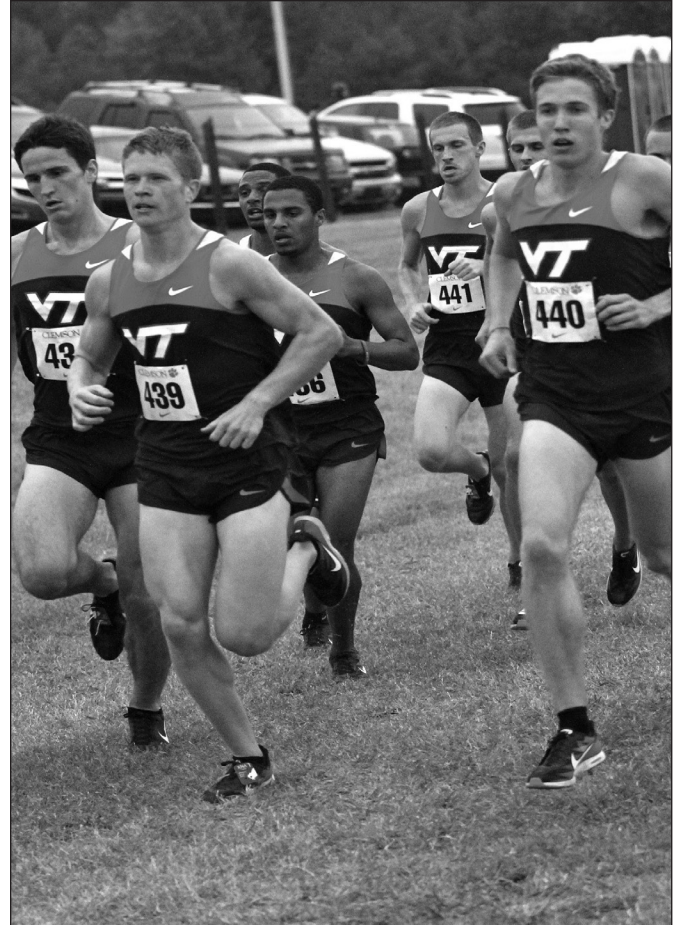


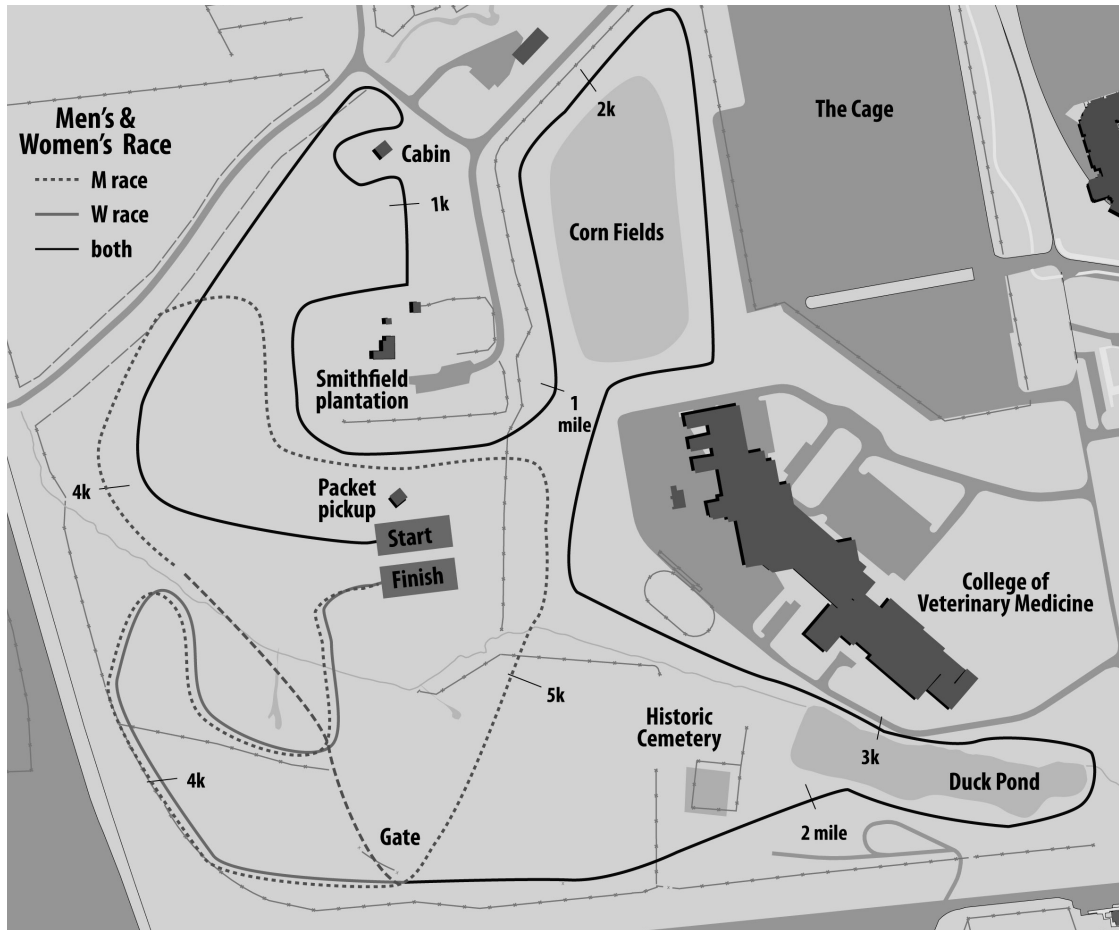


2011 VIRGINIA TECH CROSS COUNTRY

HISTORY AND RECORDS GUIDE



THE TECH CROSS COUNTRY COURSE



During the past 18 years, Virginia Tech's cross country course has provided many benefits to the program and has paid dividends for the Tech cross country team. The course has attracted several of the nation's top programs and been the site of some of the state's largest high school meets.

"In conjunction with our indoor and outdoor track facilities, the cross country course makes Virginia Tech unsurpassed in the quality of facilities," said Director of Track & Field and Cross Country Dave Cianelli. "The training aspect of the course is also great."

Tech has the luxury of competing and training on a course designed solely for cross country competition, affording the team an opportunity to have exclusive rights to the use of the facility.

Over the years, the all-grass course has provided an ideal surface for racing and training. Located on the southwest end of campus near the corner of Southgate Drive and Route 460, the terrain gently rolls through the cornfields and wooded locations typical of the Tech surroundings.

Opened for racing in 1993, the course now starts and finishes behind the Virginia-Maryland Regional College of Veterinary Medicine. It covers a total of 3.1 miles, passes historical Smithfield Plantation and crosses Stroubles Creek. There is also a five-mile version of the course for the men.

"I think it's one of the nicest settings for a cross country course I have ever seen," Cianelli said. "The fact that it is on campus makes it ideal for our teams to train and compete."

Another key trait of the course is its proximity to campus facilities. Rector Field House allows athletes to warm up in perfect conditions.

The Hokies will host three meets on their home course this year, starting with the Virginia Tech Alumni Invitational on Sept. 2.

"There are very few schools with a cross country course and two tracks so close together," cross country coach Ben Thomas said. "The competition facilities here are unbeatable."

COURSE RECORDS

MEN (SHORT COURSE - 6K)
18:48.00 - Chris Padilla (Virginia Tech),
set at the Hokie Open on Nov. 3, 2007

MEN (LONG COURSE - 7.6K)
23:37.3 - Will Mulherin (Virginia Tech)
set at VT Alumni Invite on Sept. 17, 2010

WOMEN (SHORT COURSE - 4K)
14:24.30 - Sammy Dow (Virginia Tech),
set at the Hokie Open on Nov. 6, 2009

WOMEN (LONG COURSE - 4.7K)
15:55.3 - Tasmin Fanning (Virginia
Tech), set at the Virginia Tech
Invitational on Sept. 19, 2008



Will Mulherin



Madalyn Nuckols

{ 2011 HONORS & AWARDS }

MEN

ALL-AMERICAN
Will Mulherin (30th)

ALL-REGION
Michael Hammond (19th)
Will Mulherin (5th)

ALL-ACC
Michael Hammond (10th)
Will Mulherin (7th)

ACC PERFORMER OF THE WEEK
Michael Hammond (Oct. 4)

VT STAR OF THE WEEK
Michael Hammond (Oct. 3)
Will Mulherin (Oct. 31 and Nov. 28)

WOMEN

ALL-REGION
Madalyn Nuckols (23rd)

HISTORY & RECORDS

NCAA ALL-REGION

MEN

2011.....	Will Mulherin (5th)
	Michael Hammond (19th)
2009.....	Devin Cornwall (18th)
2008.....	Phillip Padilla (23rd)
2006.....	Paul LaPenna (21st)
2003.....	Mike Lawson (21st)
1999.....	Chris Seaton (18th)
1997.....	Matt Zacharias (17th)
1995.....	George Probst (16th)
1994.....	John Hawthorne (12th)
	Matt Zacharias (16th)
1993.....	Tom Lankowicz (25th)
1992.....	Travis Walter (13th)
1990.....	David Tonkin (21st)
1989.....	Brian Walter (9th)
	Tim Covington (17th)
1987.....	Steve Taylor (3rd)
	Tony Williams (8th)
	Greg Cobb (14th)
	Thomas Harding (22nd)
1984.....	Mark Stickley (6th)
1980.....	Richard Greer (23rd)

WOMEN

2011.....	Madalyn Nuckols (23rd)
2010.....	Paige Kwartunas (18th)
2008.....	Tasmin Fanning (1st)
	Erin Reddan (20th)
2007.....	Tasmin Fanning (3rd)
	Natalie Sherbak (10th)
	Jessica Fanning (22nd)
2006.....	Fiona Gentles (11th)
	Kelly Clark (12th)
	Tasmin Fanning (18th)
	Natalie Sherbak (20th)
	Jessica Fanning (25th)
2005.....	Tasmin Fanning (22nd)
2004.....	Jessica Fanning (14th)
2003.....	Marlies Overbeeke (5th)
2002.....	Stacey Vidt (19th)
	Jessica Morris (20th)
1990.....	Heidi Allen (7th)
1987.....	Roxann Polo (13th)
	Louise Schweitzer (16th)
1984.....	Linda King (14th)
	Cheryl Tuosto (24th)

The Tech women competed at the AIAW Division II level before being elevated to an NCAA Division I varsity sport in 1982. Tech's 1981 squad placed fifth at the AIAW Division II National Championships.

NCAA REGION CHAMPIONSHIPS

MEN (TEAM)

2011.....	4th
2010.....	14th
2009.....	8th
2008.....	7th
2007.....	7th
2006.....	6th
2005.....	13th
2004.....	14th
2003.....	15th
2002.....	9th
2001.....	9th
2000.....	9th
1999.....	10th
1998.....	10th
1997.....	10th
1996.....	8th
1995.....	5th
1994.....	5th
1993.....	8th
1992.....	7th
1990.....	10th
1989.....	10th
1987.....	1st
1986.....	4th
1985.....	9th
1984.....	11th
1983.....	15th
1980.....	8th
1977.....	16th
1976.....	15th
1975.....	12th

WOMEN (TEAM)

2011.....	6th
2010.....	5th
2009.....	15th
2008.....	7th
2007.....	5th
2006.....	3rd
2005.....	12th
2004.....	10th
2003.....	6th
2002.....	7th
2001.....	12th
2000.....	12th
1999.....	10th
1998.....	14th
1997.....	9th
1996.....	25th
1995.....	18th
1994.....	t-22nd
1993.....	23rd
1992.....	14th
1990.....	15th
1989.....	10th
1987.....	10th
1986.....	11th
1985.....	8th
1984.....	5th
1983.....	7th

ALL-AMERICANS

MEN

2011.....	Will Mulherin (30th)
1989.....	Brian Walter (30th)
1987.....	Steve Taylor (9th)
	Tony Williams (19th)
1982.....	Steve Hetherington (21st)

WOMEN

2008.....	Tasmin Fanning (3rd)
2007.....	Tasmin Fanning (12th)
2003.....	Marlies Overbeeke (29th)
1981.....	Lori McKee (Taylor)
	Tracy Deely

NCAA CHAMPIONSHIPS

MEN (TEAM)

1987.....	4th
1982.....	14th
1970.....	35th
1969.....	25th

WOMEN (TEAM)

2006.....	18th
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CONFERENCE CHAMPIONSHIPS

MEN (TEAM)

1997.....	Atlantic 10 Conference
1996.....	Atlantic 10 Conference
1994.....	Metro Conference
1989.....	Metro Conference
1988.....	Metro Conference
1987.....	Metro Conference
1986.....	Metro Conference
1985.....	Metro Conference
1984.....	Metro Conference
1983.....	Metro Conference
1981.....	Metro Conference
1980.....	Metro Conference

WOMEN (TEAM)

1987.....	Metro Conference
1986.....	Metro Conference
1985.....	Metro Conference

CONFERENCE CHAMPIONS

MEN

Southern Conference

1960.....Louis Castagnola
 1959.....Louis Castagnola

Metro Conference

1990.....Todd Pehowski
 1989.....Brian Walter
 1987.....Gary Cobb
 1986.....Steve Taylor
 1985.....Roy Mascolino

Atlantic 10

1999.....Chris Seaton
 1997.....Matt Zacharias

WOMEN

Metro Conference

1991.....Heidi Allen
 1990.....Heidi Allen
 1988.....Gwen Roller
 1987.....Roxann Polo
 1986.....Gwen Roller



Tasmin Fanning

ALL-CONFERENCE HOKIES

MEN

Southern Conference

1955.....Charles Catlett
 1956.....Charles Catlett
 1957.....Bob Bowman
 1959.....Louis Castagnola
 1960.....Louis Castagnola
 Gene Simpson
 1961.....Gene Simpson
 1962.....Gene Simpson

Metro Conference

1978.....Greg Lemieux
 Gene Crane
 1978.....Robbie White
 1979.....Steve Hetherington
 Steve Pinard
 Robbie White
 1980.....Ricky Greer
 Steve Hetherington
 Dave Peterson
 Greg Lemieux
 Steve Pinard
 Ray McDaniels
 Mark Stickley

1981.....Steve Hetherington
 Pat Henner
 Mark Stickley
 Ray McDaniels
 Dave Peterson
 1982.....Steve Hetherington
 Ken Coddington
 David Montgomery
 Doug Law
 1983.....Tony Williams
 Doug Law
 Bob Herndon
 Dave Hamilton
 1984.....Mark Stickley
 Tony Williams

1985.....Roy Mascolino
 Howard Nippert
 Dan Foran
 Paul Millradt
 Peter Schultz
 1986.....Steve Taylor
 Tony Williams
 Todd Giszack
 Tom Harding
 1987.....Gary Cobb
 Ron Voigt
 Howard Nippert
 Brian Walter
 1988.....Tim Covington
 Brian Walter
 Ron Voigt
 Jorge Pardo
 1989.....Brian Walter
 Tim Covington
 Travis Walter
 Wally Granville
 David Tonkin
 1990.....Todd Pehowski
 David Tonkin
 Wally Granville
 Travis Walter
 Drew Saunders
 Adam Small
 1991.....Todd Pehowski
 Wally Granville
 Travis Walter
 1992.....Travis Walter
 Ben Hester
 John Hawthorne
 1993.....Joe Edwards
 George Probst

1994.....John Hawthorne
 Tom Lankowicz
 Matt Zacharias
 Marshall Ferguson
 Atlantic 10 Conference
 1995.....John Hawthorne
 George Probst
 1996.....Van Arnold
 Mike Cox
 Wes Schilling
 Jason Dowdy
 Mark Rumble
 1997.....Matt Zacharias
 Jay Johns
 Jason Dowdy
 Mike Cox
 Van Arnold
 1998.....Chris Seaton
 Van Arnold
 1999.....Chris Seaton
 Van Arnold
 Paul Hayes
 Atlantic Coast Conference
 2007.....Paul LaPenna
 2008.....Devin Cornwall
 Billy Berlin
 2009.....Will Mulherin
 Devin Cornwall
 2011.....Will Mulherin
 Michael Hammond

WOMEN

Metro Conference
 1985.....Gwen Roller
 Nancy Klumb
 Cindy Guenzel
 Carol Richardson

1986.....Gwen Roller
 Maggie Lasaga
 Nancy Klumb
 Louise Schweitzer
 Cherie Alexander
 1987.....Roxann Polo
 Louise Schweitzer
 Jennifer Smith
 Elizabeth Fleming
 1988.....Gwen Roller
 Louise Schweitzer
 1989.....Gwen Roller
 Alice Gaines
 1990.....Heidi Allen
 1991.....Heidi Allen
 1992.....Heidi Allen
 Michelle Barrett
 1993.....Melissa Ward
 Atlantic 10 Conference
 1995.....Tracy Shea
 1996.....Stephenie Ingersoll
 1997.....Jennifer Conner
 Lauren Carr
 1998.....Johanna Stumpf
 Stephenie Ingersoll
 1999.....Stacey Vidt
 BIG EAST Conference
 2003.....Marlies Overbeeke
 Atlantic Coast Conference
 2004.....Jessica Fanning
 2007.....Tasmin Fanning
 Natalie Sherbak
 Kelly Clark
 2008.....Tasmin Fanning