada |

All home events are in **BOLD** and will be held at the Eastern State Hospital.
Schedule subject to change.

All home events are in **BOLD** and will be held at Zable Stadium and the Stimson Throwing Area.
Schedule subject to change.