



...BUILT UPON AN EPIC PAST

TABLE OF CONTENTS

All-Americans-----	Front Insert
Quick Facts / Media Information -----	2
Roster -----	3
Head Coach Alex Gibby-----	4
Director of Track and Field Dan Stimson-----	5
Assistant Coaches -----	6
2008 Cross Country Preview -----	7
Track & Field Preview -----	8-9
Biographies-----	10-23
2007 Cross Country Review-----	23
Record Book -----	24
Accolades -----	25-29
Tribe Athletics-----	30-31
W&M At a Glance -----	32-33
Athletics Facilities-----	34-35
Athletics Director Terry Driscoll-----	36

MEDIA INFORMATION

The William and Mary sports information office is always interested in assisting members of the media in their coverage of Tribe track and field/cross country. Updated information, including statistics and releases, can be found on the Internet at www.TribeAthletics.com. Publicity and media information for William and Mary track and field/cross country are coordinated by sports information intern **Scott Burns**.

Photographs, feature ideas and results are always available from the William and Mary sports information office. Requests for further information should be directed to Scott Burns at (757) 221-3344 or by e-mail at sburns@wm.edu.

CREDITS

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COVER CREDITS

Outside covers designed by Kris Sears and Scott Burns. Inside front cover designed by Jacob Skipper. Inside back cover designed by Alex Ball.

Directions to William and Mary

From the North/West: Take I-64 East to Lightfoot Exit 234A (Route 199 East). At top of exit ramp, take a right onto Route 199 East. Stay on 199 East until the Monticello Avenue exit. Exit at Monticello Avenue, and bear left on exit ramp. At bottom of ramp, turn left at light onto Monticello (pass under 199). Go straight through three stoplights, and continue straight for about half a mile and take the first right onto Compton Drive (before light at hospital and shopping centers). There may not be a street sign! The road is heavily wooded on both sides. Continue on Compton Drive and turn right at the first stop sign onto Brooks Road. William and Mary Hall will be on your left.

From the South/East: Take I-64 West to Exit 242A (Route 199 West). Follow 199 to fourth light. At the fourth light, take a right onto Jamestown Road. Follow Jamestown Road 1.1 miles (past Lake Matoaka on left), then take a left onto Ukrop Way. Take a left at the next stop sign and continue to follow Ukrop Way while bearing right until you reach William and Mary Hall up the hill on your left.

QUICK FACTS

William and Mary

Location: Williamsburg, Virginia

Founded: 1693 (second-oldest college in the United States)

Enrollment: 7,625

Nickname: Tribe

Colors: Green, Gold and Silver

Conference: Colonial Athletic Association

President: W. Taylor Reveley III (Princeton, 1965)

Chancellor: Sandra Day O'Connor (Stanford, 1950)

Athletics Director: Terry Driscoll (Boston College, 1969)

SWA/Director of Compliance: Pam Mason (SMU, 1994)

Track: Zable Stadium at Cary Field (9,021); Stimson Throwing Events Area

Athletics Department Phone: (757) 221-3340

Mailing Address: PO Box 399, Williamsburg, VA 23187

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Coaching Staff

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

23rd Year

Office Phone: (757) 221-3397

E-Mail Address: dgstim@wm.edu

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

Sixth Year

Office Phone: (757) 221-3398

E-Mail Address: amgibb@wm.edu

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

Ninth Year

Office Phone: (757) 221-3397

Assistant Coach: Ed Moran (William and Mary, 2003)

Fourth Year

Office Phone: (757) 221-3398

E-Mail Address: emmora@wm.edu

Assistant Coach: Dave Fritz (Virginia Tech, 2004)

Second Year

Office Phone: (757) 221-3018

E-Mail Address: dafritz@wm.edu

TABLE OF CONTENTS

<u>Name</u>	<u>XC</u>	<u>Ind.</u>	<u>Out.</u>	<u>Event</u>	<u>Hometown</u>	<u>High School</u>
David Adley	Fr.	Fr.	Fr.	Middle Distance	Pittsburgh, Pa.	Baldwin
Liam Anastasia-Murphy	Fr.	Fr.	Fr.	Middle Distance	Gloucester, Ma.	Gloucester
Alex Ball	--	Jr.	Jr.	Throws	Winchester, Va.	John Handley
Jay Bilsborrow	Fr.	So.	So.	Middle Distance	Coldwater, Mich.	Coldwater
David Blitzer	--	So.	So.	Sprints	Haworth, N.J.	Northern Valley Regional
Tom Burke	So.	So.	So.	Distance	Edina, Minn.	Edina
Matt Clark	--	Fr.	Fr.	Hurdles	Glen Allen, Va.	St, Christopher's
Chad Cochran	--	So.	So.	Hurdles	Centreville, Va.	Westfield
Keith Constance	--	So.	So.	Pole Vault	Independence, Mo.	Truman
Florian Cords	--	So.	So.	Sprints	Williamsburg, Va.	Walsingham Academy
Roman Dent	--	Fr.	Fr.	Multi-Events	Franklin, Tn.	Brentwood
Peter Dorrell	Fr.	Fr.	Fr.	Middle Distance	Blacksburg, Va.	Blacksburg
Ian Fitzgerald	Finished	Sr.	Sr.	Distance	Glenshaw, Pa.	North Hills
Zach Gates	Fr.	Fr.	Fr.	Distance	Fishers, In.	Hamilton Southeastern
Adam Gawne	--	So.	Jr.	Throws	Lyndonville, N.Y.	Lyndonville
Jonathan Grey	So.	So.	So.	Distance	Lancaster, Pa.	Kennard Dale (Oklahoma)
David Groff	Sr.	Sr.	Sr.	Middle Distance	Centreville, Va.	Westfield
Alex Heacock	--	--	Sr.	Javelin	Lititz, Pa.	Warwick
Matt Heidman	--	Sr.	Sr.	Hurdles	Manassas, Va.	Osborn Park (Mary Washington)
Brandon Heroux	--	Fr.	Fr.	Javelin	Westfield, N.J.	Westfield
Zach Jordan	--	--	So.	Throws	Dublin, Ohio	St. Charles Prep
Dan Klatzkin	--	So.	So.	Throws	Gaithersburg, Md.	Randolph-Macon Academy
Christo Landry	Finished	Jr.	Jr.	Distance	Falls Church, Va.	Thomas Jefferson
Colin Leak	Jr.	Jr.	Jr.	Distance	Chadds Ford, Pa.	Unionville
Kiernan Lolland	--	Jr.	Jr.	Pole Vault	Crozier, Va.	St. Christopher's School
Dan MacKay	Sr.	Sr.	Sr.	Distance	Whitinsville, Mass.	Whitinsville Christian (Calvin)
Sean Mahoney	Fr.	So.	So.	Middle Distance	Wayne, Pa.	Radnor
Ben Massam	Jr.	So.	Jr.	Distance	Chatham, N.J.	Chatham
Alex McGrath	Fr.	Fr.	Fr.	Distance	Marlborough, N.H.	ConVal Regional
Chris McIntosh	--	So.	So.	Sprints/Hurdles	Owings Mill, Md.	Franklin
Drew Midland	Jr.	Sr.	Jr.	Distance	Virginia Beach, Va.	Ocean Lakes
Harry Miller	So.	Jr.	Jr.	Middle Distance	Portland, Ore.	Catlin Gabel
Skeeter Morris	So.	So.	Jr.	Distance	Burkeville, Va.	Nottoway
Paul Norland	Fr.	Fr.	So.	Distance	Falls Church, Va.	Thomas Jefferson
Brandon Oliver	--	Jr.	Jr.	Throws	Richmond, Va.	Meadowbrook
John Pence	Fr.	Fr.	Fr.	Distance	Columbus, In.	Columbus North
Cabell Rosanelli	Jr.	Jr.	Sr.	Middle Distance	Richmond, Va.	Douglas Freeman
Robert Sagar	So.	Jr.	Jr.	Distance	Alexandria, Va.	Bishop Ireton
Sean Sewell	So.	So.	So.	Middle Distance	Raleigh, N.C.	Cardinal Gibbons
Cam Shriver	--	Sr.	Sr.	Jumps/Throws	Oxford, Ohio	Talawanda
Brian Sklodowski	So.	So.	So.	Middle Distance	Newark, Del.	The Tatnall School
Charlie Swartz	So.	Jr.	Sr.	Distance	Manassas, Va.	Osborn
Chris Tyson	Fr.	Fr.	Fr.	Middle Distance	Arlington, Va.	Washington-Lee
Max Werner	Fr.	So.	So.	Distance	Sterling, Va.	Potomac Falls
Patterson Wilhelm	So.	Jr.	Jr.	Distance	Lynchburg, Va.	E.C. Glass
Bryce Wilk	Jr.	Sr.	Sr.	Distance	Millbrook, N.Y.	Millbrook
Lewis Woodard	Fr.	So.	So.	Distance	Charlotte, N.C.	Providence Day School
Glen Wright Colopy	Fr.	So.	So.	Distance	Cary, N.C.	Cary Academy
Doug Zimmer	--	Jr.	Jr.	Multi-Events	McLean, Va.	McLean

2008-09 MEN'S ROSTER





Former Tribe distance ace Alex Gibby returned to William and Mary in 2003 to assume the head coaching position for men's cross country and track and field and has continued the tradition of championship excellence at the College.

**At W&M (2003-Present)
Coaching Highlights
2007-08**

Cross Country: W&M won its eighth-straight CAA title with a conference-record 16 points ... The Tribe also sets a conference record by placing 10 athletes on the 12-man all-conference team ... Every runner finished 16th or higher ... Team finished third at the Southeast Regional, only five points out of first place ... Invited to NCAAs for the 11th year in a row ... Four

athletes earned All-Region ... "B" team took third at IC4As, placing three on the All-East team ... At NCAAs, team finished 15th ... Christo Landry finished 13th at NCAAs for his third All-American honor ... Landry is one of only three W&M athletes to place 15th or better at NCAAs, and only the second to earn three All-America certificates in XC ... Landry also placed fourth at the region, and won the CAA crown ... In CAA post-season voting, Landry was tabbed Athlete of the Year and Scholar-Athlete of the Year, Tom Burke was Rookie of the Year, and Gibby repeated as Coach of the Year ... Senior Ollie Ehlinger elected to Phi Beta Kappa. **Track:** Team finished second to UNC-Wilmington at the CAA Championships in closest finish ever, 194.5-190 ... Senior Ian Fitzgerald placed 18th at NCAA Championships in the 5,000m run ... Fitzgerald won the 1,500m run at the outdoor IC4A Championships ... Sophomore Ben Massam won the 10,000m run at the CAA Championships only 40 minutes after placing second in the 5,000m run ... Classmate Harry Miller ran the 3,000m steeplechase at the Penn Relays in 8:49.09, the fastest steeplechase at the College in 12 years ... Earned three All-East honors at the indoor IC4A Championships and two at the outdoor ... Garnered 11 All-CAA mentions at the conference championships ... Miller was also selected for the United States team at the NACAC U-23 Championships in the steeplechase ... Team had 3 members qualify for the USAT&F Junior National Championships.

2006-07

Cross Country: Team won its seventh consecutive Colonial Athletic Association title ... At the Southeast Regional, upset Louisville and Virginia to take second and earn its 10th-straight trip to the NCAA Championships, one of only five schools in the nation to accomplish the feat ... Won the IC4A Championships for the first time since 1982 and third time overall ... Placed eighth at the NCAA Championships, surpassed only by the fourth-place finish in 1973 as the best ever for the Tribe ... Christo Landry finished 34th to earn his second All-American citation ... Seven runners are All-CAA, six are All-East, five are All-Southeast ... Four named to the USTFCCCA All-Academic team, most in the nation ... Gibby named CAA Coach of the Year for fourth time ... Keith Bechtol earned his fourth Scholar-Athlete of the Year award from the CAA, and is selected to Phi Beta Kappa. **Track:** Bechtol placed 14th at the NCAA 10,000m championships, one second behind All-American cut-off ... He qualified for the NCAA meet by running 28:55.57, third-best time in school history, at Stanford ... Also qualified for 2008 Olympic Trials ... Tribe won two relay titles at the IC4A Championships, the indoor DMR and outdoor 4x800m ... Winning 4x800m time is 13th in the U.S. in 2007 ... Tribe won six titles at the CAA Championships en route to finishing second ... W&M swept the top three spots in the 5,000m, 10,000m, and 3,000m steeplechase ... Bechtol won the 5,000m and placed third in the 10,000m ... Matt Keally won the 10,000m ... Anthony Arena won the steeplechase ... David Groff won the 1,500m ... Matt Warco won the 800m ... Groff also won the 1,500m at the Colonial Relays, setting the meet record at that distance ... Ian Fitzgerald and Bechtol named All-Academic by USTFCCCA ... Bechtol named Athlete of the Year, Track Scholar-Athlete of the Year, and conference-wide Scholar-Athlete of the Year by the CAA ... Bechtol also named First-Team Academic All-American.

2005-06

Cross Country: Won five meets and rose to a ranking of 15th in the national polls ... Ian Fitzgerald won the CAA Championship and placed third at the Southeast Regional, leading the Tribe to victory in both races ... Southeast Region Championship was the first for the team since 2000 ... Team finished 22nd at the NCAA Championships ... Six runners named All-CAA, five named all-region, two are All-East ... Gibby named CAA and Southeast Region Coach of the Year ... Senior Mike Dominguez is Phi Beta Kappa. **Track:** Christo Landry qualified for NCAAs in the 5,000m, placing 26th ... Earlier in the season, Landry ran 13:53.62 at Stanford, and Ian Fitzgerald ran 13:57.67 unattached ... Seniors Jeff Hedley (1,500m), Matt Keally (5,000m), and Mike Dominguez (3,000m steeplechase) all won CAA titles ... Junior Keith Bechtol won the CAA 10,000m in meet-record time in his first race of the season ... Bechtol and Landry are both All-East outdoors, with Bechtol taking second in the 10,000m ... Bechtol named third-team Academic All-America, and becomes first athlete to ever win three Scholar-Athlete of the Year awards from the CAA.

2004-05

Cross Country: Tribe fell victim to food poisoning at the NCAA Championships and only four runners finish the race, led by freshman Christo Landry who finished 38th to earn All-America honors ... Landry is the first Tribe freshman since 1970 to do so ... Junior Matt Keally is the CAA Champion, leading W&M to the team title ... W&M also took second at the IC4A Championships, as four are named All-East ... In a sweep

of the conference awards, Gibby is named Coach of the Year, Jeff Hedley Athlete of the Year, Landry Rookie of the Year, and senior Pat Comstock is Scholar-Athlete of the Year ... Landry goes on to race at the World Junior Cross Country Championships, and classmate Dave Mock won the North American, Central American, and Caribbean Junior Cross Country Championship. **Track:** Ed Moran and Christo Landry qualified for the NCAA 5,000m, where Moran placed seventh for his fourth All-American honor ... Moran also won the 5,000m at both the CAA and IC4A Championships, the first conference championships of his career ... Raced at the USAT&F Championships, Moran ran 13:25.87, less than half a second off of the school record ... Landry set the W&M freshman record in the 5,000m, running 14:01.62 to qualify for the NCAA Regional ... Sean Anastasia-Murphy became the first Tribe athlete since 1996 to break nine minutes in the 3,000m steeplechase, running 8:59.26 at the IC4A Championships for All-East honors ... In total, 14 athletes are named All-East ... At the CAA Championships, senior Adam Otstot won the 3,000m steeplechase and led a sweep of the top five spots for the College ... Pat Comstock won the 10,000m in meet-record time, and the Tribe took six of the top eight positions ... Comstock was selected to Phi Beta Kappa.

2003-04

Cross Country: Ed Moran won his second CAA Championship and led six teammates on the all-conference team as the Tribe wins its fourth consecutive title ... Leading the Southeast Regional, Moran breaks his foot but runs on it for the last half-mile to finish third and help the team secure an automatic berth to the NCAA Championships ... Gibby is named CAA Coach of the Year, Moran is Athlete of the Year, David Murphy is Rookie of the Year, and Adam Otstot is Scholar-Athlete of the Year. **Track:** The Tribe won its second-consecutive CAA crown ... Matt Wolak came from behind to win the 800m, freshman Keith Bechtol won the 10,000m, and sophomore Matt Keally won the 10,000m ... Jeff Hedley qualified for the NCAA 5,000m after finishing third at the NCAA East Regional ... Bechtol won the IC4A 10,000m and qualified for the USAT&F Junior National Championships, with the fastest-time run by any American junior competitor that year (29:58.13) ... Bechtol placed second at the Junior Nationals, and was the highest American finisher at Junior Worlds, finishing 19th ... Bechtol was named CAA Rookie of the Year.

At Stephen F. Austin (2000-03) - Coaching Highlights

Cross Country: Head men's and women's coach ... Men's team won the Southland Conference for the first time in 2001, and again in 2002 ... Women's team won the Southland in 2002 for the first time since 1990 ... Named Coach of the Year for both men and women in 2002 after also mentoring the individual champions in both races, the first time all four titles had gone to one school. **Track:** Assistant coach for men and women, working with the middle- and long-distance runners ... Athletes set 18 school records and won 18 individual conference championships ... Under Gibby's tutelage, Ana Rodriguez led the women's track team to the 2003 Southland Outdoor Championship, winning the 5,000m and 10,000m ... Rodriguez qualified for NCAAs in the 5,000m, finishing 21st and becoming the first distance runner in school history to run at NCAAs.

At At W&M (1997-2000)

Assistant men's coach ... Helped the Tribe cross country team win the 1997 CAA title and begin a streak of qualifying for the NCAA Championships that is still intact... 1997 team placed ninth at the NCAA meet, and the following two years' teams each placed 13th ... Helped mentor Matt Lane, an 11-time All-American who finished fourth at the U.S. Olympic Trials in the 5,000m in both 2000 and 2004 ... Also worked with three-time All-American and 1997 NCAA 800m runner-up Anders Christiansen.

At W&M (1992-1997) - Athletic Achievements

Four-time All-CAA between cross country and track ... 1997 CAA 5,000m champion ... All-East in the 10,000m ... NCAA provisional qualifier at 10,000m ... Bachelor of Arts in history.

Personal

Married to head women's track and cross country coach Kathy Newberry in 2005, and they reside in Williamsburg with their dogs, Oskar and Atlas ... Coaches several post-collegiate distance stars, including his wife ... Newberry is a three-time Olympic trials competitor, running in the 5K finals in 2000 and 2004, and in the finals of the 10K in 2000, 2004, and 2008 ... She was ranked 10th in the nation in 2004 at 10,000m ... Newberry has also run for the U.S.

at three World Cross Country Championships ... Ed Moran finished fourth in the 10,000m at the 2008 Olympic Trials ... Jacob Frey competed at the Olympic Trials in the marathon, running 2:18:19 for 22nd place ... In 2006, Frey finished seventh at the U.S. 25K National Championships ... Moran achieved the Olympic "A" standard at both 5,000m and 10,000m in 2007, and will compete for a spot on the Olympic team at the 2008 Olympic Trials ... Moran and Frey both competed for the United States at the 2007 Pan-American Games ... Frey placed fourth in the marathon with a personal-record performance of 2:16:44 ... Moran won the gold medal at 5,000m with a meet-record time of 13:25.60.

Gibby By The Numbers

- 52 Individual Conference Champions
- 80 All-East Athletes
- 27 All-Region Athletes
- 11 Conference Titles
- 10 Scholar-Athletes of the Year
- 9 Coach of the Year Honors
- 9 Athletes of the Year
- 7 USA National Team Participants
- 7 NCAA Qualifiers
- 4 All-American Certificates
- 2 Academic All-Americas
- 1 Region Championship

HEAD COACH ALEX GIBBY

In his 23rd 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 a javelin runway.

The men's and women's programs have combined for 18 Colonial Athletic Association titles out of 24 possible since the 2002-03 school year and have garnered numerous CAA Athlete and Rookie of the Year awards. The 2007-08 season was another banner year for the squads, as Stimson's program captured both CAA cross country titles: the eighth consecutive conference title for the men's team and fifth in a row for the women's squad. Punctuating the season was the 11th-straight NCAA team qualification for men's cross country, an achievement only four other schools can claim. In the spring, women's track and field won its seventh CAA title out of the past eight years and sent two women to the NCAA Championships for the first time since 2003. To date, Stimson's programs have produced 56 All-Americans and one Olympian.

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.

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 school indoor 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.



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 one 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 six CAA titles, and seven of the eight ever contested, along with two of the last three 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 in the spring of 2007, 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. Guevel also set 15 school records and 15 freshman records during her stellar first year at the College.

The 2007 throwing corps provided another feather in Stimson's cap, providing a school record and numerous top-10 marks despite having a grand total of two upperclassmen. Alex Heacock captured his first CAA title in the javelin, throwing 25 feet farther than anyone else in the meet. Abby Lemon was only four inches shy of her own conference title in the hammer throw, but did claim the Colonial Relays title with a then-school record throw of 161-9, a mark she bettered at the ECAC Championships with a prodigious heave of 163-11. Jen Showker capped her career with lifetime-best marks in the shot put, discus (144-9), and hammer (142-0). Her put of 45-0.5 at the CAA Championships guaranteed her third and a berth at the ECAC meet, and makes her one of only four women to ever best 45 feet in the shot put.

In 2008, the throwers were just as spectacular. Abby Lemon had a great season, breaking the school record eight times and capturing the CAA crown in the hammer throw. For the men, Dan Klatzkin earned All-CAA honors in both the discus and the shot put for his performance at the conference championships. In the men's high jump, Cam Shriver was the IC4A Indoor Champion after clearing 6-10.75, the fifth best jump in the College's history.

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 recently welcomed the newest addition to the Stimson family, when Samuel Daniel Crider was born in April of 2006.



Stimson By The Numbers

- 56 All-Americans in indoor and outdoor track and field and cross country**
- 42 CAA Team Titles**
- 28 CAA Athletes of the Year**
- 23 Seasons at William and Mary**
- 3 CAA Coach of the Year Honors (1992 and twice in 1996)**

DIRECTOR OF TRACK & FIELD DAN STIMSON





Emil Davis

B.S. Biology '85

Former Tribe multi-eventer and runner Emil Davis has spent the past eight seasons mentoring athletes at his alma mater. Davis is 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), a 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 senior at James Madison; and Hannah, a second-year swimmer at Virginia.



Ed Moran

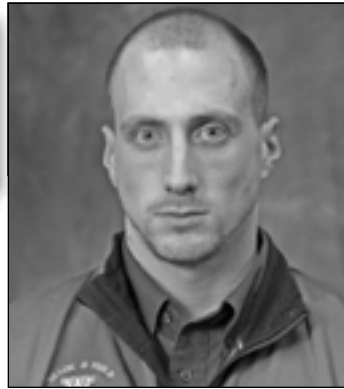
B.B.A. Finance '03
B.A. Government '03
M.P.P. Public Policy '05

Ed Moran is in his fourth season on the William and Mary staff after a spectacular collegiate career that saw him earn four All-America honors in the 5,000m outdoors (2003, 2005) and in cross country (2000, 2002) for the College. In addition to assisting with both the men's and women's running pro-

grams, the 2003 graduate has continued to race under the tutelage of head men's coach Alex Gibby, achieving the Olympic "A" qualifying standard at 5,000m and 10,000m in 2007 and winning the 5,000m gold medal at the Pan-American Games.

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 5,000m 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.



Dave Fritz

Virginia Tech
B.S. Computer Science '04

Dave Fritz enters his second season coaching the pole vaulters at William and Mary after helping some of the sports' biggest names achieve national and international success.

In 2008, Fritz saw his vaulters reach new heights. Sophomore Nicole Kazuba captured the outdoor ECAC title with a school record vault of 13-1.5, and went on to place fourth at the NCAA East Regional and qualify for the NCAA Championships. Kazuba also won the CAA and Colonial Relay championships. Freshman Emily Jeremiah, who set the freshman record with a vault of 12-3.5, also earned All-East honors for her performance at the ECAC Championships. Finally, senior Erin Gnass was named All-CAA after finishing tied for third at the conference championships.

Prior to joining the Tribe, Fritz has 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 coached Jennifer Stuczynski from an absolute novice to become the reigning U.S. record holder in the women's pole vault (16-0), and the 2008 Olympic silver medalist. 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, producing 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 in 2006, 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 bachelors degree in computer science. In the summer of 2006, he was the head clinician for pole vault at the Region II Junior Olympics clinic. Fritz holds a USATF Level II coaching certification, and is also certified by the Pole Vault Safety Board.

ASSISTANT COACHES



The 2007 season was another brilliant one for the men's cross country team. The Tribe won their eighth straight CAA title with the most dominant performance in conference history and appeared at its 11th straight NCAA Championships. But this year, head coach **Alex Gibby** must replace six of his 10 runners that were named to the All-CAA squad last fall, including three-time All-American and CAA Athlete of the Year Christo Landry.

Leading the way for the much younger Tribe this year will be sophomore **Patterson Wilhelm**. Wilhelm's season was highlighted by being the second Tribe finisher at the NCAA Championships and finishing 23rd at the Southeast Regional. Wilhelm is also the top returning performer from the CAA Championships, where he finished in third place.

Behind Wilhelm in the top tier of runners is a deep group of junior harriers. Leading the juniors will be **Ben Massam** and **Charlie Swartz**. Massam had a fantastic second year for the College. He was the fourth Tribe finisher at the NCAA Championships and earned all-region honors with his 15th-place showing at the Southeast Regional. Swartz was the top Tribe finisher at the IC4A Championships, coming in 11th place and earning All-East honors. Swartz also earned All-CAA recognition for his sixth-place finish at the conference championships and once again led the Tribe with his fourth-place finish at the Tribe Open.

Right behind those two juniors are two of their fellow classmates, **Colin Leak** and **Harry Miller**. Leak finished third at the Cavalier Open and also ran at the NCAA Championships for the Tribe for the second year in a row. Miller looks to build off of his breakout season on the track that saw him run the fastest 3,000m steeplechase at the College since 1996. Rounding out the top tier of runners for the Tribe will be junior transfer **Jonathan Grey**. Grey earned All-Region honors for Oklahoma University last season and also finished 13th at the 2007 USA Junior Cross Country Championships.

Leading the second tier of runners this season and pushing for spots on the travel squad will be sophomores **Tom Burke** and **Brian Sklodowski**, along with junior **Drew Midland**. Burke was named CAA Rookie of the Year last fall and was the best true freshman finisher in eighth-place at the CAA Championships. Sklodowski looks to build off of his 800m All-CAA performance in the spring and have another solid season this fall. His 2007 season was highlighted by an eighth-place finish at the Cavalier Open and running for the Tribe at the IC4A Championships. Midland hopes to duplicate his great fall last year that included finishing 17th at the IC4A Championships to earn

All-East honors and a seventh-place finish at the CAA Championships that earned him an all-conference nod.

Looking to push these runners will be a group of harriers that includes sophomores **Skeeter Morris** and **Jay Bilsborrow**, and red-shirt freshman **Max Werner**. Morris' ran for the Tribe at the IC4A Championships and a fifth-place finish unattached at the Cavalier Open. Bilsborrow looks to build on a strong season in the spring that saw him run in the 800m at the CAA Championships. Werner, who redshirted after walking on last fall, finished 17th unattached at the Cavalier Open and qualified for the USAT&F Junior Championships in the 10,000m last spring.

Adding to the depth of the squad this season will be a trio of senior harriers. **David Groff** placed 16th last year at the CAA Championships, while **Dan MacKay** will be rested after redshirting both cross country and track in 2007-08. Classmate **Bryce Wilk** will look to improve on a season that saw him place 11th at the Cavalier Open and run for the Tribe in the IC4A Championships.

Three sophomores will look to build off of solid first-year campaigns and progress in their second years. **Robert Sagar** finished fifth at the IC4A Coaches' race and 14th at the Tribe Open. **Sean Sewell** redshirted last year for the College, but did place 37th unattached at the Lou Onesty Invitational. **Sean Mahoney** did not compete in the fall last year, but looks to build on setting his personal best in the 800m run at the CAA Championships last spring.



Patterson Wilhelm



Ben Massam

Adding depth for the Tribe this year will be junior **Cabell Rosanelli** along with freshmen **Lewis Woodard**, **Glen Wright Colopy**, **Paul Norland**, and **Chris Tyson**.

Pacing the freshman runners this year will be **Peter Dorrell** and **Alex McGrath**. Dorrell comes to the College as a two-time Gatorade Track Athlete of the Year in Virginia, while McGrath arrives touting Gatorade Runner of the Year and New Hampshire Runner of the Year honors in 2007.

Four more freshmen come to W&M boasting some impressive prep credentials. **John Pence** was a three-time all-conference performer, while **Liam Anastasia-Murphy** comes to Williamsburg as the Massachusetts State Division champion in cross-country in 2007. Rounding out the freshmen class are **David Adley** and **Zach Gates**. Adley was named to the All-Pennsylvania First Team, while Gates finished fourth at the Indiana State Cross Country Championships.

2008 CROSS COUNTRY PREVIEW



Sprints/Hurdles

Leading the way for the sprinters and hurdlers this year will be sophomore **Chris McIntosh**. McIntosh set a personal record in the 400m hurdles at the CAA Championships last year with his time of 54.28 which ranked him as the eighth-fastest hurdler in the history of the College.

Senior **Matt Heidman** looks to close out his career at the College on a high note, improving on a solid junior campaign.

Also looking to contribute this year will be freshman **Matt Clark**, who placed first at the Virginia Independent Schools state meet in the 55m hurdles, and sophomore **Chad Cochran**, who looks to improve his hurdling and provide depth at the sprint events.

Pacing the sprinters this season will sophomores **David Blitzter** and **Florian Cords**. Blitzter moved into the top 10 at the College in the 60m dash at the Patriot Games. Cords looks to have a breakthrough season and once again compete at the CAA Championships.

Middle Distance

Middle distance will once again be a strength of the team this season. Senior **David Groff**, the 2007 CAA champion in the 1,500m, leads this group of runners and looks to finish his career at W&M on a high note. Groff won the 1,000m run last year at the George Mason Invitational and ran the 1,000m and 4x800 relay at the IC4A Indoor Championships in March. This year Groff will also look to better his career marks of 1:49.43 in the 800m and 3:46.98 in the 1,500m run that he set in 2007.

Junior **Cabell Rosanelli** will try to duplicate his sophomore season that saw him earn All-East honors after placing eighth with a time of 2:27.71 in the 1,000m IC4A Indoor Championships.

Five sophomores should also contribute heavily to the success of the middle distance runners this year. The sophomores will be led by **Brian Sklodowski** who was named All-CAA for his third-place performance in the 800m at the conference championships. Sklodowski also qualified for the IC4A and the USAT&F Junior Championships. **Lewis Woodard** looks to keep the momentum going from last year when he set his career mark in the 1,500m run at the IC4A Championships, while **Jay Bilsborrow** looks to improve after running in the 800m run at the CAA Championships.

Both **Sean Mahoney** and **Sean Sewell** had great performances at the CAA Championships. Both set personal bests in the 800m, with Sewell running in the finals of both the 800m and 3,000m steeplechase at the championships.

Freshman **Liam Anastasia-Murphy** will look to contribute right away for the middle distance corps. Anastasia-Murphy was a four-

time all-conference honoree in both indoor and outdoor track in high school.

Junior **Harry Miller** will lead a strong group of steeplechasers for the Tribe this season. Miller became the fourth-fastest steeplechaser in the College's history, and the quickest since 1996, at the Penn Relays when he finished in 8:49.09 for fourth. Miller and senior **Bryce Wilk** were both named All-CAA for their performances at the CAA Championships that saw Wilk place second and Miller place third.

Sophomore **Robert Sagar** will look to score for the Tribe this season at the CAA Championships, something he just missed out on last year when he placed ninth in the 3,000m steeplechase.

Redshirt freshman **Paul Norland** and true freshman **Chris Tyson** will provide depth and look to gain some experience behind the two highly regarded steeplechasers during the season.

Distance

Leading the distance runners, and the Tribe as a whole, will be senior **Ian Fitzgerald** and senior **Christo Landry**. Fitzgerald had a stellar junior campaign that saw him place 18th at the NCAA Championships in the 5,000m run. Fitzgerald was the IC4A and Colonial Relay champion in the 1,500m run and earned all-conference honors for his runner-up finish at the CAA Championship in the 1,500m. Fitzgerald also set a personal-best time of 13:55.19 in the 5,000m run at the UNC Last Chance. Landry redshirted the track season, but had an unbelievable cross country season. Landry was named an All-American for the third time after placing 13th at the NCAA Championships and was named CAA Athlete of the Year. Landry will look to better his career mark of 13:53.62 in the 5,000m that he set at Stanford in 2006.

Junior **Patterson Wilhelm** had a great 2008 campaign for the Tribe. Patterson placed 15th in the 5,000m run at the NCAA East Regional and also captured the CAA 5,000m championship. He also set a personal-best time of 14:16.80 in the 5,000m run at the Payton Jordan Invitational. Junior **Ben Massam** won the CAA Championship in the 10,000m run and placed second in the 5,000m run with only 40 minutes in between the events. Massam also placed eighth and earned All-East honors at the IC4A Indoor Championships in the 5,000m and placed fifth in the 10,000m run at the IC4A Outdoor Championships for his second All-East nod of the year. Massam set his career-best mark in the 5,000m run at the Colonial Relays this year, running 14:21.81.

Junior **Charlie Swartz** and sophomore **Tom Burke** both look to build on solid seasons last year. Swartz ran in both the indoor and outdoor IC4A Championships and placed fourth at the CAA Championships in the 5,000m run. Swartz also set his personal-best in the 5,000m run of 14:21.49 at the Penn Relays. Burke looks to improve



Chris McIntosh



Harry Miller

upon a rookie campaign that saw him earn Rookie of the Year honors in cross country and just miss scoring at the CAA Championships with his ninth place finish in the 10,000m run.

Both senior **Dan MacKay** and junior **Colin Leak** are expected to run well this season for the Tribe after redshirting last season. Also expected to contribute for the team will be junior **Drew Midland**, who set a personal best in the 3,000m run at the IC4A Indoor Championships last season.

Two sophomores will add great depth for the distance corps this coming season. Transfer **Jonathan Grey** comes to the College after running last year at the University of Oklahoma. Grey ran well for the Sooners, placing fifth in the 10,000m run at the USAT&F Junior Nationals in 2007. Classmate **Skeeter Morris** will look to improve on a great showing at the CAA Championships that saw him set a new personal record in the 10,000m run.

Two sophomores will look to build on good rookie campaigns that saw them each set new career-bests in the 10,000m run. **Glen Wright Colopy** set his mark at the Colonial Relays, while **Max Werner** had his best performance at the CAA Championships, qualifying for the USA T&F Junior Nationals in 31:47.67.

Five incoming freshman come in boasting great prep credentials and look to provide depth immediately for the Tribe. **Peter Dorrell** comes to the College as a two-time Gatorade Track Athlete of the Year in Virginia and a nine-time Virginia AA state champion. He has impressive personal-bests in both the 1,600 and 3,200, timing 4:11.62 and 8:58.30 respectively. **Alex McGrath** was named the Gatorade Runner of the Year in New Hampshire and was also named New Hampshire Runner of the Year in 2007.

John Pence was named all-conference three-times in track, while **David Adley** arrives in Williamsburg as a three-time district champion in outdoor track. Rounding out the freshman distance runners will be **Zach Gates**, who placed fourth in the 3,200m run at the Indiana state meet.

Throws

Junior **Brandon Oliver** and sophomore **Dan Klatzkin** will both try to capture CAA titles this year after coming close last year. Oliver earned All-CAA honors in the hammer throw with his third-place finish, while Klatzkin finished second in the discus and third in the shot put to earn all-conference honors in both.

Senior **Alex Heacock** looks to recapture the CAA championship in the javelin after placing a close second last year at the conference championships. Heacock also looks to move up the list of all-time javelin throwers at the College, where he currently ranks fifth after throwing a personal-best 196-6 at the Lou Onesty Invitational.



Brandon Oliver

Juniors **Alex Ball** and **Adam Gawne** are both coming off top ten performances at the CAA Championships. Ball started the year by setting personal bests in the weight throw in the first three meets he threw in and capped his season by placing seventh in the hammer throw at the conference meet. Gawne had a very solid year that was punctuated with a sixth-place and personal-best throw of 153-5 in the hammer throw at the CAA Championships.

Sophomore **Zach Jordan** also had a great showing at the CAA Championships. Jordan placed fifth and set a career-best of 153-7 in the hammer throw at the meet. Classmate **Tim Latham** is expected to contribute this year for the Tribe after he was limited to only one performance last year due to health reasons. Senior **Cam Shriver** will look to move up the College's top 10 list in the javelin this year after competing in the CAA Championships last year.

Freshman **Brandon Héroux**, like many of his freshman brethren, comes in with an impressive prep resume. Héroux is the reigning Penn Relays champion in the javelin throw, and owns a career best mark of 202-4.

Jumps

Coming off a fantastic year, Shriver will once again lead the jumping athletes. Shriver was the IC4A indoor champion in the high jump and ranks fifth all-time at the College with his winning height of 6-10.75. Shriver also earned All-CAA honors after finishing as the runner-up in the high jump.

In the pole vault, the Tribe will be represented by junior **Kiernan Lofland** and sophomore **Keith Constance**. Constance will look to improve after acclimating himself to college competition last season, while Lofland looks to improve on his 13th-place finish in the pole vault at the IC4A Championships and his fifth-place finish at the CAA Championships. He will also look to eclipse his personal-best height of 16-0.75 that he set at the IC4A Outdoor Championships in 2007.

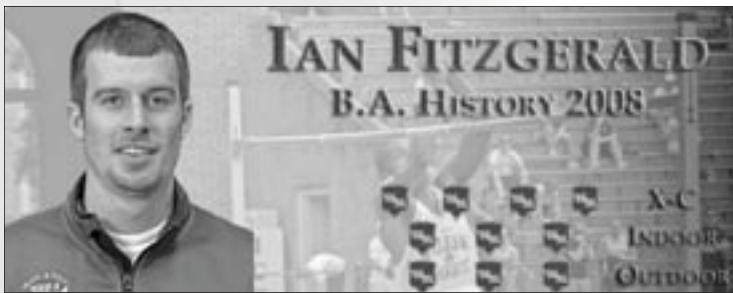
Junior **Doug Zimmer** had a breakout year last year for the Tribe. After redshirting indoors, Zimmer set a career best in the decathlon at the IC4A Championships with a score of 6,261. His performance at the championships puts him sixth all-time at the College. Zimmer also performed well at the CAA Championships, winning the pole vault component of the decathlon and placing third in the 1,500m component. This season Zimmer will transition to becoming exclusively a pole-vaulter after vaulting an impressive height of 14-7.25 at the Outdoor IC4A Championships, which made him the second-best pole-vaulter on the team.



Doug Zimmer

Multi-Events

Freshman **Roman Dent** comes to W&M with an impressive prep credentials and looks to contribute immediately. Dent is a two-time Tennessee state champion in the triple jump and also owns state championships in the long jump, pole vault, and the 110m hurdles and boasts a personal-best of 47-11.75 in the triple jump.



2007-08

Cross Country: Ran fourth for the Tribe at the NCAA Championships ... Finished sixth at the Southeast Regional, only two-tenths of a second out of the top-five ... Led W&M at the Pre-National Invitational, finishing 14th in the White Race ... Runner-up at the Colonial Inter-Regional ... Named All-Academic by the USTFCCCA. **Track:** Placed 18th at the NCAA Outdoor Championships in 5,000m run ... Qualified provisionally for the NCAA Indoor 5,000m at the Liberty Kickoff with a time of 14:07.87... IC4A Outdoor Champion in the 1,500m run ... Earned all-conference honors at the CAA Championships with runner-up finish at 1,500m ... His 3:45.74 time at CAA Championship puts him ninth all-time at the College ... 1,500m Champion at Colonial Relays ... Also part of the winning 4 x 1,500m relay team at the Colonial Relays ... Set two personal bests in the span of five days in the 5,000m outdoor run ... Ran 13:56.35 at Stanford on May 4 and 13:55.19 at UNC on May 9... Ranks seventh all-time at the College.

2006-07

Cross Country: All-region for the second year in a row after finishing 12th at the Southeast Championships ... Third Tribe runner at the NCAA Championships, crossing the line in 96th ... Also ran fourth at the Colonial Inter-Regional ... Named to the All-Academic team by the USTFCCCA. **Track:** Qualified for the NCAA East Regional and moved into seventh all-time at the College after running 13:57.35 for 5,000m at the Payton Jordan Invitational ... IC4A Champion after running the 1,600m leg of the winning distance medley relay at the indoor IC4A Championships ... Helped qualify the Tribe's 4x800m relay for the finals of the outdoor IC4A Championship ... All-East outdoors after finishing fifth in the IC4A 5,000m race ... Runner-up at the CAA Championships in the 5,000m ... Fourth in the CAA 1,500m ... Top collegiate finisher in the Colonial Relays 5,000m ... Qualified for the IC4A 3,000m indoors after running 8:15.22 at the Virginia Tech Challenge ... Performance ranks him ninth all-time at W&M ... Named to the USTFCCCA All-Academic team.

2005-06

Cross Country: CAA Champion ... CAA Athlete of the Year ... Finished third in the Southeast Regional for all-region honors, running below the previous course record ... Tribe's top finisher at the NCAA Championships in 72nd.



**3-Time All-Academic
NCAA Qualifier
4-Time All-Region
2-Time IC4A Champion
4-Time All-East
CAA Champion
CAA Athlete of the Year
3-Time All-CAA
2-Time Colonial Relays
Champion**

Top Performances

**800m..... 1:56.72 4/23/05
1,500m 3:45.74 4/19/08
3,000m 8:11.24i 3/8/08
5,000m 13:55.19 5/9/08**

... Finished third in the Southeast Regional for all-region honors, running below the previous course record ... Tribe's top finisher at the NCAA Championships in 72nd. **Track:** Set his career best in the mile when he won the Patriot Games, running 4:13.83 ... Qualified for the indoor IC4As in his first 5,000m of the season, running 14:17.53 at the Liberty Kick-Off ... Finished third at the IC4As for All-East honors and a provisional qualification to the NCAA Indoor Championships with a time of 14:13.08 ... Redshirted the outdoor season ... Competed unattached at several meets, setting personal records in the 1,500m run (3:48.07 at Villanova) and 5,000m (13:57.67 at Stanford's Payton Jordan Invitational).

2004-05

Cross Country: Eighth at the Lou Onesty Invitational ... Was running

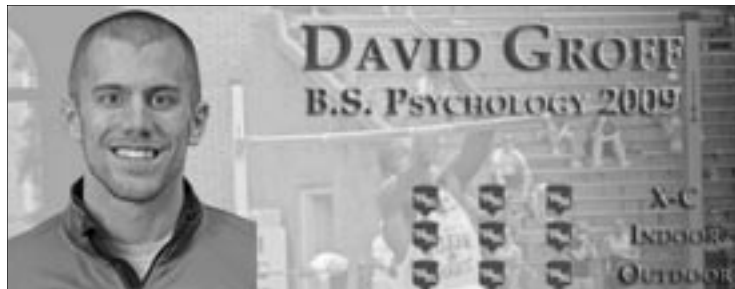
fifth at the CAA Championships before being pulled out by the coaches with victory assured ... Started the race at NAAs, but could not finish due to illness. **Track:** Indoor and outdoor IC4A qualifier in the 5,000m ... Set personal record at 5,000m at the Penn Relays (14:27.98) ... Seventh in the 1,500m at CAAs.

At North Hills

Third at the Pennsylvania AAA state cross country championships ... 18th at the Footlocker Northeast Regional ... Two-time state 3,200m champion ... 2004 state champion at 1,600m ... Won the 3,000m race at the Penn Relay Carnival in 8:22.42, the eighth-fastest time ever by a high school athlete there ... Has run 9 minutes for the two-mile, and 4:09 for the mile.

Personal

Son of Thomas and Kathryn Fitzgerald ... Born November 7, 1985 in Pittsburgh, Pennsylvania ... Fondest sports memory was winning the 3,000m race at the Penn Relays.



2007-08

Cross Country: 16th at the CAA Championships ... Seventh on the team at the Colonial Inter-Regional, finishing 22nd overall ... Was the seventh W&M runner at the Pre-National Invitational. **Track:** Ran the opening leg of the distance medley relay at North Carolina that qualified for IC4As in 10:15.14 ... Won the 1,000m at George Mason with an IC4A-qualifying mark of 2:27.44 ... Set a personal-best in the 1,000m with a time of 2:25.08 at the IC4A Championships ... Ranks fifth all-time at the College ... Red-shirted outdoors.

2006-07

Cross Country: 38th at the CAA Championships ... 50th at the IC4A Championships. **Track:** IC4A Champion outdoors as part of the 4x800m relay team that ran 7:24.97, the 13th-best time in the nation this year ... CAA Champion at 1,500m ... Colonial Relays

**IC4A Champion
4-Time All-East
CAA Champion
All-CAA
Colonial Relays Champion**

Top Performances
**800m..... 1:49.43 5/12/07
1,000m 2:25.08i 3/08/08
1,500m 3:46.98 4/6/07**

Champion at 1,500m, running a meet-record time of 3:46.98 ... All-East outdoors at 800m, finishing seventh at the IC4A Championships ... Qualified for the finals by running a personal-best 1:49.43 ... Ranks sixth all-time at the College ... All-East indoors, finishing fourth in the 1,000m run ... Preliminary time of 2:25.56 ranks sixth in school history ... Member of the 4x800m relay that won the Penn Relays College Division ... Runner-up at 400m in the Tribe Invitational, finishing in 49.99 seconds ... Performance ranks ninth all-time at W&M ... Eighth in the 800m at the CAA Championships.

2005-06

Cross Country: Third in the IC4A Coaches Race ... 17th at the Cavalier Open. **Track:** Won the mile indoors at Liberty's Kick-Off ... Just missed advancing in the 1,000m at the indoor IC4As, running 2:27.82 for 12th place ... Ran personal bests in the 800m and 1,500m at the Duke Invitational ... Competed in the 1,500m at the CAA Championships.

2004-05

Cross Country: Redshirted. **Track:** All-East outdoors as part of the fourth-place 4x800 relay ... Ninth in the 800m at CAAs.

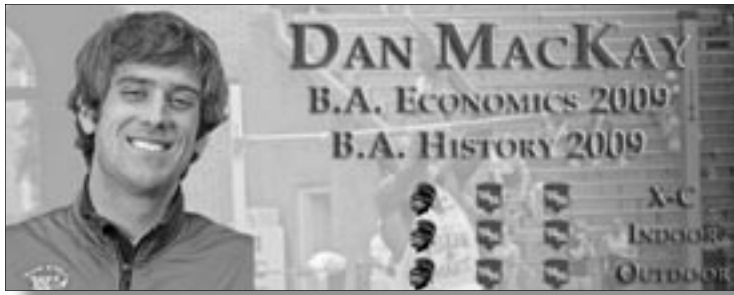
At Westfield

1,000m AAA state champion, running 2:29.82 ... Won a national championship as the anchor leg of Westfield's 4x800m relay at NSICs ... Ran the 1,200m leg on the runner-up DMR at the adidas Outdoor Championships ... Northern Region runner-up in the 800m ... Sixth at the AAA state cross country championships in 2003 ... Prep bests include 1:53.64 for 800m, 4:14.80 at 1,600m, and 9:21 for 3,200m.

Personal

Son of Dennis and Diann Groff ... Born October 17, 1985 in Washington, D.C. ... Enjoys photography and collecting lids from Ben and Jerry's ice creams.

BIOGRAPHIES



2007-08

Cross Country: Redshirted. **Track:** Redshirted.

2006-07

Cross Country: 29th at the CAA Championships ... Ran at the IC4A Championships ... Ran in the Open Race at the Brooks Pre-Nationals. **Track:** Just missed scoring at the CAA Championships in the 10,000m, finishing ninth ... Ninth in the Penn Relays 10,000m, qualifying for the IC4A Championships with a time of 30:33.48 ... Ran 14:50.92 in the 5,000m at the Colonial Relays, finishing 20th.

2005-06

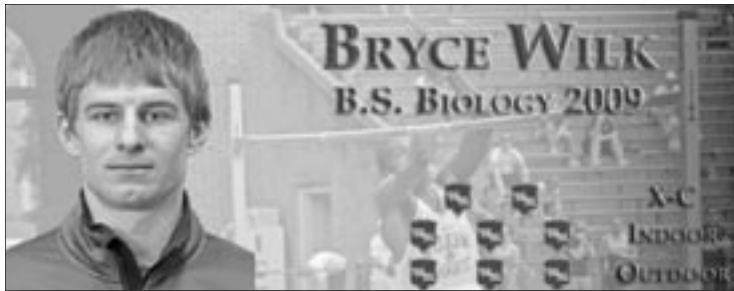
Cross Country: Eighth unattached at the Maymont Festival. **Track:** Just missed All-East accolades in the 10,000m, placing ninth at the IC4A Championships in 31:07.80 ... Placed 11th at the CAA Championships in the 10,000m ... Set personal record in the 10,000m at the Penn Relays, running 30:53.63 ... Second in the 3,000m at the Vince Brown Invitational ... 12th in the seeded 5,000m race at the Duke Invitational, finishing in 14:44.71.

2004-05 (at Calvin College)

Cross Country: Member of the Division III national championship team. **Track:** Set personal best of 31:09 in the 10,000m.

Personal

Son of John and Anne MacKay ... Born October 5, 1985 in Raleigh, North Carolina ... Mother ran for Vermont and father was part of the cross country, track, and ski teams for St. Lawrence College ... Enjoys skiing, tennis, and golf when not running.



2007-08

Cross Country: 11th at the Cavalier Open ... Also ran at the Colonial Inter-Regional and the IC4A Championships. **Track:** Earned All-CAA honors with a second place finish at the CAA Championships in the 3,000m steeplechase ... Ran the 3,000m steeplechase at the IC4A Championships finishing in a career-best time of 9:11.37.

2006-07

Cross Country: Did not compete. **Track:** Scored for W&M at the CAA Championships, placing eighth in the 3,000m steeplechase ... Set his personal-best steeplechase time at the Duke Twilight Invitational, running 9:19.22.

2005-06

Cross Country: Runner-up in the IC4A Coaches Race ... 13th in the Tribe Open ... 15th at the Maymont Festival. **Track:** Runner-up in the mile at the Christopher Newport Invitational ... Redshirted outdoors.

2004-05

Cross Country: Redshirted ... Ran unattached at the Colonial Invitational, finishing 16th. **Track:** Eighth in the 3,000m steeplechase at the CAA championship ... Won his debut in the steeplechase at the VCU Ram Invite, running a personal-best 9:25.83.

At Millbrook

State champion in the 3,000m steeplechase ... Two-time league MVP ... Four-time league champion in the steeplechase ... League champ in the 3,200m three straight years

Top Performances	
3,000m 8:41.33i ... 2/10/07
5,000m 14:44.71 4/7/06
10,000m 30:33.48 ... 4/27/07

All-CAA	
Top Performances	
3,000m 8:55.70 ... 3/24/07
3,000m SC	.. 9:11.37 5/9/08
5,000m 15:10.05 ... 3/14/08

... League Scholar-Athlete of the Year ... Millbrook's 2004 Male Athlete of the Year ... Prep bests include 2:02 for 800m, 4:29 for 1,600m, 9:25 in the steeplechase, and 9:43 for 3,200m.

Personal

Son of Rick and Carolyn Wilk ... Born August 18, 1985 in Schnecktady, New York ... Member of the Pre Vet Club at W&M ... In 20 years would like to be happy.



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: Redshirted.

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.

2-Time All-Academic
CAA Scholar-Athlete of the Year
3-Time All-American
3-Time All-Region
All-East
CAA Champion
2-Time CAA Rookie of the Year
4-Time All-CAA

Top Performances	
1,500m 3:51.52 4/23/05
3,000m 8:06.71 4/9/05
5,000m 13:53.62 ... 4/30/06



2007-08

Runner-up in the javelin at the CAA Championships ... CAA Field Athlete of the Week on April 1 after finishing second at the Fred Hardy Invitational... Ranks fifth all-time in the javelin at the College after throwing 196-6 at Virginia on April 12.

2006-07

CAA Champion in the javelin throw ... Won by nearly 25 feet with a best throw of 195-2 ... Set personal-best at the Colonial Relays, throwing for an even 196 feet ... Performance took third at the meet, and ranks fifth all-time at W&M ... Also won the Tribe Invitational and the Mason Last Chance Invitational ... Competed at the IC4A Championships and the NCAA East Regional.

2005-06

Third in the javelin at the CAA Championships ... Best throw (190-10) came at the Fred Hardy Invitational ... The throw qualified him for the U.S. Junior Championships.

At Warwick

Threw the javelin for four years ... 2004 Lancaster-Lebanon League champion ... 2005 District III AAA champion ... Fourth in the Pennsylvania AAA states in 2005 ... 12th at the Nike Outdoor Nationals ... Warwick High Athlete of the Year and US Marines Distinguished Athlete as a senior ... Also played quarterback and safety for three years ... Threw for more yards in a game than the Pennsylvania single-season yardage record holder ... Member of the Spanish Honor Society ... Named Student of the Month by the Rotary Club.

Personal

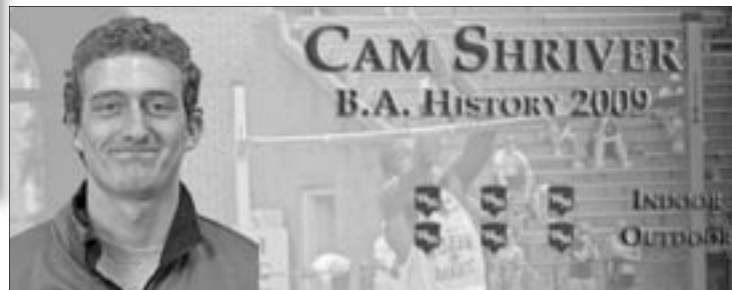
Son of George and Dixie Heacock ... Born April 30, 1987 in Lancaster, Pennsylvania ... Favorite athletes are Tony Romo and Cam Shriver ... Favorite movie is Talladega Nights ... Enjoys lifting weights, playing video games, and watching sports.

**CAA Champion
3-Time All-CAA**

Top Performances
Javelin 196-6 4/12/08

Personal

Son of Jack and Debbie Heidman ... Born January 31, 1987 in New Jersey ... Enjoys playing video games and pick-up football and basketball games ... Transferred to W&M so he could be challenged in both his academics and athletics.



2007-08

IC4A Indoor Champion in the high jump with a mark of 6-10.75 ... Ranks fifth all-time at the College in the high jump ... Earned All-CAA honors for the first time by placing second in the high jump at the conference meet ... Placed 10th at CAA Championships in the javelin ... His throw of 166-9 ranks 10th all-time at W&M ... Cleared 6-10.75 outdoors to win the Colonial Relays and qualify for the NCAA Regional ... Cleared 6-8.25 in the high jump at the Liberty Kickoff to pass the IC4A qualifying standard for the first time ... Jumped a then-career best 6-8.75 at George Mason.

2006-07

Tied for 10th all-time at the College after clearing 6-6.75 in the high jump at the Fred Hardy Invitational ... Scored for the Tribe in seventh place at the CAA Championships ... Won the Tribe Invitational with a jump of 6-4.75 ... Runner-up indoors at the Vince Brown Invitational with a then-personal best mark of 6-5.

2005-06

Just missed all-conference honors in the high jump, taking fourth in a heavy downpour with a height of 6-0.75 ... Career-best jumps came just before and just after CAAs, when he cleared 6-4.75 at the Lou Onesty and Patriot Open Invitationals.

At Talawanda

Member of the track and hockey teams for three years ... Hockey Player of the Year as a senior ... National Merit Finalist ... Member of the National Honor Society ... Vice-President of the Student Council.

Personal

Son of Scott and Vicki Shriver ... Born August 19, 1986 in Oxford, Ohio ... Grandfather, Phillip, is President Emeritus at Miami (OH) University ... Growing up, wanted to be a writer ... Favorite athlete is Alex Heacock.

**IC4A Champion
All-East
All-CAA
Colonial Relays Champion**

Top Performances
High Jump .. 6-10.75 4/5/08
Javelin 166-9 4/18/08



2007-08

Ran a season-best 57.68 in the 400m hurdles at the Colonial Relays ... Ran the 400m dash at the Patriot Games and the 500m dash at the Navy Quad.

2006-07

Third at the Tribe Invitational in the 400m hurdles, running a season-best 56.97 ... Ran almost the same pace at the Colonial Relays, finishing 15th in 56.98.

2005-06 (at Mary Washington)

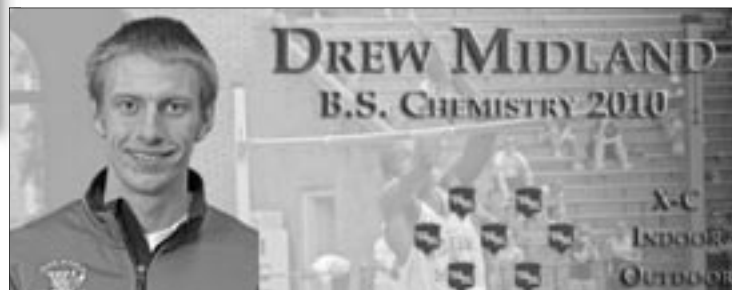
Set UMW's school record in the 60m hurdles in his first appearance, timing 8.97 ... Third in the 400m hurdles at the CAC Championships, running 57.70 ... Ran lead-off on the CAC Champion 4x400m relay.

At Osbourn Park

Two-time all-region honoree in track ... Also earned four all-district accolades ... Named Scholar-Athlete by the Virginia High School League in both track and football all four years ... Named all-area in track in 2005 by the Washington Post ... Played wide receiver and linebacker for the OPHS football team.

**CAC Champion
All-CAC**

Top Performances
400m H 56.97 3/31/07
500m..... 1:09.21i ... 1/19/08



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

**2-Time All-East
All-CAA**

Top Performances
1,500m 4:06.30 4/14/07
3,000m 8:20.99i 3/8/08
5,000m 14:52.96 ... 4/20/07

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

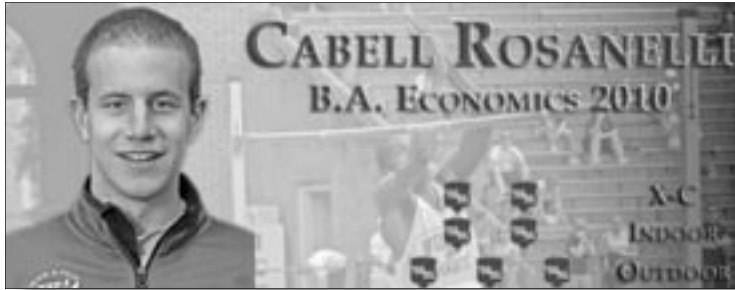
Cross Country: Finished 20th at the Cavalier Open and 16th at the Maymont Festival running unattached. **Track:** Second in the 3,000m at the Christopher Newport Invitational ... Third in the 3,000m at the Vince Brown Invitational, running 8:51.13 ... Redshirted outdoors.

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.



2007-08

Cross Country: Ran at the IC4A Championships ... 38th at the Lou Onesty Invitational. **Track:** Earned All-East recognition for his 1,000m run at the IC4A Indoor Championships, placing eighth ... Set a personal best at the CAA Championships in the 1,500m run with a time of 3:55.28 ... Ran the 800m leg of the distance medley relay at UNC that ran 10:15.14 to qualify for the IC4A Championships ... IC4A qualifier at 1,000m after running 2:28.93 at George Mason.

2006-07

Cross Country: 14th in the IC4A Coaches race ... 16th at the Cavalier Open. **Track:** Set his personal-best at 1,500m at the Larry Ellis Invitational, running 4:00.25.

2005-06

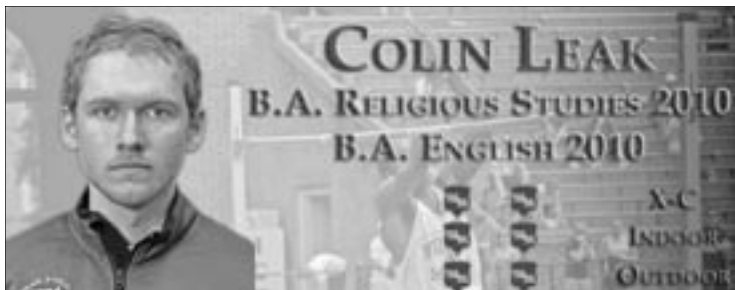
Cross Country: 12th unattached at the Maymont Festival. **Track:** 15th in the 1,500m run at Richmond's Fred Hardy Invitational in 4:04.32 ... Competed two other times in the 1,500m, at the VCU Ram Invitational and the Patriot Open Invitational.

At Douglas Freeman

11th at AAA state cross country championship, helping team to runner-up finish ... Seventh in the state in the indoor 1,600m ... Also member of the seventh-place 4x800 relay indoors ... Member of the National Honor Society and the History Club.

Personal

Son of Peter and Sheila Rosanelli ... Born July 5, 1987 in Richmond, Virginia ... Great Aunt, Virginia Miller, graduated from W&M in 1932 ... Enjoys playing golf ... Most embarrassing moment was getting dunked on in a student/faculty basketball game.



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:** Red-

All-East		
Top Performances		
1,000m2:27.71i3/8/08
1,500m3:55.284/18/08
Mile4/12.72	...4/11/08

2-Time All-CAA		
Top Performances		
1,500m3:52.73u5/3/08
5,000m14:23.74u	..4/18/08
10,000m30:24.18	...4/20/07

shirted 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.



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.

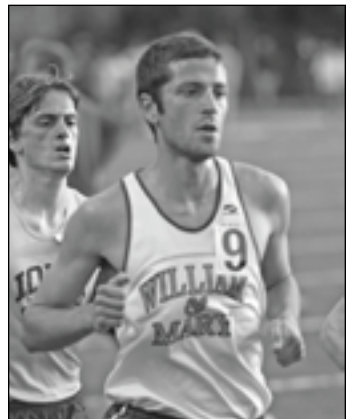
At Osbourn

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 the piano and roots for the Redskins.

All-East All-CAA		
Top Performances		
1,500m3:56.693/29/08
3,000m8:31.73i	...2/23/08
5,000m14:21.49	...4/24/08



BIOGRAPHIES



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 Kickoff 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 ... PVT 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 ... Majoring in business.



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 8:46.77i ... 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.

NACAC U-23 Participant
2-Time All-CAA

Top Performances
1,500 **3:48.70** **4/19/08**
3,000m SC .. **8:49.09** **4/24/08**

Top Performances
Heptathlon .. **4,482i**..... **1/27/07**
Decathlon **6,261** **5/17/08**
Pole Vault .. **14-7.25d**... **5/17/08**



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

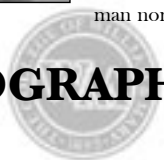
Had his best performance in the discus at the end of the season, throwing 130-0 at the Mason Last Chance Invitational ... Placed 13th in the shot and 14th in the discus at the CAA Championships.

Top Performances
Weight **45-3i** **2/9/08**
Hammer..... **151-9** **4/24/08**
Discus **130-0** **5/5/07**

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

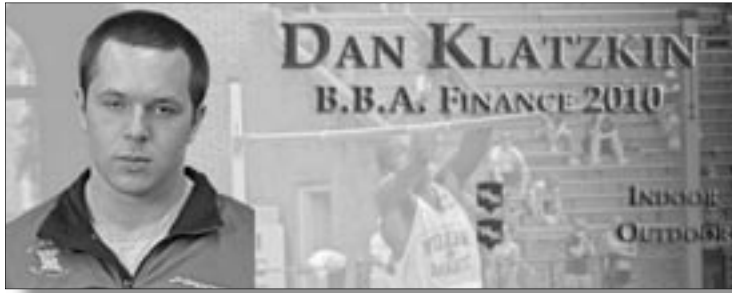
BIOGRAPHIES



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.



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 Klatzkin ... Born December 5, 1987 in Rockville, Maryland ... Enjoys running.



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 ... Overall, won four meets and finished second or better in seven of 10 events entered.

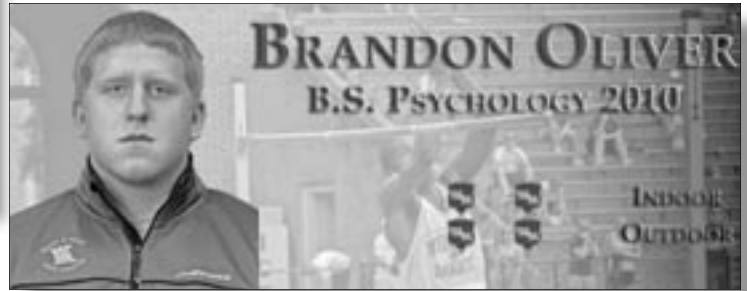
All-CAA
Top Performances
Pole Vault ... 16-0.75 ... 5/12/07

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 ... Earned five letters while pole-vaulting and running relays for St. Christopher's under the direction of Val Dspenko and Key Randolph ... Had a prep-best mark of 15-3 in the pole vault ... 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 ... Enjoys surfing and mountain-biking ... Growing up, wanted to be an architect.



2007-08

Earned All-CAA honors for the first time in the hammer throw at the CAA Championships by finishing third... Put the shot at the CAA Championships ... Ranks eighth all-time at the College in the hammer throw with a personal -best distance of 162-6 at the Lou Onesty Invitational ... Set a personal-best of 51-0.25i at the Virginia Tech Challenge in the weight throw ... Throw ranks him 10th all-time at the College ... Threw 49-0.75 to win the weight throw at the Carolina Classic.

2006-07

Sixth in the hammer throw at the CAA Championships ... Recorded a best-throw of 147 feet ... Set his career-best at the Mason Last Chance Invitational ... Threw the hammer 150-4, the 10th best performance all-time at W&M ... Had a personal-best effort of 46-7.25 in the weight-throw at North Carolina ...

All-CAA
Top Performances
Shot Put.....49-2.25i ... 1/27/07
Weight.....51-0.25i ... 2/22/08
Hammer..... 162-6 4/11/08

Won the Patriot Games shot put competition with a season-best put of 49-2.25 ... Scored for W&M with his eighth-place finish in the shot put at the CAA Championships.

At Meadowbrook

Third in the shot put at the Virginia 2006 AAA outdoor state championships ... Also earned all-state honors indoors ... Runner-up in the Central Region outdoors in the shot put ... All-district outdoors and indoors ... All-district and all-state both indoors and outdoors as a junior ... Central Region runner-up in the shot put as a junior ... Central district Field Athlete of the Meet in 2005 ... Richmond Times-Dispatch All-Met in football in 2006 ... Earned all-district and all-academic honors in 2004 as he helped Meadowbrook to the Division 5 state championship ... Member of the National Honor Society.

Personal

Son of Donny Oliver and Debora Holloway ... Born December 15, 1987 in Richmond, Virginia ... Enjoys computers, cars, and all other sports.





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 Outdoor 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

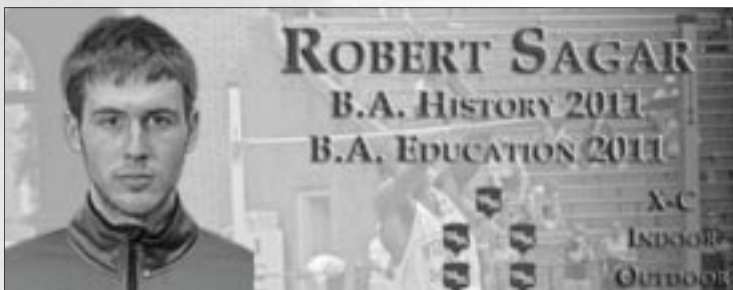
Cross Country: Led the Tribe at the season-opening Lou Onesty Invitational, finishing seventh ... Twenty-ninth at the Tribe Open ... Ran for W&M in the "A" race of the Colonial Inter-Regional. **Track:** Redshirted indoors ... Ran 15:22.80 in the 5,000m at the Colonial Relays ... Timed 32:15.77 for 10,000m 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 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.



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.

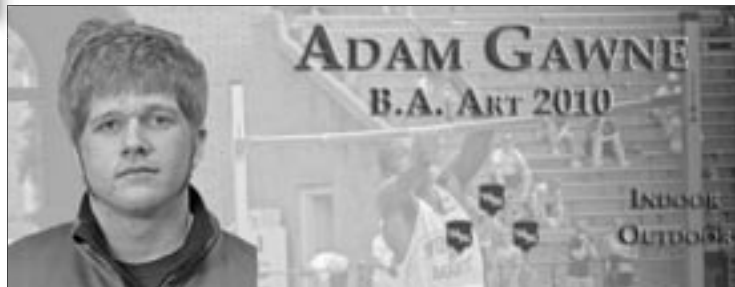
Top Performances		
1,500m	3:59.62 3/31/07
3,000m	8:51.51i ... 2/10/07
3,000m SC	..	9:32.66 4/14/07

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.



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 48-1 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.

Top Performances		
Weight	48-1i 2/16/08
Hammer	153-5 4/18/08

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.



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.

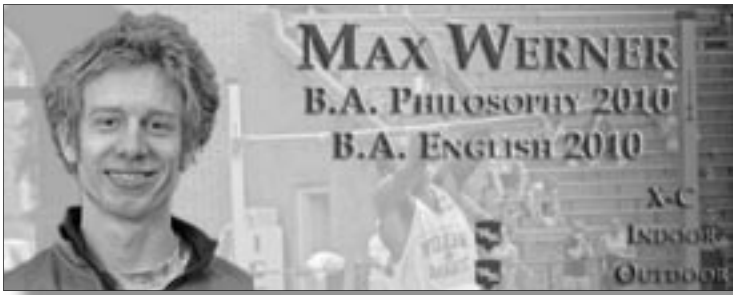
Top Performances		
3,000m	8:51.99i 2/9/08
5,000m	15:08.68 ... 4/20/07
10,000m	31:24.08 ... 4/18/08

At Nottoway

Virginia AA indoor state champion at 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 Farnville, Virginia ... Full name is Richard William Morris ... Favorite athlete is Bernard Lagat.



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.

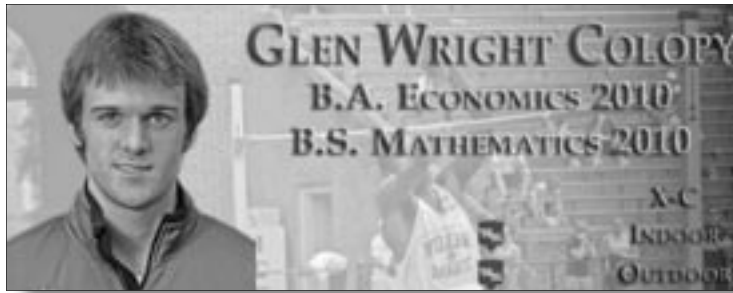
At Potomac Falls

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.

Top Performances	
5,000m 15:33.81i..... 2/9/08
10,000m 31:47.67 ... 4/18/08



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.

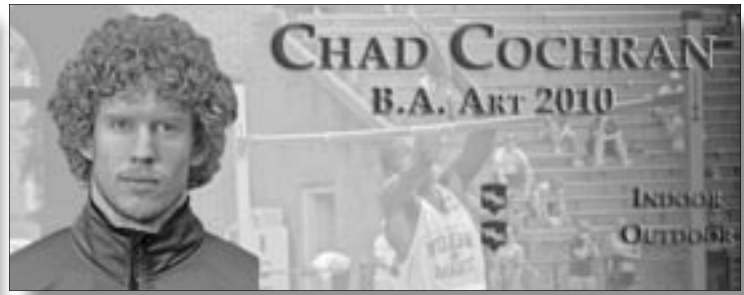
At Cary Academy

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 member of the Class of 2010 at the College ... Favorite athlete is Rob Dennis.

Top Performances	
3,000m 9:03.77i 2/9/08
5,000m 15:17.18 ... 3/28/08
10,000m 32:50.47 4/4/08



2007-08

Set a personal best in the 110m hurdles at the Lou Onesty Invitational with a time of 16.87 ... Improved his career-fast mark in the 60m hurdles twice at George Mason, running 9.02 seconds in preliminaries and 8.97 seconds in the finals to take fifth ... Ranks as the seventh-fastest 60m hurdler in school history.

Top Performances	
60m H 8.97 1/26/08
110m H 16.87 4/12/08

2006-07

Redshirted outdoors and indoors ... Threw the discus 103-7 in an unattached performance at the Tribe Invitational ... Ran in the 400m dash and 100m hurdles unattached at the Tribe Invitational.

At Westfield

Earned three all-state, all-region, and all-district accolades ... Earned a varsity letter in both indoor and outdoor track all four years of high school ... Member of the National Honor Society ... Member of the National Science and Spanish Honor Societies.

Personal

Son of Clark and Monica Cochran ... Born October 1, 1987 in Fairfax, Virginia ... Father earned his MBA from William and Mary in 1981.



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 the Vince Brown Invitational in 4:16.22.

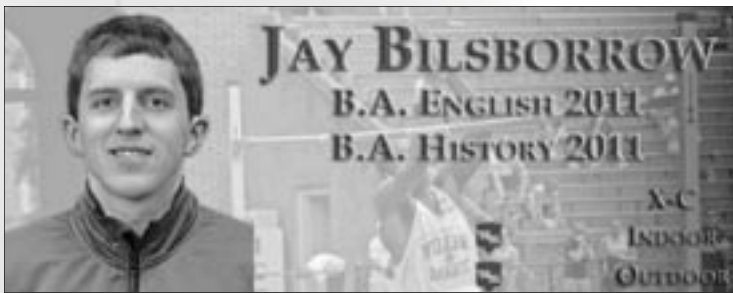
All-Region All-East CAA Champion 3-Time All-CAA	
Top Performances	
1,500m 3:51.34 4/18/08
3,000m 8:29.10i 2/2/08
5,000m 14:16.80 5/4/08

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.



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:** Red-shirted both indoors and outdoors.

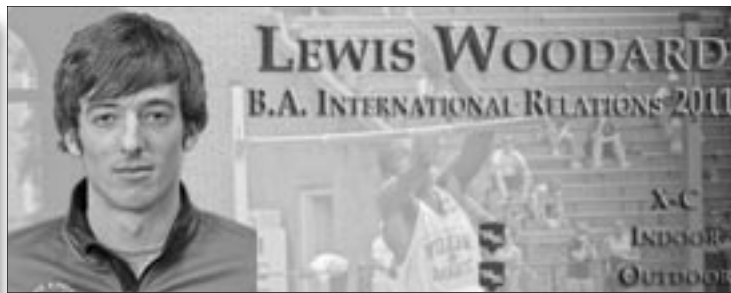
At Coldwater

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.

Personal

Son of James and Jacqueline Bilborrow ... 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.

Top Performances	
800m.....	1:53.64.....5/9/08
1,500m	3:55.79.....5/3/08
3,000m	8:46.55.... 3/29/08



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.

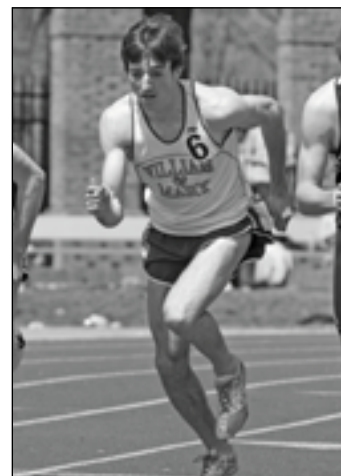
At Providence Day

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 everyday on the BBC website, in Spanish.

Top Performances	
800m.....	1:57.93 3/29/08
1,500m	3:51.56 4/19/08



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 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.

Top Performances	
800m.....	1:55.53 4/18/08
Mile	4:18.15i ... 12/1/07



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.

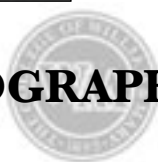
At Northern Valley

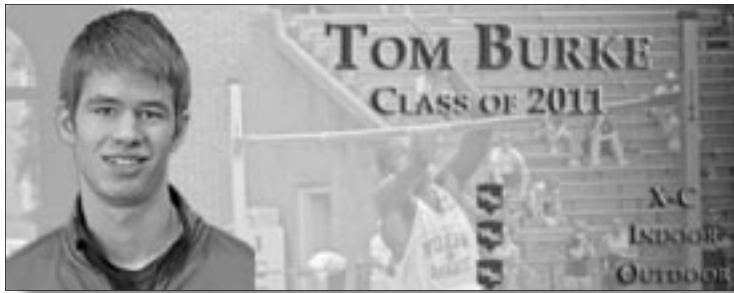
Team captain, leading the squad to the 2007 League Championship ... Team also won the league title, as well as the county championship and the Jack Yonkers Relays in 2005 ... First-team all-league as a junior and as a senior in the 400m dash ... Honorable Mention all-county in the 400m as a senior ... 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 Blitzler ... 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.

Top Performances	
60m	7.52i 1/26/08
200m.....	24.35 3/29/08
400m.....	50.35 3/15/08





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 ... Set a personal best at the Carolina Outdoor Classic in the 5,000m run with a time of 14:47.73.

At Edina

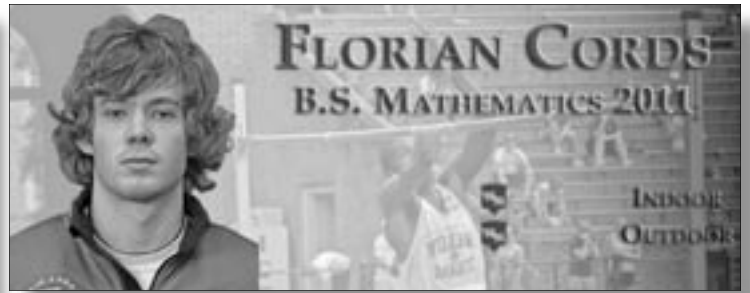
Two-time all-state selection in cross country ... Posted finishes of 12th as a junior and eighth as a senior at the state championships ... Also all-section and all-state in track both his senior and junior years ... Three-time all-conference and all-section in cross country ... Three-time all-conference 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.

**CAA Rookie of the Year
All-CAA**

Top Performances
5,000m 14:47.73 5/9/08
10,000m..... 32:42.16 ... 4/18/08



2007-08

Ran the 400m dash in 50.62 at the CAA Championships ... Ranks 14th all-time at the College in the quarter-mile ... Ran a season-best 23.16 in the 200m dash at the Fred Hardy Invitational.

At Walsingham

Won four state titles at the VIS championships ... Doubled in the 400m dash and 4x400m relay both as a junior and as a senior ... Also won six titles at the Virginia Catholic Schools state championships, sweeping the 200m, 400m, and 4x400m each of his last two years of high school ... Five-year letterman on the Walsingham soccer team, captaining the side as a senior ... Also played three years of basketball for the Trojans ... Secretary of the Key Club ... National Honor Society.

Personal

Son of Dieter and Renata Cords ... Born July 6, 1988 in Palo Alto, California ... Enjoys playing soccer and snowboarding ... Craziest ambition is to go base jumping.

Top Performances

200m..... 23.16 3/29/08
400m..... 50.15 4/4/08



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 junior at W&M ... Favorite athlete is Joey Chestnut.

Top Performances

Pole Vault 13-01 12/8/07



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.

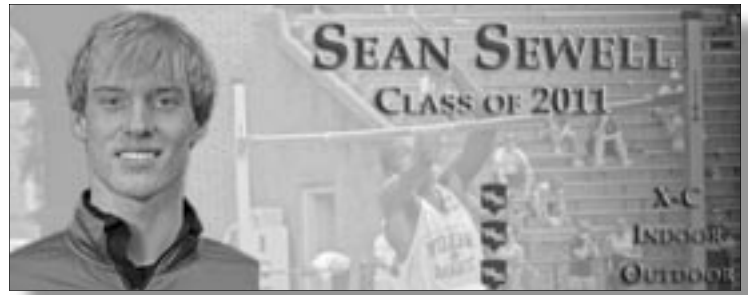
Personal

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 (OH) from 1978-82 ... Craziest ambition is to be the first surgeon to perform a successful complete-arm transplant.

Top Performances

Hammer..... 153-7 4/18/07





2007-08

Cross Country: Redshirted ... Ran unattached at the Lou Onesty Invitational, finishing 37th. **Track:** Ran a personal best in the 800m outdoors at the CAA Championships ... Finalist in both the 800m run and the 3,000m steeplechase at the CAA Championships.

At Cardinal Gibbons

Six-time NCISAA 2A state champion in cross country and track ... Performer of the Meet at the state outdoor championships as a senior ... Has run 1:55 for 800m, 4:15 in the mile, and 9:25 for 3,200m ... Member of the National Honor Society.

Top Performances	
800m	1:55.50 4/18/08
1,500m	3:59.82 3/29/08
3,000m SC	9:25.67 5/9/08

Personal

Son of William and Potter Sewell ... Born November 18, 1988 in Jackson, Mississippi ... Enjoys wakeboarding and listening to music ... Growing up, wanted to be a world champion power-lifter.



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.

All-CAA	
Top Performances	
800m	1:54.25 4/19/08
1,500m	3:50.92 5/9/08
3,000	8:42.55i 2/9/08

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.

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 Franklin

Earned 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 ... Has run 14.54 (converted) in the 110m hurdles and 54.90 in the 400m hurdles ... 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

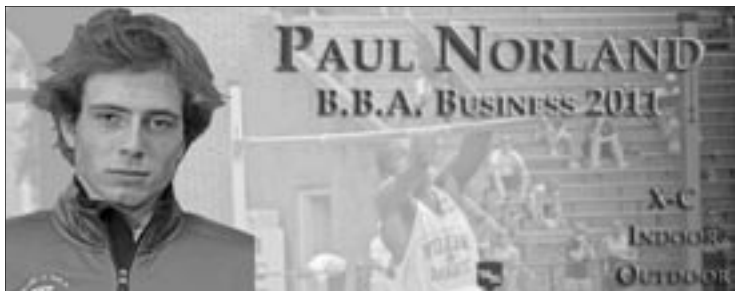
Son of Michael and Ann McIntosh ... Born January 31, 1989 in Baltimore, Maryland ... Enjoys reading.

Top Performances	
200m	22.72 3/15/08
400m	50.95 3/29/08
400m H	54.28 4/18/08



BIOGRAPHIES





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.

Top Performances	
3,000m SC ..	9:50.96 5/3/08

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.

Top Performances	
5,000m	14:44 2008
10,000m.....	31:31 2007

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.



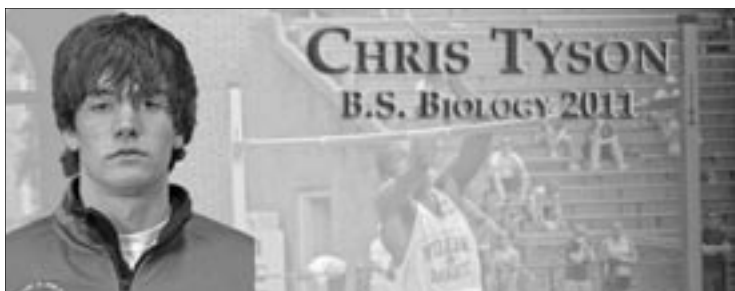
At Baldwin

First team all-state in cross country ... Cross country District Champion ... Three-time High School 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.

Top Performances	
800m.....	1:55 H.S.
1,600m	4:16 H.S.
3,000m	8:50 H.S.



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.

Top Performances	
1,000m	2:31.05i H.S.
Mile	4:13.64 H.S.
3,200m	9:24 H.S.



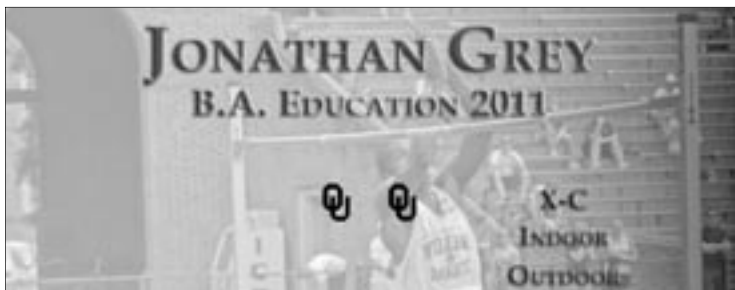
At Gloucester

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 and is currently an assistant coach for the Tribe ... Enjoys playing the guitar, bowling, and wiffleball.

Top Performances	
800m.....	1:55.30 H.S.
1,000m	2:30.22i H.S.
Mile	4:21 H.S.

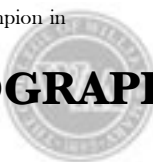


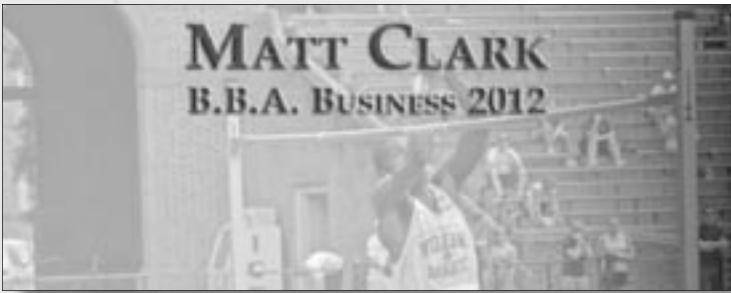
At Oklahoma

Cross Country: Finished 13th at the USA Jr. Cross Country Championships in 2007 ... Placed fifth at the Penn State National Meet ... Earned All-Big 12 honors for a 17th place finish at the conference championships. **Track:** Placed fifth at the 2007 USAT&F Junior National in the 10,000m run.

At Kennard Dale

Holds the school record in the 3,200m and the 1,600m run ... YAIAA Champion in





At St. Christopher's

Named to the All-State team 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, Kevin, played hockey at the University of Delaware ... Enjoys playing golf.

Top Performances	
55m	6.87i H.S.
55m H	7.85i H.S.



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 ... Member of the 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.

Top Performances	
110m H	14.83 H.S.
TJ	47-11.75 H.S.
LJ	22-1 H.S.
HJ	6-4 H.S.



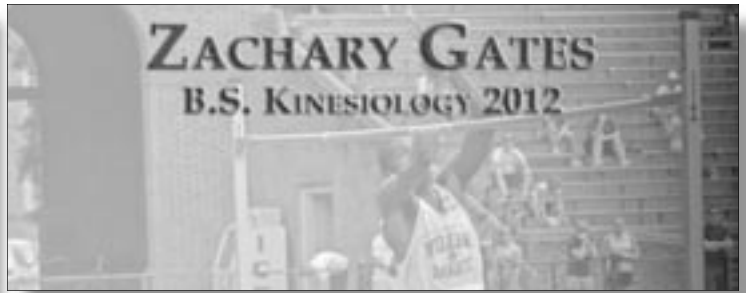
At Blacksburg

Nine-time Virginia AA State Champion ... Two-time Gatorade Track Athlete of the Year ... Nike Indoor Two Mile High School 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.

Top Performances	
800m	1:53.10 H.S.
1,000m	2:28.57i H.S.
1,600m	4:11.62 H.S.
3,200m	8:58.30 H.S.



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.

Top Performances	
800m	2:02 H.S.
1,600m	4:19.20 H.S.
3,200m	9:11.47 H.S.



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.

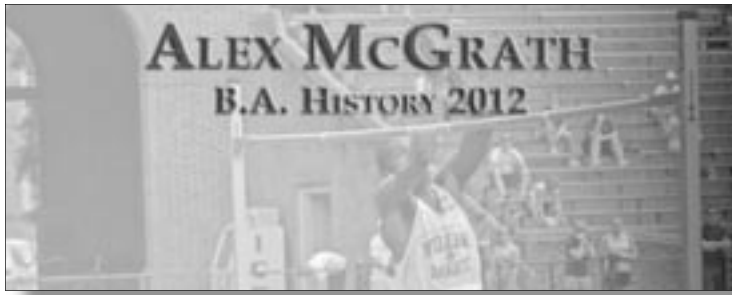
Personal

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.

Top Performances	
Javelin	202-4 H.S.



BIOGRAPHIES



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 Weaver ... 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.

Top Performances	
1,500m	4:05 H.S.
3,200m	9:08.6 H.S.

At Columbus North

Named all-conference in both cross country and track in 2005-07 ... Placed 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 is unique.

Top Performances	
800m	1:57 H.S.
1,600m	4:23 H.S.
3,200m	9:18 H.S.

ATHLETES	Lou Onesty	CIRC	Tribe Open	Pre-Nat'l's	CAA Champs	Cav Open	SE Region	IC4A Champs	NCAA Champs
Pete Asaro	26:52.60 (45)	25:55.3 (39)		25:32.5 (45#)	25:14.9 (11)			26:33 (75)	
Jay Bilsborrow									
Tom Burke	25:59.00 (21)	25:45.8 (34)		25:00.2 (17#)	25:01.8 (8)			26:55 (92)	
Jared Campbell						25:40.73 (7)		26:03 (42)	
Rob Dennis		25:28.1 (24)		24:54.6 (13#)	24:45.3 (4)		31:12.15(36)		31:44.6 (179)
Ollie Ehlinger		26:33.2 (58*)				27:29.90(33x)			
Ian Fitzgerald		24:15.3 (2)		23:39.2 (14)			29:56.80 (6)		31:25.5 (138)
David Groff		25:19.0 (22)		25:46.6 (230)	25:28.7 (16)				
Ryan Jones		27:10.5 (77*)				26:47.00(23x)			
Spencer Kirk									
Christo Landry		24:19.3 (3)		23:56.6 (34)	23:58.9 (1)		29:44.25 (4)		30:04.0 (13)
Karl Lang	26:16.40 (27)	25:59.5 (42)	25:06.0 (8)		25:16.6 (12)			26:11 (53)	
Colin Leak		24:57.8 (13)		24:20.2 (82)			31:31.80(50)		34:51.5 (249)
Dan MacKay									
Sean Mahoney									
Ben Massam		24:37.4 (5)		24:03.3 (49)			30:26.85(15)		31:25.5 (139)
Andrew Mearns	26:55.40(46x)	26:44.0 (64)	26:58.0 (43)			27:05.99 (29)			
Drew Midland			25:05.0 (7)		24:56.9 (7)			25:39 (17)	
Harry Miller		25:02.7 (14)		25:03.8 (162)	25:20.7 (13)			25:56 (34)	
Dave Mock		25:12.0 (20)			24:31.4 (2)		30:50.75(26)		31:24.5 (133)
Skeeter Morris		26:14.4 (48*)				25:18.27(5x)		26:14 (57)	
Paul Norland		26:06.5 (44*)				26:28.98(20x)			
Jeff Perrella									
James Picard			25:04.0 (6)		25:12.4 (10)	25:14.83 (3)		25:46 (22)	
Cabell Rosanelli	26:34.40 (38)							26:39 (81)	
Robert Sagar	27:07.80(54)	26:20.1 (52)	25:12.0 (14)			26:21.99 (18)		26:52 (5%)	
Sean Sewell	26:33.80(37x)	27:31.0 (83)	26:39.0 (36)						
Brian Sklodowski	27:45.00 (61)	26:16.4 (51)	25:16.0 (18)			25:42.75 (8)		26:33 (73)	
Axel Stanovsky		26:46.4 (67*)				27:25.71(31x)			
Charlie Swartz			25:02 (4)		24:53.6 (6)			25:33 (10)	
Adam Tenerowicz									
Chris Tyson	26:41.10(41x)	27:01.1 (72*)				26:11.79 (16)			
Patterson Wilhelm		25:29.2 (25)		24:59.4 (153)	24:35.8 (3)		30:43.15(23)		31:20.8 (123)
Bryce Wilk	27:41.30 (60)	26:43.6 (63)						26:52 (90)	
Lewis Woodard									
TEAM FINISH	4th of 9 116 points	2nd of 10 37 points	No Team Scoring	11th of 40 332 points	1st of 8 16 points	No Team Scoring	3rd of 29 74 points	3rd of 15 121 points	15th of 31 432 points

Numbers in parentheses indicate finish in race. * - indicates CIRC "B" Race. # - indicates Pre-National Open Race. % - indicates IC4A Coaches Race. X - indicates unattached performance.

BIOGRAPHIES/2007 CROSS COUNTRY REVIEW

Event	Freshman Indoor Record	Freshman Outdoor Record	Indoor Record	Outdoor Record
55m	Forrest Palmer, 6.44 (1979)	--	Jeff Powell, 6.18 (1984)	--
55m hurdles	Charles Dobson, 7.34 (1972)	--	Jeff Powell, 7.13 (1984)	--
60m	Marty Ross, 7.44h (2006)	--	Justin Benabdallah, 7.14 (2006)	--
60m hurdles	Marty Ross, 8.85 (2007)	--	Erik Musiek, 8.26 (1997)	--
100m	--	Mike Fratkin, 10.64c (1968)	--	Jay Cunningham 10.64c (1992)
110m hurdles	--	Jeff Powell, 14.04 (1982)	--	Bob Keroack, 10.64c (1976)
200m	Chris McIntosh, 23.17 (2008)	Mike Fraktin, 21.04c (1968)	Jay Cunningham, 22.04 (1992)	Mike Fratkin, 10.64c (1968)
400m	Kevin Toomer, 50.47 (1984)	Nelson Stortz, 48.84c (1974)	Steve Boone, 48.97 (1983)	Charles Dobson, 13.74c (1972)
400m hurdles	--	Bill Becker, 53.54c (1974)	--	Mike Fratkin, 21.04c (1968)
500m	Kevin Toomer, 1:05.14c (1984)	--	George Ashton, 1:03.71 (1998)	Steve Boone, 47.45 (1983)
800m	Paul Vandegrift, 1:52.14c (1988)	Zach Rubin 1:53.34 (2006)	Anders Christiansen, 1:47.19 (1999)	Bill Becker, 51.24c (1975)
1,000m	Mike Brown, 2:28.13 (1995)	--	Brian Hyde, 2:18.81 (1995)	--
1,500m	Paul Vandegrift, 3:49.3 (1988)	Paul Vandegrift, 3:44.34c (1988)	Paul Vandegrift, 3:49.3 (1988)	Juris Luzins, 1:45.94c (1969)
Mile	Mac Collins, 4:06.44c (1973)	Hal Michael, 4:04.94c (1968)	Brian Hyde, 3:59.16 (1995)	Brian Hyde, 2:18.61 (1995)
3,000m	Matt Maline, 8:16.97 (2002)	--	Matt Lane, 8:00.40 (1998)	Brian Hyde, 3:35.84 (1995)
3,000m Steeplechase	--	John Greenplate, 9:02.34c (1973)	--	Ron Martin, 3:58.9 (1974)
5,000m	Matt Keally, 14:17.87 (2003)	Christo Landry, 14:01.62 (2005)	Matt Lane, 13:43.36 (2001)	Matt Lane, 7:48.02 (2001)
10,000m	--	Keith Bechtol, 29:58.13 (2004)	--	Jim Shields, 8:44.6 (1978)
High Jump	John Schilling, 6-11 (1975)	John Schilling, 6-10.75 (1975)	Al Irving, 7-1.25 (1975)	Matt Lane, 13:25.38 (2001)
Pole Vault	Adolph Brown, 16-0.5 (1988)	Kiernan Lofland 16-0.75 (2007)	Dave Lipinski, 16-8.5 (1977)	Matt Lane, 28:28.97 (2001)
Long Jump	John Jones, 23-5 (1972)	John Jones, 24-7 (1972)	John Jones, 23-11 (1975)	John Schilling, 7-0 (1977)
Triple Jump	Kenechi Ezekwe, 48-6.75 (1995)	Bryan Delsite, 49-1 (1990)	John Jones, 50-11 (1975)	Al Irving, 7-0 (1975)
Shot Put	George Dippold, 55-10.5 (1983)	George Dippold, 55-6 (1983)	Drexell George, 57-7 (1976)	Charles Strode, 16-6 (1972)
35-lbs Weight Throw	Chris Parsons, 49-6.5 (2001)	--	Adam Williams, 59-5 (1996)	John Jones, 25-4.25 (1975)
Discus	--	Steve Huntzinger, 156-8 (2004)	Marlon Mattis, 59-5 (1984)	Ryan Harris, 50-9.25 (1992)
Hammer Throw	--	Tyler Steel, 160-4 (1997)	--	Drexell George, 57-5.75 (1976)
Javelin (since 1985)	--	Chris Parsons, 207-6 (2001)	--	--
Heptathlon	Marty Ross, 4,481 (2006)	--	Phil Agee, 4,733 (2004)	--
Decathlon	--	Emil Davis, 6,819 (1981)	--	Todd Doughty, 7,240 (1996)
Shuttle Hurdle Relay	--	--	--	Ryan, Poling, 59.0c (1972)
4x100m Relay	--	--	--	McCutcheon, Dobson
4x200m Relay	--	--	--	Griffin, Fratkin, 41.04c (1968)
4x400m Relay	--	--	Musiek, Ashton, 3:16.15 (1998)	Anspach, Griffith
4x800m Relay	--	--	Christiansen, Finlan	Griffin, Fratkin, 1:25.9c (1968)
4x1,500m Relay	--	--	Campbell, Ryan, 7:24.30 (1988)	Findler, Anspach
4xMile Relay	--	--	Cuevas, Vandegrift	Doughty, Musiek, 3:12.6 (1997)
Sprint Medley Relay	--	--	--	Ashton, Christiansen
Distance Medley Relay	--	--	McEaddey, Satterley, 3:29.90 (1980)	Ashton, Christiansen
			Palmer, Hopke	Ashton, Christiansen
			Graham, Wilber, 9:36.53 (2001)	Cuevas, Waggoner, 9:34.76 (1989)
			Conway, Lane	Campbell, Vandegrift

Discontinued Events

50y	Jeff Powell, 5.54 (1982)	--	--	--
50m hurdles	Charles Dobson, 6.0 (1972)	--	--	--
300y	Chris Walker, 32.2 (1982)	--	--	--
600y	Charles Duckworth, 1:11.2 (1971)	--	--	--
1,000y	Reggie Clark, 2:12.6 (1972)	--	--	--
2,000m	--	--	--	Paul Vandegrift, 5:06.64 (1992)
2 Miles	--	--	Ron Martin, 8:42.0 (1975)	--
3 Miles	--	--	--	Ron Martin, 13:14.0 (1973)
Old Javelin	--	--	--	Bob Daniel, 236-6 (1970)
Pentathlon	--	--	Emil Davis, 3,840 (1985)	--

Athlete Awards

All-Americans

Cross Country

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

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

Outdoor Track and Field

1935	Monk Little	Long Jump
1936	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

Indoor National Champions

1970	Hal Michael	NCAA Mile
	Juris Luzins	AAU 1,000y
1974	Reggie Clark	NCAA 880y

Outdoor National Champions

1970 Hal Michael AAU Mile

World Records

Indoor Track and Field

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

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.
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.
2007	Jacob Frey	Pan-Am
2007	Ed Moran	Pan-Am
2008	Harry Miller	NACAC U-23



*Brian Hyde '96, U.S. Olympian
Three-time All-American*

International Medalists

Maccabiah Games

1969	Mike Fratkin	Gold
1969	Mike Fratkin	Gold
1969	Mike Fratkin	Silver
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

Top 30 NCAA XC Finishes

Not All-America

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



*William and Mary set the world record in the indoor distance medley relay
in 1970, running 9:42.6.*

Academic All-America

1996	Matt Wilkens
1997	Matt Lane
	Kimble Woodworth
1998	Matt Lane
	Geoff Williamson
1999	Anders Christiansen
	Matt Lane
	Gene Manner
2000	Matt Lane
	Gene Manner
2003	Josh Watson
	West Garrett
2006	Keith Bechtol (3)
2007	Keith Bechtol (1)

USTFCCCA All-Academic

2004	Matt Keady
2005	Matt Keady
2006	Keith Bechtol
	Christo Landry
	Ian Fitzgerald
	Dave Mock
2007	Christo Landry
	Ian Fitzgerald
	Ben Massam

Goldwater Scholar

2005 Keith Bechtol

Rhodes Scholars

1989	J.R. Deshazo
1994	Andrew Zawacki

Phi Beta Kappa

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

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
	1970 DMR Team
	Hal Michael '71
	Vince Norako '71
	Jim Sporn '72
	Ted Wood '70
1982	Lou Plummer '36
1985	Reggie Clark '75
	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

1994 John Randolph '64
2008 Randy Hawthorne '67

Team Accomplishments

NCAA Appearances (21)

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

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

Southern Conference

Championships (15)

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

CAA Championships (15)

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

IC4A Championships (3)

1980, 1982, 2006

NCAA Regional/District Championships (8)

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

USCCCA Team Academic

All-America Honors (10)

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

NCAA Regional Athlete of the Year

1997	Matt Lane
1999	Matt Lane
2001	Sean Graham

IC4A Champions

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

Southern Conference 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 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 Athlete of the Year

1990	Paul Vandegrift
1991	Steve Swift
1992	Brian Hyde
1993	Steve Swift
1994	Brian Hyde
1997	Matt Lane



Seven-time All-American
Paul Vandegrift.

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 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

Southeast Championship All-Region

2000	Ed Moran Gene Manner Sean Graham Ben Jenkins Jacob Frey Dean Fields Mike Hoglund
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

All-East

2000	Dan Sweeney Eric Bonnette A.J. Mignonis West Garrett
2001	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

Southern Conference 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 Richard 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
1970	Randy Fields Jay Gsell Ron Martin Hal Michael Steve Snyder



The 2006 Cross Country team finished eighth at the NCAA Championships.

CROSS COUNTRY ACCOLADES



- 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

Colonial Athletic Association

- 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



- 1994 Rey Mendez
Brian Eigel
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
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

- 2002 Michael Keeling
Ed Moran
John O'Connor
Jacob Frey
Charlie Hurt
West Garrett
Michael Keeling
Adam Ostot
- 2003 Ed Moran
Matt Keally
Jason Schoener
Adam Ostot
David Murphy
Charlie Hurt
Pat Comstock
- 2004 Matt Keally
Christo Landry
Jeff Hedley
Pat Comstock
Sean Anastasia-Murphy
Anthony Arena
Charlie Hurt
Adam Ostot
- 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

- CAA Cross Country
Scholar-Athlete of the Year**
- 2003 Adam Ostot
 - 2004 Pat Comstock
 - 2005 Keith Bechtol
 - 2006 Keith Bechtol

- 2007 Christo Landry

**Southern Conference
75th Anniversary Team**
Hal Michael

Coach Awards

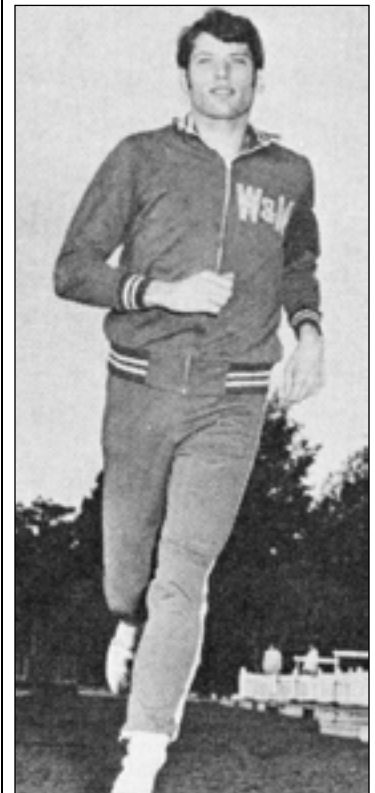
**Southern Conference
Coach of the Year**
1975 John Randolph

CAA 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

Region Coach of the Year

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



*Howell Michael is one of two
W&M runners to place in the
Top 10 at the
NCAA Championships.*

CROSS COUNTRY ACCOLADES



Team Accomplishments

CAA Championships (4)
1992, 1993, 2003, 2004

Southern Conference

Indoor Championships (11)
1957, 1966, 1967, 1968, 1969,
1970, 1971, 1972, 1973, 1974
1975

Southern Conference

Outdoor Championships (12)
1957, 1958, 1966, 1967, 1968,
1969, 1970, 1971, 1972, 1973,
1974, 1975

Athlete Awards

USTCA Male Athlete of the Year
2001 Matt Lane

Eastern Track and Field Athlete of the Year

2000 Matt Lane
2001 Matt Lane

IC4A Indoor Champions

880 yard/800 meter Run
One Champion
3,000 meter Run
One Champion
5,000 meter Run
1991 Kevin Krause

High Hurdles

Four Champions

High Jump

2008 Cam Shriver

Pole Vault

1977 Dave Lipinski

Long Jump

One Champion

Distance Medley Relay

1975 Frank Courtney
Bill Becker
Mac Collins
Reggie Clark
2007 Sean Anastasia-Murphy
Matt Wolak
Matt Warco

Ian Fitzgerald



Matt Lane '01

11-Time All-American

2001 USTCA Male Athlete of the Year

IC4A Outdoor Champions

5,000 meter Run

1992 Jeff Hough
2001 Matt Lane
2005 Ed Moran

10,000 meter Run

2004 Keith Bechtol

120 yard High Hurdles

1975 Charles Dobson

1,500 meter Run

2008 Ian Fitzgerald

Long Jump

1975 John Jones

4x800 meter Relay

2007 Matt Wolak
Ryan Jones
David Groff
Matt Warco

Southern Conference Indoor 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 Dash

1968 Dave Watson
1971 Charles Duckworth
1972 Charles Duckworth
1973 Walter Cooke

880 yard Dash

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
1971 Mac Collins
1972 Ron Martin
1973 Mac Collins
1974 Mac Collins
1975 Reggie Clark
1976 Mac Collins

2 Mile Run

1958 Bob DeTombe
1964 Jim Johnson
1965 Jim Johnson
1966 Jim Johnson
1969 George Davis
1971 Steve Snyder
1971 Tim Cook
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
1971 Charles Dobson
1972 Charles Dobson
1973 Charles Dobson
1975 Charles Dobson
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 Roger 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

1971, 1972, 1973, 1974, 1975

Southern Conference Outdoor 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 Dash

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
1972 Jay Gsell
1973 Jay Gsell

2 Mile Run

1956 Bob DeTombe
1958 Bob DeTombe

3 Mile Run

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

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

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/Colonial Athletic Assoc. Outdoor 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 Otsot
2006 Mike Dominguez
2007 Anthony Arena
2008 Rob Dennis

5,000 meter Run

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 Keadly
2007 Keith Bechtol

2008 Patterson Wilhelm

10,000 meter Run

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

2008 Ben Massam *

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

Long Jump

1992 Ryan Harris
1993 Ryan Harris

Triple Jump

1992 Ryan Harris
1993 Ryan Harris

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

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

Decathlon

2000 Phil Agee
2002 Phil Agee *
2003 Phil Agee
2004 Aaron Spicer

4x400 meter Relay

1985
* Meet Record

CAA Performer of the Meet

2001 Matt Lane

CAA Athlete of the Year

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

CAA Rookie of the Year

2003 Matt Keadly
2004 Keith Bechtol
2005 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

Southern Conference 75th

Anniversary Team

Hal Michael
Reggie Clark

Coach Awards

District Indoor Coach of the Year

1972 John Randolph

CAA Coach of the Year

1992 Dan Stimson
2003 Andrew Gerard



John Harvard Randolph

1942-1995

A.B. 1964

M.Ed. 1968

Head Coach 1968-76

Director of Athletics 1985-1995

Outstanding Senior Athlete 1964

W&M Hall of Fame 1978

Alumni Medallion 1994

1983 Pan-American Games American Coach

Four National Champions

11 All-Americans

22 Southern Conference Championship Teams

23 State Championship Teams



Four Tribe athletes have broken the four-minute mile in competition. From left to right: **Paul Vandegrift '92** (3:59.60), **Ron Martin '74** (3:58.9), 1996 Olympian **Brian Hyde '96** (3:59.16i) and 1970 indoor national champion **Hal Michael '70** (3:59.0).

TRIBE ATHLETICS

A SUCCESSFUL BALANCE

ATHLETIC SUCCESS

• The 2007-08 season was another strong year for the College, as Tribe teams added four more CAA titles to bring the school's all-time league-leading total to 92. W&M also had eight different programs represented at the NCAA Championship level in some capacity.

• The men's cross country squad won its eighth consecutive CAA crown in the fall, while the women's cross country team won its fifth straight. The women's track and field team won its seventh CAA Championship in the last eight years, while the women's tennis team added its 20th all-time CAA crown in the 23-year history of the league during the spring.

• In total, W&M had five conference players of the year, five conference scholar-athletes of the year, 18 All-Americans and 100 athletes earned all-conference honors in their respective sports during the 2007-08 season.

• Individually, the women's tennis doubles team of Megan Moulton-Levy and Katarina Zoricic garnered All-America honors by advancing to the quarterfinals of the NCAA Doubles Championship. Moulton-Levy also became the first Tribe athlete and only the fourth in CAA history to win conference player of the year honors for a fourth time. Katie Radloff, who garnered CAA Swimmer of the Year and Swimmer of the Championships honors for the second straight season, earned a spot in the NCAA Swimming Championships for the second time in as many years. Christo Laundry earned All-America honors for the third time in cross country and also won the CAA Individual Championship. Women's soccer player Claire Zimmeck garnered CAA Player of the Year honors for the second straight season and was a semifinalist for the MAC Hermann Trophy. Additionally, Emily Anderson earned All-America honors with a fifth-place finish in the 1,500m, marking the best Tribe finish in 14 years.

W&M A COLLEGE OF CHAMPIONS

NCAA CHAMPIONSHIPS (2)

Men's Tennis (2)

CAA CHAMPIONSHIPS (92)

Baseball (1)
Men's Cross Country (15)
Women's Cross Country (15)
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 (8)
Volleyball (8)

CAA FOOTBALL CHAMPIONSHIPS (3)

ECAC CHAMPIONSHIPS (7)

Men's Gymnastics (3)
Women's Gymnastics (4)

TOTAL CAA CHAMPIONSHIPS

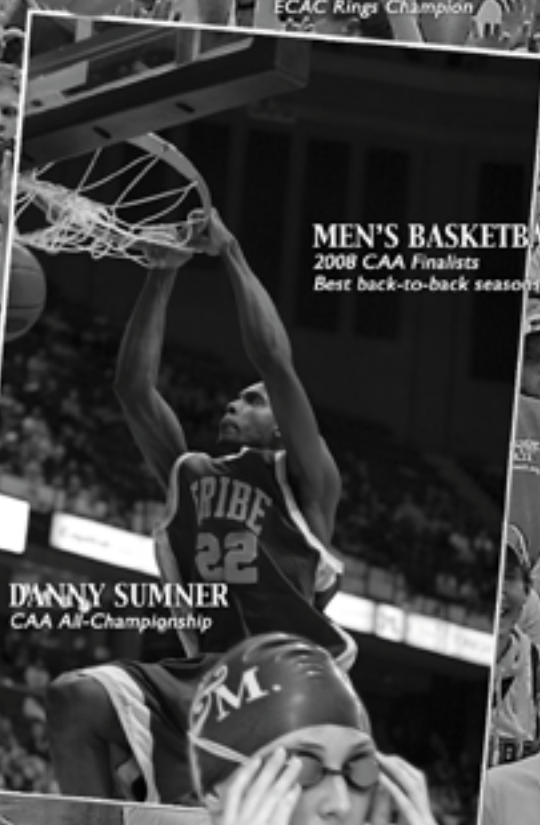
WILLIAM AND MARY

James Madison	55
Old Dominion	47
George Mason	42
VCU	34
UNC Wilmington	29
East Carolina	24
Hofstra	23
Navy	21
Richmond	20
American	8
Loyola	8
Towson	7
Georgia State	4
Delaware	3
Virginia Tech	2
Northeastern	1
UMass	1



MEN'S GYMNASTICS
2008 NCAA Qualifier
Ranked No. 11 in final NCAA poll

JAMES PRIM
Two-time USAG Collegiate All-American
ECAC Rings Champion



MEN'S BASKETBALL
2008 CAA Finalists
Best back-to-back seasons in 25 years

DANNY SUMNER
CAA All-Championship



KATIE RADLOFF
Two-Time CAA Swimmer of the Year
Olympic Trials and NCAA Qualifier

WOMEN'S SWIMMING AND DIVING
2007 CAA Champions
Ranked No. 6 in final CollegeSwimming.com Mid-Major Power Poll



MEN'S CROSS COUNTRY
15-time CAA Champion
One of six programs nationally to compete in every NCAA Championship since 1997

"EXERCISE AND RECREATION ... ARE AS NECESSARY AS READING; I WILL SAY RATHER MORE NECESSARY, BECAUSE HEALTH IS WORTH MORE THAN LEARNING. A STRONG BODY MAKES THE MIND STRONG."

- THOMAS JEFFERSON, CLASS OF 1762



FOOTBALL
Three-time Conference Champion
2004 NCAA Semifinalist

JAKE PHILLIPS
All-CAA Quarterback



WOMEN'S TENNIS
20-time CAA Champion
Ranked No. 21 in final 2008 ITA poll

KATARINA ZORIGIC
Two-time All-American



WOMEN'S TRACK AND FIELD
Won seven CAA Championships in the last eight years
Set 21 school records in 2008

CLAIRE ZIMMECK
Two-time All-American
2007 M.A.C. Hermann Trophy Semifinalist

ACADEMIC EXCELLENCE

- The Tribe's athletic accomplishments do not come at the expense of its student-athlete's academic responsibilities, as W&M ranked fourth, the highest of any athletic scholarship-granting school and of any public school, among the Division I teams when the NCAA released its inaugural Academic Progress Rate scores in 2005.
- In a recent NCAA survey on graduation rates, William and Mary athletic teams set the standard for academic excellence – 13 teams graduated 100 percent of their players. The overall graduation rate for our athletes is 96 percent (higher than 86 percent for the entire student body).
- There have been 45 student athletes elected to Phi Beta Kappa in the past ten years. Four Rhodes Scholars were W&M student-athletes
- The College's Athletics Department showed a Graduation Success Rate (GSR) of 86 percent among its student-athletes who entered school on athletics scholarships in the 2000-01 athletics year in data released by the NCAA in 2007.
- The national average among all Division I schools was 63 percent. W&M is tops in both the CAA and among all Division I Virginia schools.
- In 2002-03, the CAA created a Scholar-Athlete of the Year Award in each of its sports, and not surprisingly, W&M has set the pace with 25 winners in the six-year history of the award.

WOMEN'S SOCCER
Nine-time CAA Champion
Third-most NCAA Tournament appearances with 22





The College

THE COLLEGE OF WILLIAM AND MARY

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 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.

WILLIAM AND MARY FACTS:

- In addition to four U.S. Presidents, William and Mary 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.
- More recent famous alumni from William and Mary include U.S. Secretary of Defense Robert Gates ('65), the late David Brown ('78) (astronaut on the Columbia Shuttle), actress Glenn Close ('74), comedian John Stewart ('84), fashion designer Perry Ellis ('61), actor Patton Oswalt ('91), the late Mark McCormack ('51) (founder of sports and celebrity agency IMG), actress Linda Lavin ('59), NASCAR and Gibbs Racing's J.D. Gibbs ('91), Minnesota Vikings star Darren Sharper ('97), and Pittsburgh Steelers Head Coach Mike Tomlin ('95).
- In 2008, William and Mary recognized as 5th-highest producer of Peace Corps volunteers among mid-sized schools (5,000-15,000 students). As of January 2008, 51 W&M alumni are serving. Since the Peace Corps' inception, 499 W&M alumni have volunteered with the Corps, making the university the 82nd-highest producer of volunteers of all time.
- For 2007-2008, the College had more Fulbright Scholars than any other college of university in Virginia, and it had the highest application-to-award rate among nation's top research institutions. In 2006-2007, 12 William and Mary students were named Fulbright Scholars. Eleven received the honor in 2007-08 and scholars are studying in countries such as Argentina, Hungary, Uganda, Sweden, Senegal, and Ecuador.
- In 2008, U.S. News ranked William and Mary sixth among all public colleges and universities and 33rd out of all universities – both public and private. The William & Mary Law School ranked tied for 30th in 2008 by U.S. News. The Mason School Business ranked 40th in nation (2008) by Financial Times and 71st in the world. William and Mary ranked 4th-best bargain in higher education by Kiplinger's in 2008. Newsweek magazine named W&M "hottest small state university" in 2006.
- In 2008, W&M received a record number of applications for undergraduate admission for the 3rd year in a row. More than 11,500 undergraduate applications were received.
- According to a recent survey, William and Mary students contribute 323,000 hours of community service per year. Seventy-five percent of undergraduates and 50 percent of graduate students report they volunteered during their time at the College. Ninety percent of undergraduates report they will volunteer in the community they reside in following graduation.

TRIBE FACILITIES

William and Mary is committed to building and maintaining outstanding facilities for all 21 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 five years. Among W&M's recent projects was the construction of the \$11 million, 30,000-square foot Jimmie Laycock Football Center, which was dedicated this past June. In recent years, the College has hosted NCAA tournament events for football and women's tennis, while a number of other W&M programs have hosted conference championships at Tribe venues.



ZABLE STADIUM



**KAPLAN ARENA AT
WILLIAM & MARY HALL**



PLUMERI PARK



BUSCH COURTS



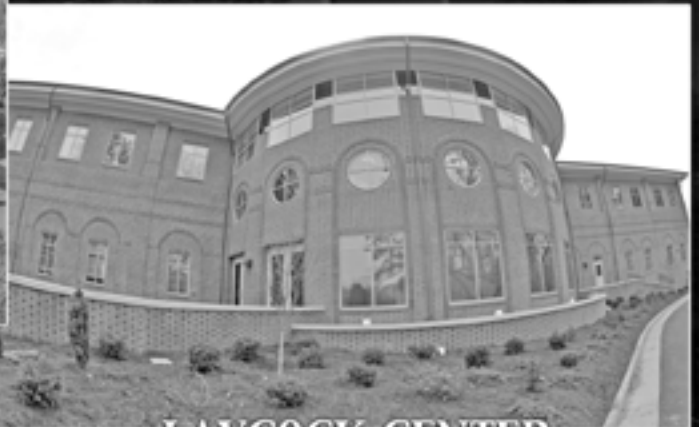
**MCCORMACK-NAGELSEN
TENNIS CENTER**



ALBERT-DALY FIELD



BUSCH TURF FIELD



LAYCOCK CENTER



**JOSEPH W. MONTGOMERY
STRENGTH TRAINING CENTER**



ATHLETIC TRAINING ROOM



TERRY
DRISCOLL
 ATHLETICS DIRECTOR

Under the steady guidance and watchful eye of Terry Driscoll, the William and Mary Athletics Department has solidified its standing as one of the nation's preeminent broad-based programs. As Driscoll enters his 13th year as athletics director, he has overseen an unprecedented era of improvement in terms of funding and facilities while also maintaining the College's rich history of producing well-rounded student-athletes.

Driscoll oversees a program that is committed to balancing academic demands with athletic success. One of the department's stated goals each year is to finish among the top 100 in the annual Director's Cup rankings, which has happened in all but one of the years that Driscoll has been the director.

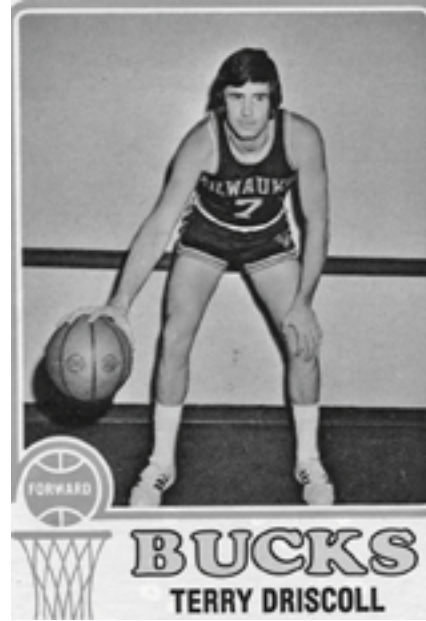
In the last five years alone, the Tribe's program has combined for a total of 23 Colonial Athletic Association (CAA) titles. This past season, W&M claimed four CAA titles (Men's and Women's Cross Country, Women's Track & Field, and Women's Tennis). As recently as 2002-03, W&M had a school-record 10 teams compete in the NCAA Tournament, with four teams winning conference titles and six that finished in the top 25 at the end of their respective seasons. Overall, no institution in the CAA can claim more all-time league championships than the 92 William and Mary has earned.

As impressive as the athletic accomplishments have been during Driscoll's tenure, the program's academic successes have been even greater. In the NCAA's inaugural (2004) APR rankings, a measurement of academic progress based on academic eligibility, retention, and graduation of student-athletes, W&M was fourth in the nation overall and first among institutions offering athletic performance-based scholarships. Additionally, the Tribe football team has posted a 100 percent graduation rate three times, while the majority of the program's squads have consistently ranked among the nation's finest in terms of graduation. In 2002, the CAA started recognizing Scholar-Athletes of the Year for each of the 22 sports it sponsors, and the College has had a conference-high 26 individuals receive the honor.

In addition to the many academic and athletic successes, Driscoll's impact on the program has been equally impressive in terms of physical and financial improvements. Since taking over as athletics director, Driscoll has overseen the construction of more than \$20 million in new facilities, including Plumeri Park (baseball), Albert-Daly Field (soccer, lacrosse), and the Busch Courts (tennis). Most recently, the College dedicated a new \$11 million, 30,000 square-foot Jimmie Laycock Football Center at Zable Stadium in the summer of 2008. During the last three years, the venerable stadium has been enhanced with an \$800,000-plus video scoreboard (2007), the installation of a \$650,000 permanent lighting system (2006), and an \$840,000 state-of-the-art Field Turf Pro artificial playing surface (2006).

In addition to the physical structures, Driscoll has also worked with the Associate Athletics Director for Development, Bobby Dwyer, to increase the annual fund-raising totals for non-capital projects from \$1.36 million in 1995 to the current annual total of approximately \$2.7 million.

A true student-athlete himself, Driscoll's leadership skills were developed during his collegiate years. As a student-athlete at Boston College, Driscoll captained the basketball team to the National Invitation Tournament Finals as a senior and was named the tournament MVP. In addition to being named an All-American, his success in the classroom as a biology major garnered him an Academic All-America honor.



After graduating from BC, he was the fourth overall pick of the 1969 NBA Draft, selected by the Detroit Pistons, just three spots after the Milwaukee Bucks chose UCLA's Lew Alcindor, later to be known as Kareem Abdul-Jabbar. Driscoll chose to play a year in Italy first, but then returned to the U.S. to play for the Pistons, Washington Bullets, and Milwaukee Bucks before going back to Italy as a player and then coach until 1980.

Driscoll then entered the corporate world in 1980, working for Kazmaier Associates, Inc., an international sporting goods sales and sports marketing firm. After Kazmaier purchased Bike Athletic in 1986, KSG Inc. was formed with the objective of becoming the first, and only, national sales agency in the sporting goods industry. By 1987, Driscoll was president of the company and had expanded the agency to all 50 states just two years later. In early 1990, Driscoll's contribution to a marketing research project for the NCAA was the initial step moving him from product marketing and sales to sports marketing and management. The result of the project was a joint venture between Kazmaier Associates and Host Communications - with Driscoll being named managing director and chief operating officer of NCAA International.

In 1993, Driscoll diversified his experience in the athletic world by working as the venue executive director of the 1994 World Cup site in Boston. In September of that year, Driscoll was again enlisted to launch a new business, Eagle International Group, an event management and services company. As vice president, Driscoll worked with Hawaii Pacific Sports to organize the Women's World Volleyball Grand Prix competition in Honolulu.

Driscoll resides in Williamsburg with his wife, Susan. The couple has two children - Keith, a 1997 graduate of Holy Cross, and Leslie, a 2001 graduate of William and Mary.

ATHLETICS DIRECTOR TERRY DRISCOLL

