

Virginia Tech Cross Country Meet Notes



NCAA National Championships
November 17, 2012
Men's 10K Race: 1:15 p.m.
E.P. Tom Sawyer State Park • Louisville, Ky.

PREVIEWING THE MEET

The Virginia Tech men's cross country team heads to Louisville, Ky., for the NCAA National Championships at E.P. Tom Sawyer State Park on Nov. 17. The men's 10k is slated to start at 1:15 p.m. This is the first time in NCAA history that the Division I cross country championships will take place in the state of Kentucky.

The competition is comprised of thirty-one teams. The top two, seven-person teams automatically

qualified from each of the nine regions for a total of 18 teams. An additional 13 teams were selected at-large.

Thirty-eight individuals were selected to participate in each championship through an automatic qualifier and at-large selection process. All individual qualifiers finished in the top 25 in their region.

After finishing in fourth at the Southeast Regional on Nov. 10, the Hokies qualified for the championship by earning one of the 13 at-large bids. The Southeast Region was one of two regions to have three teams earn at-large bids. The ACC led all conferences with five teams earning bids to the championship race.

By earning its bid to nationals, this marks first time that Tech has reached the finals since 1987. This is the second consecutive year that redshirt senior Will Mulherin will compete in the season's final race.

2012 Cross Country Schedule

| Date | Meet | Site | Time/Result |
|---------------------|-----------------------------------|-----------------|--------------|
| Aug. 31 | Virginia Tech Alumni Invitational | Blacksburg, Va. | N/A |
| Sept. 14 | Virginia Tech Invitational | Blacksburg, Va. | M-3rd/W-8th |
| Sept. 28 | at Charlotte Invitational | Charlotte, N.C. | M-1st/W-9th |
| Oct. 13 | at Louisville Pre-Nationals | Louisville, Ky. | M-6th/W-31st |
| Oct. 27 | ACC Championships | Blacksburg, Va. | M-1st/W-10th |
| Nov. 2 | Hokie Open Race | Blacksburg, Va. | N/A |
| Nov. 9 | at Southeast Regional | Charlotte, N.C. | M-4th/W-N/A |
| Nov. 17 | at NCAA Championship | Louisville, Ky. | 12 p.m. |
| *Home Meets in Bold | | | |

MEDIA INFORMATION

M & W Cross Country/Track & Field Contact Josh Mitchell
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 Cell Phone (815) 762-5756
 Fax (540) 231-6894
 E-Mail jjmitch@vt.edu
 Mailing Address:..... Jamerson Athletics Center, Rm. 460
 675 Washington St. SW
 Blacksburg, VA 24061



Virginia Tech Quick Facts

GENERAL

| | |
|----------------------------|---------------------------------|
| Location..... | Blacksburg, Va. |
| Enrollment..... | 31,000 |
| Founded..... | 1872 |
| Colors..... | Chicago maroon and burnt orange |
| Nickname..... | Hokies |
| Conference..... | Atlantic Coast |
| President..... | Charles W. Steger |
| Director of Athletics..... | Jim Weaver |
| Home Course..... | Tech Cross Country Course |
| Athletics Website..... | www.hokiesports.com |
| Cross Country Website..... | www.hokiesports.com/cc |
| Cross Country Twitter..... | www.twitter.com/VT_Track |
| Athletics Facebook..... | www.facebook.com/hokiesports |

COACHING STAFF

| | |
|-----------------------------------|------------------------------------|
| Director of Track & Field/XC..... | Dave Cianelli |
| Alma Mater, Yr..... | Bowling Green, 1977 |
| Overall Year..... | 28th |
| Year at Virginia Tech..... | 12th |
| Cianelli Office Phone..... | (540) 231-3094 |
| Cianelli E-mail..... | dcianell@vt.edu |
| Head XC/Distance Coach..... | Ben Thomas |
| Alma Mater, Yr..... | Virginia Tech, 1992 |
| Overall Year..... | 18th |
| Year at Virginia Tech..... | 12th |
| Thomas Office Phone..... | (540) 231-9978 |
| Thomas E-mail..... | bethoma1@vt.edu |
| Assistant XC/Distance Coach..... | Natalie Hall (Virginia Tech, 2009) |
| Technical Director..... | Stacey Vidt (Virginia Tech, 2003) |

HISTORY

| | |
|------------------------------------|----------------------------|
| All-Americans..... | 10 (5 Men, 5 Women) |
| All-Region Performances..... | 44 (22 Men, 22 Women) |
| All-ACC Performances..... | 12 (7 Men, 5 Women) |
| Men's Team NCAA Appearances..... | 4 |
| Best Finish..... | 4th, 1987 |
| Women's Team NCAA Appearances..... | 1 |
| Best Finish..... | 18th, 2006 |
| Last All-American..... | Will Mulherin (2011, 30th) |
| Men's Best Regional Finish..... | 1st, 1987 |
| Women's Best Regional Finish..... | 3rd, 2006 |

2011 REVIEW

| | |
|---------------------------------------|---|
| Men's ACC Finish..... | T-4th |
| Women's ACC Finish..... | 8th |
| Men's NCAA Regional Finish..... | 4th |
| Women's NCAA Regional Finish..... | 6th |
| All-Conference Runners Returning..... | |
| | Will Mulherin (7th), Michael Hammond (10th) |
| All-Regional Runners Returning..... | |
| | Will Mulherin (5th), Michael Hammond (19th) |
| | Madalyn Knuckols (23rd) |

Hokie Notes

LONG AWAITED RETURN

- It has been 25 years since the Hokie men last reached the NCAA National Championships when the team finished a program-best fourth place while being led by All-Americans Steve Taylor and Tony Williams.

MULHERIN'S RETURN

- Redshirt senior Will Mulherin will be looking to become the only two-time All American men's runner in program history.

SEEING DOUBLE

- Redshirt seniors Michael Hammond and Will Mulherin earned their second consecutive All-Region honors at the Southeast Regional meet on Nov. 9 in Charlotte, N.C. They became the fourth and fifth men in the program's history to earn the honor twice in their career.

ACC CHAMPS

- On Oct. 27, the Hokie men captured the program's first ACC title, and first conference championship since 1997.
- The team was led by Will Mulherin's first-place finish. It was Tech's first ACC individual crown and first individual conference champion since 1999.
- It was Mulherin's first win of the season, while it was the Tech's second team victory of the season.
- Mulherin, Brayden Burleigh and Thomas Curtin earned All-ACC honors. Burleigh finished sixth while Curtin was right behind him in seventh.
- Rounding out Tech's top five were Michael Hammond in 19th and Leoule Degfae in 22nd.
- The Hokies finished the race with 55 points, six points clear of Virginia.

HOKIES TAKE SIXTH AT PRE-NATS

- In the most competitive field that Tech had seen this season, the Hokie men came away with a sixth place finish great results from Will Mulherin (6th) and Leoule Degfae (19th). Tech topped No. Tulsa as well as several other highly-acclaimed squads en route to the finish at E.P. Tom Sawyer National Park in Louisville, Ky.
- The impressive showing moved the Hokies into the national picture. After previously being unranked, Tech jumped to No. 21 in the national rankings the following week.

HOKIE MEN CLAIM CHARLOTTE INVITATIONAL

- In only their second scored meet of the season, the Hokies earned their first team win of the season at the Charlotte Invitational. The top five runners for the Hokies all finished in the top 11, Will Mulherin and Leoule Degafe finishing second and third. Finishing in eighth, 10th and 11th were Michael Hammond, Ryan Hagen and Kevin Dowd.

TECH IN THE RANKINGS

- In the United States Track & Field and Cross Country Coaches Association's (USTFCCCA) NCAA National Cross Country rankings, the Hokie men are currently ranked No. __.
- Tech's highest ranking of the season has been 17th. It was the highest ranking for the team in the more than a decade.



Coaching Staff

THE THOMAS FILE

Virginia Tech (2001-Present)

- 13 NCAA All-Americans (cross country, 2003, 2007, 2008, 2011; 800, 2012; 1,500m, 2004, 2011,2012; DMR, 2007; 5,000m, 2008, 2010; mile, 2009, 2011)
- 18th-place women's team finish at 2006 NCAA Cross Country Championships
- 12 NCAA Championships cross country participants
- 23 NCAA All-Region cross country runners
- One NCAA Southeast Region cross country champion
- 10 All-ACC cross country runners
- 1 All-BIG EAST cross country runner
- 17 ACC Champions (track)
- 1 BIG EAST Champion (track)
- 30 school records (track)

Brevard College (1999-01)

- One three-time NAIA National Champion
- One two-time Olympian
- Two Cross Country World Championship qualifiers
- 2000 NAIA Region XII men's and women's team champions
- 1999 NAIA Region XII Coach of the Year
- 1999 NAIA Region XII men's team champion

Appalachian State (1995-99)

- One two-time NCAA National Champion
- 1996, 98 & 99 North Carolina Collegiate team champion
- 1996 Southern Conference champion
- 1996 Southern Conference Coach of the Year

HEAD CROSS COUNTRY/DISTANCE COACH BEN THOMAS

Ben Thomas has been Virginia Tech's head cross country coach and distance coach since 2001 and now has 17 years of collegiate coaching experience. During 11 seasons coaching at Tech, the Hokies have emerged as contenders in not only the Atlantic Coast Conference and the NCAA Southeast Region, but the entire nation. Thomas is extremely familiar with the Hokie program, having competed in cross country and middle distance for Tech from 1987 to 1992.



On the track, Thomas has coached a distance crew that has broken school track records in the outdoor 800m, 1,500m, 3,000m steeplechase, indoor 1,000m, mile, DMR, 3000m and 5,000m as well as the outdoor 4x800m, the 4x1,500m and the distance medley relays. Last season alone, Thomas' distance unit had three individual ACC Champions. Will Mulherin won his third ACC outdoor title at 5000m, the only athlete to do so in the history of the ACC. He also set the outdoor school record in the 5,000-meter event at 13:41.06. Ryan Witt won the ACC 800m title indoors and Jason Cusack won the 3k Steeplechase at the ACC outdoor meet. Michael Hammond earned All-American honors in the outdoor 1500 finishing 4th, and also garnered All-ACC accolades in the outdoor 1,500-meter run as the runner-up. Sammy Dow broke the school-record in the 3,000-meter steeplechase and qualified for the NCAA Championships.

In cross country, Mulherin earned All-American honors at the 2011 NCAA Championships and then men's team had their best finish at the NCAA Regionals since 1992, finishing 4th. Hammond and Mulherin both had All-ACC and All-Regional finishes as well. Madalyn Nuckols capped her 2011 season by earning NCAA All-Region honors for the first time in her career leading the women to a sixth place team finish. In addition, the 2011 women's team earned USTFCCCA All-Academic accolades with a 3.19 team grade point average.

In 2008, Tasmin Fanning placed ninth at the U.S. Olympic Trials in the 5000-meter event, setting a new school record of 15:37.73. Thomas also guided Fanning to two All-America performances at the NCAA Cross Country Championships. She placed third in 2008, the highest finish ever by a Virginia Tech athlete, and 12th out of 255 runners in 2007. Thomas led the women's squad to the best season in program history in 2006 by posting an 18th-place finish in their first-ever appearance at the NCAA Championships. The Hokie women reached the national meet following a third-place effort at the NCAA Southeast Regional behind an unprecedented five all-region performers. The men captured their best-ever point total at the ACC Outdoor Championships and had their best performance in the NCAA Southeast Regional since 1995. Paul LaPenna became the first Hokie to earn all-region honors since 2003, while Cornwall was named the ACC Freshman of the Year.

Thomas served as the men's and women's distance coach at the University of Georgia for six months before arriving in Blacksburg, and prior to that he was the head track and field and cross country coach at Brevard College. At Brevard, Thomas was named 1999 NAIA Region XII Coach of the Year after leading the men's cross country team to the NAIA Region XII title. Before Brevard, Thomas was the women's cross country coach and assistant track coach at Appalachian State University from 1995-1999.

A native of Lynchburg, Va., Thomas earned a B.A. in English from Virginia Tech in 1992 before completing coursework for an M.A. in education from Lynchburg College in 1999. Thomas began his coaching career with the track & field team at E.C. Glass High School (1992-94) in Lynchburg and coaching cross country at Blacksburg High School (1994-95).

Thomas, his wife, Ann McGranahan, and their daughter, Reily Kathleen Thomas, reside in Blacksburg.

ASSISTANT COACHES/SUPPORT STAFF



Natalie Hall
Assistant
Distance Coach



Stacey Vidt
Technical
Director



Coaching Staff

THE CIANELLI FILE

Virginia Tech (2001-Present)

- 12 NCAA individual champions, the first in Virginia Tech history
- 124 All-Americans
- Two NCAA East Region team championships
- Six ACC team championships
- 99 ACC individual champions
- 12 BIG EAST Conference champions
- Had 19 athletes earn 24 All-America honors in 2012, the most in his coaching tenure
- 2012 USTFCAA Men's Indoor and Outdoor Southeast Region Coach of the Year
- 2012 ACC Men's Outdoor Coach of the Year
- Seven-time ACC Coach of the Year
- 10-time USTFCCCA Southeast Region Coach of the Year

Southern Methodist University (1988-2001)

- Eight top-10 finishes at the women's NCAA Track & Field Championships
- Seven top-10 finishes at the men's NCAA Track & Field Championships
- 1995 men's and women's Southwest Conference cross country champions
- Individual achievements included 19 Olympic and World Championships competitors, 27 NCAA champions, 123 All-Americans, 95 conference champions

Cal-Poly San Luis Obispo (1985-1988)

- 1985-87 NCAA Division II women's cross country champion
- 1985-87 NCAA Division II women's outdoor track runner-up
- 1985-87 CCAA women's cross country conference champion
- 1985-88 CCAA women's outdoor track conference champion
- Individual achievements include one NCAA Division II Champion and 13 All-Americans

By The Numbers

260 All-Americans · 191 Conference champions · 98 Percent graduation rate at Virginia Tech · 39 NCAA champions · 80 School records at Virginia Tech · 24 Olympic and World championship qualifiers · 17 Top-10 women's NCAA finishes · 11 Top-10 men's NCAA finishes · 3 NCAA Division II cross country national championships · 3 NCAA Division II outdoor track runners-up

DIRECTOR OF TRACK & FIELD and CROSS COUNTRY DAVE CIANELLI

Entering his 12th year as Director of Virginia Tech Track & Field and Cross Country, Dave Cianelli has built the Hokie program into one of the elite programs in the Atlantic Coast Conference and the nation. Since Cianelli's arrival in the fall of 2001, Virginia Tech athletes have produced 12 NCAA individual titles, 124 NCAA All-America performances and 109 individual conference titles. In addition, Hokie teams have finished in the national top-10 seven times and the national top-20 18 times since 2005.

NCAA, REGIONAL AND ACC SUCCESS

The 2012 Hokies continued to demonstrate why they are one of the nation's elite track and field programs. The men's team finished fifth place at the 2012 NCAA Outdoor Championships equaling their program-best finish from 2011. The men also finished a program best tied for eighth at the NCAA Indoor Championships. In addition, the men won their first ever ACC Outdoor Team Championship in 2012 to go along with ACC Indoor Championship they won in 2011. Marcel Lomnický (35 lb. weight throw at indoors) and Alexander Ziegler (hammer throw at outdoors) both won NCAA National Championships in 2012. Other top finishes at the NCAA Championships included Hasheem Halim in the triple jump (3rd indoors, 4th outdoors), Darrell Wesh (4th in the 100 meters at outdoors), Matthias Treff (3rd in the javelin at outdoors), Michael Hammond (4th in the 1500 meters at outdoors) and Ziegler (3rd in the 35 lb. weight throw at indoors). The women finished a solid fourth at the ACC Outdoor Championship and the team produced five NCAA All-Americans with freshman Martina Schultze leading the way with All-American honors both indoor and outdoor in the pole vault.

USA AND INTERNATIONAL SUCCESS

2012 brought another outstanding year for the Hokies at the U.S. Olympic Trials and international competitions. Virginia Tech had three individuals at the U.S. Olympic Trials in Eugene, Ore. Darrell Wesh in the 100 meters, Keith Ricks in the 200 meters and Ronnie Black in the high jump. In addition, Wesh and Ricks were both selected to represent the USA at the North American, Central American and Caribbean Championships in Mexico. Wesh brought home the gold medal as a member of the 4x100 meter relay and Ricks won the bronze medal in the 200 meters. In the summer of 2011, the Hokies were well represented at the United States Senior and Junior Outdoor Track & Field National Championships. Michael Hammond qualified for the final of the senior 1,500-meter run and finished 13th, while teammates Taylor Crosson and Courtney Dobbs finished second and third, respectively in the 5,000-meters at the USA Junior Outdoor Track & Field Championships. In 2010, Jared Berman placed second in the 3,000-meter steeplechase at the USA Junior Championships and advanced to the IAAF World Junior Championships and where he made the final, placing ninth.

In 2008, Queen Harrison made history when she earned a spot on the U.S. Olympic team, by finishing second in the 400-meter hurdles at the U.S. Olympic Trials to qualify in the event. Harrison was the first Tech track and field athlete to represent any country in the Olympics and only the second Hokie to become an American Olympian in any sport, following Bimbo Coles who represented the United States in basketball in 1988.

COACH OF THE YEAR HONORS

Cianelli's illustrious career is proven by the awards he has collected throughout his career. For the 2012 season, he was awarded both the Men's Indoor and Outdoor Southeast Region Coach of the Year award by the USTFCCCA. Cianelli was also named the Men's ACC Outdoor Coach of the Year for leading the Hokies to their first-ever ACC Outdoor title. He has been selected as the ACC Coach of the Year seven times and the USTFCCCA Region Coach of the year 10 times.

Cianelli has assembled one of the most accomplished coaching staffs in America. Associate head men's and women's track & field coach Greg Jack has produced nine NCAA individual national championships with his throwers. Jack has multiple Men's Indoor and Outdoor Southeast Region Assistant Coach of the Year honors to his credit and was named National Throws Coach of the Year in 2006. Former Hokie and NAIA Region XII Coach of the Year Ben Thomas is the cross country coach and distance coach and has produced 14 All-Americans in cross country and track during his tenure at Tech. Thomas is assisted by former Hokie Natalie Hall. Long-time assistant Bob Phillips, a former All-American for the Hokies, coaches the pole vaulters. Phillips earned recognition in 2011 as the USTFCCCA's Men's Indoor Regional Assistant Coach of the Year. Tech introduced Charles Foster as the sprints, hurdles and jumps coach in the fall of 2009. Foster quickly made a reputation for himself, earning USTFCCCA Regional Coach of the Year honors for the women's sprints and hurdles. Foster is a former world record holder in the 110-meter hurdles and a U.S. Olympian in 1976. Under Foster's coaching, Queen Harrison won three NCAA national titles in the hurdles in 2010 and was selected by Track and Field News as the collegiate athlete of the year and received the 2010 Bowerman Award as the most outstanding female collegiate track and field athlete. Foster was honored in 2008 by the USTFCCCA as Men's National Coach of the Year for sprints and hurdles.

ACADEMIC EXCELLENCE

The Virginia Tech track & field and cross country programs continue to achieve at a high level in the classroom. Frances Dowd won the NCAA Elite 89 Award in 20012 for the indoor season, honoring the student-athlete with the highest GPA at the NCAA Championships. Kelly Phillips became a two-time Capital One Academic All-American in 2011 with her selection to the first team. She also won the NCAA Elite 88 Award, which recognizes the true essence of the student-athlete by honoring the individual who has reached the pinnacle of competition at the national championship level in his or her sport, while also achieving the highest academic standard among his or her peers. For the 2011 track season, 16 total individuals were named to the All-ACC Academic team. In addition, the women's cross country team earned USTFCCCA All-Academic accolades for the seventh season in a row. In 2010, both Matej Muza and Kristi Castlin were honored as the ACC scholar-athletes of the year for track and field.

PREVIOUS COACHING EXPERIENCE

Prior to Tech, Cianelli gained plenty of experience in 13 seasons as an assistant coach at Southern Methodist University in Dallas, Texas. With the Mustangs, Cianelli worked with 19 Olympic and World Championship competitors, 27 NCAA individual champions, 123 All-Americans and 95 individual conference champions. Cameron Taylor of New Zealand was a quarterfinalist in the 200m at the 1992 Olympics, and Tytti Reho won the 2000 NCAA championship in the 800m. In cross country, both the men's and women's teams captured the 1995 Southwest Conference titles and earned a spot in the NCAA Championships. During 13 years at SMU, the track & field teams finished in the top-10 nationally 15 separate times.

Cianelli served as the assistant women's track & field and cross country coach at Cal Poly-San Luis Obispo from 1985-88, where he helped the cross country team to the NCAA Division II National Championship three consecutive seasons; and the outdoor track & field teams finished as the runner-up at the NCAA Division II Championships three years in a row. Individual honors during his four years included 13 All-Americans and one NCAA champion.

Cianelli started his coaching career at San Marcos High School in Santa Barbara, Calif., as the head track & field coach from 1982-84. In three seasons, he coached seven junior national qualifiers in the heptathlon and decathlon.



Men's Roster

| Name | Class | Hometown | High School | Major |
|------------------|-------|---------------------|-------------------|-------------------------------------|
| Darren Barlow | r-Fr. | Midlothian, Va. | Midlothian | Engineering |
| Jared Berman | r-Jr. | Fairfax, Va. | James W. Robinson | Civil and Environmental Engineering |
| Brayden Burleigh | So. | Midlothian, Va. | Midlothian | University Studies |
| George Carter | r-Fr. | Blacksburg, Va. | Blacksburg | Computer Science |
| Thomas Curtin | So | Leesburg, Va. | Loudoun County | University Studies |
| Jason Cusack | Sr. | Griswold, Conn. | Griswold | Industrial Design |
| Leoule Degfae | Jr. | Alexandria, Va. | Thomas A. Edison | Business |
| Kevin Dowd | Jr. | Fairfax, Va. | Fairfax | Environmental Policy and Planning |
| Ryan Hagen | Sr. | Sterling, Va. | Potomac Falls | Human Nutrition, Foods and Exercise |
| Michael Hammond | r-Sr. | Midlothian, Va. | Midlothian | Economics |
| Ryan Kuhns | r-Fr. | Fredericksburg, Va. | Riverbend | University Studies |
| Will Mulherin | r-Sr. | Yorktown, Va. | Tabb | Engineering |
| Grant Pollock | Jr. | Richmond, Va. | Mills Godwin | Human Nutrition, Foods and Exercise |
| Brian Welch | r-Sr. | Richmond, Va. | Mills Godwin | Civil Engineering |
| Patrick Woodford | Fr. | Roanoke, Va. | Patrick Henry | |



2012 Season Meet-by-Meet Results

Men

| | VT ALUMNI INVITE | VT INVITE | CHARLOTTE INVITE | LOUISVILLE PRE-NATL. | ACC CHAMP. | HOKIE OPEN | REGIONAL CHAMP. | NCAA CHAMP. |
|------------------|---------------------|---------------|---------------------|-------------------------|---------------|---------------|--------------------|----------------|
| DISTANCE | 6k | 8k | 8k | 8k | 8k | 6k | 10k | |
| DATE | 8/31/12 | 9/14/12 | 9/28/12 | 10/13/12 | 10/27/12 | 11/2/12 | 11/9/12 | 11/17/12 |
| FIELD | 66 runners | 96 runners | 244 runners | 272 runners | 103 runners | 21 runners | 228 runners | |
| Darren Barlow | --- | 25:40.01 (22) | 25:18.35 (34) | 24:39.9 (13) | 25:41.6 (70) | 18:49.9 (5) | --- | |
| Jared Berman | --- | --- | --- | --- | --- | --- | --- | |
| Brayden Burleigh | --- | 25:36.66 (14) | 25:05.45 (20) | 25:22.2 (210) | 23:54.7 (6) | --- | 31:44.52 (69) | |
| George Carter | 19:33.03 (21) | 25:39.08 (21) | 25:53.99 (61) | --- | --- | --- | --- | |
| Juan Campos | 19:27.55 (19) | --- | 26:00.59 (73) | 25:50.4 (117) | --- | 19:44.4 (8) | --- | |
| Thomas Curtin | --- | 25:38.24 (19) | --- | 24:10.4 (63) | 23:56.3 (7) | --- | 35:07.08 (207) | |
| Jason Cusack | --- | 26:04.41 (39) | 24:55.74 (16) | 25:00.8 (35) | 25:33.1 (62) | 18:35.7 (3) | --- | |
| Leoule Degafe | --- | 25:36.96 (15) | 24:26.73 (3) | 23:46.2 (19) | 24:32.0 (22) | --- | 30:54.66 (30) | |
| Kevin Dowd | --- | 25:38.55 (20) | 24:49.16 (11) | 24:38.1 (124) | --- | --- | 31:15.40 (46) | |
| Ryan Hagen | --- | 25:37.89 (18) | 24:48.91 (10) | 24:47.5 (144) | 25:41.0 (69) | 18:18.7 (1) | --- | |
| Michael Hammond | --- | 25:37.58 (17) | 24:46.46 (8) | 24:17.6 (76) | 24:27.5 (19) | --- | 30:44.33 (22) | |
| Ryan Kuhns | --- | 25:56.72 (31) | 27:32.11 (157) | 25:24.1 (60) | --- | 18:38.4 (4) | --- | |
| William Mulherin | --- | 25:36.36 (13) | 24:26.32 (2) | 23:20.5 (6) | 23:37.3 (1) | --- | 29:52.51 (7) | |
| Grant Pollock | --- | 25:57.86 (32) | 24:51.01 (14) | 25:15.9 (55) | --- | --- | --- | |
| Brian Welch | 18:57.52 (11) | 25:37.25 (16) | 25:11.19 (26) | 25:05.1 (37) | 25:09.0 (47) | --- | 31:14.73 (45) | |
| Patrick Woodford | 18:50.41 (9) | 25:58.57 (34) | 25:27.11 (39) | 25:30.9 (70) | --- | 19:24.4 (7) | --- | |
| Team Finish | No Team Score | 3/9 (75 pts) | 1/35 (31 pts) | 6/40 (288 pts) | 1/11 (55 pts) | No Team Score | 4/34 (150 pts) | |

Italic denotes unattached runner



The Tech Cross Country Course

During the past 19 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 four meets on their home course this year, starting with the Virginia Tech Alumni Invitational on Aug. 31.

"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'S 6K

18:18.7 - Ryan Hagen (Virginia Tech)
Hokie Open on November 2, 2012

MEN'S 8K

23:37.3 - Will Mulherin (Virginia Tech)
ACC Championships on Oct. 27, 2012

WOMEN'S 4K

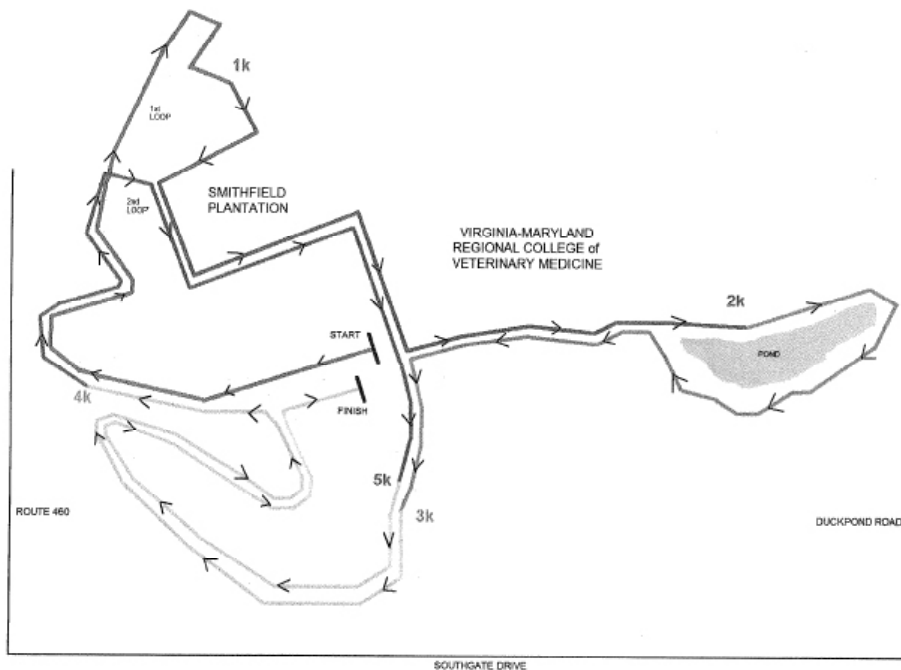
13:38.75 - Juliet Bottorff (Duke)
VT Alumni Invitational on Aug. 31, 2012

WOMEN'S 6K

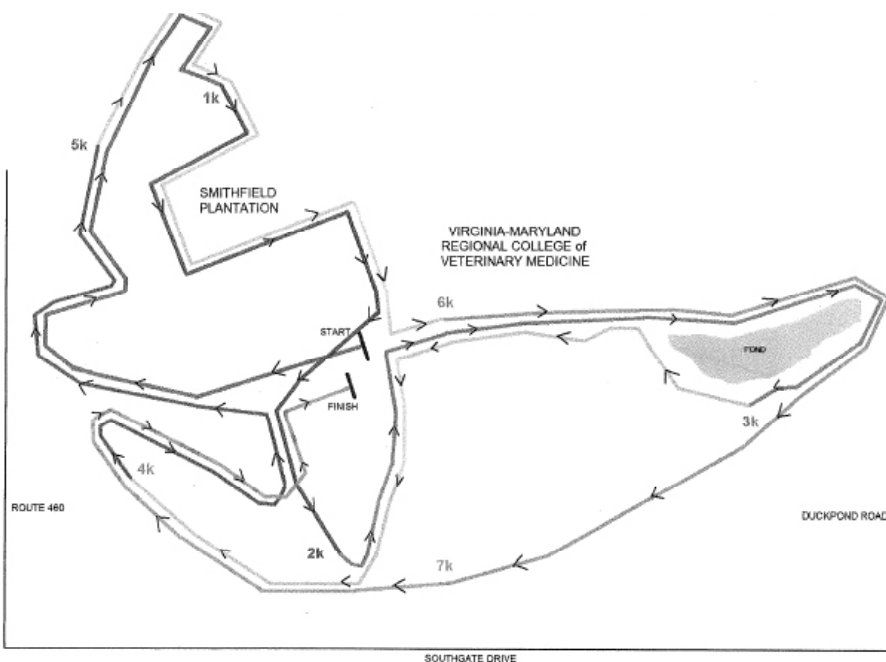
20:00.1 - Violah Lagat (Florida State)
ACC Championships on Oct. 27, 2012

* The Tech Cross Country course was redesigned prior to the 2012 season.

Women's 6K Course



Men's 8K Course



Meet Recaps

Meet #1 | VT Alumni Invitational | Oct. 31 | No Team Score

BLACKSBURG - The Virginia Tech cross country teams opened up the 2012 season today with the annual VT Alumni Invitational at the Tech Cross Country Course. The meet was unscored as it was used primarily as a tune-up for the teams as many competitors ran unattached.

In the men's 6k, the lone Hokie wearing the orange and maroon was redshirt junior Brian Welch who finished just outside the top 10 in 11th place with a time of 18:57.52. Notable finishes by Tech runners competing unattached were Pat Woodford who took 9th (18:54.41), Juan Campos in 19th (19:27.55) and George Carter in 21st (19:33.03).

Three Hokie women had top-25 times in the women's 4k. The best time came from freshman Ashley Hayes at 14:38.58 as she finished in 17th place while running unattached. Finishing in 23rd and 24th respectively were Stephanie Cario (15:08.88) and Ginny Jones (15:19.55) who were running attached.

Just over 60 runners competed in each race. Duke's Shaun Thompson (18:25.68) and Juliet Bottorff won the races (13:38.75).

Meet #2 | VT Invitational | Sept. 14 | Men Tied 3rd, Women 13th

BLACKSBURG - The Virginia Tech cross country team was back in action today as the squad hosted the Virginia Tech Invitational held at the Tech Cross Country Course. The Hokies ran a pair of B teams while some of the top athletes ran unattached.

The men's team placed third while the women finished eighth. The men's side was led by 13th-place finisher, redshirt senior Will Mulherin who clocked a time of 25:36.36 in the 8k run. Teammates Leoule Degfae (25:36.96), Brian Welch (25:37.25), Michael Hammond (25:37.58) and Darren Barlow (25:40.01) were just behind him in 15th, 16th, 17th and 22nd place. Unattached Tech runners, Ryan Hagen (18th), Thomas Curtin (19th), Kevin Dowd (20th) and George Carter (21st) recorded top-25 finishes.

Stephanie Cario had the top finish for the women's team in the 6k run, recording a time of 23:33.73 for 39th place. Tech had seven unattached runners place in the top 26 with sophomore Sarah Rapp taking eighth with a 21:51.13.

Meet #3 | at Charlotte Invitational | Sept. 28 | Men 1st, Women 8th

CHARLOTTE, N.C. - The Virginia Tech cross country teams were in the Queen City today, competing in the Fourth Annual Charlotte Invitational at McAlpine Park, the site of this year's Southeast Regional Championship. The Hokie men's A squad had a convincing win in the 8k gold race totaling just 31 points, bettering runner-up Wake Forest by 49 points.

The team's top five runners all finished in the top 10 with Will Mulherin leading the way with a second-place finish (24:26.32). Leoule Degfae was right behind his teammate in third at 24:26.73. Michael Hammond took eighth (24:46.46) while Ryan Hagen (24:48.91) and Kevin Dowd (24:49.16) finished 10th and 11th respectively.

The Hokie men's B squad wasn't scored, but with four runners finishing in the top four (Jason Cusack, Brian Welch, Darren Barlow and Patrick Woodford), Virginia Tech head coach Ben Thomas believes that the team would have finished in the top three.

On the women's side, Tech's A team finished in eight place, but Thomas admitted that by moving one runner from his B squad to the A squad, the team would have finished in the top three. The Hokies were led by Sarah Rapp who took sixth with a time of 21:35.46. Alex Watt also recorded a top-10 showing by taking 10th after coming in at 21:51.70. Freshmen Hannah Gray placed 38th (22:43.83) and Ashley Hayes finished 56th (23:01.16). Katherine Sheridan finished 52nd (22:57.93) for the B squad.

Meet #4 | at Pre-Nationals | Oct. 13 | Men 6th, Women 31st

LOUISVILLE, Ky. - Coming off its first team win of the season, the Virginia Tech men's cross country team took sixth place at the 2012 Pre-Nationals hosted by the University of Louisville at E.P. Tom Sawyer State Parke. It was the most competitive field that Tech has seen this season as five teams were ranked in the U.S. Track and Field and Cross Country Coaches Association's national poll. The Hokies finished four points ahead of No. 9 Tulsa.

In the Men's Red Seeded 8k race, Mulherin paced Tech's squad with a sixth-place result after finishing with a time of 23:20.5. It was just over a second behind the senior's career best of 23:19.3 which he posted at the 2011 ACC Championships. Leoule Degfae also had a top-20 finish for the Hokies, taking 19th after crossing the finish line with a career-best time of 23:46.2.



Meet Recaps

Rounding out Tech's top five runners were Thomas Curtin in 63rd (24:10.4), Michael Hammond in 76th (24:17.6) and Kevin Dowd in 124th (24:38.1).

Against ACC squads, Tech finished one point behind Duke and 12 points back of No. 14 Florida State as the three teams finished 4-5-6.

In the unseeded men's race, freshman Darren Barlow had Virginia Tech's best finish, taking 13th with a time of 24:39.9. The women's team finished 31st in the Red Seeded 6k, with Sarah Rapp earning a top-100 result, finishing 96th with a time of 21:33.2

Meet #5 | ACC Championships | Oct. 27 | Men 1st, Women 10th

BLACKSBURG – The Virginia Tech men's cross country won the program's first ACC cross country title behind redshirt senior Will Mulherin's individual championship, the first in program history. Tech finished with three runners in the top seven to win the race with 55 points, six clear of second-place Virginia.

Mulherin led the field with a course record time of 23:37.3. It was the top time of the season for him and his first individual win of the year.

Also, finishing in the top 10 were sophomores Brayden Burleigh and Thomas Curtin. Burleigh, a late addition to today's group, took sixth with a time of 23:54.7. Curtin finished just behind Burleigh in seventh coming in at 23:56.3. Mulherin, Burleigh and Curtin each earned All-ACC honors by finishing in the top 14. All three Hokies also topped their previous best finishes of the season while Burleigh and Curtin both finished with times under 24 minutes for the first time in their careers.

Redshirt senior Michael Hammond, Tech's fourth finisher came in at 19th with a time of 24:27.5. He was followed by Leoule Degfae who took 22nd with a time of 24:32.0.

On the women's side the Hokies finished in 10th place with 260 points. Junior Alex Watt was Tech's highest finisher coming in at 21:48.3 in 40th place. Rounding out the Hokies' top five were sophomore Sarah Rapp (51st), freshman Hannah Gray (53rd), freshman Lauren Jaeger (55th) and freshman Katherine Sheridan (83rd).

Meet #6 | Hokie Open | Nov. 2 | No Team Score

BLACKSBURG - The Virginia Tech cross country teams hosted their final home meet of the season, the Hokie Open, today at the Tech Cross Country Course. Senior Ryan Hagen won the

men's 6k race while Sammy Dow took first in the women's 4k race. Competing against Tech runners were unattached entries.

Hagen crossed the finish line for Tech in the men's race in 18:18.7, winning the race two-tenths of a second over unattached runner Joseph Murray. Three Hokie runners followed Murray as Jason Cusack finished third at 18:35.7, with Ryan Kuhns in fourth (18:38.4) and Darren Barlow in fifth (18:49.9). Tech's final two runners in the race were Patrick Woodford (19:24.4) and Juan Campos (19:44.4) who finished seventh and eighth, respectively.

Unattached runners finished in the top seven spots in the women's 4k, with Sammy Dow leading the way with a time of 14:10.0. Her time was 14.5 seconds faster than Courtney Dobbs who took second. Tech's top runners were Katarina Smiljanec in eighth (15:23.6), followed by Katherine Sheridan (15:25.7) and Jenna Hadley (15:29.7).

Meet #7 | at NCAA Southeast Regional | Nov. 12 | Men 4th, Women N/A

CHARLOTTE, N.C. – The Virginia Tech cross country teams competed today at the NCAA Southeast Regional at McAlpine Park in Charlotte, N.C. The men's team took fourth with 150 points while individual honors went to redshirt seniors Will Mulherin and Michael Hammond who claimed all-region honors for the second year in a row. As a team, the men will await the announcement for at-large bids for the NCAA Championships to see if they will qualify for next weekend's meet.

Mulherin finished seventh in the men's 10k race with a time of 29:52.51. He was one of nine runners in the field to finish the course in under 30 minutes. The all-region honor is the third of his career. The senior was the fourth runner to complete the race that wasn't on an automatic qualifying team, thus he earned a bid to nationals as an individual. Last year, he earned All-America status after finishing 30th at nationals.

Hammond was less than a minute back of his teammate after coming in at 30:44.33 for 22nd place. Finishing eight spots back of the senior was junior Leoule Degfae at 30:54.66. Rounding out Tech's top five spots were Welch and Kevin Dowd who finished back-to-back in 45th and 46th with times of 31:14.73 and 31:15.40, respectively.

In the women's 6k, sophomore Sarah Rapp earned the first all-region award of her career. Rapp earned the honor by finishing in 25th place with a time of 21:16.49. Tech's other two runners in the field were Alex Watt (21:48.80) who finished 51st and Hannah Gray (22:13.36) in 83rd.

