



...BUILT UPON AN EPIC PAST





INTRODUCTION

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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. 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 are coordinated by sports information intern **Jacob Skipper**.

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

CREDITS

The 2007-08 William and Mary men's track and field media guide is a publication of the William and Mary sports information office. Layout, design and writing by Jacob Skipper. Editing by the sports information office. Photography by Randy Hawthorne, Bob Keroack, Pete Clawson, and Jacob Skipper. Printing by Colonial Printing of Richmond, Virginia.

COVER CREDITS

Outside covers designed by Alex Ball with assistance by Jacob Skipper. Inside front cover designed by Jacob Skipper. Inside back cover designed by Alex Ball. On the front cover: Seniors Christo Landry (l) and Ian Fitzgerald. On the back cover, clockwise from top left: senior Tom Mulcahy, senior Brandon Evans, senior Rob Dennis, senior Eric Sandridge, senior Dave Mock.

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: 5,500

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)

Director of Athletics: Terry Driscoll (Boston College, 1969)

Sr. Exec. Assoc. AD/SWA: Barb Blosser (Ohio State, 1975)

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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Sports Information Department

Assistant Athletics Director for Media Relations:

Pete Clawson (Pittsburgh, 1990)

Associate Director: Kris Sears (Indiana, 2004)

Associate Director: Rob Turner (Tennessee, 2003)

Associate Director: Mark Hoskins (James Madison, 2003)

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Coaching Staff

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

22nd Year

Office Phone: (757) 221-3397

E-Mail Address: dgstim@wm.edu

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

Fifth Year

Office Phone: (757) 221-3398

E-Mail Address: amgibb@wm.edu

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

Eighth Year

Office Phone: (757) 221-3397

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

Third Year

Office Phone: (757) 221-3398

E-Mail Address: emmora@wm.edu

Assistant Coach: Dave Fritz (Virginia Tech, 2004)

First Year

Office Phone: (757) 221-3018

E-Mail Address: dafritz@wm.edu

Volunteer Assistant:

Sean Anastasia-Murphy

First Year

Office Phone: (757) 221-3398

E-Mail Address: smanas@wm.edu



ROSTER

Athlete	Class	Event	Hometown	High School
Pete Asaro	2011	Distance	Gloucester, Massachusetts	Gloucester
Alex Ball	2010	Throws	Winchester, Virginia	John Handley
Jay Bilborrow	2011	Middle Distance	Coldwater, Michigan	Coldwater
David Blitzer	2011	Sprints	Haworth, New Jersey	Northern Valley Regional
Tom Burke	2011	Distance	Edina, Minnesota	Edina
Jared Campbell	2009	Distance	Franklin, Indiana	Franklin Community
Chad Cochran	2010	Multi	Centreville, Virginia	Westfield
Keith Constance	2011	Pole Vault	Independence, Missouri	Truman
Florian Cords	2011	Sprints	Williamsburg, Virginia	Walsingham Academy
Rob Dennis	2008	Distance	Little Silver, New Jersey	Red Bank Regional
Ollie Ehlinger	2009	Distance	Arden, North Carolina	TC Roberson
Brandon Evans	2008	Jumps	Virginia Beach, Virginia	Princess Anne
Ian Fitzgerald	2008	Distance	Glenshaw, Pennsylvania	North Hills
Adam Gawne	2010	Throws	Lyndonville, New York	Lyndonville
David Groff	2009	Middle Distance	Centreville, Virginia	Westfield
Alex Heacock	2009	Throws	Lititz, Pennsylvania	Warwick
Matt Heidman	2009	Hurdles	Manassas, Virginia	Osborn Park
Ryan Jones	2009	Middle Distance	Harrisburg, Pennsylvania	Central Dauphin
Zach Jordan	2011	Throws	Dublin, Ohio	St. Charles Prep
Daniel Klatzkin	2010	Throws	Gaithersburg, Maryland	Randolph-Macon Academy
Christo Landry	2008	Distance	Falls Church, Virginia	Thomas Jefferson
Karl Lang	2009	Middle Distance	Oak Hill, Virginia	Oakton
Tim Latham	2011	Throws	Lynchburg, Virginia	E.C. Glass
Colin Leak	2010	Distance	Chadds Ford, Pennsylvania	Unionville
Kiernan Lofland	2010	Pole Vault	Crozier, Virginia	St. Christopher's
Dan MacKay	2009	Distance	Whitinsville, Massachusetts	Whitinsville Christian
Sean Mahoney	2011	Middle Distance	Wayne, Pennsylvania	Radnor
Ben Massam	2010	Distance	Chatham, New Jersey	Chatham
Chris McIntosh	2011	Hurdles	Owings Mill, Maryland	Franklin
Andrew Mearns	2011	Distance	Williamsburg, Virginia	Jamestown
Drew Midland	2010	Distance	Virginia Beach, Virginia	Ocean Lakes
Harry Miller	2010	Middle Distance	Portland, Oregon	Catlin Gabel
Dave Mock	2008	Distance	Johnstown, Pennsylvania	Westmont-Hilltop
Skeeter Morris	2011	Distance	Burkeville, Virginia	Nottoway
Paul Norland	2011	Distance	Falls Church, Virginia	Thomas Jefferson
James Picard	2009	Distance	Midlothian, Virginia	James River
Cabell Rosanelli	2010	Middle Distance	Richmond, Virginia	Douglas Freeman
Marty Ross	2010	Hurdles	Brentwood, Tennessee	Brentwood Academy
Robert Sagar	2011	Distance	Alexandria, Virginia	Bishop Ireton
Eric Sandridge	2008	Pole Vault	Mechanicsville, Virginia	Atlee
Sean Sewell	2011	Middle Distance	Raleigh, North Carolina	Cardinal Gibbons
Cam Shriver	2009	Jumps	Oxford, Ohio	Talawanda
Brian Sklodowski	2011	Middle Distance	Newark, Delaware	The Tatnall School
Axel Stanovsky	2011	Middle Distance	Everett, Washington	Everett
Charlie Swartz	2010	Distance	Manassas, Virginia	Osborn
Adam Tenerowicz	2008	Distance	Blackstone, Massachusetts	Blackstone-Mill River
Chris Tyson	2011	Middle Distance	Arlington, Virginia	Washington-Lee
Max Werner	2010	Distance	Sterling, Virginia	Potomac Falls
Patterson Wilhelm	2011	Distance	Lynchburg, Virginia	E.C. Glass
Bryce Wilk	2009	Distance	Millbrook, New York	Millbrook
Lewis Woodard	2011	Distance	Charlotte, North Carolina	Providence Day
Glenn Wright Colopy	2010	Distance	Cary, North Carolina	Cary Academy
Doug Zimmer	2010	Multi	McLean, Virginia	McLean

Director of Track and Field: Dan Stimson (Ohio, 1971), 22nd Year
Head Coach: Alex Gibby (William and Mary, 1997), Fifth Year
Assistant Coach: Emil Davis (William and Mary, 1985), Eighth Year
Assistant Coach: Ed Moran (William and Mary, 2003), Third Year
Assistant Coach: Dave Fritz (Virginia Tech, 2004), First Year
Volunteer Assistant: Sean Anastasia-Murphy, First Year



ALEX GIBBY



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 William and Mary (2003-Present) - Coaching Highlights

Fall 2007
Cross Country: W&M wins 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 finishes 16th or higher ... Team finishes third at the Southeast Regional, only five points out of first place, and is invited to NCAAs for the 11th year

in a row ... Four athletes are All-Region ... "B" team takes third at IC4As, placing three on the All-East team ... At NCAAs, team finishes 15th ... Christo Landry finishes 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 places fourth at the region, and wins the CAA crown ... In CAA post-season voting, Landry is tabbed Athlete of the Year and Scholar-Athlete of the Year, Tom Burke is Rookie of the Year, and Gibby repeats as Coach of the Year ... Senior Ollie Ehlinger elected to Phi Beta Kappa.

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 finishes 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 earns his fourth Scholar-Athlete of the Year award from the CAA, and is selected to Phi Beta Kappa. **Track:** Bechtol places 14th at the NCAA 10,000m championships, one second behind All-American cut-off ... He qualifies for the NCAA meet by running 28:55.57, third-best time in school history, at Stanford ... Also qualifies for 2008 Olympic Trials ... Tribe wins 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 wins six titles at the CAA Championships en route to finishing second ... W&M sweeps the top three spots in the 5,000m, 10,000m, and 3,000m steeplechase ... Bechtol wins the 5,000m and places third in the 10,000m ... Matt Keally wins the 10,000m ... Anthony Arena wins the steeplechase ... David Groff wins the 1,500m ... Matt Warco wins the 800m ... Groff also wins 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 qualifies for NCAAs in the 5,000m, placing 26th ... Earlier in the season, Landry runs 13:53.62 at Stanford, and Ian Fitzgerald runs 13:57.67 unattached ... Seniors Jeff Hedley (1,500m), Matt Keally (5,000m), and Mike Dominguez (3,000m steeplechase) all win CAA titles ... Junior Keith Bechtol wins 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 falls victim to food poisoning at the NCAA Championships and only four runners finish the race, led by freshman Christo Landry who finishes 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 takes 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 wins the North American, Central American, and Caribbean Junior Cross Country Championship. **Track:** Ed Moran and Christo Landry qualify for the NCAA 5,000m, where Moran places seventh for his fourth All-American honor ... Moran also wins the 5,000m at both the CAA and

IC4A Championships, the first conference championships of his career ... Racing at the USAT&F Championships, Moran runs 13:25.87, less than half a second off of the school record ... Landry sets the W&M freshman record in the 5,000m, running 14:01.62 to qualify for the NCAA Regional ... Sean Anastasia-Murphy becomes 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 wins the 3,000m steeplechase and leads a sweep of the top five spots for the College ... Pat Comstock wins the 10,000m in meet-record time, and the Tribe takes six of the top eight positions ... Comstock is selected to Phi Beta Kappa.

2003-04

Cross Country: Ed Moran wins his second CAA Championship and leads 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 wins its second-consecutive CAA crown ... Matt Wolak comes from behind to win the 800m, freshman Keith Bechtol wins the 10,000m, and sophomore Matt Keally wins the 10,000m ... Jeff Hedley qualifies for the NCAA 5,000m after finishing third at the NCAA East Regional ... Bechtol wins the IC4A 10,000m and qualifies for the USAT&F Junior National Championships, with the fastest-time run by any American junior competitor that year (29:58.13) ... Bechtol places second at the Junior Nationals, and is the highest American finisher at Junior Worlds, finishing 19th ... Bechtol is 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 William and Mary (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 extant ... 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 William and Mary (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.

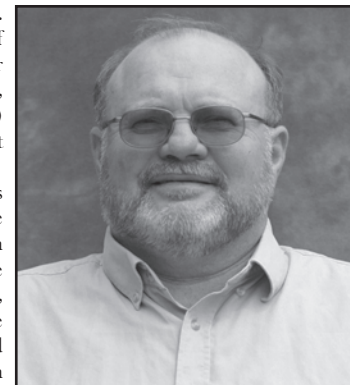
Personal

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 was a finalist in the 5,000m and 10,000m at both the 2000 and 2004 U.S. Olympic Trials, and 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 has twice finished in the top eight of the 5,000m at the USAT&F National Championships, and works as an assistant coach at W&M ... 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

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

DAN STIMSON



In his 22nd year as Director of Track and Field at William and Mary, Dan Stimson oversees a program that has demonstrated success both in the classroom and on the track, and has served as an exemplary model for what collegiate athletics should be all about. In recognition of his years of service, the College honored Coach Stimson in 2007 by naming the new throwing facility in his honor, the Stimson Throwing Events Area. Made possible through a generous donation from Mr. and Mrs. Joe Showker, the facility includes an Olympic throwing cage with circles for both the hammer and discus, two shot put circles, and javelin runway.

The men's and women's programs have combined for 17 Colonial Athletic Association titles out of 22 possible since the 2002-03 school year, and have garnered numerous CAA Athlete and Rookie of the Year awards. The 2006-07 season was another banner year for the squads, as Stimson's program captured both CAA cross country titles: the seventh consecutive conference title for the men's team and fourth in a row for the women's squad. Punctuating the season was the 10th-straight NCAA team qualification for men's cross country, an achievement only four other schools can claim. To date, Stimson's programs have produced 55 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 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.



Stimson By The Numbers

- 55 All-Americans in indoor and outdoor track and field and cross country**
- 41 CAA Team Titles**
- 27 CAA Athletes of the Year**
- 22 Seasons at William and Mary**
- 3 CAA Coach of the Year Honors (1992 and twice in 1996)**

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 four athletes in the Green and Gold have won the last five CAA titles, and six of the seven ever contested, along with the last two ECAC crowns. Alarice Cesareo earned a pair of titles in 2001 and 2003, and Phi Beta Kappa-graduate Sarah McHale won in 2004. In 2005, Bonnie Meekins won her first title with a then-record score of 4,763 points, before giving way to classmate Brenna Blevins in 2006, who scored 4,806 points. In 2007, Meekins came back again with another meet record, 5,192 points. Similarly, Blevins won the 2006 ECAC crown with a then-school record total of 5,229, the highest point total not invited to the NCAA Championships that year. Meekins provided the breakthrough this past spring, powering to a score of 5,457 to claim the Eastern title, and a trip to the NCAA meet, where she would place 16th.

In the 2006 CAA hammer throw, Liz Hager capped her career in heroic fashion. Cleared to throw only an hour before the event started because of a back injury, Hager threw 151' 9" with her only attempt, good for second place and the third-best throw in school history. Freshman Abby Lemon took her lead from Hager, setting a personal record with each of her six throws and finishing with a toss of 149' 2" to take third place in her first conference championships.

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. Sophomore 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". Senior 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 berth at the ECAC meet, and makes her one of only four women to ever best 45 feet in the shot put.

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.



ASSISTANTS



Emil Davis

B.S. Biology '85

Former Tribe multi-eventer and runner Emil Davis has spent the past seven 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) girls track

and field team for 12 seasons. In his time with Bruton, where he continues to teach biology, his teams accumulated an impressive 82 victories, including two state championships (1996 and 1997), state runner-up (1998), and numerous invitational victories.

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

Davis and his wife, Lynda, currently reside in Toano, Virginia and are the proud parents of three daughters: Elizabeth, a 2007 graduate of Virginia; Samantha, a senior at James Madison; and Hannah, a first-year on the swimming team at Virginia.



Ed Moran

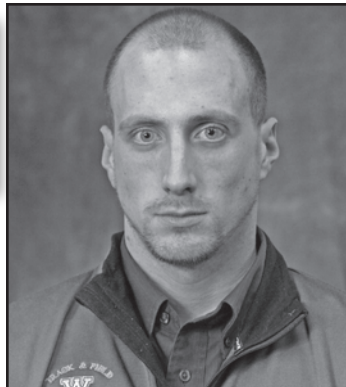
B.B.A. Finance '03
B.A. Government '03
M.P.P. Public Policy '05

Ed Moran is in his third 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 programs,

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 gold medal at the Pan-American Games with a meet-record time of 13:25.60, and will compete for a spot at the Beijing Olympics in the 2008 U.S. Olympic Trials.

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 first season coaching the pole vaulters at William and Mary after helping some of the sports' biggest names achieve national and international success.

Since 2002, 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), the world's second-highest vault ever. 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 last season, 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.



Sean Anastasia-Murphy

Sean Anastasia-Murphy joins his alma mater this year as a volunteer assistant after helping the Tribe to seven Colonial Athletic Association championships during his five-year career.

As a senior, Anastasia-Murphy was the College's top finisher at the CAA cross country championships, leading the team to the conference title with his fourth-place showing. He was also a part of the program's eighth-place showing at the NCAA Championships, finishing as the sixth Tribe harrier across the line. He also ran at the national meet in 2005, finishing 135th overall, and totaled three All-CAA, two All-East, and one All-Southeast honor in cross country.

Anastasia-Murphy, a native of Gloucester, Massachusetts, was also a standout on the track. In 2005 he ran 8:59.26 in the 3,000m steeplechase, the first time a Tribe runner had run under nine minutes since 1996. His most complete season came in 2007, and it started indoors with a 4:09.97 mile at the IC4A Championships. That placed him into the finals of the event, where he would eventually finish third for All-East honors. At the same meet, he won his first conference crown by running the lead-off leg of the distance medley relay which won the IC4A title. He would go on to win the Colonial Relays 3,000m steeplechase and the Penn Relays 4x800m outdoors, and ran at the NCAA Regional in the steeplechase for the third year in a row. He finished his career with five All-East accolades and a single All-CAA citation on the track.

2008 OUTLOOK

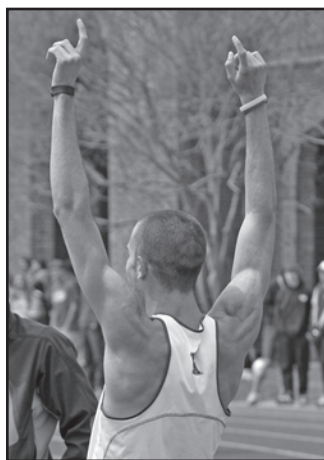
Sprints and Hurdles

Youth will be served this year in the sprints and hurdles, with three freshmen making up the majority of the five-man corp. Junior **Matt Heidman** is the sole upperclassman of the bunch, and will be counted on to contribute points at the CAA Championships in his second year at W&M. Sophomore **Marty Ross** will concentrate as a sprinter and hurdler this season after working as a multi-eventer in his first campaign, when he set freshman records in the 60m dash, 60m hurdles, and the heptathlon. He will look to challenge for all-conference honors this season at CAAs in the 400m hurdles, after placing fifth last year.

Chris McIntosh earned his accolades in the hurdles, placing in the top eight at the USAT&F Junior Nationals in the 400m hurdles and going undefeated in the 300m hurdles as a junior at Franklin High in Maryland, winning the state title. He has run 14.54 (converted) in the 110m hurdles and 54.90 in the 400m hurdles, and so far this season has posted the team's top freshman marks in the 200m, 400m, and 800m run. **Florian Cords** is a premier long-sprinter, having won 10 state titles in the past two years for Walsingham Academy, six of them individual titles in the 200m and 400m. Cords has run 22.70 in the 200m dash and 49.91 in the 400m dash, both times that would rank in the College's all-time top-10 lists. **David Blitzer** earned all-league honors in 400m dash in each of his final two years of high school, leading Northern Valley Regional to back-to-back league championships. His times of 22.78 for 200m and 50.10 for 400m will put him in contention to score at the CAA Championships.

Middle Distance

The 2008 edition of the middle distance flock is poised to continue the legacy of success that was re-founded last year, with a pair of IC4A Champions



leading the way. Juniors **David Groff** and **Ryan Jones** made up half of the title-winning 4x800m relay at last year's outdoor championships, helping the College earn its first conference relay title outdoors in any event since 1985, and first ever outdoors at IC4As. Groff's was a breakout season, winning the CAA and Colonial Relays 1,500m crowns, the latter in 3:46.98, and also earning All-East honors outdoors at 800m (1:49.43) and indoors at 1,000m. Jones added All-CAA and All-East (indoors) accolades in the 800m, and was an NCAA Regional qualifier at 800m after running 1:49.86 in the IC4A preliminaries outdoors. So far this season, Jones has already punched his ticket for the IC4A

Indoor Championships after running 1:54.45 in the 800m at Liberty.

Karl Lang, fresh off of his first All-CAA performance at the cross country championships, moves into the middle distance group after three years at the longer distances. Last year, Lang posted his personal-best at 1,500m, 3:59.44, at the Colonial Relays and ran 8:36.09 indoors at 3,000m. **Harry Miller** is the team's top returning steeplechaser, earning All-CAA honors last year with a third-place finish. When not confronted with hurdles on the track, Miller has shown promising speed with turns of 1:56.27 in the 800m and a 4:16.15 mile (just behind the IC4A indoor standard).

Redshirt-freshmen **Jay Bilsborrow** and **Sean Mahoney** will look to make their marks this year after spending a year acclimatizing to the College. Bilsborrow earned prep All-American honors in the summer of 2006, finishing fifth in the mile at the Nike Outdoor Nationals. He also set the Michigan state record in the 800m, running 1:53.63. Mahoney was the bronze medalist at the Pennsylvania state championship 1,600m as a senior in high school, and this season ran a 4:18.15 mile in his first in-uniform appearance at Liberty.

Four true freshmen will look to continue the Tribe's middle distance

dominance at the CAA Championships for at least the next four years. **Brian Sklodowski** ran for the Tribe at the IC4A cross country championships in November, after amassing 11 state titles in Delaware for the Tatnall School. A five-time state runner of the year, Sklodowski owns the top marks in Delaware state history at 1,600m (4:11.93) and 3,200m (9:16.80). **Chris Tyson** was the 1,000m state champion at the Virginia AAA indoor championships last year, running 2:31.05, and also earned prep All-American honors in the mile at the National Scholastic Indoor Championships. At Penn Relay, Tyson ran a personal-best 4:13.64 for sixth place.

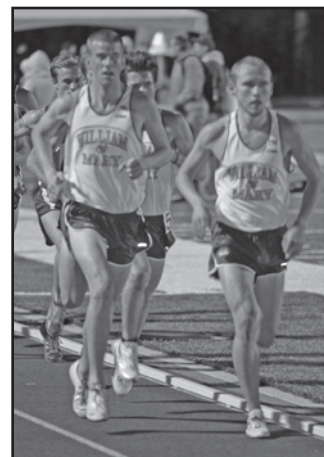
Sean Sewell won six North Carolina state titles for Cardinal Gibbons High in Raleigh, capping his career by being named the Performer of the Meet at the 2007 track championships. Sewell enters the College with prep bests of 1:55 for 800m and 4:15 for one mile. **Axel Stanovsky** doubled up as the 1,600m and 3,200m district champion for Everett High in Washington, and also earned all-state honors in cross country. He enters the College having run 1:58 for 800m and 4:18 for 1,600m.

Distance

The distance group enters the season with a unique mix of experience and youth that could ferment into a championship formula. On the side of experience rests a three-time All-American, an IC4A Champion, and multiple all-conference nods. On the side of youth are 12 underclassmen and, for the first time in Coach Gibby's tenure, no returning CAA Champions.

Senior **Christo Landry** earned his third All-American award with a career-best finish at the NCAA cross country championships in the fall, and looks to ride that momentum to NCAA berths both indoors and outdoors. In both of his previous outdoor campaigns, he garnered an at-large berth into the national meet at 5,000m, and will try and improve to a spot in the final heat this year. Classmate **Ian Fitzgerald** has already posted a provisional-qualifying mark to the NCAA indoor championships at 5,000m, and will challenge Landry as one of the top runners in the East as he pursues his first All-American award. Last season, Fitzgerald ran the mile leg of the IC4A-title winning distance medley relay, and was also the top collegiate man in the Colonial Relays 5,000m.

Senior **Dave Mock** will be in search of his first conference title, and could prove to be the man to beat at 10,000m this season. Last year, he earned All-East honors at that distance, and has a personal-best mark of 29:37.01. **Colin Leak** has finished second in the 10,000m at the CAA Championships each of the past two years, and has qualified for IC4As both indoors and outdoors in every season so far in his career. **Patterson Wilhelm** was third in the CAA 5,000m last spring, and qualified for the IC4A 5,000m both indoors and outdoors as a freshman. He has gotten off to a fantastic start to this year, earning All-CAA and All-Southeast honors in cross country and finishing as the second Tribe runner at the NCAA Championships. **Ben Massam** battled through sickness his freshman year, but has broken through in his second year, earning all-conference and all-region accolades in cross country.



Senior **Rob Dennis** had a major breakthrough in the 3,000m steeplechase last spring, running 9:06.08 at the Colonial Relays to qualify for the NCAA Regional and the IC4A Championships. He enters this season as one of the top contenders for the CAA crown, and will also provide depth in the 5,000m after racing at the NCAA Championships in cross country. Sophomore **Charlie Swartz** has already punched his ticket for the IC4A Indoor Championships in the 5,000m this season, and is expected to duplicate that feat outdoors after earning All-East and All-CAA honors in cross country.

Seniors **Dan MacKay** and **James Picard** will each be expected to



2008 OUTLOOK

provide veteran leadership and depth as two of the top 10,000m runners on the team. MacKay redshirted this past fall, but has been an IC4A qualifier in each of the past two years, coming within a few seconds of All-East honors as a sophomore when he finished ninth. Picard earned his first IC4A track bid last year after taking seventh in the 10,000m run at the CAA Championships, and has also earned All-East honors each of the past two seasons in cross country.

Providing depth will be a strong group of seven veterans and upperclassmen. Fifth-year **Adam Tenerowicz** looks to complete his comeback from injuries and reclaim the prowess that made him a two-time all-region runner in cross country. Senior **Bryce Wilk** is one of the team's top steeplechasers, and will pursue his first NCAA Regional berth in the event this spring. Classmates **Jared Campbell** and **Ollie Ehlinger** are versatile athletes that can be plugged into the line-up of most any event.

Sophomore **Drew Midland** is looking for his first All-East award on the track after earning his second cross country award in November, and has run 8:29.91 in the 3,000m this season indoors, less than one-half of a second behind the IC4A-qualifying standard. **Cabell Rosanelli** will be a valued member of the College's relay efforts as it tries to defend IC4A titles both indoors and outdoors. Rosanelli ran the 800m leg on the DMR that ran 10:15.14 at North Carolina to qualify for the championships. Sophomore **Robert Sagar** was a pleasant surprise for the squad last year after walking-on to the team in the fall, running at the CAA Championships in the steeplechase. This season, he is expected to step up and contend for all-conference awards, as well as make runs at qualifying for IC4As and the NCAA Regional.

Redshirt-freshman **Skeeter Morris** and **Lewis Woodard** are the elder statesmen for the Tribe's pack of distance freshman looking to make their marks this spring. **Tom Burke** earned CAA Rookie of the Year honors in cross country, the first Tribe athlete to do so since Landry in 2004 and was joined on the All-CAA team by **Pete Asaro**. Williamsburg native **Andrew Mearns** was the boy's 3,000m champion at the Colonial Relays last spring, and along with **Paul Norland**, will be pursuing qualifications to the USAT&F Junior National Championships alongside berths at the IC4A Championships. Redshirt-freshmen **Max Werner** and **Glen Wright Colopy** walked-on to the team in the fall, and have already posted some of the team's top times at 3,000m and 5,000m during the indoor season.

Throws

Senior **Tom Mulcahy** enters his second year as Dean of the throwing corps, and will be chasing his first conference title after taking second in the discus last year. Currently fourth all-time at the College in the discus, Mulcahy has a strong shot this year at becoming the first athlete to throw over 160 feet since John Farrell in 1984. Junior **Alex Heacock** joins Mulcahy as the only upperclassman this year, and is looking to build upon a 2007 season when he won the CAA javelin title. Coach Stimson anticipates Heacock throwing past the 200-foot barrier this year, as well as challenging for All-East honors.



The sophomore class is large and deep this season, furnishing multiple athletes for the shot put, discus, and the hammer throw. **Brandon Oliver** landed on the Tribe's all-time top-10 list for the hammer as a freshman, and will look to quickly climb the charts this season in pursuit of all-conference recognition. Also a talented shot-putter, Oliver scored for the College in both events at last year's CAA Championships. Hammer-specialist **Adam Gawne** placed eighth at the CAA meet last year, and promises to challenge for All-CAA honors this season. **Alex Ball** will contest both the hammer and the discus this season, after making the CAA squad in the discus

and the shot put a year ago. **Dan Klutzkin** was an all-state shot-putter and discus thrower in high school, and joins the team this season after spending his freshman year on the football squad.

Two freshmen also join the team in 2008, providing an extra depth to the throwing corps. **Zachary Jordan** was an all-league discus thrower at St. Charles Prep in Ohio, posting personal-best marks of 140-1 in the discus and 133-6 in the 12-lbs hammer. Jordan was also a standout in the hockey rink, at left-wing, and in the classroom, teaming to take 25th in the TEAM+S National Engineering Competition as a junior. **Tim Latham** earned a pair of all-region honors for E.C. Glass High in Virginia, and was the district champion in the discus as a senior. Also a force on the football, Latham achieved personal-best throws of 147-8 in the discus and 148-8 with the 12-lbs hammer.



Jumps

A dominant group of athletes for the Tribe during the track and field hey-days of the 1960s and 1970s, the current jumping company has begun to reclaim its legacy with a sublimely talented class of veterans. Senior **Brandon Evans** is a high and long jumper who can also provide another pair of legs in the sprints, hurdles, and relays when called to do so. Already this indoor season, Evans has set his personal-best in the high jump with a height of 6-8.25 and earned his first bid to the IC4A Championships. Also earning his first IC4A qualification, junior **Cam Shriver** jumped 6-8.75 at George Mason in January. Both athletes will be counted on the challenge for the CAA title in the high jump this spring, as well as take a run at NCAA qualifying as the rest of the indoor season plays out.

In the pole vault, sophomore **Kiernan Lofland** jumped 16-0.75 as a freshman at the IC4A outdoor championships to break W&M's freshman record, which had stood for 32 years. With a year of conditioning under his belt and with a new coach beside the runway, Lofland is already threatening that personal-best height after jumping 15-9 to qualify for IC4As indoors at Navy. Senior **Eric Sandridge** is quietly building towards his best season as well, jumping better earlier than in any of his three previous years at the College. Freshman **Keith Constance** could score points for the Tribe at CAAs as well, having already tied his prep-best mark of 13 feet with his vault at CNU in December.

Multi

In his first collegiate decathlon last year, sophomore **Doug Zimmer** took fourth at the CAA Championships, and he's one of the top contenders for the title this season. Redshirt-freshman **Chad Cochran** will also represent the College in the multi-events, and is expected to place in the top eight at the conference meet.

BIOGRAPHIES



Rob Dennis
 B.B.A. Finance '08
 Little Silver, N.J. • Red Bank Regional
 All-East • All-CAA

2007-08
Cross Country: Ran sixth for W&M at the NCAA Championships ... Also sixth on the team at the Southeast Regional, finishing 36th overall ... All-CAA after finishing fourth at the conference championships ... Thirteenth in the open race at the Pre-National Invitational ... Twenty-fourth at the Colonial Inter-Regional.

2006-07
Cross Country: Led Tribe to victory in the IC4A Championships ... Finished fifth overall to claim first All-East honor ... Twenty-fifth at the CAA Championships ... Also ran in the Brooks Pre-Nationals open race, and in the championship race at the Colonial Inter-Regional. **Track:** Took fourth in the 3,000m steeplechase at the Colonial Relays with a personal-best time of 9:06.08 ... Time qualified him for the IC4A Championships and the NCAA East Regional ... Scored for the Tribe with a seventh-place finish in the steeplechase at the CAA Championships ... Ran 14:54.23 for 5,000m at the CNU Holiday Open.

PERSONAL BESTS		
1,500M	4:04.58	4/30/05
3,000M SC	9:06.08	4/6/07
5,000M	14:54.53I	12/3/06

2005-06
Cross Country: Thirty-sixth at the IC4A Championships ... Eleventh at the Tribe Open and Cavalier Open. **Track:** Ran 9:10.40 at the Duke Invitational to reset his personal record in the 3,000m steeplechase by 22 seconds ... Finished fourth in the steeplechase at the CAA Championships.

2004-05
Cross Country: Won the Coaches Race at IC4As. **Track:** Fifth in the 3,000m steeplechase at the CAA championship.

At Red Bank Regional
 Ran the third leg of the national record-breaking 4xMile relay that finished second at the National Scholastic Indoor Championships ... Three-time New Jersey Group 3 state cross country champion ... Eighth at the NJ Meet of Champions as a senior ... Personal bests on the track of 4:19.48 in the 1,600m run and 9:25 in the 3,200m run.

Personal
 Son of Robert and Elizabeth Dennis ... Born November 22, 1985 in Red Bank, New Jersey ... Future goal is to either be a business lawyer, or CPA, or financial advisor.



Ollie Ehlinger
 B.A. Public Policy '08
 Asheville, N.C. • TC Roberson
 Phi Beta Kappa

2007-08
Cross Country: Ran unattached at the Tribe Open, finishing 16th ... Also ran unattached at the Colonial Inter-Regional and at the Cavalier Open ... Inducted into Phi Beta Kappa in December.

2006-07
Cross Country: Did not compete. **Track:** Set personal-best mark in the 5,000m at the Duke Twilight Invitational, running 15:37.32 ... Clocked 9:02.64 for 3,000m at the Virginia Tech Challenge.

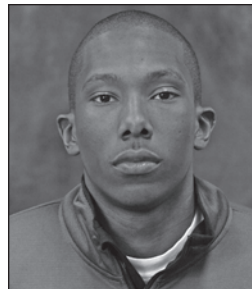
PERSONAL BESTS		
3,000M	9:02.64I	2/17/07
5,000M	15:37.32	5/6/07

2005-06
Cross Country: Twenty-fourth unattached at Maymont. **Track:** Redshirted.

2004-05
Cross Country: Redshirted, but competed unattached several times. **Track:** Red-shirted the indoor season, but saw some action outdoors in the 1,500m and 5,000m.

At TC Roberson
 North Carolina AAA state and regional champ at 3,200m as a senior ... Conference champion in cross country, also won two races during the season and placed second at the regional meet in 2004 ... For his exploits, named *Citizen-Times* and *Times-News* Runner of the Year in cross country ... Ran one leg of the state-runner-up 4x800m relay ... Ran 2:01 for 800m, 4:29 for 1,600m, and 9:41 for 3,200m ... Roberson's valedictorian ... National Merit Finalist.

Personal
 Son of Thomas Ehlinger ... Born January 12, 1986 in Washington, D.C. ... Was a research assistant in the Great Smokey Mountains National Park ... Aspires to attend law school.



Brandon Evans
 B.B.A. Finance '08
 Virginia Beach, Va. • Princess Anne

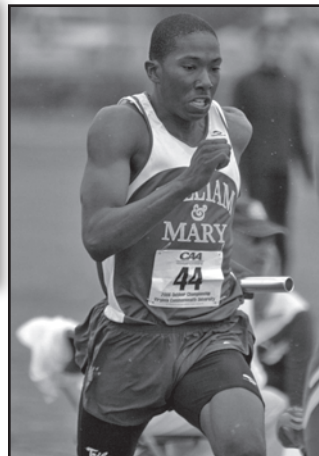
2007-08
 Improved on his personal-best in the 60m dash at the CNU Holiday Open, timing 7.35 seconds ... Qualified for IC4As for the first time with a personal-best leap of 6-8.25 in the high jump at Navy ... Hit the same height at the Vince Brown Invitational.

2006-07
 Improved to fifth all-time at the College in the 60m dash, running 7.36 seconds at the Vince Brown Invitational ... Tied for the then-10th best effort all-time in the high jump after clearing 6-6.75 at the Fred Hardy Invitational ... Jumped a personal-best 22-5.75 in the long jump to finish seventh at the CAA Championships ... Finished in a tie for sixth in the high jump at the conference meet ... Ran second leg of the fifth-place 4x100m team at the CAA Championships.

PERSONAL BESTS			
60M	7.35I	12/8/07	
HJ	2.04M	6-8.25I	2/9/08
LJ	6.85M	22-5.75	4/20/07

2005-06
 Moved into fifth all-time at the College when he ran 7.41 seconds for the 60m dash at Christopher Newport ... Cleared 6-4.75 in the high jump at the Lou Onesty Invitational ... Also ran 53.03 in the 400m.

2004-05
 Redshirted.



At Princess Anne
 Selected MVP of both the track and basketball teams as a senior ... Voted Princess Anne's Best Male Athlete during the winter of 2003-04 ... Member of the Latin and German Honor Societies.

Personal
 Son of Neil Harris and Carol Evans ... Born February 4, 1986 in Brooklyn, New York ... Enjoys reading and eating.



BIOGRAPHIES



Ian Fitzgerald

B.A. History '08
Glenshaw, Pa. • North Hills

3-Time All-Academic • IC4A Champion
CAA Champion • CAA Athlete of the Year
NCAA Qualifier • 3-Time All-Region
3-Time All-East • 2-Time All-CAA

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:** Qualified provisionally for the NCAA Indoor 5,000m at the Liberty Kickoff ... Timed 14:07.81 in the race for third place ... Effort also qualifies him for the IC4A Indoor Championships.

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. **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 Foot Locker 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.



Christo Landry

B.B.A. Finance,
B.A. Economics '08
Falls Church, Va. • Thomas Jefferson

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

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.

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.

PERSONAL BESTS

800M	1:56.72	4/23/05
1,500M	3:48.04U	5/15/06
3,000M	8:15.22I	2/17/07
5,000M	13:57.35	4/29/07

PERSONAL BESTS

1,500M	3:51.52	4/23/05
3,000M	8:06.71	4/9/05
5,000M	13:53.62	4/30/06

BIOGRAPHIES



Dave Mock

B.B.A. Finance '08
Johnstown, Pa. • Westmont-Hilltop

All-Academic • NACAC Champion • All-Region •
3-Time All-East • 4-Time All-CAA

2007-08

Cross Country: Third on the team at the NCAA Championships, finishing 133rd overall ... Just missed earning all-region honors at the Southeast Regional, finishing 26th (top-25 are all-region) ... Runner-up at the CAA Championships ... Twentieth at the Colonial Inter-Regional. **Track:** Sixth at the Liberty Kickoff 5,000m, timing 14:40.97 to qualify for the IC4A Indoor Championships.

2006-07

Cross Country: Second on the team at the CAA Championships, taking fifth overall for All-CAA honors ... Fourth on the team, 20th overall at the Southeast Regional, earning All-Southeast accolades ... Fourth on the team at the NCAA Championships, finishing 108th overall ... All-Academic team selection by the USTFCCCA. **Track:** All-East after finishing eighth in the 10,000m at the IC4A Championships ... Scored for the Tribe at the CAA Championships with his fifth-place finish in the 5,000m ... Ran 30:18.82 in the 10,000m at the Stanford Invitational to qualify for IC4As.

2005-06

Cross Country: Ninth at CAAs for all-conference honors ... Thirty-sixth at the Southeast Regional ... 144th at the Pre-National Invitational. **Track:** Won his debut at 10,000m at the Raleigh Relays, qualifying for the IC4A Championships ... Third in the 10,000m at Stanford's Payton Jordan Invitational, running 29:37.01 ... Won the 5,000m indoors at the Collegiate Open ... All-East by finishing seventh at the indoor IC4A 5,000m with a personal record 14:26.75 ... Third in the 5,000m at the CAA Championships, qualifying for the outdoor IC4As ... Just missed scoring in the CAA 1,500m, placing ninth.

2004-05

Cross Country: NACAC Champion with seven-second victory ... All-East with 17th-place finish at IC4A Championships ... Eighth at USAT&F Junior Championships ... Finished 17th at CAA Championships. **Track:** Won debut in the 3,000m racing unattached ... Ran at the Duke Invitational and Raleigh Relays.

At Westmont-Hilltop

2003 AA state cross country champion ... Twelfth at the Footlocker Northeast Regional ... Two-time first team all-state in cross country ... 2004 state champion in the 3,200m and runner-up in the 1,600m ... Prep bests of 4:17.16 in the 1,600m and 9:10.83 in the 3,200m ... Starting defender on the state runner-up hockey team.

Personal

Son of Ronald and Sharon Mock ... Born June 18, 1986 in Johnstown, Pennsylvania ... Enjoys biking and weight lifting.



Tom Mulcahy

B.S. Neuroscience '08
Staunton, Va. • Riverheads

2-Time All-CAA

2006-07

CAA runner-up in the discus, throwing 152-4 ... Won three discus titles during the season, including the Mason Last Chance Invitational with a personal-best effort of 157-10 ... Ranks fourth all-time at the College with that toss ... Just missed All-East honors at the IC4A Championships, placing 10th (top eight are All-East) ... In the shot put, had a season-best put of 43-6.5 at the Tribe Invitational, placing second.

2005-06

Third in the discus at the CAA Championships, throwing for 146-1 and all-conference honors ... Hit personal-best in the discus two weeks later at George Mason, throwing 153-6 for sixth-place in the school record books ... Also competed in the shot put at CAAs, putting the shot 43-2.25.

2004-05

Thirteenth in the shot and 15th in discus in his first CAA championship ... Threw the shot for 46-6.75 at the CNU indoor classic ... Personal-best in the discus came one week after conferences at CNU with 134-10.

At Riverheads

State Champion in 2004 in the discus ... Two-time regional discus champion ... 2004 district discus champion ... Also earned second in the district and region in the shot put in 2004 ... Two-time district runner-up in the discus ... In football, was a three-time all-region and all-district honoree at guard and linebacker ... Voted all-state at linebacker in 2003 ... Also picked as the city and valley defensive player of the year in 2003 ... Helped Riverheads win the district, region, and state championships in 2000 ... Also wrestled for one season and helped throw stunts for the cheerleading team ... Never missed the honor roll ... Founder of both the forensics and academic decathlon teams.

Personal

Son of Richard Mulcahy and Denise McGay ... Born September 12, 1986 in Charlottesville, Virginia ... Brother played linebacker for four years at Bridgewater.

PERSONAL BESTS

SP	14.19M	46-6.75i	1/29/05
DISC	48.12M	157-10	5/5/07

PERSONAL BESTS

1,500M	3:57.52	3/18/05
5,000M	14:26.75i	3/5/06
10,000M	29:37.01	4/30/06



Eric Sandridge

B.B.A. Business '08
Mechanicsville, Va. • Atlee

2006-07

Cleared 13 feet for the first time at the Fred Hardy Invitational ... Topped the bar at 13-1.5 for sixth place ... Runner-up at the Tribe Invitational, vaulting 12-7.5 ... Also cleared 12-7.5 for second place at the Mason Last Chance Invitational.

2005-06

Redshirted indoors ... Reset his personal best both times he competed ... Cleared 12-7.5 at the Fred Hardy Invitational in March ... One week later, vaulted 12-9 at GMU.

2004-05

Hit 12 feet twice ... Tenth at the CNU Captain's Classic ... Fifth at the CNU Invite.

At Atlee

Earned four All-Central Region honors ... Two-time district champion ... Totaled six all-district accolades ... Helped Atlee to the 2001 regional championship ... Also contributed to six district titles (indoors and outdoors) ... Named to both the district and regional All-Academic team ... President of the Beta Club.

Personal

Son of Michael and Susan Sandridge ... Born December 3, 1985 in Nuremburg, Germany ... Brother, Matt, is a pole-vaulter at VCU ... Member of Phi Eta Sigma honor society ... Endeavors to be a successful businessman and/or musician ... Minor in music.

PERSONAL BESTS

PV	4.00M	13-1.5	3/24/07
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BIOGRAPHIES



Adam Tenerowicz

B.A. Government,
B.A. History '08
Blackstone, Mass. • Blackstone-Mill River

2-Time All-Region

2007-08

Cross Country: Did not compete.

2006-07

Cross Country: Redshirted.

Track: Redshirted indoors and outdoors.

2005-06

Cross Country: All-region with 21st-place finish in the Southeast Regional ... Fourth Tribe runner at NCAAs, finishing 149th. **Track:** Did not compete.

2004-05

Cross Country: Finished 24th at the regional for All-Southeast honors ... 93rd at the NCAA Championships ... CAA Runner of the Week for leading the team in 10th place at the Paul Short Invitational. **Track:** IC4A outdoor qualifier in the 5,000m and 10,000m ... Fifth in the 5,000m at CAAs ... Set personal record in the 10,000m at the Raleigh Relays, bettering his previous mark by over 30 seconds.

2003-04

Cross Country: Fifteenth at the CAA Championships ... Competed at the IC4As. **Track:** Ninth in the IC4A 10,000m ... Time of 30:39.99 was the fifth-fastest by an American Junior in 2004 and qualified him for the Junior Nationals.

At Blackstone-Mill River

Runner-up at the 2002 Massachusetts Division II cross country championships ... Four-time all-state selection in cross country ... Two-time district champion ... Prep bests include 4:20 for 1,600m and 9:26 for 3,200m.

Personal

Son of Thomas and Susan Tenerowicz ... Born September 27, 1985 in Natick, Massachusetts ... Future goals include running marathons.

PERSONAL BESTS		
3,000M	8:59.54i	1/23/04
5,000M	14:41.19	4/22/05
10,000M	30:07.04	3/25/05



Jared Campbell

B.B.A. Marketing,
B.A. English '09
Franklin, Ind. • Franklin Community

2007-08

Cross Country: Fifth on the team at the IC4A Championships ... Seventh overall at the Cavalier Open. **Track:** Set personal-best at 3,000m after running 8:46.38 at the Vince Brown Invitational.

2006-07

Cross Country: Just missed all-conference honors, finishing 15th at the CAA Championships ... Thirty-third in the team victory at the IC4As ... Second in the "B" race at the Colonial Inter-Regional. **Track:** Finished 10th in the 10,000m run at the CAA Championships ... Just missed his personal-best at the Penn Relays, running 31:12.88 ... Ran a personal-record 14:49.32 for 5,000m at the Duke Twilight Invitational.

2005-06

Cross Country: Redshirted. **Track:** Redshirted ... Ran once unattached, taking 14th in the 5,000m at the Duke Twilight Open.

2004-05

Cross Country: Fifth in the open race at the Great American Festival ... Team's seventh runner at the IC4A Championships. **Track:** Qualified for the IC4A 10,000m by finishing fifth at CAAs with a personal-best 31:12.19.

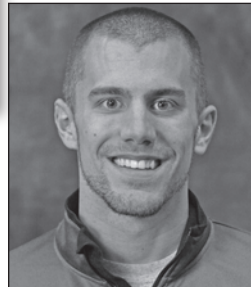
PERSONAL BESTS		
3,000M	8:46.38i	2/9/08
5,000M	14:49.32	5/6/07
10,000M	31:12.19	4/22/05

At Franklin Community

Finished eighth at the Indiana state cross country championships as a senior ... Also finished 14th at the Footlocker Midwest Regional ... Had a personal-best time of 9:27 for 3,200m.

Personal

Son of Jeff and Janet Campbell ... Born December 2, 1985 in Franklin, Indiana ... Wanted to be a Big 10 basketball player when he was growing up.



David Groff

B.S. Psychology '09
Centreville, Va. • Westfield

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

2007-08

Cross Country: Sixteenth 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.

2006-07

Cross Country: Thirty-eighth at the CAA Championships ... Fiftieth 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 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 ... Seventeenth 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.

2003-04

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

At Westfield

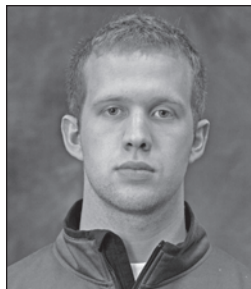
1,000m AAA state champion, running 2:29.82 ... Won a national championship as the anchor leg of Westfield's 4x800m relay at NSICs ... Ran the 1,200m leg on the runner-up DMR at the adidas Outdoor Championships ... Northern Region runner-up in the 800m ... Sixth at the AAA state cross country championships 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.

PERSONAL BESTS		
800M	1:49.43	5/12/07
1,000M	2:25.56i	3/3/07
1,500M	3:46.98	4/6/07

BIOGRAPHIES



Alex Heacock

B.A. Kinesiology '09
Lititz, Pa. • Warwick

CAA Champion • 2-Time All-CAA

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.

PERSONAL BESTS		
JAV	59.75M	196-0
		4/6/07



Matt Heidman

B.S. Biology '09
Manassas, Va. • Osbourn Park

CAC Champion • 2-Time All-CAC

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.

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.

PERSONAL BESTS		
60M H	8.971	UMW
400M H	56.97	3/31/07



Ryan Jones

B.S. Biology '09
Harrisburg, Pa. • Central Dauphin

IC4A Champion • 3-Time All-East •
2-Time All-CAA

2007-08

Cross Country: Twenty-third unattached at the Cavalier Open ... Also ran unattached at the Colonial Inter-Regional. **Track:** Qualified for the IC4A Indoor Championships in the 800m run ... Ran 1:54.45 to win the Liberty Kickoff ... Ran the 400m leg of the distance medley relay at North Carolina that qualified for the IC4A Championships in 10:15.14.

2006-07

Cross Country: Ran unattached at the Colonial Inter-Regional, finishing 16th in the "B" race. **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 ... All-East indoors at 800m, finishing seventh ... Just missed advancing to the finals of the IC4A 800m outdoors, finishing 10th, one hundredth of a second behind the final qualifier ... Time of 1:49.86 ranks 10th in school history ... All-CAA after finishing third in the 800m at the conference championships ... Fifth in the CAA 4x400m relay ... Ranks 10th in school history at 400m after running 50.72 seconds for third at the Tribe Invitational ... Runner-up at 800m at the Colonial Relays ... Ran in the 800m at the NCAA East Regional.

PERSONAL BESTS		
800M	1:49.86	5/12/07
1,000M	2:29.241	2/16/07
1,500M	3:56.82	3/24/07

2005-06

Cross Country: Finished 26th unattached at the Maymont Festival. **Track:** Took second in the indoor 800m at North Carolina, just missing IC4A qualification ... All-East indoors as the third leg of the Tribe's fourth-place DMR ... Ran 1:52.56 at the Duke Invitational outdoors ... Third in the 800m at the CAA Championships ... Ran on the 4x800m relay that took seventh at the Penn Relays.

2004-05

Cross Country: Redshirted. **Track:** Red-shirted.

At Central Dauphin

Ran on the AAA state champion 4x800m relay ... Helped Central Dauphin win the 2004 AAA outdoor track state championships ... Conference champ at 800m and member of the conference champion DMR in 2004 ... National Honor Society member ... U.S. Army Reserve



Scholar-Athlete ... Prep bests include 50.09 for 400m and 1:55.3 for 800m.

Personal

Son of Lawrence and Suann Jones ... Born November 19, 1985 in Danville, Pennsylvania ... Craziest ambition is to climb Mount Everest.



BIOGRAPHIES



Karl Lang

B.A. Public Policy,
B.S. Environmental Science '09
Oak Hill, Va. • Oakton

All-CAA

2007-08

Cross Country: Earned first All-CAA honor of his career by placing 12th at the CAA Championships ... 53rd at the IC4A Championships ... Eighth at the Tribe Open ... Twenty-seventh at the Lou Onesty Invitational.

2006-07

Cross Country: Forty-fifth at the IC4A Championships ... Fourth on the team in the victory at the Tribe Open. **Track:** Ran 8:36.09 for 3,000m at Patriot Games indoors ... Finished 23rd at the Colonial Relays in the 1,500m, timing 3:59.44 ... Third in the Tribe Invitational 1,500m ... Finished the mile at the Vince Brown Invitational in 4:17.57.

2005-06

Cross Country: Did not compete. **Track:** Third-place indoors at North Carolina in the 3,000m, running 8:39.84 ... Personal record in the 5,000m came indoors at the Collegiate Open, when he ran 14:59.82 for seventh place ... Also placed seventh in the 5,000m at the CAA Championships.

2004-05

Cross Country: Runner-up in the IC4A Coaches Race. **Track:** Ran personal-best 8:50.03 for 3,000m in his collegiate debut at CNU.

At Oakton

All-region and all-state selection in the 3,200m ... All-district at 1,600m ... Oakton's Scholar-Athlete of the Year in 2003-04 ... Cross country team MVP in 2003 ... Prep bests included 1:59 for 800m, 4:16.15 for 1,600m, 4:19 for the mile, and 9:19.8 for 3,200m.

Personal

Son of Karl Lang and Margaret Howell ... Born May 5, 1986 in Boston, Massachusetts ... Stepmother, Mary Lang, graduated from the College in 1977 ... Enjoys ultimate frisbee and badminton.

PERSONAL BESTS		
1,500M	3:59.44	4/6/07
3,000M	8:36.09I	1/27/07
5,000M	14:59.82I	2/18/07



Dan MacKay

B.A. Economics,
B.A. History '09
Whitinsville, Mass. • Whitinsville Christian

2007-08

Cross Country: Redshirted.

2006-07

Cross Country: Twenty-ninth 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.

PERSONAL BESTS		
3,000M	8:41.33I	2/10/07
5,000M	14:44.71	4/7/06
10,000M	30:33.48	4/27/07

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.



James Picard

B.S. Mathematics '09
Midlothian, Va. • James River

2-Time All-East • 2-Time All-CAA

2007-08

Cross Country: All-East, finishing 22nd at the IC4A Championships ... All-CAA, finishing 10th at the CAA Championships ... Third at the Cavalier Open ... Sixth at the Tribe Open.

2006-07

Cross Country: All-CAA after finishing 11th at the conference championships ... All-East after finishing seventh, second for the Tribe, in the victory at the IC4A Championships. **Track:** Seventh in the 10,000m at the CAA Championships ... Qualified for the IC4A Championships with his time of 31:04.63 ... Set his personal-best at 1,500m running 3:57.74 at the Fred Hardy Invitational.

2005-06
Cross Country: Eighteenth at the CAA Championships ... Thirty-ninth at the IC4A Championships. **Track:** Third in the 3,000m at George Mason's Patriot Games ... Redshirted outdoors.

2004-05

Cross Country: Redshirted ... Ran unattached twice ... Ninth at the Tribe Open and 13th at the Colonial Invitational. **Track:** Competed twice in the 1,500m.

2003-04 (at Hampton University)

Cross Country: Twenty-first at the MEAC Championships. **Track:** At the indoor MEAC Championships, was fifth in the mile and seventh in the 5,000m ... Also scored in the 5,000m (sixth) at the outdoor MEAC meet.

2003-04 (at Hampton University)
Cross Country: Twenty-first at the MEAC Championships. **Track:** At the indoor MEAC Championships, was fifth in the mile and seventh in the 5,000m ... Also scored in the 5,000m (sixth) at the outdoor MEAC meet.

Personal

Son of James Picard and Denise Tamberrino ... Born June 30, 1985 in Providence, Rhode Island ... Came to W&M because he wanted to run fast ... Future goals include teaching and coaching.

PERSONAL BESTS		
1,500M	3:57.54	3/24/07
5,000M	14:57.18	3/25/05
10,000M	31:04.63	4/20/07



Cam Shriver

B.A. History '09
Oxford, Ohio • Talawanda

2007-08

Qualified for the IC4A Indoor Championships for the first time ... Cleared 6-8.25 in the high jump at the Liberty Kickoff to pass the qualifying standard ... Jumped 6-8.75 at George Mason to stand alone as the eighth-best jumper in school history.

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.

PERSONAL BESTS		
HJ	2.05M	6-8.75I 1/26/08

BIOGRAPHIES

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.



Bryce Wilk

B.S. Biology '09
Millbrook, N.Y. • Millbrook

2007-08

Cross Country: Eleventh at the Cavalier Open ... Also ran at the Colonial Inter-Regional and the IC4A Championships.

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, clearing the course in 9:19.22.

2005-06

Cross Country: Runner-up in the IC4A Coaches Race ... Thirteenth in the Tribe Open ... Fifteenth 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 ... 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 Schenectady, New York ... Member of the Pre Vet Club at W&M ... In 20 years would like to be happy.



Alex Ball

B.B.A. Marketing,
B.A. Literary and Cultural Studies '10
Winchester, Va. • Handley

2007-08

Achieved a personal-best mark in the weight throw in each of his first three meets, culminating in a toss of 45-3 at the CNU Captain's Invitational ... Matched that mark at the Vince Brown Invitational.

2006-07

Had his best performance in the discus at the end of the season, throwing 130-0 at

the Mason Last Chance Invitational ... Placed 13th in the shot and 14th in the discus at the CAA Championships.

At Handley

Earned two all-state honors in track ... Runner-up in the shot put as a senior ... Third in the discus as a junior ...

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

Personal

Son of Scott and Kim Ball ... Born December 12, 1987 in Williamsburg, Virginia ... Mother earned her J.D. from the Marshall-Wythe School of Law in 1989 ... Craziest ambition is to be elected Governor of Virginia ... Most prized possession is his Gibson Les Paul guitar.

PERSONAL BESTS

SP	13.25M	43-5.75I	12/3/06
WT	13.79M	45-3I	2/9/08
DISC	39.62M	130-0	5/5/07



Chad Cochran

Class of 2010
Centreville, Va. • Westfield

2007-08

Ran 9.20 in the 60m hurdles at the CNU Holiday Open ... Improved his mark 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.

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 ... Enjoys playing the Super Smash Bros. Volleyball video game ... Favorite sporting event is the World's Strongest Man competition.

PERSONAL BESTS

60M H	8.97I	1/26/08
400M	54.67U	3/31/07
PV	4.27M	14-0 H.S.



Adam Gawne

Class of 2010
Lyndonville, N.Y. • Lyndonville

2007-08

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.

PERSONAL BESTS

WT	14.65M	48-1I	2/16/08
HT	44.48M	145-11	H.S.



BIOGRAPHIES

At Lyndonville

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

Personal

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



Dan Klatzkin

B.B.A. Finance '10

Gaithersburg, Md. • Randolph-Macon Academy (Va.)

2007-08

Set his personal-best mark with a college-weight shot put at George Mason ... Put the shot 48-9 at the Patriot Games 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.



Colin Leak

B.A. Religious Studies,

B.A. English '10

Chadds Ford, Pa. • Unionville

2-Time All-CAA

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.

2006-07

Cross Country: Third at the Cavalier Open in his first race of the season ... Ran for the Tribe at the NCAA Championships, finishing the course in 33:53.5. **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.

PERSONAL BESTS			
SP	14.86M	48-9	1/26/08
DISC	48.72M	159-10	H.S.

PERSONAL BESTS			
5,000M	14:24.49	4/6/07	
10,000M	30:24.18	4/20/07	

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.



Kiernan Lofland

B.A. Art '10

Crozier, Va. • St. Christopher's

All-CAA

2007-08

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.

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 Dsipenko 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.

PERSONAL BESTS			
PV	4.90M	16-0.75	5/12/07



Ben Massam

B.A. History '10

Chatham, N.J. • Chatham

All-Academic • All-Region

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 UTFCCCA. **Track:** Qualified for the IC4A Championships by winning the 3,000m run at North Carolina with a personal-best time of 8:26.11.

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

PERSONAL BESTS			
3,000M	8:26.11	2/2/08	
5,000M	14:48.73	H.S.	

BIOGRAPHIES

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.



Drew Midland

B.S. Chemistry '10
Virginia Beach, Va. • Ocean Lakes

2-Time All-East • All-CAA

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:** Dropped six seconds from his previous best at 3,000m in winning the event at George Mason with an IC4A-qualifying time of 8:23.91.

2006-07

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

2005-06

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

At Ocean Lakes

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

Personal

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



Harry Miller

B.S. Biology '10
Portland, Ore. • Catlin Gabel

All-CAA

2007-08

Cross Country: Thirty-fourth 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 ... Fourteenth at the Colonial Inter-Regional. **Track:** Won the mile at the Liberty Kickoff in 4:16.15.

2006-07

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

At Catlin Gabel

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

Personal

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

PERSONAL BESTS

MILE	4:16.15i	12/1/07
3,000M SC	9:12.33	4/6/07



Brandon Oliver

B.S. Psychology '10
Richmond, Va. • Meadowbrook

2007-08

Became the 10th-best weight-thrower in school history at the Navy Quad Meet ... Threw the weight 48-7.5 inches ... Threw 49-0.75 to win the weight throw at the Carolina Classic ... Improved his personal-best to 49-3.5 two weeks later at the Carolina Invitational.

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 ... 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.

PERSONAL BESTS

SP	14.99M	49-2.25i	1/27/07
WT	15.02M	49-3.5i	2/16/08
HT	45.83M	150-4	5/5/07



Cabell Rosanelli

B.A. Economics '10
Richmond, Va. • Douglas Freeman

2007-08

Cross Country: Ran at the IC4A Championships ... Thirty-eighth at the Lou Onesty Invitational. **Track:** 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 run-



BIOGRAPHIES

ning 2:28.93 at George Mason.

2006-07

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

2005-06

Cross Country: Twelfth unattached at the Maymont Festival. **Track:** Fifteenth 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

Eleventh 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.

PERSONAL BESTS

1,000M	2:28.93I	3/2/08
1,500M	4:00.25	4/20/07

PERSONAL BESTS

1,500M	4:01.22	4/20/06
5,000M	14:44.42I	12/1/07

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: Seventh 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.



Marty Ross

Class of 2010
Brentwood, Tenn. • Brentwood Academy



Max Werner

B.A. Philosophy,
B.A. English '10
Sterling, Va. • Potomac Falls

2006-07

Set three indoor freshman records during the season ... During the Liberty Kickoff heptathlon, ran 7.44 seconds in the 60m dash and 8.92 seconds in the 60m hurdles ... Scored 4,481 points in the heptathlon, the third-best mark in school history ... Improved his 60m hurdles freshman record by running 8.85 at North Carolina ... Ranks tied for eighth all-time in the 60m dash, and fourth all-time in the 60m hurdles at W&M ... Qualified for the finals of the 400m hurdles at the CAA Championships ... Scored for the Tribe by finishing sixth with a personal-best time of 56.35 ... Ran 16.19 seconds in the 110m hurdles at the Tribe Invitational ... Teamed to take fifth in both the 4x100m and 4x400m relays at the CAA Championships ... Cleared 12-1.5 in the pole vault during the heptathlon at Christopher Newport.

At Brentwood Academy

Helped Brentwood to four consecutive state track championships ... 2005 110m hurdles state champion ... State runner-up that year in the 300m hurdles and the 4x400m relay ... State runner-up in the 4x400m relay as a senior ... Was in the school's jazz band and concert band.

Personal

Son of Jon and Bev Ross ... Born September 4, 1987 in Houston, Texas ... Enjoys making music and baking cookies ... Growing up, wanted to be a healthcare hero.

PERSONAL BESTS

60M	7.44IH	12/1/06
60M H	8.85I	2/3/07
400M H	56.35	4/21/07

PERSONAL BESTS

3,000M	8:39	H.S.
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2007-08

Cross Country: Redshirted after walking onto the team ... Ran unattached at the Cavalier Open, finishing 17th.

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

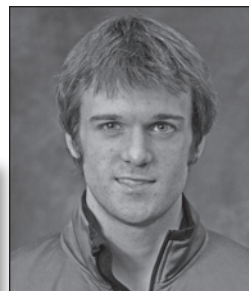
Son of Russ and Pam Werner ... Born February 2, 1989 in Alexandria, Virginia ... Grandfather, Cas Kowalewski, played basketball at the University of Portland ... Enjoys playing guitar, and watching the Redskins ... Growing up, wanted to be an engineer.



Charlie Swartz

B.S. Biology '10
Manassas, Va. • Osbourn

All-East • All-CAA



Glen Wright Colopy

B.A. Economics,
B.S. Mathematics '10
Cary, N.C. • Cary Academy

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:** Qualified for the IC4A indoor championships after running 14:44.42 in the 5,000m at Liberty.

2007-08

Cross Country: Redshirted after walking onto the team ... Ran unattached in three races, including a 19th-place finish at the Cavalier Open.

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 BESTS

MILE	4:21	H.S.
5,000M	15:16	H.S.

BIOGRAPHIES

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.



Doug Zimmer

B.B.A. Business '10
McLean, Va. • McLean

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 championship, 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 ... Plans to major in business.

PERSONAL BESTS		
HEP	4,482i	1/27/07
DEC	6,047	4/21/07
PV	4.15M	13-7.25D 4/21/07



Pete Asaro

B.S. Kinesiology '11
Gloucester, Mass. • Gloucester

All-CAA

2007-08

Cross Country: All-CAA after finishing 11th at the CAA Championships ... Ran at the IC4A Championships ... Forty-fifth in the Pre-Nationals Open Race ... Thirty-ninth at the Colonial Inter-Regional.

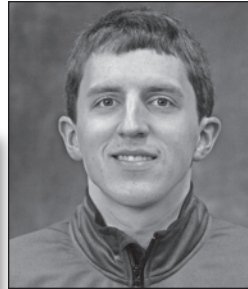
At Gloucester

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

Personal

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

PERSONAL BESTS		
400M	51.2	H.S.
800M	1:55	H.S.
MILE	4:21.85	H.S.



Jay Bilsborrow

B.A. English,
B.A. History '11
Coldwater, Mich. • Coldwater

2007-08

Cross Country: Did not compete.

2006-07

Cross Country: Redshirted.

Track: Redshirted both indoors and outdoors.

At Coldwater

All-American after finishing fifth in the mile (4:11.18) at Nike Outdoor Nationals ... Ran 4:10.4 in the 1,600m to win the Midwest Meet of Champions ... Three-time state champion, twice in the 1,600m and once in the 800m ... Holds the Michigan state-meet record at 800m, 1:53.63 ... Six-time Academic All-State in track and cross country ... Two-time All-State in cross country, three-time all-state in track ... Combined, won 22 conference, regional, and state championships ... Has run 9:19 for 3,200m, breaking Coldwater's 37-year old school record previously set by his father ... Also a member of Coldwater's mock trial team that won two state championships and placed in the top three at nationals three times.

Personal

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

PERSONAL BESTS		
800M	1:53.63	H.S.
1,500M	3:58.6	H.S.
MILE	4:11.18	H.S.



David Blitzer

Class of 2011
Haworth, N.J. • Northern Valley Regional

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.

At Northern Valley

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

Personal

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

PERSONAL BESTS		
60M	7.52i	1/26/08
200M	22.8	H.S.
400M	50.0	H.S.



BIOGRAPHIES



Tom Burke

Class of 2011
Edina, Minn. • Edina

CAA Rookie of the Year • All-CAA

2007-08

Cross Country: CAA Rookie of the Year ... All-CAA after finishing eighth at the CAA Championships, tops among all freshmen in the conference ... Led W&M in his first collegiate race, timing 25:59.0 at the Lou Onesty Invitational ... Thirty-fourth at the Colonial Inter-Regional ... Seventeenth in the Pre-Nationals open race ... Ran at the IC4A Championships.

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.

PERSONAL BESTS		
800M	1:57	H.S.
1,600M	4:15	H.S.
3,200M	9:10	H.S.



Keith Constance

B.S. Mathematics '11
Independence, Mo. • Truman

2007-08

Tied his personal-best height after vaulting 13 feet at the CNU Holiday Open.

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.

PERSONAL BESTS		
100M	11.3	H.S.
PV	3.96M	13-0
		12/8/07



Florian Cords

Class of 2011
Williamsburg, Va. • Walsingham

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.

PERSONAL BESTS		
200M	22.7	H.S.
400M	49.9	H.S.



Zachary Jordan

B.S. Biology '11
Dublin, Ohio • St. Charles Prep

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.

PERSONAL BESTS		
DISC	42.70M	140-1
HT	40.70M	133-6



Tim Latham

B.A. Religious Studies '11
Lynchburg, Va. • E.C. Glass

At E.C. Glass

Two-time all-region honoree in the discus throw ... District Champion in the discus as a senior ... District runner-up as a junior ... Has a career-best throw of 147-8 in the discus ... Has also competed in the hammer throw during summer track, with a best throw of 148-8 ... Also earned three letters in football, playing offensive tackle and defensive end ... Earned math and history honors ... AP Scholar ... Recipient of the Comcast

BIOGRAPHIES

Leadership award and the Lynchburg Area Ministerial Association award ... Founder of the Food Club ... Member of the Glass Theatre and the Young Democrats.

Personal

Son of Kevin and Kathy Latham ... Born September 7, 1988 in Lynchburg, Virginia ... Father, Kevin, was an ACC discus champion and still holds the shot put record at UVA ... Enjoys reading, camping, and watching John Wayne movies ... Most prized possession is his 1979 Ford pick-up.

PERSONAL BESTS		
DISC	45.00M	147-8 H.S.
HT	45.32M	148-8 H.S.



Chris McIntosh

Class of 2011
Owings Mill, Md. • Franklin

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 ... Favorite city is New Orleans.

PERSONAL BESTS		
55M H	7.94C	H.S.
110M H	14.54C	H.S.
400M H	54.90	H.S.



Sean Mahoney

Class of 2011
Wayne, Pa. • Radnor

2007-08

Cross Country: Did not compete.

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-4 minute mile.

PERSONAL BESTS		
800M	1:57	H.S.
3,000M	8:57	H.S.



Andrew Mearns

B.B.A. Business '11
Williamsburg, Va. • Jamestown

2007-08

Cross Country: Forty-third at the Tribe Open ... Twenty-ninth at the Cavalier Open ... Also ran at the Colonial Inter-Regional.

At Jamestown

Colonial Relays Champion in the Boy's 3,000m ... Ran 8:39.42, qualifying for the USAT&F Junior Nationals ... Two-time runner-up in the 2,000m steeplechase at the AAU National Championships ... Six-time all-state honoree ... Six-time all-region ... Eight-time all-district ... Led Jamestown to second-place finishes at the Virginia AA state championships in both cross country and indoor track as a senior ... The *Virginia Gazette* Runner of the Year in 2007 ... Selected by the *Daily Press* as a first-team all-star ... Member of the Varsity Club and the Asian Awareness Club.

Personal

Son of Drew and Kate Mearns ... Born April 9, 1989 in Cleveland, Ohio ... Father and uncle both ran track at Yale ... Sister, Erin, is a junior at W&M ... Enjoys playing football, tennis, and ping-pong.

PERSONAL BESTS		
800M	1:56	H.S.
1,600M	4:15.01	H.S.
3,000M	8:39.42	H.S.



Skeeter Morris

B.S. Kinesiology '11
Burkeville, Va. • Nottoway

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 8:51.99 in the 3,000m at the Vince Brown Invitational.

2006-07

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

At Nottoway

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

Personal

Son of Jimmy and Barbara Morris ... Born November 16, 1987 in Farmville, Virginia ... Full name is Richard William Morris ... Favorite athlete is Bernard Lagat ... Once pitched in the Dixie Boys World Series ... Plans to major in kinesiology.

PERSONAL BESTS		
1,500M	4:14.09	4/14/07
3,000M	8:51.99i	2/9/08
5,000M	15:08.68	4/20/07



BIOGRAPHIES



Paul Norland

B.B.A. Business '11
Falls Church, Va. • Thomas Jefferson

2007-08

Cross Country: Redshirted ... Tenth unattached at the Tribe Open ... Also ran unattached at the Colonial Inter-Regional and Cavalier Open.

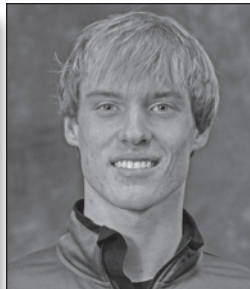
At Thomas Jefferson

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.

PERSONAL BESTS		
1,600M	4:19	H.S.
3,200M	9:20.11	H.S.



Sean Sewell

Class of 2011
Raleigh, N.C. • Cardinal Gibbons

2007-08

Cross Country: Redshirted ... Ran unattached at the Lou Onesty Invitational, finishing 37th.

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.

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.

PERSONAL BESTS		
800M	1:55	H.S.
MILE	4:15	H.S.
3,200M	9:25	H.S.



Rob Sagar

B.A. History,
B.A. Education '11
Alexandria, Va. • Bishop Ireton

2007-08

Cross Country: Took fifth in the IC4A Coaches Race ... Fourteenth at the Tribe Open ... Eighteenth at the Cavalier Open.

2006-07

Cross Country: Redshirted after walking onto the team ... Ran 26:20.6 unattached at the Tribe Open.

Track: Just missed scoring at the CAA Championships, finishing ninth in the 3,000m steeplechase ... Ran a career-best 9:32.66 in the steeplechase at the Lou Onesty Invitational ... Runner-up at the Tribe Invitational 1,500m, finishing in 3:59.62 ... Ran 8:51.51 for 3,000m at the Vince Brown Invitational.

At Bishop Ireton

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

Personal

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

PERSONAL BESTS		
1,500M	3:59.62	3/31/07
3,000M	8:51.51	2/10/07
3,000M SC	9:32.66	4/14/07



Brian Sklodowski

Class of 2011
Newark, Del. • The Tatnall School

2007-08

Cross Country: Ran at the IC4A Championships ... Eighth at the Cavalier Open ... Eighteenth at the Tribe Open ... Ran at both the Colonial Inter-Regional and Lou Onesty Invitational. **Track:** Anchored the distance medley relay at North Carolina to an IC4A-qualifying time of 10:15.14.

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.

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.

PERSONAL BESTS		
800M	1:54.35	H.S.
MILE	4:11.93	H.S.
3,200M	9:16.80	H.S.

BIOGRAPHIES



Axel Stanovsky

Class of 2011
Everett, Wash. • Everett

2007-08

Cross Country: Redshirted ... Ran unattached at the Colonial Inter-Regional and Cavalier Open.

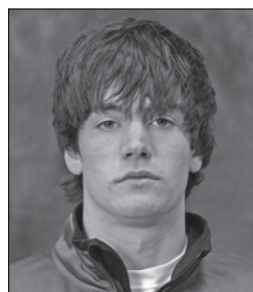
At Everett

Cross Country, 1,600m, and 3,200m district champ as a senior ... All-State at the Washington Cross Country Championships ... Holds the ninth-best 5K time for freshmen in Washington state history ... ASB vice president ... Graduated in the top 1% of his class.

Personal

Son of Clint and Elaine Stanovsky ... Born September 13, 1988 in Bellevue, Washington ... Uncle, Don Woodworth, played basketball at Whitman College ... Cousin, Lola Woodworth, swam at N.C. State ... Enjoys hiking, camping, and knitting.

PERSONAL BESTS		
800M	1:58	H.S.
1,600M	4:18	H.S.
3,200M	9:28	H.S.



Chris Tyson

B.S. Biology '11
Arlington, Va. • Washington-Lee

2007-08

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

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.

PERSONAL BESTS		
1,000M	2:31.05i	H.S.
MILE	4:13.64	H.S.
3,200M	9:24	H.S.



Patterson Wilhelm

B.B.A. Finance '11
Lynchburg, Va. • E.C. Glass

All-Region • 2-Time All-CAA

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 ... Fifth on the team at the Pre-National Invitational ... Twenty-fifth at the Colonial Inter-Regional. **Track:** Qualified for the IC4A indoor championships in the 5,000m after running 14:32.89 at the Liberty Kick-

off ... Ran 8:29.10 in the 3,000m at North Carolina to qualify for the IC4A Championships 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 with a personal-best time of 14:30.60 ... 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 ... Finished the Virginia Tech Challenge 3,000m in 8:39.76.

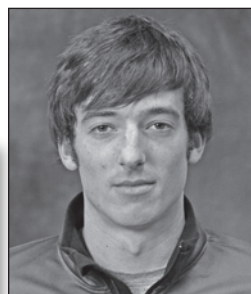
At E.C. Glass

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 ... Growing up, wanted to be a radiologist.

PERSONAL BESTS		
1,500M	3:54.12	5/5/07
3,000M	8:29.10i	2/2/08
5,000M	14:30.60	4/6/07



Lewis Woodard

B.A. International Relations '11
Charlotte, N.C. • Providence Day

2007-08

Cross Country: Did not compete.

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.

PERSONAL BESTS		
800M	1:58.94	H.S.
1,600M	4:18.97	H.S.
3,200M	9:32.45	H.S.



RECORD BOOK

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) Bob Keroack, 10.64c (1976) Mike Fratkin, 10.64c (1968) Charles Dobson, 13.74c (1972)
110m hurdles	--	Jeff Powell, 14.04 (1982)	--	Mike Fratkin, 21.04c (1968) Steve Boone, 47.45 (1983) Bill Becker, 51.24c (1975)
200m	Justin Benabdallah 23.50 (2003)	Mike Fraktin, 21.04c (1968)	Jay Cunningham, 22.04 (1992)	Mike Fratkin, 21.04c (1968)
400m	Kevin Toomer, 50.47 (1984)	Nelson Stortz, 48.84c (1974)	Steve Boone, 48.97 (1983)	Steve Boone, 47.45 (1983)
400m hurdles	--	Bill Becker, 53.54c (1974)	--	Bill Becker, 51.24c (1975)
500m	Kevin Toomer, 1:05.14c (1984)	--	George Ashton, 1:03.71 (1998)	--
800m	Paul Vandegrift, 1:52.14c (1988)	Zach Rubin 1:53.34 (2006)	Anders Christiansen, 1:47.19 (1999)	Juris Luzins, 1:45.94c (1969)
1,000m	Mike Brown, 2:28.13 (1995)	--	Brian Hyde, 2:18.81 (1995)	Brian Hyde, 2:18.61 (1995)
1,500m	Paul Vandegrift, 3:49.3 (1988)	Paul Vandegrift, 3:44.34c (1988)	Paul Vandegrift, 3:49.3 (1988)	Brian Hyde, 3:35.84 (1995)
Mile	Mac Collins, 4:06.44c (1973)	Hal Michael, 4:04.94c (1968)	Brian Hyde, 3:59.16 (1995)	Ron Martin, 3:58.90 (1974)
3,000m	Matt Maline, 8:16.97 (2002)	--	Matt Lane, 8:00.40 (1998)	Matt Lane, 7:48.02 (2001)
3,000m Steeplechase	--	John Greenplate, 9:02.34c (1973)	--	Jim Shields, 8:44.6 (1978)
5,000m	Matt Keally, 14:17.87 (2003)	Christo Landry, 14:01.62 (2005)	Matt Lane, 13:43.36 (2001)	Matt Lane, 13:25.38 (2001)
10,000m	--	Keith Bechtol, 29:58.13 (2004)	--	Matt Lane, 28:28.97 (2001)
High Jump	John Schilling, 6-11 (1975)	John Schilling, 6-10.75 (1975)	Al Irving, 7-1.25 (1975)	John Schilling, 7-0 (1977) Al Irving, 7-0 (1975) Charles Strode, 16-6 (1972) John Jones, 25-4.25 (1975) Ryan Harris, 50-9.25 (1992) Drexell George, 57-5.75 (1976)
Pole Vault	Adolph Brown, 16-0.5 (1988)	Kiernan Lofland 16-0.75 (2007)	Dave Lipinski, 16-8.5 (1977)	Mike Schay, 172-0 (1978)
Long Jump	John Jones, 23-5 (1972)	John Jones, 24-7 (1972)	John Jones, 23-11 (1975)	Mike Howell, 206-1 (1993)
Triple Jump	Kenechi Ezekwe, 48-6.75 (1995)	Bryan Delsite, 49-1 (1990)	John Jones, 50-11 (1975)	Chris Parsons, 223-2 (2002)
Shot Put	George Dippold, 55-10.5 (1983)	George Dippold, 55-6 (1983)	Drexell George, 57-7 (1976)	--
35-lbs Weight Throw	Chris Parsons, 49-6.5 (2001)	--	Adam Williams, 59-5 (1996) Marlon Mattis, 59-5 (1984)	--
Discus	--	Steve Huntzinger, 156-8 (2004)	--	Mike Schay, 172-0 (1978)
Hammer Throw	--	Tyler Steel, 160-4 (1997)	--	Mike Howell, 206-1 (1993)
Javelin (since 1985)	--	Chris Parsons, 207-6 (2001)	--	Chris Parsons, 223-2 (2002)
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) McCutcheon, Dobson Griffin, Fratkin, 41.04c (1968) Anspach, Griffith Griffin, Fratkin, 1:25.9c (1968) Findler, Anspach
4x100m Relay	--	--	--	Doughty, Musiek, 3:12.6 (1997) Ashton, Christiansen Wiggins, Gibbons, 7:23.7 (1984) Peck, Hoey
4x200m Relay	--	--	Musiek, Ashton, 3:16.15 (1998) Christiansen, Finlan Campbell, Ryan, 7:24.30 (1988) Cuevas, Vandegrift	Logsdon, Cuevas, 15:14.54 (1986) Ryan, Noble
4x400m Relay	--	--	--	Graham, Hoglund, 16:19.69 (2000) Lane, Swenson
4x800m Relay	--	--	--	Musiek, Bates, 3:18.09 (1999)
4x1,500m Relay	--	--	McEaddey, Satterley, 3:29.90 (1980) Palmer, Hopke	Ashton, Christiansen
4xMile Relay	--	--	Graham, Wilber, 9:36.53 (2001) Conway, Lane	Cuevas, Waggoner, 9:34.76 (1989) Campbell, Vandegrift
Sprint Medley Relay	--	--	--	--
Distance Medley Relay	--	--	--	--
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)	--

Three-time All-American Reggie Clark '75 winning the 1974 NCAA indoor 880-yard championship, William and Mary's last NCAA title

HONORS AND AWARDS

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

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

Indoor All-America

1969 Juris Luzins 1,000y
1970 Hal Michael Mile
1974 Reggie Clark 880y
1975 Reggie Clark 880y
Al Irving High Jump
Frank Courtney DMR
Bill Becker
Mac Collins
Reggie Clark
1984 Jeff Powell 55m Hurdles
1988 Rob Campbell 4x800m
Hiram Cuevas
Dave Ryan
Paul Vandegrift
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 All-America

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

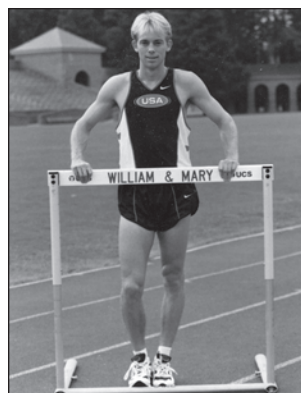
1999 Matt Lane 5,000m
Anders Christiansen 800m
2000 Matt Lane 5,000m
2001 Matt Lane 5,000m
2003 Sean Graham 5,000m
Ed Moran 5,000m
2005 Ed Moran 5,000m

Indoor World Records

Team/Athlete	Event	Time	Year
DMR		9:42.6	1970
Juris Luzins	880y	1:50.9	1970

International Competitors

1969 Mike Fratkin Maccabiah
1970 Juris Luzins Europe & USSR
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



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

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 Jr.
2007 Jacob Frey Pan-Am
2007 Ed Moran Pan-Am

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

Academic All-America (Team)



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

1996 Matt Wilkens
1999 Anders Christiansen
Matt Lane
2000 Matt Lane
2003 West Garrett
Josh Watson
2006 Keith Bechtol (3)
2007 Keith Bechtol (1)

Rhodes Scholars

1989 J.R. Deshazo
1994 Andrew Zawacki

Goldwater Scholar

2005 Keith Bechtol

Phi Beta Kappa

1966 Paul Bernstein
1988 Jay Rush
1991 Seth Carpenter
1993 Andrew Zawacki
1995 Chris Wenk
1996 Matt Wilkens
1999 Erik Musiek
Geoff Williamson
2003 Matt Schu
Josh Watson
Tyler Kirk
2004 Scott Ickes
2005 Pat Comstock
Mike Dominguez
2006 Keith Bechtol
2007 **Ollie Ehlinger**

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 Mike Fratkin '71
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
Ron Martin '74
Brendan Gallagher '76
Tim Cook '75
John Greenplate '76
Bill Louv '74
Mac Collins '76
Reggie Clark '75
1986 Charles "Dobs" Dobson '75
Bill Louv, '74
1987 Charlie Storde '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

USTCA Male Athlete of the Year

2001 Matt Lane

Eastern Track and Field Athlete of the Year

2000 Matt Lane
2001 Matt Lane



HONORS AND AWARDS

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

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

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

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

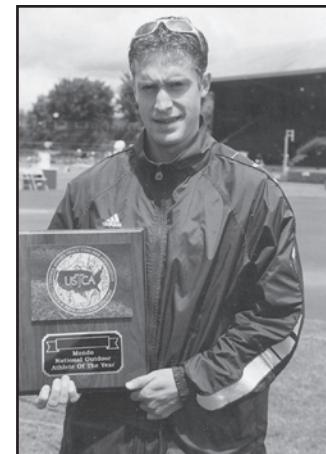
1971 Charles Dobson

1972 Les Ryce

1973 Charles Dobson

220 yard Dash

1943 Francis McFall



Matt Lane '01

11-Time All-American

2001 USTCA Male Athlete of the Year

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
 1973 Mac Collins
 1974 Ron Martin
 1975 Ron Martin

3,000 meter Steeplechase

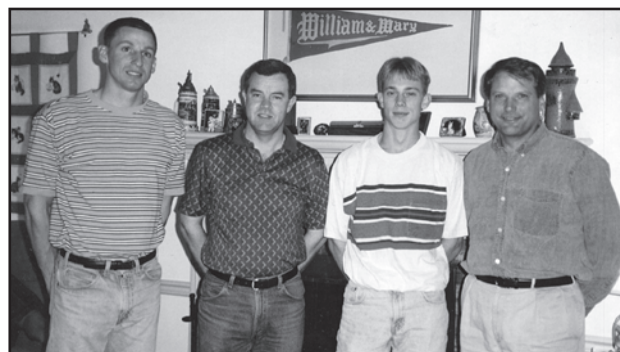
1967 Terry Donnelly
 1968 Terry Donnelly
 1969 Hal Michael
 1970 Hal Michael
 1971 Hal Michael
 1972 Jay Gsell
 1973 Jay Gsell

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



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** (3:59.16) and 1970 indoor national champion **Hal Michael '70** (3:59.0).



HONORS AND AWARDS

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 Otstot
 2006 Mike Dominguez
 2007 Anthony Arena
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 Keally
 2007 Keith Bechtol
10,000 meter Run
 1990 Kevin Krause
 1992 Chris Layton
 1999 Gene Manner
 2003 West Garrett
 2004 Matt Keally
 2005 Pat Comstock
 2006 Keith Bechtol
 2007 Matt Keally
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 Keally
 2004 Keith Bechtol
 2005 Christo Landry

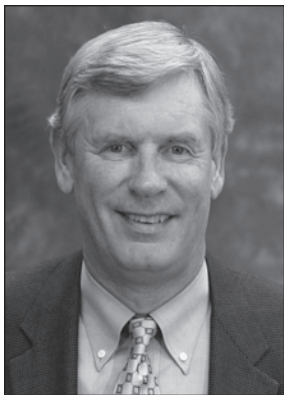
**CAA Track and Field
 Scholar-Athlete of the Year**
 2003 Chris Parsons
 2004 Chris Parsons
 2005 Keith Bechtol
 2006 Keith Bechtol
 2007 Keith Bechtol
**CAA All-Sports Male
 Scholar-Athlete of the Year**
 2007 Keith Bechtol
**Southern Conference 75th
 Anniversary Team**
 Hal Michael
 Reggie Clark
Coach 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



ADMINISTRATION



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 12th 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 William and Mary President Gene Nichol proclaimed "The nation's gold standard" when it came 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 four years alone, the Tribe's program has combined for a total of 19 Colonial Athletic Association (CAA) titles. This past season, W&M claimed four CAA titles (Men's and Women's Cross Country, Women's Swimming and Women's Tennis). In 2004-05, the Tribe captured five CAA championships and an Atlantic 10 Football title. 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 team in the CAA can claim more all-time league championships than the 88 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 twice posted a 100 percent graduation rate, 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 22 individuals receive the honor.

Despite 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). The total increased significantly when Driscoll announced plans to build the \$11 million, 30,000-square foot Jimmie Laycock Football Center at Zable Stadium, which is scheduled to open in time for the 2008 season. This impressive structure follows closely on the heels of 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) inside the stadium. Yet another significant upgrade will be unveiled inside the venerable structure for 2007, as the department will install an \$800,000-plus brand new video scoreboard by the season opener.

In addition to the physical structures, Driscoll has also worked with the Associate Athletics Director for Development, Bobby Dwyer, to increase the annual fundraising 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 Associ-

ates, 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 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 organizing 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.



BARB BLOSSER
SENIOR EXECUTIVE
ASSOCIATE AD/SWA

Few names in the William and Mary Athletics Department are as familiar, or respected, as that of Senior Associate Athletics Director Barbara Blosser. Since first arriving on campus in 1978, Blosser has touched the lives of thousands of Tribe student-athletes.

She has held her current title since April of 2004, after spending the previous 12 years as the associate athletics director. In each role, Blosser has served as an integral part of nearly every facet of the department's daily operations.

Blosser started her career at William and Mary as the head women's basketball coach in 1978 and guided the Tribe to a VAIAW crown in her first season with a then school-record 16 wins (16-13). Her 1980 Tribe team (11-14) placed third, while the 1981 squad (16-16) was VAIAW runner-up. She was also at the helm during the 1984-85 season when William and Mary made the jump to NCAA Division I. Overall, she finished her coaching career with 115 wins, 84 of which came at William and Mary.

When the College's men's and women's athletic programs merged in May of 1986, she moved to administration, first serving as the assistant to the associate athletics director. Over the past 17 years, her administrative responsibilities at W&M have included the monitoring of financial aid matters, coordinating the scheduling of athletic facilities, supervision of coaches and staff and, currently, serving as the person primarily responsible for administering the day-to-day operations of the department.

From October 1992 to June 1993 and August 1995 to July 1996, Blosser also served as acting athletics director in an interim capacity. For her efforts, she was named the first recipient of the John Randolph Inspiration Award. Blosser has served on various committees such as the NCAA Strategic Planning Committee and the Colonial Athletic Association Competition Committee.

Blosser began her coaching career at the helm of the women's basketball program at Ashland College in Ohio. During two seasons there, she led the Eagles to successive 15-7 and 16-8 ledgers. Her 1977 squad won the AIAW Region V Championship, while her 1978 team took the OASW Small College title.

A former three-sport standout at Ohio State, Blosser graduated Cum Laude in 1975 with a Bachelor of Science degree in physical education. At OSU, she was selected to both Phi Beta Kappa and Mortar Board. She competed in basketball, field hockey and tennis and captained both the basketball and field hockey squads her senior year. She went on to earn her master's degree from the University of North Carolina Greensboro in 1978.

TRIBE ATHLETICS



ATHLETIC SUCCESS

The 2006-07 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 88.

The men's cross country squad won its seventh consecutive CAA crown in the fall, while the women's cross country team won its fourth straight. The women's swimming team won its first CAA Championship, while the women's tennis team added its 19th all-time CAA crown in the spring.

Individually, the women's tennis doubles team of Megan Moulton-Levy and Katarina Zoricic reached the title match of the NCAA Doubles Championship, earning All-America honors. Katie Radloff became the first female swimmer to advance to the NCAA's since 1983. Additionally, Keith Bechtol raced to a 14th-place finish in the 10,000m, while Bonnie Meekins placed 16th in the heptathlon at the NCAA Track and Field Championships.

ACADEMIC EXCELLENCE

The Tribe's athletic accomplishments do not come at the expense of its student-athlete's academic responsibilities.

This year, the NCAA honored 13 W&M teams as recipients of its public recognition award. The Tribe teams recognized are baseball, men's and women's cross country, football, men's and women's golf, men's and women's gymnastics, men's and women's indoor and outdoor track and field and volleyball.

Additionally, in the latest NCAA graduation rate reports, three Tribe teams posted 100% graduation rates, including football, women's basketball and women's cross country/track.

Since 1992, 39 student-athletes have been designated Academic All-Americans, including three in the past academic year. Keith Bechtol (men's track) was a First-Team selection, Ryan Overdevest (men's soccer) was a Second-Team selection and Anna Young (women's soccer) was a Third-Team selection.

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 22 winners. Bechtol was the CAA Scholar-Athlete of the Year in both cross country and track and field, bringing his career award total to five. Meghan Bishop (women's cross country) earned her fourth CAA Scholar-Athlete of the Year award in the fall in cross country.

In addition, four of W&M's five Rhodes scholars participated in varsity sports.



THE COLLEGE



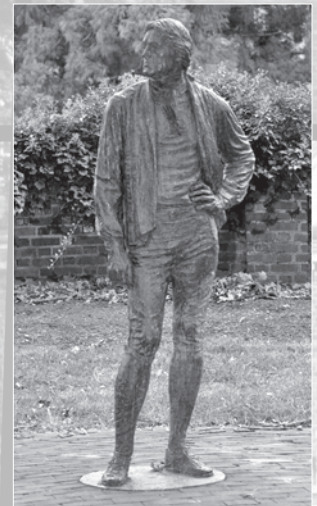
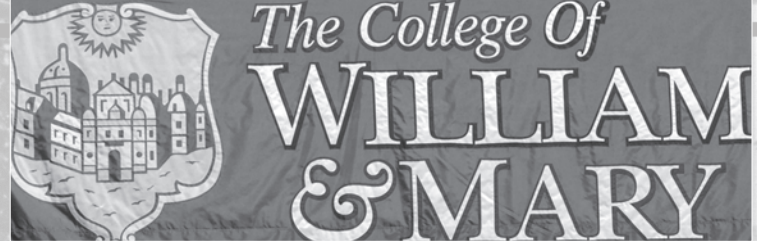
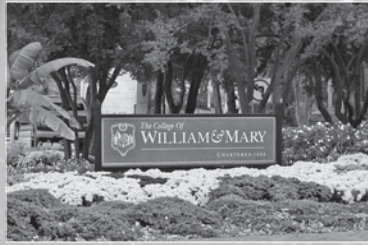
For more than 300 years, William and Mary has been a symbol of academic distinction in America. Now, in its fourth century, the College is prepared to educate the leaders of the 21st century.

The College of William and Mary was founded in 1693 by King William III and Queen Mary II of England. Four Presidents of the United States received their education at the College - George Washington, Thomas Jefferson, James Monroe and John Tyler.

William and Mary was the first college to institute an honor code of conduct. The premier academic society, Phi Beta Kappa, was founded by William and Mary students in 1776. The Society of the Alumni, founded in 1842, is the sixth oldest alumni group in the nation. Now the College is designated as a "Public Ivy", and ranks sixth among all public universities (U.S. News and World Report).

• W&M FACTS •

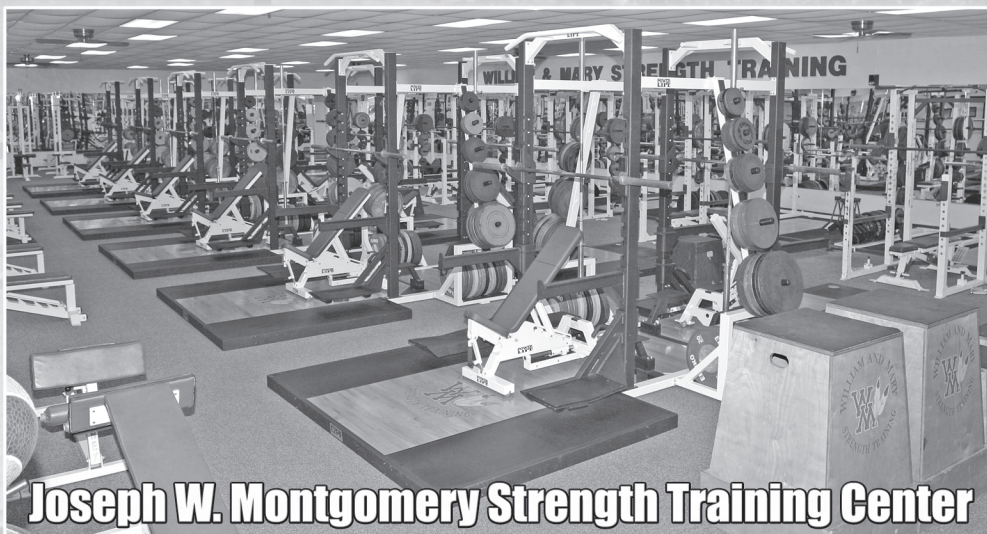
- W&M is the best small public university in the nation in terms of commitment to teaching, according to an analysis by U.S. News and World Report.
- W&M ranked sixth among all public universities in the analysis.
- W&M ranked tied for 31st overall among the nation's best universities.
- W&M ranked 17th in graduation rates.
- The average SAT score of William and Mary's incoming first-year students is higher than that of any other Virginia institution.
- William and Mary earned the five-star (highest) academic ranking awarded by the Fiske Guide to Colleges, edited by the former *New York Times* education reporter.
- The College's student/faculty ratio is approximately 12/1.
- Over 42% of the classes at W&M have less than 20 students.
- The maximum enrollment for freshman seminars is 15 students.
- Over 20,000 internships are posted on the school's web site.
- 10,722 high school students applied for 1,349 spots in the freshman class for the 2006-07 school year.
- The retention rate for freshmen who entered in the fall of 2005 was 95%.



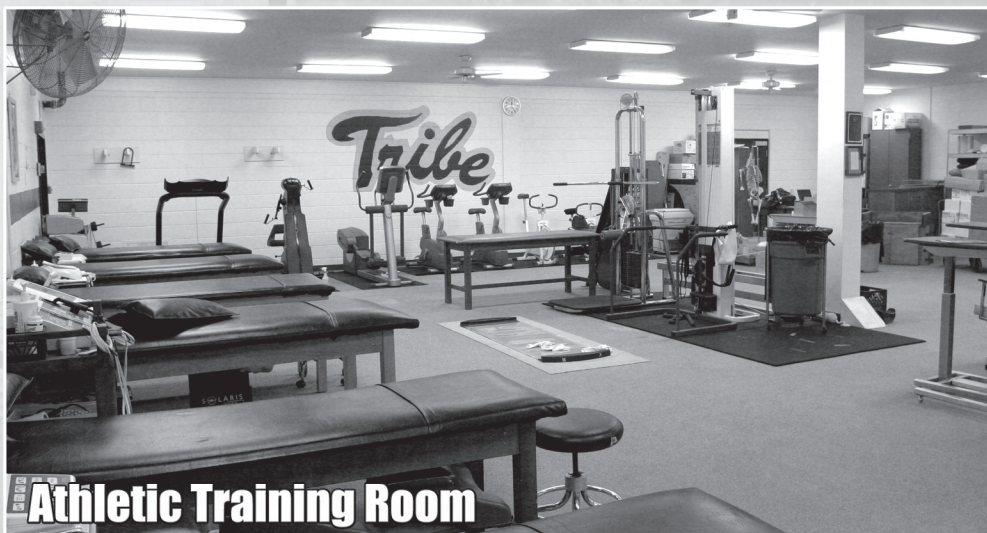
Athletics Department Goals

We take pride in the many achievements of William and Mary athletes, both in the classroom and on the playing fields. These support services and many others are in place to help each student-athlete achieve their goals. It is our hope that at the completion of their undergraduate career they can reflect upon:

1. An academic experience that prepared them for a successful career.
2. An athletic challenge that brought many rewards.
3. A feeling of loyalty and pride in identifying themselves as a varsity athlete with a degree from the College of William and Mary.



Joseph W. Montgomery Strength Training Center



Athletic Training Room

Sports Psychology

Deidre Connelly, Ph.D., is the College's full-time sport psychologist. All consultations are confidential and all student-athletes, teams or coaches are welcome regardless of the issues they wish to discuss. Consultation is available for sport psychology education, performance enhancement skills training, strategies for dealing with stress or injury, or for personal issues that may affect performance.

Compliance, Academic Support

As members of the Colonial Athletic Association and the NCAA, the College is committed to full compliance with all NCAA and conference regulations. The department has a full-time Director of Compliance, Pamela Mason, who is committed to assisting students, staff and coaches through education and monitoring of compliance issues.

The department offers a variety of study, life and career building skills programs, but holds firm to the concept of self-determination—each student must take responsibility for his or her collegiate experience. Our goal is to ensure that there is a support system in place to assist students to make positive and informed decisions.

Speed, Strength, Conditioning

Tribe Athletics is very proud of the Joseph W. Montgomery Strength Training Center, a 5,000 square foot weight training facility. Under the guidance of the Head Speed, Strength and Conditioning Coach John Sauer, each sport is provided with a program designed to enhance individual strength and flexibility development specific to the skills and movements required for their sport. Individuals are educated on proper lifting techniques and workouts are monitored to ensure safety at all times.

Sports Medicine

The Division of Sports Medicine provides a comprehensive health care program for the department of intercollegiate athletics. The staff consists of Assistant Athletics Director for Health Services, Steve Cole, a team physician, seven full-time certified athletic trainers, two graduate assistant athletic trainers and medical specialists from the local community. The team physician has overall responsibility for supervision of the sports medicine program. Tribe athletes have the luxury of rehabilitating and treating injuries in a state-of-the-art athletic training facility.

ATHLETICS FACILITIES



Albert-Daly Field

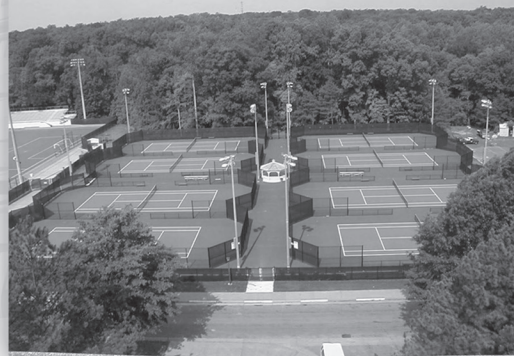
- Home of soccer and lacrosse
- Made possible by a generous grant from Mr. and Mrs. Jim Ukrop
- Natural grass playing surface
- Named after longtime soccer coaches Al Albert and John Daly



Albert-Daly Field

Busch Courts

- Home of tennis in outdoor season
- Eight individual hard court surfaces
- Features California Corners, a unique design that includes quarter fences that run along the sidelines to allow uninterrupted play
- Stadium seating for 500
- State of the art lighting



Busch Courts

Busch Turf Field

- Home of the field hockey team
- Made possible by a generous grant from Anheuser-Busch, Inc.
- Playing surface is a unique combination of a poured pad with AstroTurf playing surface
- Seats over 2,200
- Computerized lighting and an elevated press box



Busch Turf Field



Zable Stadium

McCormack-Nagelsen Tennis Center

- Home of the tennis teams
- Six indoor courts
- Houses the ITA Women's Tennis Hall of Fame
- Mezzanine and stadium seating
- Built with a gift from W&M graduate Mark McCormack and his wife Betsy Nagelsen
- Lighting and scoreboard



McCormack-Nagelsen Tennis Center

Plumeri Park

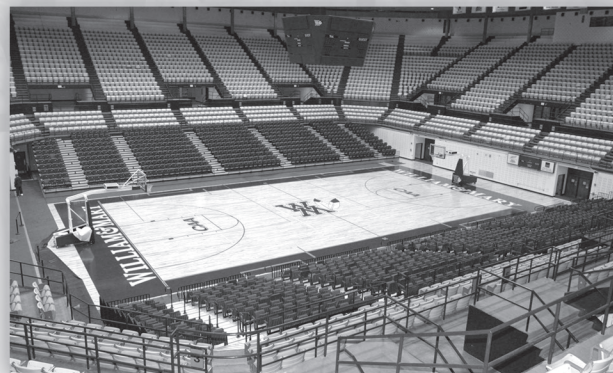
- Home of the baseball program
- Made possible by a generous grant from Joe Plumeri
- Seating for over 1,000
- Indoor and outdoor batting cages
- Lighting for night games
- Lockers, box seats and concessions



Plumeri Park

Kaplan Arena at W&M Hall

- Home of the basketball, gymnastics and volleyball teams and the ticket office
- Seats over 8,500
- Three-level building includes 12 locker rooms, training room, 5,000 square foot weight room and gymnastics training center
- The concourse and lower levels house administrative and coaches offices



Kaplan Arena at William and Mary Hall

Zable Stadium

- Home of football and track and field
- Campus landmark since 1935
- Seating for more than 12,000
- Field Turf surface
- Permanent lighting
- Brand new state-of-the-art track
- Joseph Montgomery football practice facility is located adjacent to the stadium