



## Liberty Men's Cross Country Big South Conference History

### **Big South Men's Cross Country Team Championships**

1991, 1992, 1994, 1997, 1998, 1999, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013

### **Big South Men's Runner of the Year**

Sam Chelanga – 2008, 2009, 2010

Josh Cox – 1995, 1996

Zac Edwards – 2011

Stephen Githuka – 1997, 1998, 1999

Bill Khan – 1991, 1992

Bruce Kite – 2000

Josh McDougal – 2004, 2005, 2006, 2007

### **Big South Men's Freshman of the Year**

Ngetich Kipchirchir – 2012

Stanley Langat – 2016

Josh McDougal – 2004

Chris McGregor – 1994

### **Big South Men's Scholar-Athlete of the Year**

Jeremie Bourget – 2015

Caleb Edmonds – 2013

Josh Edmonds – 2008, 2010

Evan Falat – 2004, 2005

Bruce Kite – 2000

Chris McGregor – 1996

### **Big South Men's All-Academic Team**

Jeremie Bourget – 2015

Caleb Edmonds – 2011, 2012, 2013

Josh Edmonds – 2007, 2008, 2010

Evan Falat – 2004, 2005

Aaron Gogain – 2002, 2003

Graham Hansel – 2016

Mark Hopely – 2009

Bruce Kite – 1998, 1999, 2000

Chris McGregor – 1996, 1997

Drew Ponder – 2006

Will Templeton – 2014

Josh Zealand – 2001

### **Big South Men's Coach of the Year**

Brant Tolsma – 1992, 1994, 1998, 1999, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013

## **All-Conference Performers**

### **1991 Big South Conference Men's Cross Country Championship (8K)**

*At Charleston, S.C.*

Bill Khan – 1<sup>st</sup> place, 25:26

Dave McCombs – 3<sup>rd</sup> place, 25:55

Damien Bates – 7<sup>th</sup> place, 26:28

Brett Honeycutt – 8<sup>th</sup> place, 26:30

### **1992 Big South Conference Men's Cross Country Championship (8K)**

*At Baltimore, Md.*

Bill Khan – 1<sup>st</sup> place, 25:50

David McCombs – 2<sup>nd</sup> place, 26:10

Eric Welling – 10<sup>th</sup> place, 27:02

### **1993 Big South Conference Men's Cross Country Championship (8K)**

*At Radford, Va.*

Daniel Bentley – 10<sup>th</sup> place, 27:16

### **1994 Big South Conference Men's Cross Country Championship (5-Mile)**

*At Hunt Valley, Md.*

Bill Khan – 2<sup>nd</sup> place, 25:04

Clark Zealand – 5<sup>th</sup> place, 25:28

Chris McGregor – 6<sup>th</sup> place, 25:33

### **1995 Big South Conference Men's Cross Country Championship (8K)**

*At Rock Hill, S.C.*

Josh Cox – 1<sup>st</sup> place, 25:34

Dan Bentley – 3<sup>rd</sup> place, 25:55

Chuck Lyngaas – 10<sup>th</sup> place, 26:51

### **1996 Big South Conference Men's Cross Country Championship (8K)**

*At Rock Hill, S.C.*

Josh Cox – 1<sup>st</sup> place, 25:08

Chris McGregor – 2<sup>nd</sup> place, 25:24

### **1997 Big South Conference Men's Cross Country Championship (8K)**

*At Rock Hill, S.C.*

Stephen Githuka – 1<sup>st</sup> place, 25:19

Chris McGregor – 2<sup>nd</sup> place, 25:24

Brian Kiprono – 3<sup>rd</sup> place, 25:53

Chuck Lyngaas – 5<sup>th</sup> place, 26:14

### **1998 Big South Conference Men's Cross Country Championship (8K)**

*At Radford, Va.*

Stephen Githuka – 1<sup>st</sup> place, 24:13

Brian Kiprono – 2<sup>nd</sup> place, 25:11

Bruce Kite – 7<sup>th</sup> place, 25:37

John Khan – 9<sup>th</sup> place, 25:51

### **1999 Big South Conference Men's Cross Country Championship (8K)**

*At Rock Hill, S.C.*

Stephen Githuka – 1<sup>st</sup> place, 24:24

Brian Kiprono – 2<sup>nd</sup> place, 25:06

John Khan – 4<sup>th</sup> place, 25:20

Bruce Kite – 5<sup>th</sup> place, 25:27

Dan Orr – 8<sup>th</sup> place, 26:01

**2000 Big South Conference Men's Cross Country Championship (8K)**

*At Charleston, S.C.*

Bruce Kite – 1<sup>st</sup> place, 25:15

**2001 Big South Conference Men's Cross Country Championship (8K)**

*At Rock Hill, S.C.*

Josiah Melly – 3<sup>rd</sup> place, 25:01

Dan Rabe – 9<sup>th</sup> place, 26:07

**2002 Big South Conference Men's Cross Country Championship (8K)**

*At Rock Hill, S.C.*

Dan Rabe – 9<sup>th</sup> place, 25:52

**2003 Big South Conference Men's Cross Country Championship (8K)**

*At Myrtle Beach, S.C.*

Josiah Melly – 2<sup>nd</sup> place, 25:28

Evan Falat – 10<sup>th</sup> place, 26:48

**2004 Big South Conference Men's Cross Country Championship (8K)**

*At Rock Hill, S.C.*

Josh McDougal – 1<sup>st</sup> place, 23:49

Evan Falat – 7<sup>th</sup> place, 25:37

**2005 Big South Conference Men's Cross Country Championship (8K)**

*At Lexington, Va.*

Josh McDougal – 1<sup>st</sup> place, 24:00

Clint Jackson – 4<sup>th</sup> place, 25:30

Jarvis Jelen – 5<sup>th</sup> place, 25:32

Evan Falat – 6<sup>th</sup> place, 25:45

Drew Ponder – 10<sup>th</sup> place, 25:57

**2006 Big South Conference Men's Cross Country Championship (8K)**

*At Summerville, S.C.*

Josh McDougal – 1<sup>st</sup> place, 24:46

Jarvis Jelen – 2<sup>nd</sup> place, 24:46

Jordan McDougal – 3<sup>rd</sup> place, 24:46

Josh Edmonds – 9<sup>th</sup> place, 25:30

**2007 Big South Conference Men's Cross Country Championship (8K)**

*At Hendersonville, N.C.*

Josh McDougal – 1<sup>st</sup> place, 24:11

Jordan McDougal – 2<sup>nd</sup> place, 25:18

Jarvis Jelen – 3<sup>rd</sup> place, 25:22

Josh Edmonds – 6<sup>th</sup> place, 25:43

**2008 Big South Conference Men's Cross Country Championship (8K)**

*At Lynchburg, Va.*

Sam Chelanga – 1<sup>st</sup> place, 24:32

Jordan McDougal – 2<sup>nd</sup> place, 24:55

Josh Edmonds – 4<sup>th</sup> place, 25:20

Jake Reed – 10<sup>th</sup> place, 26:11

**2009 Big South Conference Men's Cross Country Championship (8K)**

*At Winston-Salem, N.C.*

Sam Chelanga – 1<sup>st</sup> place, 23:50

Evans Kigen – 2<sup>nd</sup> place, 25:13

David Ricksecker – 8<sup>th</sup> place, 26:17

Jake Reed – 10<sup>th</sup> place, 26:30

**2010 Big South Conference Men's Cross Country Championship (8K)**

*At Blacksburg, Va.*

Sam Chelanga – 1<sup>st</sup> place, 24:03

Evans Kigen – 2<sup>nd</sup> place, 24:35

Josh Edmonds – 3<sup>rd</sup> place, 24:44

**2011 Big South Conference Men's Cross Country Championship (8K)**

*At Conway, S.C.*

Zac Edwards – 1<sup>st</sup> place, 23:56

David Ricksecker – 6<sup>th</sup> place, 24:36

Caleb Edmonds – 7<sup>th</sup> place, 24:46

Josh MacDonald – 8<sup>th</sup> place, 24:50

**2012 Big South Conference Men's Cross Country Championship (8K)**

*At Rock Hill, S.C.*

David Ricksecker – 2<sup>nd</sup> place, 24:39

Caleb Edmonds – 3<sup>rd</sup> place, 24:40

Ngetich Kipchirchir – 4<sup>th</sup> place, 24:44

Will Templeton – 7<sup>th</sup> place, 25:10

**2013 Big South Conference Men's Cross Country Championship (8K)**

*At Buena Vista, Va.*

Jeremie Bourget – 3<sup>rd</sup> place, 26:02

Josh MacDonald – 4<sup>th</sup> place, 26:13

Sam Hibbs – 9<sup>th</sup> place, 26:31

Zach Barker – 11<sup>th</sup> place, 26:45

**2014 Big South Conference Men's Cross Country Championship (8K)**

*At Boiling Springs, N.C.*

Titus Koech – 4<sup>th</sup> place, 25:15

Sam Hibbs – 6<sup>th</sup> place, 25:42

Josh Showalter – 11<sup>th</sup> place, 25:58

**2015 Big South Conference Men's Cross Country Championship (8K)**

*At Spartanburg, S.C.*

Jeremie Bourget – 3<sup>rd</sup> place, 24:35

Azaria Kirwa – 5<sup>th</sup> place, 24:38

Josh Showalter – 9<sup>th</sup> place, 24:56

Cameron Francis – 11<sup>th</sup> place, 25:05

**2016 Big South Conference Men's Cross Country Championship (8K)**

*At Swannanoa, N.C.*

Stanley Langat – 3<sup>rd</sup> place, 25:32

Azaria Kirwa – 4<sup>th</sup> place, 25:33

Josh Showalter – 5<sup>th</sup> place, 25:37

Cameron Francis – 12<sup>th</sup> place, 26:19

**Most Career All-Big South Conference Honors**

- 4 – Josh Edmonds
- 4 – Josh McDougal
- 3 – Sam Chelanga
- 3 – Evan Falat
- 3 – Stephen Githuka
- 3 – Jarvis Jelen
- 3 – Bill Khan
- 3 – Brian Kiprono
- 3 – Bruce Kite
- 3 – Jordan McDougal
- 3 – Chris McGregor
- 3 – David Ricksecker
- 3 – Josh Showalter