



<b>Name</b>	<b>Event</b>	<b>Year</b>	<b>Ht.</b>	<b>Hometown/Previous School</b>
Mia Aghaji	Jumps/Hurdles	R-So.	5-9	Chester, Va./Matoaca H.S.
Kim Arelt	Sprints	Jr.	5-6	Massillon, Ohio/Jackson H.S.
Melinda Bendik	Throws	Jr.	5-6	Odessa, Texas/South Plains College
Brittany Bingham	Heptathlon	Fr.	5-8	Lynchburg, Va./Liberty Christian Academy
Taylor Bowles	Distance	Fr.	5-5	Noblesville, Ind./Noblesville H.S.
Elliece Boyles	Hurdles	Fr.	5-9	Upper Marlboro, Md./Eleanor Roosevelt H.S.
Meghan Burggraf	400/800	Fr.	5-6	Lynchburg, Va./Liberty Christian Academy
Dacia Bushman	Distance	Jr.	5-6	Castalia, Iowa/Home schooled
Rod'Esther Castor	Mid-distance	Jr.	5-6	Hamilton, N.J./Steinert H.S.
Olivia Charnuski	Sprints/Hurdles	So.	5-6	Elmira, Ontario/Elmira District Secondary
Sharron Davis	Sprints	Jr.	5-4	Winston-Salem, N.C./Lenoir-Rhyne
Allison Dilworth	Distance	Fr.	5-2	Morgantown, Pa./Twin Valley Bible School
Grace Esden	Javelin	So.	5-5	Springfield, Vt./Springfield H.S.
Lyndi Fielitz	Distance	Fr.	5-5	Walden, N.Y./Chapel Field Christian
Chenoa Freeman	Sprints	Sr.	5-4	Lincoln, Del./Christian Tabernacle
Rebekah Gibbs	Sprints	Fr.	5-7	Rockwall, Texas/Rockwall H.S.
Aurielle Green	Sprints/Jumps	Fr.	5-4	Williamsburg, Va./Jamestown H.S.
Alicia Guridy	Distance	R-So.	5-8	Tappahannock, Va./Essex H.S.
Laura Haugland	High Jump	So.	5-10	Park Rapids, Minn./Park Rapids Area H.S.
Jennifer Healey	Heptathlon	Jr.	5-6	Virginia Beach, Va./Kellam H.S.
Brittany Heath	Sprints	Sr.	5-5	Freeport, Grand Bahamas/Sunland Baptist
Rachel Houseknecht	Hurdles/PV	R-So.	5-5	Hughesville, Pa./Hughesville H.S.
Erin Hudson	Pole Vault	Sr.	5-6	Whitacre, Va./James Wood H.S.
Hannah Hunt	Mid-distance	So.	5-8	Sewickley, Pa./Avonworth H.S.
Kaitlyn Johnson	Sprints	So.	5-4	Florissant, Mo./Westminster Christian
Kayla Johnson	Mid-distance	So.	5-4	Florissant, Mo./Westminster Christian
Khristina Kanagy	Distance	Fr.	5-2	Vilas, N.C./Watauga H.S.
Jennifer Klugh	Distance	So.	5-8	Centerburg, Ohio/Highland H.S.
Kiersten Kuperus	Throws	So.	5-10	Westtown, N.Y./Chapel Field Christian
Cassie Laminack	Throws	So.	5-8	Muscadine, Ala./Haralson County H.S.
Shekinah Lorcy	Sprints	R-Fr.	5-7	Brooklyn, N.Y./Bishop Ford H.S.
Krystle Matthews	Heptathlon	Jr.	5-7	Chesapeake, Va./Deep Creek H.S.
Christina Mitchell	Heptathlon	So.	5-8	Monroe, Va./Liberty Christian Academy
Lauren Mosley	Sprints	So.	5-1	Upper Marlboro, Md./Woodstream Christian
Amanda Moyer	Distance	R-So.	5-6	Carrollton, Ohio/Carrollton H.S.
Hailey Neal	Distance	R-So.	5-11	West Palm Beach, Fla./Florida
Ashley Osborne	Distance	R-Sr.	5-2	Bristol, Va./John S. Battle H.S.
Shelley Parker	Pole Vault	Fr.	5-5	Lynchburg, Va./Brookville H.S.
Amy Passauer	Distance	Fr.	5-3	Ashburn, Va./Broad Run H.S.
Alyssa Pegues	Sprints/Jumps	So.	5-7	Warner Robins, Ga./Houston County H.S.
Rebekah Ricksecker	Mid-distance	R-Sr.	5-7	Laurel, Del./Sussex Tech H.S.
Soraya Sajous	Throws	Fr.	5-5	Stafford, Va./Brooke Point H.S.
Erica Scripa	Distance	Fr.	4-11	Bel Air, Md./C. Milton Wright H.S.
Keshaunda Seward	Sprints	Fr.	5-6	Petersburg, Va./Brunswick H.S.
Melanie Sims	Hurdles/Jumps	So.	5-4	Cleveland Heights, Ohio/Cleveland Heights H.S.
Shekina Sims	Throws	Jr.	5-4	Midlothian, Va./Manchester H.S.
Sherri Spruel	Sprints	Fr.	5-2	Fredericksburg, Va./Chancellor H.S.
Kristen Story	Distance	So.	5-4	Montclair, Va./Forest Park H.S.
Aleah Teer	Distance	Fr.	5-11	Abbotsford, British Columbia/W.J. Mouat
Tami Tolsma	Pole Vault	So.	5-8	Forest, Va./Liberty Christian Academy
Denise Troyer	Distance	So.	5-6	Kennedyville, Md./Red Lion Christian
Jaime Watson	400/800	R-Sr.	5-6	Ravenna, Mich./Allendale H.S.
Marianne Wheeler	High Jump	Jr.	5-9	Wilson, Texas/South Plains College
Betel Yosef	Distance	Fr.	5-3	Alexandria, Va./Thomas A. Edison H.S.

## SPRINTS

### Top Returnees

Olivia Charnuski, So.  
100-12.39, 200-25.20

Chenoa Freeman, Sr.  
200-24.75, 400-54.79

Brittany Heath, Sr.  
200-25.13

Alyssa Pegues, So.  
60-7.73, 100-11.84

Jaime Watson, R-Sr.  
400-55.23

### Promising Newcomers

Rebekah Gibbs, Fr.  
Rockwall, Texas

Aurielle Green, Fr.  
Williamsburg, Va.

Sherri Spruel, Fr.  
Fredericksburg, Va.



Chenoa Freeman

## HURDLES

### Top Returnees

Mia Aghaji, R-So.  
400 Hurdles-1:06.28

Olivia Charnuski, So.  
100 Hurdles-14.17

Jennifer Healey, Jr.  
400 Hurdles-1:06.30

Rachel Houseknecht, R-So.  
100 Hurdles-14.49

Krystle Matthews, Jr.  
100 Hurdles-14.94

Christina Mitchell, So.  
300 Hurdles-43.56

Melanie Sims, So.  
100 Hurdles-15.48

### Promising Newcomer

Brittany Bingham, Fr.  
Lynchburg, Va.



Olivia Charnuski

## MID-DISTANCE/ DISTANCE

### Top Returnees

Dacia Bushman, Jr.  
5K-17:40.06, 10K-36:43.19

Jennifer Klugh, So.  
1,500-4:50.42

Ashley Osborne, R-Sr.  
3K-9:49.55, 5K-16:42.79  
2009 Big South 3K & 5K Champ

Rebekah Ricksecker, R-Sr.  
800-2:11.20, 1,500-4:25.47  
Two-Time Big South 1,500 Champ

Jaime Watson, R-Sr.  
800-2:08.29  
Five-Time Big South 800 Champ

### Promising Newcomers

Meghan Burggraf, Fr.  
Lynchburg, Va.

Hailey Neal, R-So.  
West Palm Beach, Fla.



Jaime Watson

## JUMPS

### Top Returnees

Mia Aghaji, R-So.  
*HJ-5-8, LJ-18-10.75, TJ-40-11.75*  
*Two-Time Big South HJ Champion*

Rachel Houseknecht, R-So.  
*PV-11-5.75*

Krystle Matthews, Jr.  
*LJ-17-11*

Christina Mitchell, So.  
*HJ-5-5*  
*2009 Big South Indoor HJ Champ*

Alyssa Pegues, So.  
*LJ-18-0.25, TJ-38-11.75*

### Promising Newcomers

Shelley Parker, Fr.  
*Lynchburg, Va.*  
*PV-11-6*

Marianne Wheeler, Jr.  
*Wilson, Texas*  
*HJ-5-7*



Mia Aghaji

## THROWS

### Top Returnees

Grace Esden, So.  
*Jav-110-0*

Cassie Laminack, So.  
*Ham-109-1*

Krystle Matthews, Jr.  
*Jav-118-1*

Shekina Sims, Jr.  
*Ham-120-6*

### Promising Newcomer

Melinda Bendik, Jr.  
*Odessa, Texas*  
*Ham-168-3, Disc-142-5*



Melinda Bendik

## HEPTATHLON

### Top Returnees

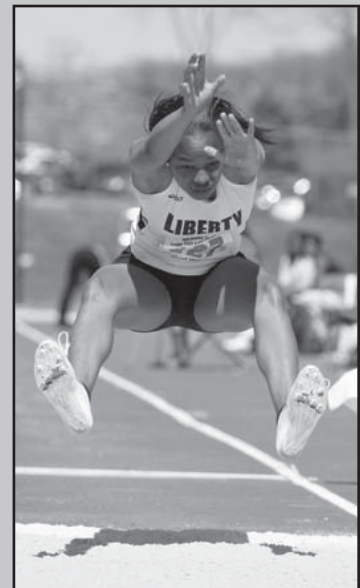
Jennifer Healey, Jr.  
*Heptathlon-4,218*

Krystle Matthews, Jr.  
*Heptathlon-4,343*  
*2008 Big South Pentathlon Champ*

Christina Mitchell, So.  
*Pentathlon-3,361*

### Promising Newcomer

Brittany Bingham, Fr.  
*Lynchburg, Va.*



Krystle Matthews



**Mia Aghaji**  
*Jumps/Hurdles*



**Kim Arelt**  
*Sprints*



**Melinda Bendik**  
*Throws*



**Brittany Bingham**  
*Heptathlon*



**Taylor Bowles**  
*Distance*



**Eliece Boyles**  
*Hurdles*



**Meghan Burggraf**  
*400/800*



**Dacia Bushman**  
*Distance*



**Rod'Esther Castor**  
*Mid-distance*



**Olivia Charnuski**  
*Sprints/Hurdles*



**Sharron Davis**  
*Sprints*



**Allison Dilworth**  
*Distance*



**Grace Esden**  
*Javelin*



**Lyndi Fielitz**  
*Distance*



**Chenoa Freeman**  
*Sprints*



**Rebekah Gibbs**  
*Sprints*



**Aurielle Green**  
*Sprints/Jumps*



**Alicia Guridy**  
*Distance*



**Laura Haugland**  
*High Jump*



**Jennifer Healey**  
*Heptathlon*



**Brittany Heath**  
*Sprints*



**Rachel Houseknecht**  
*Hurdles/PV*



**Erin Hudson**  
*Pole Vault*



**Hannah Hunt**  
*Mid-distance*



**Kaitlyn Johnson**  
*Sprints*



**Kayla Johnson**  
*Mid-distance*



**Kristina Kanagy**  
*Distance*



**Jennifer Klugh**  
*Distance*



**Kiersten Kuperus**  
*Throws*



**Cassie Laminack**  
*Throws*



**Krystle Matthews**  
*Heptathlon*



**Christina Mitchell**  
*Heptathlon*



**Lauren Mosley**  
*Sprints*



**Amanda Moyer**  
*Distance*



**Hailey Neal**  
*Distance*



**Ashley Osborne**  
*Distance*



*Rachel Houseknecht*



**Shelley Parker**  
*Pole Vault*



**Amy Passauer**  
*Distance*



**Alyssa Pegues**  
*Sprints/Jumps*



**Rebekah Ricksecker**  
*Mid-distance*



**Erica Scripa**  
*Distance*



**Keshanda Seward**  
*Sprints*



**Melanie Sims**  
*Hurdles/Jumps*



**Shekina Sims**  
*Throws*



**Sherri Spruel**  
*Sprints*



**Kristen Story**  
*Distance*



**Aleah Teer**  
*Distance*



**Tami Tolsma**  
*Pole Vault*



*Alyssa Pegues*



**Denise Troyer**  
*Distance*



**Jaime Watson**  
*400/800*



**Marianne Wheeler**  
*High Jump*



**Betel Yosef**  
*Distance*



## Mia AGHAJI

5-9 Redshirt Sophomore  
Jumps/Hurdles  
Chester, Va.

### *Personal Bests:*

HJ - 5-8; LJ - 18-10.75  
TJ - 40-11.75

**2009 (So.):** Redshirted the season ... competing unattached, she won the triple jump at both of Liberty's home outdoor meets ... triple jumped 39-11.5 at the Liberty Twilight Qualifier ... made the Big South Presidential Honor Roll ... **2008 (Fr.):** Three-time Big South champion, including the indoor and outdoor high jump and the indoor 4 x 400 relay ... set the Liberty outdoor triple jump record (39-9.75) at the Coastal Carolina Invitational ... triple jumped at the ECAC indoor and outdoor meets, placing seventh indoors ... **Prep:** Attended Matoaca H.S. ... earned all-state recognition as a sophomore, junior and senior ... triple jumped a wind-aided 40-11.75 as a senior, ranking among the nation's top 10 high school performances ... posted a 5-8 high jump in high school, claiming district and regional titles in the event ... competed in the Down Under International Games in Australia and won the high jump gold medal ... **Personal:** Daughter of Virginia Aghaji ... biology major ... birthday is April 28.



## Meghan BURGGRAF

5-6 Freshman  
400/800  
Lynchburg, Va.

### *Personal Bests:*

400 - 58.63  
800 - 2:20.14

**Prep:** Attended Liberty Christian Academy (LCA) ... won the VISAA state title in the 400-meter dash as a sophomore, junior and senior ... helped LCA win the VISAA state team championship during her junior year ... **Personal:** Daughter of Robert and Judy Burggraf ... nursing major ... birthday is Feb. 8.



## Melinda BENDIK

5-6 Junior  
Throws  
Odessa, Texas

### *Personal Bests:*

Hammer - 168-3  
Discus - 142-5

**Previous School:** Two-time NJCAA All-American at South Plains College ... helped South Plains sweep the NJCAA indoor and outdoor national titles in 2009, finishing second in the hammer and fourth in the discus at the national championship ... in 2008, she placed third in the NJCAA discus and was named South Plains' Field Event Newcomer of the Year ... her top throws measured 168-3 in the hammer and a school-record 142-5 in the discus ... **Prep:** Attended Odessa H.S., helping her track team win four straight district titles ... three-time regional qualifier in the discus, placing seventh as a sophomore, fifth as a junior and third as a senior ... received the Basil Wilkerson Award as Odessa's female athlete of the year ... also played outside hitter on the volleyball court ... **Personal:** Daughter of Mae Bendik ... the youngest of six children ... kinesiology major ... birthday is March 3.



## Dacia BUSHMAN

5-6 Junior  
Distance  
Castalia, Iowa

### *Personal Bests:*

5K - 17:40.06  
10K - 36:43.19

**2009 Cross Country (Jr.):** Finished as the Big South runner-up, leading the Lady Flames to the team championship ... named to the Big South All-Academic team ... **2009 (So.):** Big South 10K runner-up ... placed fourth in the ECAC 10K, with a season-best time of 36:46.15 ... included on the Big South Presidential Honor Roll ... **2008 (Fr.):** Named Big South Freshman of the Year for women's cross country after placing sixth at the conference meet ... ran a Liberty freshman 6K cross country record time of 21:39.30 ... claimed Big South third-place finishes in the indoor 3K and the outdoor 10K ... ran a school freshman record 36:43.19 10K to place eighth at the ECAC outdoor meet ... Big South Presidential Honor Roll ... **Prep:** Home schooled ... earned a pair of runner-up finishes at the Iowa state cross country meet (2003 & 2006) ... twice finished third at the Iowa state meet in the 1,500 meters (2006 & 2007) ... **Personal:** Daughter of Chuck and Marlys Bushman ... one of nine children ... nursing major ... birthday is Sept. 16.



**Rod'Esther CASTOR**

5-6 Junior  
Mid-distance  
Hamilton, N.J.  
*Personal Best:*  
800 - 2:18.3

**2009 Cross Country (Jr.):** Finished 13th at the Big South Championship ... Liberty's No. 3 runner at the NCAA Southeast Regional Championship ... **2009 (So.):** Ran a collegiate personal-best 2:20.37 for the 800 at the Sykes-Sabock Challenge Cup ... placed ninth in the 800 at the Big South indoor meet and finished 10th outdoors ... **2008 (Fr.):** Earned top 10 finishes in each of her first two collegiate cross country meets, ending up sixth at the Virginia Tech Invitational and seventh at the Longwood Invitational ... **Prep:** Attended Steinert H.S. ... her best times included 2:18.3 for 800 meters and 5:12.3 for 1,600 meters ... **Personal:** Daughter of Villate and Marie Castor ... kinesiology major ... birthday is Dec. 7.



**Chenoa FREEMAN**

5-4 Senior  
Sprints  
Lincoln, Del.  
*Personal Bests:*  
200 - 24.75  
400 - 54.79

**2009 (Jr.):** Big South outdoor 400-meter dash runner-up and anchored the Lady Flames' 4 x 400 relay team to second place ... helped the 4 x 100 relay quartet become the second-fastest in program history, at 46.05 ... Liberty's 4 x 100 squad placed third at the Big South meet and fourth at the ECAC meet ... indoors, claimed seventh place in the Big South 400-meter final ... also ran the 400 at the ECAC championship ... Big South Presidential Honor Roll ... **2008 (So.):** Part of five school record-setting efforts, including the indoor 300 (39.55), 400 (55.70) and 4 x 400 relay (3:47.16) as well as the outdoor 4 x 200 (1:37.99) and distance medley relay (11:30.56) quartets ... three-time All-Big South selection, as she helped Liberty win the indoor 4 x 400 relay and finished third in the 400 at the indoor and outdoor conference meets ... also placed fourth in the 200-meter dash at the Big South indoor championship ... ECAC outdoor fifth-place finisher at 400 meters ... Big South Athlete of the Week on Jan. 16 and Feb. 6 ... ECAC Track Athlete of the Week on Feb. 7 ... Big South Presidential Honor Roll selection ... **2007 (Fr.):** Came in fourth in the 400-meter dash at both the Big South indoor and outdoor meets ... helped the 4 x 400 relay team set a school record with a 3:41.00 at the ECAC outdoor championship ... made the Big South Presidential Honor Roll ... **Prep:** Attended Christian Tabernacle Academy ... **Personal:** Daughter of Leslie Freeman, Jr. and Cheryl N. Freeman ... majoring in graphic design, with a minor in English ... birthday is Sept. 22.



**Olivia CHARNUSKI**

5-6 Sophomore  
Sprints/Hurdles  
Elmira, Ontario  
*Personal Bests:*  
60 Hurdles - 8.92  
100 Hurdles - 14.17

**2009 (Fr.):** Established herself as one of the top young hurdlers in the Big South, placing third in the 100 hurdles outdoors and fourth in the 60 hurdles indoors at the conference meet ... qualified for the ECAC 100-meter hurdles semifinals, with a Liberty freshman record 14.18 clocking ... served as the leadoff runner for the second-fastest 4 x 100 relay quartet (46.05) in program history, helping the Lady Flames finish third at the Big South meet and fourth at the ECAC Championship ... part of Liberty's school record-setting shuttle hurdles relay squad, which clocked a 59.10 at the Penn Relays ... at the 2009 Canada Junior Track & Field Championships, won the 4 x 100 relay in meet-record fashion and took third place in the 100 hurdles ... made the Big South Presidential Honor Roll ... **Prep:** Represented Canada at the 2008 Youth Commonwealth Games, after placing second in the 100-meter hurdles at the Canada Junior National Championships ... finished ninth in the 100 hurdles at the 2008 Canadian Olympic Trials ... third-place finisher in the 100 hurdles at the 2008 OFSAA meet ... **Personal:** Daughter of Rick and Barb Charnuski ... major is kinesiology ... birthday is July 5.



Chenoa Freeman





## Aurielle GREEN

5-4 Freshman  
Sprints/Jumps  
Williamsburg, Va.  
*Personal Best:*  
Triple Jump - 35-11.5

**Prep:** Attended Jamestown H.S. ... her best finish at the Virginia Group AA state championship came at the 2008 indoor meet, where she claimed state runner-up honors in the triple jump, at Liberty's Tolsma Indoor Track Center ... also placed sixth in the triple jump at the 2008 Group AA outdoor championship and moved up to fifth in 2009 ... **Personal:** Daughter of Wanda Wright ... undecided on a major ... birthday is Dec. 3.



## Laura HAUGLAND

5-10 Sophomore  
High Jump  
Park Rapids, Minn.  
*Personal Best:*  
High Jump - 5-2

**2009 (Fr.):** Sailed over a collegiate-best 5-1.75 in the Liberty Collegiate Invitational high jump ... tied for 10th at the Big South outdoor meet, high jumping 5-1 ... Big South Presidential Honor Roll selection ... **Prep:** Cleared a personal-best 5-2 in the high jump as a senior at Park Rapids Area High School ... earned all-conference honors for the high jump as both a junior and senior ... high jump sub-section champion two times ... **Personal:** Daughter of Steve and Linda Haugland ... majoring in business ... birthday is Nov. 21.



## Alicia GURIDY

5-8 Redshirt Sophomore  
Distance  
Tappahannock, Va.  
*Personal Bests:*  
5K - 19:08.89  
10K - 39:52.93

**2009 (R-Fr.):** Opened her outdoor season with a personal-best 19:08.89 in the 5K at the Coastal Carolina/Asics Invitational ... took second place in the VMI/Washington & Lee Track & Field Carnival 10K and finished 11th at the Big South Conference meet in the same event ... Big South Presidential Honor Roll ... **2008 (Fr.):** Attended Liberty, but did not compete in either cross country or track & field ... **Prep:** Two-year team captain at Essex High School ... member of the National Honor Society ... **Personal:** Daughter of Cid Guridy and Karen Bell ... niece of Liberty Senior Associate Athletics Director Mickey Guridy ... major is English education ... birthday is May 12.



## Jennifer HEALEY

5-6 Junior  
Heptathlon  
Virginia Beach, Va.  
*Personal Bests:*  
Heptathlon - 4,218  
Triple Jump - 37-11.25

**2009 (So.):** Scored a career-best 4,218 points, while finishing sixth in the Big South heptathlon ... also took seventh place in the triple jump at the same meet ... placed seventh in the Big South pentathlon, with a career-best 2,986 points ... Big South Presidential Honor Roll member for the second year in a row ... **2008 (Fr.):** Scored eight points at the Big South outdoor meet, courtesy of a fourth-place effort in the heptathlon and a sixth-place showing in the triple jump ... won the Liberty Twilight Qualifier triple jump ... Big South Presidential Honor Roll selection ... **Prep:** Attended Kellam H.S. ... recorded personal bests of 37-5 in the triple jump and 42.76 in the 300-meter dash ... **Personal:** Daughter of Joe and Jill Healey ... brother Josh is a freshman pitcher on the Liberty baseball team ... intends to major in psychology ... birthday is Oct. 23.



**Brittany HEATH**

5-5 Senior  
Sprints  
Freeport, Grand Bahamas  
*Personal Bests:*  
200 - 25.13  
400 - 58.79

**2009 (Jr.):** Ran a personal-best time of 25.13 in the 200-meter dash prelims at the Big South outdoor meet, narrowly missing the final ... Big South Presidential Honor Roll member ... **2008 (So.):** Part of the Lady Flames' school record-setting 4 x 400 relay squad indoors ... won an event at the VMI Winter Relays for the second straight year, taking the 200 ... clocked a personal-best 58.79 to reach the Big South indoor 400-meter final, where she placed seventh ... **2007 (Fr.):** Won the 400-meter dash title at the VMI Winter Relays ... included on the Big South Presidential Honor Roll ... **Prep:** Attended Sunland Baptist Academy, graduating on the 1st Class Honor Roll ... **Personal:** Daughter of Jillian Bartlett and John Heath ... major is business marketing ... birthday is March 4.



Erin Hudson



**Rachel HOUSEKNECHT**

5-5 Redshirt Sophomore  
Hurdles/PV  
Hughesville, Pa.  
*Personal Bests:*  
100 Hurdles - 14.49  
Pole Vault - 11-5.75

**2009 (So.):** Claimed fifth place in the Big South outdoor pole vault and eighth place in the 100 hurdles ... part of Liberty's school record-setting shuttle hurdles relay squad, which posted a 59.10 at the Penn Relays ... closed her season with a personal-best 11-5.75 pole vault clearance at the Liberty Twilight Qualifier, tying for fourth place on Liberty's all-time performance list ... earned another Big South Presidential Honor Roll selection ... **2008 (Fr.):** Pole vaulted a season-best 10-0 for fourth place at the Big South indoor meet ... injured for much of the outdoor campaign ... Big South Presidential Honor Roll ... **Prep:** Attended Hughesville H.S. ... won the 2007 Pennsylvania state 100-meter hurdles title in 14.49 seconds, after finishing third in the event in 2006 ... owns school records at 100 meters (12.40), 200 meters (25.92), 100 hurdles (14.49) and 300 hurdles (45.60) ... **Personal:** Daughter of Greg and Laurie Houseknecht ... kinesiology/cross-cultural studies major ... birthday is on Oct. 11.



**Erin HUDSON**

5-6 Senior  
Pole Vault  
Whitacre, Va.  
*Personal Best:*  
Pole Vault - 10-2

**2009 (Jr.):** Finished seventh indoors and tied for seventh outdoors in the Big South pole vault ... broke the 10-foot barrier for the first time at the Lynchburg Invitational, vaulting 10-2 ... Big South Presidential Honor Roll ... **2008 (So.):** Earned first career All-Big South nod, after finishing third in the pole vault at the conference outdoor championship ... vaulted her way to sixth place at the Big South indoor meet ... Big South Presidential Honor Roll selection ... **2007 (Fr.):** Tied for fifth in the pole vault at the Big South outdoor meet ... placed seventh at the Big South Indoor Championships ... **Prep:** Named Track Athlete of the Year at James Wood H.S. ... **Personal:** Daughter of Donald and Bonnie Hudson ... kinesiology major ... birthday is May 1.



## Hannah HUNT

5-8 Sophomore  
Mid-distance  
Sewickley, Pa.

*Personal Bests:*  
1,500 - 4:56.26  
Mile - 5:19.71

**2009 (Fr.):** Posted a pair of ninth-place finishes at the Big South Track & Field Championships, including the indoor mile and the outdoor 1,500 ... stepped up at the Big South cross country championship with a 15th-place finish ... she was the Lady Flames' No. 4 runner and the third-fastest freshman in the race ... **Prep:** Helped her Avonworth High School cross country squad capture its first WPIAL Class AA team title as a senior ... **Personal:** Daughter of Gary and Madonna Hunt ... major is elementary education ... birthday is Nov. 12.



## Jennifer KLUGH

5-8 Sophomore  
Distance  
Centerburg, Ohio

*Personal Bests:*  
1,600 - 5:02  
3,200 - 11:24

**2009 Cross Country (R-Fr.):** Fully healthy for the first time in her collegiate career, enjoyed a strong cross country season ... earned her first career All-Big South honor with a third-place finish in the conference meet, posting a personal-best 5K time of 18:37 ... her effort helped the Lady Flames win the Big South team title ... **2009 (Fr.):** Placed sixth in the Big South mile final indoors and finished in the same spot in the Big South outdoor 1,500 ... Big South Presidential Honor Roll member ... **Prep:** Five-time All-Ohio performer at Highland High School (three cross country, two track & field) ... qualified for the Ohio Division II State Cross Country Championship all four years, placing 19th as a sophomore, fourth as a junior and seventh as a senior ... at the 2007 Ohio Division II State Track & Field Championship, placed second in the 1,600 and third in the 3,200 ... valedictorian of her high school class ... **Personal:** Daughter of Robert and Amy Klugh ... majoring in mathematics with teacher licensure ... birthday is Aug. 25.



## Khristina KANAGY

5-2 Freshman  
Distance  
Vilas, N.C.

*Personal Best:*  
5K (XC) - 19:00

**2009 Cross Country (Fr.):** Finished as Liberty's No. 7 runner and No. 25 overall at the Big South meet, helping the Lady Flames claim the team title ... **Prep:** Attended Watauga H.S. ... finished 10th at the NCHSAA Class-4A state cross country meet as a senior, contributing to Watauga's third-place team finish ... **Personal:** Daughter of Jim and Karen Kanagy ... undecided on a major ... birthday is Nov. 15.



Khristina Kanagy (L) and Jennifer Klugh



### Krystle MATTHEWS

5-7 Junior  
Heptathlon  
Chesapeake, Va.

*Personal Bests:*  
Heptathlon - 4,343  
Pentathlon - 3,203

**2009 (So.):** Placed fourth in the Big South pentathlon indoors ... at the outdoor Big South meet, she was fifth in the heptathlon and seventh in the 100 hurdles ... Big South Presidential Honor Roll selection ... **2008 (Fr.):** Established herself as one of the best young multi-event athletes in the Big South ... won the Big South indoor pentathlon championship with a career-best 3,203 points ... Big South heptathlon runner-up outdoors ... made the Big South Presidential Honor Roll ... **Prep:** Attended Deep Creek H.S. ... broke the school 300-meter hurdles and 4 x 400 relay records ... posted a 4,343 in the heptathlon ... also played basketball for three years ... **Personal:** Daughter of Karol and Elton Matthews ... kinesiology major ... birthday is Dec. 18.



### Christina MITCHELL

5-8 Sophomore  
Heptathlon  
Monroe, Va.

*Personal Bests:*  
300 Hurdles - 43.56  
High Jump - 5-5

**2009 (Fr.):** Big South indoor high jump champion as a freshman, after leaping a career-high 5-5 ... scored 3,361 points in her first try at the pentathlon, placing second at the Liberty Quad ... missed nearly the entire outdoor season, due to injury ... **Prep:** Won the state 300-meter hurdles title as a senior, helping Liberty Christian Academy take the team title ... clocked 43.56 in the 300 hurdles to win the 2005 Carifta Games title for Jamaica ... recorded personal bests of 17-5 for the long jump and 5-4 for the high jump ... **Personal:** Kinesiology major, specializing in exercise science ... birthday is Feb. 2.



Christina Mitchell



### Hailey NEAL

5-11 Redshirt Sophomore  
Distance  
West Palm Beach, Fla.

**2009 Cross Country (Jr.):** Made an immediate impact upon her arrival at Liberty, serving as the No. 3 runner for the Lady Flames' Big South championship squad ... placed 12th at the Big South meet ... Previous School: Ran track and cross country for the Florida Gators for two years ... **Prep:** Attended King's Academy ... five-time state champion ... won the 1,600 in 2003, 2005 and 2006 and took 3,200 titles in 2003 and 2005 ... earned all-state honors in cross country all four years of high school ... **Personal:** Daughter of Todd and Sherry Neal ... twin sister Hillary runs track and cross country at Samford ... majoring in general studies ... birthday is on June 10.



## Ashley OSBORNE

5-2 Redshirt Senior  
Distance  
Bristol, Va.

*Personal Bests:*

3K - 9:49.55  
5K - 16:42.79

**2009 (R-Jr.):** Big South Women's Track Performer of the Year indoors ... became the first Lady Flame ever to sweep the 3K and 5K titles at the Big South indoor meet ... ran an indoor personal-best 17:19.97 to place 12th in the ECAC 5K ... scored 13 points at the Big South outdoor championship, courtesy of a runner-up finish in the 5K and a fourth-place effort in the 10K ... placed 10th at the Big South cross country meet, earning All-Big South accolades for the second time in cross country ... tabbed co-Big South Runner of the Week on Sept. 10, after teaming with Rebekah Ricksecker to win the Virginia Tech Cross Country Relay ... Big South Presidential Honor Roll ... **2008 (Jr.):** Broke Heather (Sagan) Zealand's Liberty indoor 3K record, clocking a 9:49.55 at the ECAC meet ... took fourth in the 3K at the Big South indoor championship ... placed 14th at the Big South cross country meet, helping the Lady Flames repeat as conference champions ... redshirted during the outdoor season ... **2007 (So.):** Set the Liberty 5K outdoor school record at the Penn Relays, 16:42.79 ... recorded second (10K), third (1,500 meters) and fourth-place (5K) finishes at the Big South Outdoor Championships ... was third in the 5K and fourth in the 3K indoors ... broke through for an eighth-place finish and an 18:26 5K time at the Big South Cross Country Championships ... included on the USTFCCA Women's All-Academic team ... made the Big South Presidential Honor Roll ... **2006 (Fr.):** Ended up third in the 10K and fourth in the 5K at the Big South outdoor meet ... part of the Big South Presidential Honor Roll ... **Prep:** Attended John S. Battle H.S. ... won Virginia Class A state title in the 3,200 meters and was second at 1,600 meters ... **Personal:** Daughter of Michael and Sue Osborne ... graduated with a bachelor's degree in nursing ... presently working on a master's degree in biblical counseling ... birthday is Aug. 16.



## Shelley PARKER

5-5 Freshman  
Pole Vault  
Lynchburg, Va.

*Personal Best:*

Pole Vault - 11-6

**Prep:** Attended Brookville High School, located just outside Lynchburg ... won five individual state titles during her final two seasons with the Bees, including four in the pole vault ... swept the Virginia Group AA state crowns in the indoor and outdoor pole vault as both a junior and senior ... also helped Brookville win the Group AA 4 x 100 relay championship in 2008 ... **Personal:** Daughter of Dr. Michael and Donalyn Parker ... kinesiology major ... birthday is on July 3.



## Alyssa PEGUES

5-7 Sophomore  
Sprints  
Warner Robins, Ga.

*Personal Bests:*

100 - 11.84  
Triple Jump - 38-11.75

**2009 (Fr.):** Recorded top eight finishes in four different events at the Big South outdoor meet, including the 4 x 100 (second), triple jump (third), long jump (fifth) and 100 (seventh) ... part of the second-fastest 4 x 100 relay quartet in school history (46.05) and helped the Lady Flames' relay squad notch a fourth-place ECAC finish ... scored in three events at the Big South indoor meet, placing sixth in both the long jump and triple jump and seventh in the 60 dash ... became the No. 4 performer in program history for the 60, after notching a 7.73 in the Big South prelims ... made the Big South Presidential Honor Roll ... **Prep:** Finished fifth in the 100 and sixth in the triple jump as a senior at Houston County High School ... recorded personal bests of 11.84 for the 100, 37-5 for the triple jump and 17-5 for the long jump ... **Personal:** Daughter of Ronn and Liz Frink ... majoring in kinesiology ... birthday is Oct. 21.





**Rebekah RICKSECKER**

5-7 Redshirt Senior  
Mid-distance  
Laurel, Del.

*Personal Bests:*

800 - 2:11.20  
1,500 - 4:25.47

**2009 (Sr.):** Finished cross country career with her best season ... earned all-region honors after placing 11th at the NCAA Division I Southeast Regional Championships ... her 21:24.6 clocking for 6K at the regional meet puts her No. 2 on Liberty's all-time performance list ... Big South runner-up finisher ... teamed up with Ashley Osborne for first place at the season-opening Virginia Tech Cross Country Relay ... three-time Big South Runner of the Week (Sept. 10, Oct. 8, Oct. 22) ... redshirted during the indoor and outdoor track & field seasons ... Big South Scholar-Athlete of the Year for cross country ... first team ESPN The Magazine Academic All-District honoree ... USTFCCA All-Academic team honoree ... Big South Presidential Honor Roll member ... **2008 (Jr.):** Repeated as Big South 1,500-meter champion, one of her four all-conference honors on the year ... also finished second in the Big South outdoor 800, third in the indoor mile and seventh in the Big South cross country meet ... earned a pair of sixth-place ECAC finishes, while recording personal bests in the indoor mile (4:53.40) and outdoor 1,500 (4:25.47) ... tied for 15th place in the 1,500 at the NCAA East Regional Championship ... named Big South Cross Country Runner of the Week on Sept. 12 and Big South Track Athlete of the Week on May 21 ... second team ESPN The Magazine Academic All-District ... USTFCCA All-Academic team selection ... Big South All-Academic team member for both indoor and outdoor track ... Big South Presidential Honor Roll ... **2007 (So.):** Big South 1,500-meter champion outdoors and placed third in the 800 ... at the indoor conference meet, claimed runner-up honors in the mile and was fourth at 800 meters ... tabbed Big South Women's Track Athlete of the Week on May 9 ... nabbed seventh place at the Big South cross country meet ... member of the Big South Presidential Honor Roll ... **2006 (Fr.):** Earned fourth-place finishes at 800 meters at both the Big South Indoor and Outdoor Championships ... included on the Big South Presidential Honor Roll ... **Prep:** Attended Sussex Technical H.S. ... won the Delaware state title at 800 meters ... **Personal:** Daughter of Robert and Ruth Ricksecker ... brother David is a member of the Liberty men's track & field team ... has completed her bachelor's degree in elementary education and is working toward a master's degree in English ... birthday is Nov. 25.



**Melanie SIMS**

5-4 Sophomore  
Hurdles/Jumps  
Cleveland Heights, Ohio

*Personal Bests:*

100 Hurdles - 15.48  
Long Jump - 17-8

**2009 (Fr.):** Took eighth place in the Big South outdoor long jump ... long jumped a season-best 17-8 at the Lynchburg Invitational ... Big South Presidential Honor Roll ... **Prep:** Graduated from Cleveland Heights High School ... competed for South Florida Home Education Athletic Teams (SF HEAT) her first three years of high school ... three-time co-captain for SF HEAT and two-time team performer of the year ... **Personal:** Daughter of Robert and Teresa Sims ... nursing major ... birthday is Aug. 28.



**Shekina SIMS**

5-4 Junior  
Throws  
Midlothian, Va.

*Personal Bests:*

Hammer - 120-6  
Weight - 43-3.75

**2009 (So.):** Claimed the No. 5 spot on Liberty's all-time weight throw performance list, when she heaved the implement 43-3.75 at the Liberty Kickoff ... closed her year with a personal-best 120-6 hammer throw at the Liberty Twilight Qualifier ... **2008 (Fr.):** Ended up 10th in the hammer at the Big South outdoor meet ... **Prep:** Attended Manchester High School ... two-time district runner-up in the shot put ... **Personal:** Daughter of Reginald and Sharon Sims ... graphic design major ... birthday is Feb. 7.



## Jaime WATSON

5-6 Redshirt Senior

400/800

Ravenna, Mich.

*Personal Bests:*

400 - 55.23

800 - 2:08.29

**2009 (R-Jr.):** Repeated as Big South indoor 800-meter champion ... placed fourth in the 800 at the ECAC indoor meet ... clocked an indoor personal-best 56.01 in the 400, winning the Liberty Kickoff and earning Big South Athlete of the Week honors on Dec. 10 ... Big South All-Academic Team for women's indoor track & field ... redshirted during the outdoor campaign ... Big South Presidential Honor Roll member ... **2008 (R-So.):** Became the second Liberty female athlete ever to win a running event at the ECAC championship, taking the 800-meter indoor title ... swept the Big South indoor and outdoor 800 crowns, while also helping the indoor 4 x 400 relay quartet to a Big South victory ... the outdoor 800-meter title was her third in a row ... part of four school records, including the indoor 800 (2:08.34) and 4 x 400 (3:47.16), as well as the outdoor 4 x 200 (1:37.99) and distance medley relays (11:30.56) ... named Big South Athlete of the Week on March 7 and May 11 ... placed 15th in the 800 at the NCAA East Regional Championship ... selected to the USTFCCCA All-Academic team ... Big South Presidential Honor Roll selection ... **2007 (So.):** Claimed her second-straight Big South 800-meter outdoor title and broke her own meet record by running 2:10.50 ... also ran on the second-place 4 x 400 relay unit at the Big South outdoor meet ... redshirted the indoor season, due to injury ... made the Big South Presidential Honor Roll ... **2006 (Fr.):** Set a pair of indoor school records (800 and 4 x 400 relay) ... finished second in the 4 x 400 relay, third in the 800 and fourth in the mile at the Big South indoor meet ... won the Big South outdoor 800-meter crown and anchored the 4 x 400 relay to second place ... Big South Presidential Honor Roll member ... **Prep:** Attended Allendale H.S. ... **Personal:** Daughter of Duane and Laurie Watson ... sports management major ... birthday is Aug. 21.



## Marianne WHEELER

5-9 Junior

High Jump

Wilson, Texas

*Personal Best:*

High Jump - 5-7

**Previous School:** Attended South Plains College for two years, helping South Plains sweep the NJCAA indoor and outdoor team titles in 2009 ... earned All-America honors with her third-place finish in the high jump at the 2008 NJCAA outdoor meet ... in 2009, reached NJCAA nationals both indoors and outdoors in the high jump, placing fourth and sixth, respectively ... Academic All-American in 2008 ... **Prep:** Attended Trinity Christian School, where she holds the school high jump record at 5-7 ... won the TAPPS 5A state high jump championship as a senior, after finishing as TAPPS 4A state runner-up each of the previous two years ... helped Trinity Christian win a basketball state title as a junior and a track state championship as a senior ... **Personal:** Daughter of Nathan and Carol Wheeler ... business management major ... birthday is on Feb. 21.



## Betel YOSEF

5-3 Freshman

Distance

Alexandria, Va.

*Personal Bests:*

1,600 - 5:12.29

3,200 - 11:38.50

**2009 Cross Country (Fr.):** Liberty's No. 6 runner and No. 23 overall finisher at the Big South meet ... **Prep:** Attended Thomas Edison High School, where she was named Female Athlete of the Year as a senior ... finished 18th in the junior/senior division of the 2008 Foot Locker South Regional Cross Country Championship ... helped lead her team to its first-ever district cross country title ... also competed at the Virginia Group AAA indoor and outdoor state meets as a senior, on Thomas Edison's 4 x 800 relay quartet ... **Personal:** Daughter of Abiy Moguess and Eden Tadesse ... intends to major in psychology ... birthday is March 22.