

Women's Cross Country Honors

All-American - 5,000 meters

Name	Affiliation	Year	Place	Time	Site
Annie Fairchild	NCAA II	1987	10th	17:49	So. Indiana, Evansville, Ind.
Lori Lingenfelter	NCAA II	1987	27th	18:23	So. Indiana, Evansville, Ind.
Renee Viertel	NCAA II	1985	n/a	n/a	n/a

All-Region - 5,000 meters (unless otherwise noted)

Name	Affiliation	Year	Place	Time	Site
Rebekah Ricksecker	NCAA I	2008	11th	21:24.6	Wake Forest, Clemmons, N.C.
Piper Newby	NCAA I	2007	17th	21:07*	Louisville, Louisville, Ky.
Heather Sagan	NCAA I	2001	6th	21:35*	Furman, Greenville, S.C.
Samantha Pelletier	NCAA I	2001	18th	22:15*	Furman, Greenville, S.C.
Heather Sagan	NCAA I	2000	8th	21:48*	Furman, Greenville, S.C.
Annie Fairchild	NCAA II	1987	2nd	17:43	Miss. College, Clinton, Miss.
Lynn Attwood	NCAA II	1987	3rd	18:05	Miss. College, Clinton, Miss.
Lori Lingenfelter	NCAA II	1987	4th	18:12	Miss. College, Clinton, Miss.
Traci Tidwell	NCAA II	1987	5th	18:38	Miss. College, Clinton, Miss.
Monica Carmona	NCAA II	1987	7th	18:52	Miss. College, Clinton, Miss.
Pam Fauber	NCAA II	1987	8th	18:57	Miss. College, Clinton, Miss.
Lori Lingenfelter	NCAA II	1986	n/a	n/a	n/a
Annie Fairchild	NCAA II	1986	n/a	n/a	n/a
Monica Carmona	NCAA II	1986	n/a	n/a	n/a
Renee Viertel	NCAA II	1985	n/a	n/a	n/a
Nancy Knowles	NCAA II	1985	n/a	n/a	n/a
Annie Fairchild	NCAA II	1985	n/a	n/a	n/a
Monica Carmona	NCAA II	1985	n/a	n/a	n/a
Renee Viertel	NCAA II	1983	n/a	n/a	n/a
Julie Smiley	NCCAA	1980	n/a	n/a	n/a
Susan Andrew	NCCAA	1980	n/a	n/a	n/a

* - 6K race

Big South All-Conference - 5,000 meters

Name	Affiliation	Year	Place	Time	Site
Rebekah Ricksecker	NCAA I	2008	2nd	18:39	Liberty, Lynchburg, Va.
Ashley Osborne	NCAA I	2008	10th	19:10	Liberty, Lynchburg, Va.
Piper Newby	NCAA I	2007	2nd	17:45	UNCA, Asheville, N.C.
Dacia Bushman	NCAA I	2007	6th	18:04	UNCA, Asheville, N.C.
Rebekah Ricksecker	NCAA I	2007	7th	18:07	UNCA, Asheville, N.C.
Katie Albright	NCAA I	2007	8th	18:07	UNCA, Asheville, N.C.
Piper Newby	NCAA I	2006	3rd	17:55	CSU, Charleston, S.C.
Carol Jefferson	NCAA I	2006	5th	18:14	CSU, Charleston, S.C.
Sarah Roberts	NCAA I	2006	6th	18:20	CSU, Charleston, S.C.
Rebekah Ricksecker	NCAA I	2006	7th	18:26	CSU, Charleston, S.C.
Ashley Osborne	NCAA I	2006	8th	18:26	CSU, Charleston, S.C.
Sarah Roberts	NCAA I	2005	2nd	18:03	VMI, Lexington, Va.
Danielle Jordan	NCAA I	2005	8th	18:42	VMI, Lexington, Va.
Carol Jefferson	NCAA I	2005	9th	18:43	VMI, Lexington, Va.
Danielle Jordan	NCAA I	2004	4th	18:24	Winthrop, Rock Hill, S.C.
Samantha Pelletier	NCAA I	2004	6th	18:27	Winthrop, Rock Hill, S.C.
Sarah Roberts	NCAA I	2004	10th	18:49	Winthrop, Rock Hill, S.C.
Samantha Pelletier	NCAA I	2002	8th	18:38	Winthrop, Rock Hill, S.C.
Heather Sagan	NCAA I	2001	1st	17:38	Winthrop, Rock Hill, S.C.
Samantha Pelletier	NCAA I	2001	3rd	17:51	Winthrop, Rock Hill, S.C.
Heather Sagan	NCAA I	2000	1st	17:58	CSU, Charleston, S.C.
Valerie Westphal	NCAA I	2000	4th	18:35	CSU, Charleston, S.C.
Tracy Hoare	NCAA I	2000	9th	18:49	CSU, Charleston, S.C.
Rebecca Parsons	NCAA I	2000	10th	19:00	CSU, Charleston, S.C.
Rebecca Parsons	NCAA I	1999	4th	18:27	Winthrop, Rock Hill, S.C.
Tracy Hoare	NCAA I	1999	5th	18:30	Winthrop, Rock Hill, S.C.
Tammi Green	NCAA I	1999	6th	18:32	Winthrop, Rock Hill, S.C.
Tammi Green	NCAA I	1998	6th	18:50	Radford, Radford, Va.

Women's School Records

5,000 meters

17:35

Lori Lingenfelter

8/26/87

Tar Heel Invitational

Carrboro, N.C.

6,000 meters

21:07.7

Piper Newby

11/10/07

NCAA Southeast Regional

Louisville, Ky.



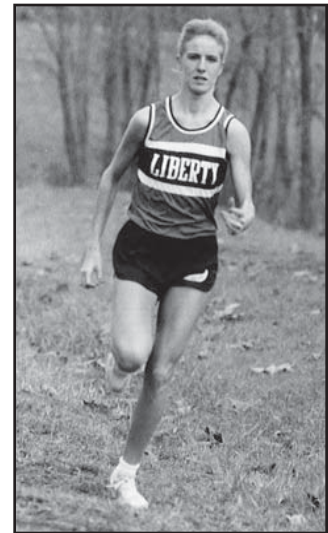
Piper Newby

Big South All-Conference - 5,000 meters (Continued)

Name	Affiliation	Year	Place	Time	Site
Amy Teer	NCAA I	1996	10th	18:51	Winthrop, Rock Hill, S.C.
Laura Gosselin	NCAA I	1995	5th	19:16	Winthrop, Rock Hill, S.C.
Urlene Dick	NCAA I	1993	4th	19:29	Radford, Radford, Va.
Tabitha Kemerling	NCAA I	1993	8th	19:55	Radford, Radford, Va.
Urlene Dick	NCAA I	1992	2nd	19:54	UMBC, Baltimore, Md.
Patti Bottiglieri	NCAA I	1991	2nd	18:49	CSU, Charleston, S.C.
Urlene Dick	NCAA I	1991	4th	19:10	CSU, Charleston, S.C.
Lisa Smith	NCAA I	1991	6th	19:19	CSU, Charleston, S.C.
Christi Rininger	NCAA I	1991	7th	19:30	CSU, Charleston, S.C.
Jennifer Reeder	NCAA I	1991	8th	19:39	CSU, Charleston, S.C.

Mason Dixon All-Conference - 5,000 meters

Name	Affiliation	Year	Place	Time	Site
Lynn Attwood	NCAA II	1989	1st	18:52	UMBC, Baltimore, Md.
Karen Eisemann	NCAA II	1989	2nd	19:02	UMBC, Baltimore, Md.
Patti Bottiglieri	NCAA II	1989	3rd	19:04	UMBC, Baltimore, Md.
Suzanne Duncan	NCAA II	1989	8th	20:03	UMBC, Baltimore, Md.
Cheryl Nash	NCAA II	1989	9th	20:04	UMBC, Baltimore, Md.
Theresa Duncan	NCAA II	1989	12th	20:18	UMBC, Baltimore, Md.
Karen Eisemann	NCAA II	1988	2nd	18:01	CNU, Newport News, Va.
Pam Fauber	NCAA II	1988	3rd	18:07	CNU, Newport News, Va.
Traci Tidwell	NCAA II	1988	6th	18:19	CNU, Newport News, Va.
Monica Carmona	NCAA II	1988	7th	18:21	CNU, Newport News, Va.
Lynn Attwood	NCAA II	1988	11th	18:39	CNU, Newport News, Va.
Annie Fairchild	NCAA II	1987	1st	17:45	Mary W., Fredricksburg, Va.
Lori Lingenfelter	NCAA II	1987	2nd	18:15	Mary W., Fredricksburg, Va.
Lynn Attwood	NCAA II	1987	3rd	18:26	Mary W., Fredricksburg, Va.
Traci Tidwell	NCAA II	1987	5th	18:43	Mary W., Fredricksburg, Va.
Pam Fauber	NCAA II	1987	10th	19:03	Mary W., Fredricksburg, Va.
Amy Wilmerton	NCAA II	1987	12th	19:18	Mary W., Fredricksburg, Va.
Annie Fairchild	NCAA II	1986	2nd	17:45	Pittsburgh, Johnstown, Pa.
Monica Carmona	NCAA II	1986	3rd	18:15	Pittsburgh, Johnstown, Pa.
Lori Lingenfelter	NCAA II	1986	5th	18:27	Pittsburgh, Johnstown, Pa.
Pam Fauber	NCAA II	1986	7th	18:41	Pittsburgh, Johnstown, Pa.
Susan Stahl	NCAA II	1986	10th	19:00	Pittsburgh, Johnstown, Pa.
Renee Viertel	NCAA II	1985	1st	18:11	Liberty, Lynchburg, Va.
Monica Carmona	NCAA II	1985	3rd	18:47	Liberty, Lynchburg, Va.
Annie Fairchild	NCAA II	1985	5th	19:06	Liberty, Lynchburg, Va.
Nancy Knowles	NCAA II	1985	6th	19:21	Liberty, Lynchburg, Va.
Pam Fauber	NCAA II	1985	13th	19:50	Liberty, Lynchburg, Va.
Donna Poole	NCAA II	1985	14th	20:00	Liberty, Lynchburg, Va.
Annie Fairchild	NCAA II	1984	n/a	n/a	n/a
Renee Reimer	NCAA II	1983	n/a	n/a	n/a
Nancy Knowles	NCAA II	1983	n/a	n/a	n/a
Renee Viertel	NCAA II	1983	n/a	n/a	n/a



Annie Fairchild



Lori Lingenfelter

**Cross Country
Alumni Accomplishments**

Josh Cox

Set the American 50K record (2:47:17)
Participated in the 2000, 2004 & 2008 U.S. Olympic Trials marathons, placing 7th in 2004 and 18th in 2000
30th at the 1999 USA Cross Country 4K Championship
35th in the 2001 World Championship marathon - Top U.S. finisher
10th in the 2000 Chicago Marathon

14th in the 2001 Boston Marathon

Ray McClanahan

11th at the 1999 USA Cross Country 4K Championship

Chris McGregor

3rd in the 2000 Canadian Olympic Trials steeplechase

Competed in the 1999 World Cross Country Championship

7th in the 1997 World University Games

Russ Sears

Ran in the 1996 Olympic Trials marathon

Clark Zealand

Ranked 1st in Canada and 6th in North America in the 50-mile

Ranked 2nd in Canada in the 50K

Placed 3rd at the 2001 USA 50-Mile Trail Championships

Heather (Sagan) Zealand

2nd American at the 2003 World Cross Country Championship

Placed 4th in the 1,500 at the 2003 U.S. Indoor Track & Field Championships

Ran in the 2004 Olympic Trials 1,500 final

Men's Cross Country Honors

All-American - 10,000 meters (unless otherwise noted)

Name	Affiliation	Year	Place	Time	Site
Sam Chelanga	NCAA I	2008	2nd	29:08.0	Indiana State, Terre Haute, Ind.
Josh McDougal	NCAA I	2007	1st	29:22.4	Indiana State, Terre Haute, Ind.
Josh McDougal	NCAA I	2006	27th	31:34.6	Indiana State, Terre Haute, Ind.
Josh McDougal	NCAA I	2005	4th	29:32.6	Indiana State, Terre Haute, Ind.
Josh McDougal	NCAA I	2004	13th	31:14.5	Indiana State, Terre Haute, Ind.
Gregg Vaughn	NCAA II	1985	n/a	n/a	n/a
Johnnie Engelhardt	NCAA II	1983	n/a	n/a	n/a
Ricky Wilson	NCCAA	1980	4th	25:45*	Cedarville, Cedarville, Ohio
Robert Bracken	NCCAA	1980	11th	26:10*	Cedarville, Cedarville, Ohio
Rick Horn	NCCAA	1980	12th	26:10*	Cedarville, Cedarville, Ohio
Marty Frisk	NCCAA	1978	n/a	n/a	n/a

* - Five Mile race

All-Region - 10,000 meters

Name	Affiliation	Year	Place	Time	Site
Sam Chelanga	NCAA I	2008	1st	29:53.4	Wake Forest, Clemmons, N.C.
Jordan McDougal	NCAA I	2008	12th	30:55.8	Wake Forest, Clemmons, N.C.
Josh Edmonds	NCAA I	2008	18th	31:10.2	Wake Forest, Clemmons, N.C.
Josh McDougal	NCAA I	2007	1st	29:30.7	Louisville, Louisville, Ky.
Jordan McDougal	NCAA I	2007	16th	30:27.5	Louisville, Louisville, Ky.
Jarvis Jelen	NCAA I	2007	20th	30:32.7	Louisville, Louisville, Ky.
Josh McDougal	NCAA I	2006	2nd	30:23.8	Louisville, Louisville, Ky.
Josh McDougal	NCAA I	2005	1st	29:40.1	E. Carolina, Greenville, N.C.
Josh McDougal	NCAA I	2004	1st	30:06.4	E. Carolina, Greenville, N.C.
Stephen Githuka	NCAA I	1998	4th	30:14	Furman, Greenville, S.C.
Chris McGregor	NCAA I	1997	16th	31:14	Furman, Greenville, S.C.
Tom Daugherty	NCAA II	1987	n/a	n/a	n/a
Greg Vaughn	NCAA II	1987	n/a	n/a	n/a
Ray McClanahan	NCAA II	1986	n/a	n/a	n/a
Gregg Vaughn	NCAA II	1985	n/a	n/a	n/a
Gary Hill	NCAA II	1985	n/a	n/a	n/a
Brian Olling	NCAA II	1985	n/a	n/a	n/a
Brian Olling	NCAA II	1984	n/a	n/a	n/a
Curt Kreft	NCAA II	1983	n/a	n/a	n/a
Johnnie Engelhardt	NCAA II	1983	n/a	n/a	n/a
Brian Olling	NCAA II	1983	n/a	n/a	n/a
Kevin Hopkins	NCAA II	1983	n/a	n/a	n/a
Ricky Wilson	NCAA II	1982	n/a	n/a	n/a
Ron Spragg	NCAA II	1982	n/a	n/a	n/a
Roger Richards	NCAA II	1982	n/a	n/a	n/a
Brian Olling	NCAA II	1982	n/a	n/a	n/a
Curt Kreft	NCAA II	1982	n/a	n/a	n/a
Kevin Hopkins	NCAA II	1982	n/a	n/a	n/a
Johnnie Engelhardt	NCAA II	1982	n/a	n/a	n/a
Ricky Wilson	NAIA	1981	n/a	n/a	n/a
Ivan Solero	NAIA	1981	n/a	n/a	n/a
Roger Richards	NAIA	1981	n/a	n/a	n/a

Big South All-Conference - 8,000 meters (unless otherwise noted)

Name	Affiliation	Year	Place	Time	Site
Sam Chelanga	NCAA I	2008	1st	24:32	Liberty, Lynchburg, Va.
Jordan McDougal	NCAA I	2008	2nd	24:55	Liberty, Lynchburg, Va.
Josh Edmonds	NCAA I	2008	4th	25:20	Liberty, Lynchburg, Va.
Jake Reed	NCAA I	2008	10th	26:11	Liberty, Lynchburg, Va.
Josh McDougal	NCAA I	2007	1st	24:11	UNCA, Asheville, N.C.
Jordan McDougal	NCAA I	2007	2nd	25:18	UNCA, Asheville, N.C.
Jarvis Jelen	NCAA I	2007	3rd	25:22	UNCA, Asheville, N.C.
Josh Edmonds	NCAA I	2007	6th	25:43	UNCA, Asheville, N.C.
Josh McDougal	NCAA I	2006	1st	24:46	CSU, Charleston, S.C.
Jarvis Jelen	NCAA I	2006	2nd	24:46	CSU, Charleston, S.C.
Jordan McDougal	NCAA I	2006	3rd	24:46	CSU, Charleston, S.C.
Josh Edmonds	NCAA I	2006	9th	25:30	CSU, Charleston, S.C.
Josh McDougal	NCAA I	2005	1st	24:00	VMI, Lexington, Va.
Clint Jackson	NCAA I	2005	4th	25:30	VMI, Lexington, Va.
Jarvis Jelen	NCAA I	2005	5th	25:32	VMI, Lexington, Va.
Evan Falat	NCAA I	2005	6th	25:45	VMI, Lexington, Va.

Men's School Records

8,000 meters

22:51.3

Sam Chelanga

10/18/08

Pre-Nationals

Terre Haute, Ind.

10,000 meters

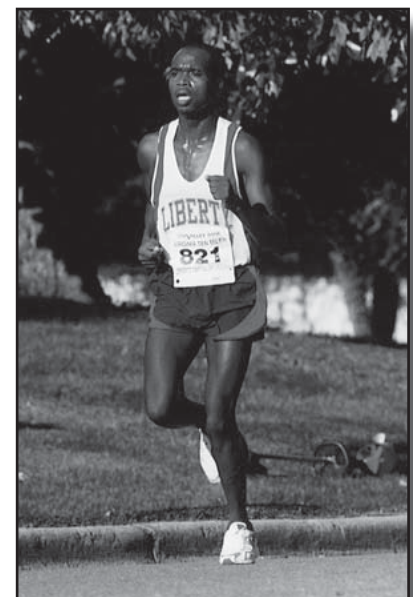
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Sam Chelanga

11/24/08

NCAA National Champ.

Terre Haute, Ind.



Stephen Githuka

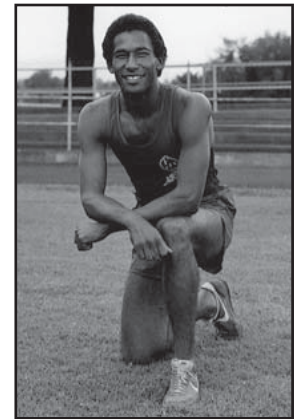
Big South All-Conference - 8,000 meters (Continued)

Name	Affiliation	Year	Place	Time	Site
Drew Ponder	NCAA I	2005	10th	25:57	VMI, Lexington, Va.
Josh McDougal	NCAA I	2004	1st	23:49	Winthrop, Rock Hill, S.C.
Evan Falat	NCAA I	2004	7th	25:37	Winthrop, Rock Hill, S.C.
Josiah Melly	NCAA I	2003	2nd	25:28	CCU, Myrtle Beach, S.C.
Evan Falat	NCAA I	2003	10th	26:48	CCU, Myrtle Beach, S.C.
Dan Rabe	NCAA I	2002	9th	25:52	Winthrop, Rock Hill, S.C.
Josiah Melly	NCAA I	2001	3rd	25:01	Winthrop, Rock Hill, S.C.
Dan Rabe	NCAA I	2001	9th	26:07	Winthrop, Rock Hill, S.C.
Bruce Kite	NCAA I	2000	1st	25:15	CSU, Charleston, S.C.
Stephen Githuka	NCAA I	1999	1st	24:24	Winthrop, Rock Hill, S.C.
Brian Kiprono	NCAA I	1999	2nd	25:06	Winthrop, Rock Hill, S.C.
John Khan	NCAA I	1999	4th	25:20	Winthrop, Rock Hill, S.C.
Bruce Kite	NCAA I	1999	5th	25:27	Winthrop, Rock Hill, S.C.
Dan Orr	NCAA I	1999	8th	26:01	Winthrop, Rock Hill, S.C.
Stephen Githuka	NCAA I	1998	1st	24:13	Radford, Radford, Va.
Brian Kiprono	NCAA I	1998	2nd	25:11	Radford, Radford, Va.
Bruce Kite	NCAA I	1998	7th	25:37	Radford, Radford, Va.
John Khan	NCAA I	1998	9th	25:51	Radford, Radford, Va.
Stephen Githuka	NCAA I	1997	1st	25:19	Winthrop, Rock Hill, S.C.
Chris McGregor	NCAA I	1997	2nd	25:24	Winthrop, Rock Hill, S.C.
Brian Kiprono	NCAA I	1997	3rd	25:53	Winthrop, Rock Hill, S.C.
Chuck Lyngaas	NCAA I	1997	5th	26:14	Winthrop, Rock Hill, S.C.
Josh Cox	NCAA I	1996	1st	25:08	Winthrop, Rock Hill, S.C.
Chris McGregor	NCAA I	1996	2nd	25:24	Winthrop, Rock Hill, S.C.
Josh Cox	NCAA I	1995	1st	25:34	Winthrop, Rock Hill, S.C.
Dan Bentley	NCAA I	1995	3rd	25:55	Winthrop, Rock Hill, S.C.
Chuck Lyngaas	NCAA I	1995	10th	26:51	Winthrop, Rock Hill, S.C.
Bill Khan	NCAA I	1994	2nd	25:04*	Towson, Hunt Valley, Md.
Clark Zealand	NCAA I	1994	5th	25:28*	Towson, Hunt Valley, Md.
Chris McGregor	NCAA I	1994	6th	25:33*	Towson, Hunt Valley, Md.
Daniel Bentley	NCAA I	1993	10th	27:16	Radford, Radford, Va.
Bill Khan	NCAA I	1992	1st	25:50	UMBC, Baltimore, Md.
David McCombs	NCAA I	1992	2nd	26:10	UMBC, Baltimore, Md.
Eric Welling	NCAA I	1992	10th	27:02	UMBC, Baltimore, Md.
Bill Khan	NCAA I	1991	1st	25:26	CSU, Charleston, S.C.
Dave McCombs	NCAA I	1991	3rd	25:55	CSU, Charleston, S.C.
Damien Bates	NCAA I	1991	7th	26:28	CSU, Charleston, S.C.
Brett Honeycutt	NCAA I	1991	8th	26:30	CSU, Charleston, S.C.

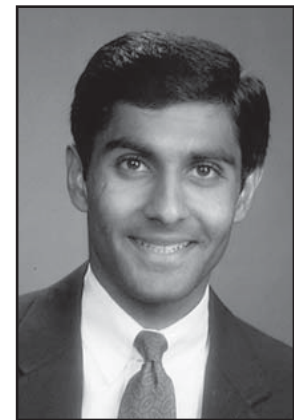
* - Five Mile race

Mason Dixon All-Conference

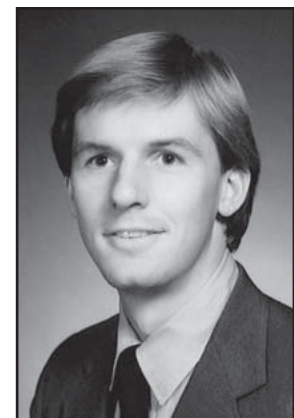
Name	Affiliation	Year	Place	Time	Site
Ray McClanahan	NCAA I	1989	4th	25:57	UMBC, Baltimore, Md.
Steve Hurst	NCAA I	1989	6th	26:35	UMBC, Baltimore, Md.
Damien Bates	NCAA I	1989	12th	27:06	UMBC, Baltimore, Md.
Mark Christopher	NCAA I	1988	7th	25:15	CNU, Newport News, Va.
Steve Hurst	NCAA I	1988	10th	25:37	CNU, Newport News, Va.
Doug Wickert	NCAA I	1988	15th	25:48	CNU, Newport News, Va.
Tom Daugherty	NCAA II	1987	n/a	n/a	n/a
Gregg Vaughn	NCAA II	1987	n/a	n/a	n/a
Mark Christopher	NCAA II	1986	n/a	n/a	n/a
Ray McClanahan	NCAA II	1986	n/a	n/a	n/a
David Kuritar	NCAA II	1986	n/a	n/a	n/a
Gary Hill	NCAA II	1985	n/a	n/a	n/a
David Kuritar	NCAA II	1985	n/a	n/a	n/a
Tom Daugherty	NCAA II	1985	n/a	n/a	n/a
Gregg Vaughn	NCAA II	1985	n/a	n/a	n/a
Brian Olling	NCAA II	1985	n/a	n/a	n/a
David Kuritar	NCAA II	1984	n/a	n/a	n/a
Russ Sears	NCAA II	1984	n/a	n/a	n/a
Tom Daugherty	NCAA II	1984	n/a	n/a	n/a
Greg Vaughn	NCAA II	1984	n/a	n/a	n/a
Brian Olling	NCAA II	1984	n/a	n/a	n/a
Kevin Hopkins	NCAA II	1984	n/a	n/a	n/a
Curt Kreft	NCAA II	1983	n/a	n/a	n/a
Greg Vaughn	NCAA II	1983	n/a	n/a	n/a
Brian Olling	NCAA II	1983	n/a	n/a	n/a
Kevin Hopkins	NCAA II	1983	n/a	n/a	n/a
Johnnie Engelhardt	NCAA II	1983	n/a	n/a	n/a



Johnnie Engelhardt



Bill Khan



Gregg Vaughn

Women's Cross Country Big South Titles



The 2006 Lady Flames celebrate their first Big South title since 2000.

2007

Date (Location): Oct. 27 (Hendersonville, N.C.)
Margin of Victory:3 points (26-29 over Coastal Carolina)
Lady Flames' No. 1 runner:.....Piper Newby, 2nd, 17:45.6

2006

Date (Location):..... Oct. 28 (Summerville, S.C.)
Margin of Victory:5 points (29-34 over Coastal Carolina)
Lady Flames' No. 1 runner:..... Piper Newby, 3rd, 17:55.1

2000

Date (Location):..... Oct. 28 (Charleston, S.C.)
Margin of Victory: 16 points (43-59 over UNC Asheville)
Lady Flames' No. 1 runner:.....Heather Sagan, 1st, 17:58

1992

Date (Location):..... Oct. 31 (Baltimore, Md.)
Margin of Victory: 4 points (73-77 over Towson)
Lady Flames' No. 1 runner:..... Urlene Dick, 2nd, 19:54

1991

Date (Location):..... Nov. 2 (Charleston, S.C.)
Margin of Victory:57 points (27-84 over Davidson)
Lady Flames' No. 1 runner: Patti Bottiglieri, 2nd, 18:49



Big South Awards

Runner of the Year

Heather Sagan2001
 Heather Sagan2000

Freshman of the Year

Dacia Bushman 2007
 Samantha Pelletier 2001
 Valerie Westphal 2000
 Rebecca Parsons 1999

Scholar-Athlete of the Year

Rebekah Ricksecker 2008
 Tracy Hoare 2000
 Cathy Williams1997

Coach of the Year

Brant Tolsma2007
 Brant Tolsma2006
 Brant Tolsma2000
 Brant Tolsma1992

Most Career

All-Big South Honors

Urlene Dick3
 Samantha Pelletier3
 Rebekah Ricksecker3
 Sarah Roberts3



Urlene Dick



Samantha Pelletier

Men's Cross Country Big South Titles

2008

Date (Location): Nov. 1 (Lynchburg, Va.)
 Margin of Victory: 36 points (28-64 over High Point)
 Flames' No. 1 runner: Sam Chelanga, 1st, 24:33.0

2007

Date (Location): Oct. 27 (Hendersonville, N.C.)
 Margin of Victory: 31 points (27-58 over High Point)
 Flames' No. 1 runner: Josh McDougal, 1st, 24:11.7

2006

Date (Location): Oct. 28 (Summerville, S.C.)
 Margin of Victory: 25 points (32-57 over Coastal Carolina)
 Flames' No. 1 runner: Josh McDougal, 1st, 24:46.5

2005

Date (Location): Oct. 29 (Lexington, Va.)
 Margin of Victory: 47 points (26-73 over VMI)
 Flames' No. 1 runner: Josh McDougal, 1st, 24:00

1999

Date (Location): Oct. 30 (Rock Hill, S.C.)
 Margin of Victory: 32 points (20-52 over Coastal Carolina)
 Flames' No. 1 runner: Stephen Githuka, 1st, 24:24

1998

Date (Location): Oct. 31 (Radford, Va.)
 Margin of Victory: 13 points (40-53 over UNC Asheville)
 Flames' No. 1 runner: Stephen Githuka, 1st, 24:13

1997

Date (Location): Nov. 1 (Rock Hill, S.C.)
 Margin of Victory: 25 points (30-55 over UNC Asheville)
 Flames' No. 1 runner: Stephen Githuka, 1st, 25:19

1994

Date (Location): Oct. 26 (Towson, Md.)
 Margin of Victory: 23 points (46-69 over Coastal Carolina)
 Flames' No. 1 runner: Bill Kahn, 2nd, 25:04

1992

Date (Location): Oct. 31 (Baltimore, Md.)
 Margin of Victory: 38 points (40-78 over UMBC)
 Flames' No. 1 runner: Bill Khan, 1st, 25:50

1991

Date (Location): Nov. 2 (Charleston, S.C.)
 Margin of Victory: 37 points (32-69 over Campbell)
 Flames' No. 1 runner: Bill Khan, 1st, 25:25

Big South Awards

Runner of the Year

Sam Chelanga2008
Josh McDougal2007
Josh McDougal2006
Josh McDougal2005
Josh McDougal2004
Bruce Kite2000
Stephen Githuka1999
Stephen Githuka1998
Stephen Githuka1997
Josh Cox1996
Josh Cox1995
Bill Khan1992
Bill Khan1991

Freshman of the Year

Josh McDougal2004
Chris McGregor1994

Scholar-Athlete of the Year

Josh Edmonds2008
Evan Falat2005
Evan Falat2004
Bruce Kite2000
Chris McGregor1996

Coach of the Year

Brant Tolsma2008
Brant Tolsma2007
Brant Tolsma2006
Brant Tolsma2005
Brant Tolsma1999
Brant Tolsma1998
Brant Tolsma1994
Brant Tolsma1992

Most Career

All-Big South Honors

Josh McDougal4
Josh Edmonds3
Evan Falat3
Stephen Githuka3
Jarvis Jelen3
Bill Khan3
Brian Kiprono3
Bruce Kite3
Jordan McDougal3
Chris McGregor3