

2011 Virginia Tech Cross Country Men's and Women's Season Bests



Men

	VT ALUMNI INVITE	CLEMSON INVITE	CHARLOTTE INVITE	VT OPEN	APP. ST. INVITE	IND. ST. PRE-NATL.	ACC CHAMP.	HOKIE OPEN	NCAA SE REGIONAL	NCAA CHAMP.
DISTANCE	6k	8k	8k	8k	8k	8k	8k	6k	10k	10k
DATE	9/2/11	9/16/11	9/30/11	9/30/11	10/14/11	10/16/11	10/29/11	11/4/11	11/12/11	11/21/11
FIELD	32 runners	132 runners	258 runners	13 runners	201 runners	296 runners	110 runners	17 runners	218 runners	252 runners
Darren Barlow	DNC	25:00.55 (28)	DNC	DNC	DNC	DNC	DNC	DNC	DNC	
Jared Berman	DNC	24:46.50 (16)	25:04.5 (22)	DNC	DNC	25:47 (106)	24:33.0 (42)	DNC	31:26.6 (49)	
Brayden Burleigh	<i>19:57.00 (5)</i>	DNC	24:53.8 (15)	DNC	DNC	25:19 (62)	24:45.2 (52)	18:26.15 (1)	DNC	
George Carter	<i>20:04.86 (6)</i>	DNC	DNC	<i>26:27.91 (4)</i>	<i>27:09.4 (99)</i>	DNC	DNC	<i>19:38.67 (10)</i>	DNC	
Thomas Curtin	DNC	25:02.53 (31)	25:23.4 (39)	DNC	25:18.5 (8)	DNC	24:20.3 (30)	DNC	31:33.7 (54)	
Jason Cusack	DNC	24:46.43 (15)	24:33.6 (6)	DNC	DNC	25:41 (95)	24:23.8 (34)	DNC	32:10.4 (80)	
Leoule Degfae	DNC	25:15.25 (42)	25:11.1 (26)	DNC	DNC	26:06 (146)	24:24.3 (35)	DNC	31:06.8 (34)	
Tihut Degfae	DNC	25:00.48 (27)	25:16.8 (31)	DNC	25:28.1 (12)	DNC	25:07.5 (65)	DNF	DNC	
Kevin Dowd	DNC	24:56.41 (23)	24:45.2 (12)	DNC	DNC	DNC	DNC	DNC	DNC	
Ryan Hagen	DNC	24:46.39 (14)	24:39.6 (8)	DNC	DNC	26:08 (148)	24:38.4 (47)	DNC	31:53.8 (67)	
Michael Hammond	DNC	24:47.17 (19)	24:28.0 (4)	DNC	DNC	25:11 (50)	23:45.0 (10)	DNC	30:43.3 (19)	
Ryan Kuhns	<i>19:51.14 (4)</i>	DNC	DNC	<i>26:19.90 (3)</i>	<i>27:13.8 (104)</i>	DNC	DNC	<i>19:13.87 (5)</i>	DNC	
Zach Link	<i>20:23.90 (10)</i>	DNC	DNC	<i>26:14.89 (2)</i>	<i>26:12.6 (48)</i>	DNC	DNC	<i>19:23.82 (7)</i>	DNC	
Will Mulherin	DNC	24:46.58 (17)	24:32.6 (5)	DNC	DNC	24:32 (16)	23:19.3 (7)	DNC	29:59.9 (5)	29:58.1 (30)
Joseph Murray	DNC	24:57.51 (25)	25:02.3 (21)	DNC	DNC	25:51 (119)	25:13.1 (68)	19:03.47 (3)	DNC	
Grant Pollock	DNC	24:46.60 (18)	25:05.1 (23)	DNC	DNC	26:36 (189)	DNC	18:59.44 (2)	DNC	
Chris Walizer	DNC	25:27.22 (48)	DNC	DNC	25:59.5 (39)	DNC	DNC	19:12.95 (4)	DNC	
Brian Welch	DNC	DNC	DNC	DNC	DNC	DNC	DNC	DNC	DNC	
Pat Woodford	<i>20:07.88 (7)</i>	DNC	DNC	<i>27:05.57 (5)</i>	<i>26:28.6 (63)</i>	DNC	DNC	<i>19:37.98 (8)</i>	DNC	
Team Finish	No Team Score	2/12 (75 pts.)	1/34 (35 pts.)	No Team Score	No Team Score	9/35 (322 pts.)	T4/12 (116 pts.)	No Team Score	4/32 (161 pts.)	

italics denote unattached runner

Women

	VT ALUMNI INVITE	CLEMSON INVITE	CHARLOTTE INVITE	VT OPEN	APP. ST. INVITE	IND. ST. PRE-NATL.	ACC CHAMP.	HOKIE OPEN	NCAA SE REGIONAL
DISTANCE	4k	6k	5k	6k	5k	6k	6k	4.8k	6k
DATE	9/2/11	9/16/11	9/30/11	9/30/11	10/14/11	10/16/11	10/29/11	11/4/11	11/12/11
FIELD	28 runners	114 runners	290 runners	10 runners	177 runners	303 runners	104 runners	19 runners	240 runners
Camille Bouvet	DNC	DNC	DNC	<i>24:11.86 (2)</i>	19:36.8 (65)	DNC	DNC	19:07.50 (7)	DNC
Stephanie Cario	DNC	22:42.29 (38)	18:39.2 (65)	DNC	18:58.6 (25)	DNC	DNC	18:10.23 (1)	DNC
Taylor Crosson	DNC	21:50.32 (22)	17:51.5 (23)	DNC	DNC	22:33 (102)	21:10.5 (26)	DNC	21:35.2 (46)
Courtney Dobbs	DNC	21:50.42 (T23)	17:45.0 (18)	DNC	DNC	22:33 (101)	21:19.8 (37)	DNC	21:25.3 (39)
Sammy Dow	DNC	21:50.59 (25)	17:51.9 (24)	DNC	DNC	23:20 (160)	21:16.8 (34)	DNC	21:31.7 (42)
Frances Dowd	DNC	DNC	18:03.7 (32)	DNC	DNC	DNC	22:48.0 (71)	18:58.97 (6)	DNC
Casey Gresham	DNC	DNC	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Ginny Jones	<i>15:43.51 (4)</i>	22:22.71 (36)	18:24.6 (48)	DNC	19:02.3 (30)	DNC	22:38.7 (69)	18:48.57 (4)	DNC
Paige Kwartunas	DNC	22:09.72 (32)	17:56.1 (28)	DNC	DNC	22:26 (91)	21:57.0 (52)	DNC	21:53.2 (66)
Lauren Lemieux	DNC	DNC	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Ally Masoero	DNC	DNC	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Madalyn Nuckols	DNC	21:51.04 (27)	17:45.1 (19)	DNC	DNC	22:12 (74)	21:39.9 (44)	DNC	21:00.5 (23)
Lauren Pinkston	DNC	DNC	DNC	<i>24:12.07 (3)</i>	19:38.2 (69)	DNC	23:14.1 (84)	18:20.53 (2)	DNC
Sarah Rapp	DNC	21:50.42 (T23)	17:41.3 (16)	DNC	DNC	21:47 (42)	21:33.8 (41)	DNC	21:38.9 (49)
Katarina Smiljanec	DNC	DNC	DNC	DNC	20:21.1 (108)	DNC	DNC	DNC	DNC
Amanda Smith	DNC	DNC	DNC	DNC	20:29.1 (114)	DNC	DNC	DNC	DNC
Mary Catherine Sowder	15:27.98 (3)	22:47.69 (43)	DNC	DNC	20:20.2 (107)	DNC	DNC	DNC	DNC
Erin Stehle	DNC	DNC	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Alex Watt	DNC	21:50.61 (26)	17:47.3 (22)	DNC	DNC	22:29 (95)	22:05.8 (58)	DNC	21:58.0 (72)
Erika Weidman	16:27.27 (8)	DNC	DNC	24:11.57 (1)	19:38.2 (68)	DNC	DNC	DNC	DNC
Team Finish	No Team Score	4/12 (120 pts.)	1/36 (84 pts.)	No Team Score	7/21 (230 pts.)	11/37 (384 pts.)	8/12 (180 pts.)	No Team Score	6/35 (199 pts.)

italics denote unattached runner

2011 Virginia Tech Cross Country Men's and Women's Season Bests



Women's Individual Results:

September 2; VT Alumni Invitational; Blacksburg, Va.; 4K Race

Mary Catherine Sowder (3rd)	15:27.98
<i>Ginny Jones (5th)</i>	15:43.51
Erika Weidman (8th).....	16:27.27
Team Finish: No Team Score	
Field: 28 total runners	

September 16; Clemson Invitational; Seneca, S.C.; 6K Race

Taylor Crosson (22nd).....	21:50.32
Sarah Rapp (T23rd).....	21:50.42
Courtney Dobbs (T23rd).....	21:50.42
Sammy Dow (25th).....	21:50.59
Alex Watt (26th).....	21:50.61
Madalyn Nuckols (27th).....	21:51.04
Paige Kwartunas (32nd).....	22:09.72
Ginny Jones (36th).....	22:22.71
Stephanie Cario (38th).....	22:42.29
Mary Catherine Sowder (43rd).....	22:47.69
Team Finish: 4th of 12 Teams, 120 points	
Field: 114 total runners	

September 30; Charlotte Invite; Charlotte, N.C.; 5K Race

Sarah Rapp (16th)	17:41.3
Courtney Dobbs (18th)	17:45.0
Madalyn Nuckols (19th)	17:45.1
Alex Watt (22nd).....	17:47.3
Taylor Crosson (23rd).....	17:51.5
Sammy Dow (24th).....	17:51.9
Paige Kwartunas (28th).....	17:56.1
Frances Dowd (32nd)	18:03.7
Ginny Jones (48th).....	18:24.6
Stephanie Cario (65th).....	18:39.2
Team Finish 1st of 36 Teams, 84 points	
Field: 290 total runners	

September 30; VT Open; Blacksburg, Va.; 6K Race

Erika Weidman (1st)	24:11.57
<i>Camille Bouvet (2nd)</i>	24:11.86
Lauren Pinkston (3rd).....	24:12.07
Team Finish: No Team Score	
Field: 10 total runners	

October 14; Appalachian State Blue Ridge Open; Boone, N.C.; 5K Race

Stephanie Cario (25th).....	18:58.6
Ginny Jones (30th).....	19:02.3
Camille Bouvet (65th).....	19:36.8
Erika Weidman (68th).....	19:38.2
Lauren Pinkston (69th).....	19:38.2
Mary Catherine Sowder (107th).....	20:20.2
Katarina Smiljanec (108th).....	20:21.1
Amanda Smith (114th).....	20:29.1
Team Finish: 7th of 21 Teams, 230 points	
Field: 177 total runners	

October 16; Indiana State Pre-National Invite; Terre Haute, Ind.; 6k Race

Sarah Rapp (42nd)	21:47
Madalyn Nuckols (74th)	22:12
Paige Kwartunas (91st).....	22:26

Alex Watt (95th).....	22:29
Courtney Dobbs (101st)	22:33
Taylor Crosson (102nd)	22:33
Sammy Dow (160th)	23:20
Team Finish: 11th of 37 Teams, 384 points	
Field 303 total runners	

October 29; ACC Championships; Seneca, S.C.; 6K Race

Taylor Crosson (26th).....	21:10.5
Sammy Dow (34th).....	21:16.8
Courtney Dobbs (37th)	21:19.8
Sarah Rapp (41st).....	21:33.8
Madalyn Nuckols (44th)	21:39.9
Paige Kwartunas (52nd).....	21:57.0
Alex Watt (58th).....	22:05.8
Ginny Jones (69th).....	22:38.7
Frances Dowd (71st).....	22:48.0
Lauren Pinkston (84th).....	23:14.1
Team Finish: 8th of 12 Teams, 180 points	
Field: 104 total runners	

November 4; Hokie Open Race; Blacksburg, Va.; 4.8K Race

Stephanie Cario (1st).....	18:10.23
Lauren Pinkston (2nd)	18:20.53
Ginny Jones (4th)	18:48.57
Frances Dowd (6th)	18:58.97
Camille Bouvet (7th).....	19:07.50
Team Finish: No Team Score	
Field: 19 total runners	

November 12; NCAA Southeast Regional; Louisville, Ky.; 6k Race

Madalyn Nuckols (23rd).....	21:00.5
Courtney Dobbs (39th)	21:25.3
Sammy Dow (42nd).....	21:31.7
Taylor Crosson (46th)	21:35.2
Sarah Rapp (49th)	21:38.9
Paige Kwartunas (66th).....	21:53.2
Alex Watt (72nd).....	21:58.0
Team Finish: 6th of 35 Teams, 199 pts.	
Field: 240 total runners	

Men's Individual Results

September 2; VT Alumni Invitational; Blacksburg, Va.; 6K Race

<i>Ryan Kuhns (4th)</i>	19:51.14
<i>Brayden Burleigh (5th)</i>	19:57.00
<i>George Carter (6th)</i>	20:04.86
<i>Pat Woodford (7th)</i>	20:07.88
<i>Zach Link (10th)</i>	20:23.90
Team Finish: No Team Score	
Field: 32 total runners	

September 16; Clemson Invitational; Seneca, S.C.; 8K Race

Ryan Hagen (14th)	24:46.39
Jason Cusack (15th)	24:46.43
Jared Berman (16th).....	24:46.50
Will Mulherin (17th)	24:46.58
Grant Pollock (18th).....	24:46.60
Michael Hammond (19th).....	24:47.17
Kevin Dowd (23rd).....	24:56.41
Joseph Murray (25th).....	24:57.51
Tihut Degfae (27th)	25:00.48

Darren Barlow (28th) 25:00.55
 Thomas Curtin (31st)..... 25:02.53
 Leoule Degfae (42nd)..... 25:15.25
 Chris Walizer (48th) 25:27.22
 Team Finish: 2nd of 12 Teams, 75 points
 Field: 132 total runners

September 30; Charlotte Invite; Charlotte, N.C.; 8K Race

Michael Hammond (4th)..... 24:28.0
 Will Mulherin (5th)..... 24:32.6
 Jason Cusack (6th)..... 24:33.6
 Ryan Hagen (8th) 24:39.6
 Kevin Dowd (12th)..... 24:45.2
 Brayden Burleigh (15th)..... 24:53.8
 Joseph Murray (21st) 25:02.3
 Jared Berman (22nd) 25:04.5
 Grant Pollock (23rd)..... 25:05.1
 Leoule Degfae (26th)..... 25:11.1
 Tihut Degfae (31st)..... 25:16.8
 Thomas Curtin (39th) 25:23.4
 Team Finish 1st of 34 Teams, 35 points
 Field: 258 total runners

September 30; VT Open; Blacksburg, Va.; 8K Race

Zach Link (2nd)..... 26:14.89
Ryan Kuhns (3rd)..... 26:19.90
George Carter (4th)..... 26:27.91
Patrick Woodford (5th)..... 27:05.57
 Team Finish: No Team Score
 Field: 13 total runners

October 14; Appalachian State Blue Ridge Open; Boone, N.C.; 8k Race

Thomas Curtin (8th)..... 25:18.5
 Tihut Degfae (12th) 25:28.1
 Chris Walizer (39th) 25:59.5
Zach Link (48th)..... 26:12.6
Pat Woodford (63rd)..... 26:28.6
George Carter (99th)..... 27:09.4
Ryan Kuhns (104th)..... 27:13.8
 Team Finish: No Team Score
 Field 201 total runners

October 16; Indiana State Pre-National Invite; Terre Haute, Ind.; 8k Race

Will Mulherin (16th) 24:32
 Michael Hammond (50th)..... 25:11
 Brayden Burleigh (62nd)..... 25:19
 Jason Cusack (95th) 25:41
 Jared Berman (106th)..... 25:47
 Joseph Murray (119th)..... 25:51
 Leoule Degfae (146th) 26:06
 Ryan Hagen (148th)..... 26:08
 Grant Pollock (189th) 26:36
 Team Finish: 9th of 35 Teams, 322 points
 Field 296 total runners

October 29; ACC Championships; Seneca, S.C.; 8K Race

Will Mulherin (7th)..... 23:19.3
 Michael Hammond (10th)..... 23:45.0
 Thomas Curtin (30th) 24:20.3
 Jason Cusack (34th) 24:23.8
 Leoule Degfae (35th)..... 24:24.3
 Jared Berman (42nd) 24:33.0
 Ryan Hagen (47th) 24:38.4
 Brayden Burleigh (52nd)..... 24:45.2

Tihut Degfae (65th) 25:07.5
 Joseph Murray (68th)..... 25:13.1
 Team Finish: Tied for 4th of 12 Teams, 116 points
 Field: 110 total runners

November 4; Hokie Open Race; Blacksburg, Va.; 6K Race

Brayden Burleigh (1st)..... 18:26.15
 Grant Pollock (2nd)..... 18:59.44
 Joseph Murray (3rd) 19:03.47
 Chris Walizer (4th)..... 19:12.95
Ryan Kuhns (5th)..... 19:13.87
Zach Link (7th) 19:23.82
Pat Woodford (8th)..... 19:37.98
George Carter (10th)..... 19:41.56
 Team Finish: No Team Score
 Field: 17 total runners

November 12; NCAA Southeast Regional; Louisville, Ky.; 10k Race

Will Mulherin (5th)..... 29:59.9
 Michael Hammond (19th)..... 30:43.3
 Leoule Degfae (34th)..... 31:06.8
 Jared Berman (49th)..... 31:26.6
 Thomas Curtin (54th) 31:33.7
 Ryan Hagen (67th) 31:53.8
 Jason Cusack (80th)..... 32:10.4
 Team Finish: 4th of 32 Teams, 161 pts.
 Field: 218 total runners

November 21; NCAA National Championship; Terre Haute, Ind.; 10k Race

Will Mulherin (30th) 29:58.1
 Field: 252 total runners

italics denote unattached runner

2011 Virginia Tech Cross Country Women's Career Bests



Name	XC Dist.	Time	Event	Year
Camille Bouvet (Fr.)	5k	19:36.8	App. St. Blue Ridge Open	2011
	6k	24:11.86	VT Open	2011
Stephanie Cario (So.)	5k	18:07.3	Charlotte Invite	2010
	6k	22:20.8	ACC Championships	2010
Taylor Crosson (So.)	5k	17:51.5	Charlotte Invite	2011
	6k	21:10.5	ACC Championships	2011
Courtney Dobbs (So.)	5k	17:39.3	Charlotte Invite	2010
	6k	21:19.8	ACC Championships	2011
Sammy Dow (Sr.)	5k	17:23.4	Charlotte Invite	2010
	6k	21:16.8	ACC Championships	2011
Frances Dowd (r-So.)	5k	18:03.7	Charlotte Invite	2011
	6k	22:48.0	ACC Championships	2011
Casey Gresham (Jr.)	5k	17:54.2	Charlotte Invite	2010
	6k	23:42.4	ACC Championships	2009
Ginny Jones (Fr.)	5k	18:24.6	Charlotte Invite	2011
	6k	22:22.71	Clemson Invite	2011
Paige Kwartunas (So.)	5k	17:47.5	Charlotte Invite	2010
	6k	21:00.3	NCAA Regionals	2010
Lauren Lemieux (Jr.)	5k	18:57.7	App. St. Invite	2010
	6k	22:24.9	ACC Championships	2009
Ally Masoero (Fr.) Madalyn Nuckols (So.)	5k	17:45.1	Charlotte Invite	2011
	6k	21:00.5	NCAA Regionals	2011
Lauren Pinkston (Sr.)	5k	19:07.4	Charlotte Invite	2010
	6k	22:44.2	ACC Championships	2009
Sarah Rapp (Fr.)	5k	17:41.3	Charlotte Invite	2011
	6k	21:33.8	ACC Championships	2011
Mary Catherine Sowder (So.)	5k	19:15.8	Charlotte Invite	2010
	6k	22:47.69	Clemson Invite	2011
Katarina Smiljanec (Fr.)	5k	20:21.1	App. St. Blue Ridge Open	2011
	5k	20:29.1	App. St. Blue Ridge Open	2011
Erin Stehle (Sr.)	5k	18:17.8	Charlotte Invite	2010
	6k	23:43.02	NCAA Regionals	2009
Alex Watt (So.)	5k	17:47.3	Charlotte Invite	2011
	6k	21:50.61	Clemson Invite	2011
Erika Weidman (So.)	5k	18:46.7	Charlotte Invite	2010
	6k	24:11.57	VT Open	2011

2011 Virginia Tech Cross Country Men's Career Bests



Name	XC Dist.	Time	Event	Year
Darren Barlow (Fr.)				
	8k	25:00.55	Clemson Invite	2011
Jared Berman (r-So.)				
	8k	24:33.0	ACC Championships	2011
	10k	31:26.6	NCAA Regionals	2011
Brayden Burleigh (Fr.)				
	8k	24:45.2	ACC Championships	2011
George Carter (Fr.)				
	8k	26:27.91	VT Open	2011
Thomas Curtin (Fr.)				
	8k	24:20.3	ACC Championships	2011
	10k	31:33.7	NCAA Regionals	2011
Jason Cusack (Jr.)				
	8k	24:23.0	ACC Championships	2011
	10k	32:10.4	NCAA Regionals	2011
Leoule Degfae (So.)				
	8k	24:24.3	ACC Championships	2011
	10k	31:06.8	NCAA Regionals	2011
Tihut Degfae (Jr.)				
	8k	25:00.48	Clemson Invite	2011
	10k	32:59.4	NCAA Regionals	2010
Kevin Dowd (So.)				
	8k	24:45.2	Charlotte Invite	2011
Ryan Hagen (Jr.)				
	8k	24:38.4	ACC Championships	2011
	10k	31:53.8	NCAA Regionals	2011
Michael Hammond (r-Jr.)				
	8k	23:45.0	ACC Championships	2011
	10k	30:43.3	NCAA Regionals	2011
Ryan Kuhns (Fr.)				
	8k	26:19.90	VT Open	2011
Zach Link (Fr.)				
	8k	26:12.6	App. St. Blue Ridge Open	2011
Will Mulherin (r-Jr.)				
	8k	23:19.3	ACC Championships	2011
	10k	29:58.1	NCAA Championship	2011
Joseph Murray (Jr.)				
	8k	24:57.51	Clemson Invite	2011
	10k	32:36.4	NCAA Regionals	2010
Grant Pollock (So.)				
	8k	24:46.60	Clemson Invite	2011
Chris Walizer (Sr.)				
	8k	25:07.0	ACC Championships	2010
	10k	32:12.2	NCAA Regionals	2010
Brian Welch (r-Jr.)				
	8k	25:22.8	ACC Championships	2010
	10k	31:01.0	Chile Pepper XC Festival	2008
Pat Woodford (Fr.)				
	8k	26:28.6	App. St. Blue Ridge Open	2011