



Liberty Men's Cross Country Big South Conference History

Big South Men's Cross Country Team Championships (15)

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

<u>Year</u>	<u>Location</u>	<u>Team Finish (Score)</u>	<u>All-Conference Runners (Place, 8K Time)</u>
1991	Charleston, S.C.	1 st (32)	Bill Khan (1st, 25:26) David McCombs (3 rd , 25:55) Damien Bates (7 th , 26:28) Brett Honeycutt (8 th , 26:30)
1992	Baltimore, Md.	1 st (40)	Bill Khan (1st, 25:50) David McCombs (2 nd , 26:10) Eric Welling (10 th , 27:02)
1993	Radford, Va.	6 th (129)	Daniel Bentley (10 th , 27:16)
1994	Hunt Valley, Md.	1 st (46)	Bill Khan (2 nd , 25:04) Clark Zealand (5 th , 25:28) Chris McGregor (6 th , 25:33)
1995	Rock Hill, S.C.	2 nd (39)	Josh Cox (1st, 25:34) Daniel Bentley (3 rd , 25:55) Chuck Lyngaas (10 th , 26:51)
1996	Rock Hill, S.C.	2 nd (48)	Josh Cox (1st, 25:08) Chris McGregor (25:24)
1997	Rock Hill, S.C.	1 st (30)	Stephen Githuka (1st, 25:19) Chris McGregor (2 nd , 25:24) Brian Kiprono (3 rd , 25:53) Chuck Lyngaas (5 th , 26:14)
1998	Radford, Va.	1 st (40)	Stephen Githuka (1st, 24:13) Brian Kiprono (2 nd , 25:11) Bruce Kite (7 th , 25:37) John Khan (9 th , 25:51)
1999	Rock Hill, S.C.	1 st (20)	Stephen Githuka (1st, 24:24) Brian Kiprono (2 nd , 25:06) John Khan (4 th , 25:20) Bruce Kite (5 th , 25:27) Dan Orr (8 th , 26:01)
2000	Charleston, S.C.	4 th (96)	Bruce Kite (1st, 25:15)
2001	Rock Hill, S.C.	3 rd (75)	Josiah Melly (3 rd , 25:01) Dan Rabe (9 th , 26:07)
2002	Rock Hill, S.C.	3 rd (80)	Dan Rabe (9 th , 25:52)
2003	Myrtle Beach, S.C.	2 nd (69)	Josiah Melly (2 nd , 25:28) Evan Falat (10 th , 26:48)
2004	Rock Hill, S.C.	2 nd (61)	Josh McDougal (1st, 23:49) Evan Falat (7 th , 25:37)
2005	Lexington, Va.	1 st (26)	Josh McDougal (1st, 24:00) Clint Jackson (4 th , 25:30) Jarvis Jelen (5 th , 25:32) Evan Falat (6 th , 25:45) Drew Ponder (10 th , 25:57)

2006	Summerville, S.C.	1st (32)	Josh McDougal (1st, 24:46) Jarvis Jelen (2 nd , 24:46) Jordan McDougal (3 rd , 24:46) Josh Edmonds (9 th , 25:30)
2007	Hendersonville, N.C.	1st (27)	Josh McDougal (1st, 24:11) Jordan McDougal (2 nd , 25:18) Jarvis Jelen (3 rd , 25:22) Josh Edmonds (6 th , 25:43)
2008	Lynchburg, Va.	1st (28)	Sam Chelanga (1st, 24:32) Jordan McDougal (2 nd , 24:55) Josh Edmonds (4 th , 25:20) Jake Reed (10 th , 26:11)
2009	Winston-Salem, N.C.	1st (33)	Sam Chelanga (1st, 23:50) Evans Kigen (2 nd , 25:13) David Ricksecker (8 th , 26:17) Jake Reed (10 th , 26:30)
2010	Blacksburg, Va.	1st (33)	Sam Chelanga (1st, 24:03) Evans Kigen (2 nd , 24:35) Josh Edmonds (3 rd , 24:44)
2011	Conway, S.C.	1st (33)	Zac Edwards (1st, 23:56) David Ricksecker (6 th , 24:36) Caleb Edmonds (7 th , 24:46) Josh MacDonald (8 th , 24:50)
2012	Rock Hill, S.C.	1st (28)	David Ricksecker (2 nd , 24:39) Caleb Edmonds (3 rd , 24:40) Ngetich Kipchirchir (4 th , 24:44) Will Templeton (7 th , 25:10)
2013	Buena Vista, Va.	1st (40)	Jeremie Bourget (3 rd , 26:02) Josh MacDonald (4 th , 26:13) Sam Hibbs (9 th , 26:31) Zach Barker (11 th , 26:45)
2014	Boiling Springs, N.C.	2 nd (52)	Titus Koech (4 th , 25:15) Sam Hibbs (6 th , 25:42) Josh Showalter (11 th , 25:58)
2015	Spartanburg, S.C.	2 nd (42)	Jeremie Bourget (3 rd , 24:35) Azaria Kirwa (5 th , 24:38) Josh Showalter (9 th , 24:56)
2016	Swannanoa, N.C.	2 nd (37)	Cameron Francis (11 th , 25:05) Stanley Langat (3 rd , 25:32) Azaria Kirwa (4 th , 25:33) Josh Showalter (5 th , 25:37)
2017	Lynchburg, Va.	2 nd (42)	Cameron Francis (12 th , 26:19) Azaria Kirwa (2 nd , 24:16) James Zentmeyer (7 th , 25:29) Samuel Proctor (10 th , 26:09) Augustine Lisoreng (11 th , 26:11) Graham Hansel (12 th , 26:18)

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
James Zentmeyer – 2017

Big South Men's Coach of the Year

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

Most Career All-Big South Conference Honors

4 – Josh Edmonds (2006-08, 2010)
4 – Josh McDougal (2004-07)
3 – Sam Chelanga (2008-10)
3 – Evan Falat (2003-05)
3 – Stephen Githuka (1997-99)
3 – Jarvis Jelen (2005-07)
3 – Bill Khan (1991-92, 1994)
3 – Brian Kiprono (1997-99)
3 – Azaria Kirwa (2015-17)
3 – Bruce Kite (1998-2000)
3 – Jordan McDougal (2006-08)
3 – Chris McGregor (1994, 1996-97)
3 – David Ricksecker (2009, 2011-12)
3 – Josh Showalter (2014-16)

Big South All-Decade Team Members

Sam Chelanga – 2000s

Josh Cox – 1990s

Josh Edmonds – 2000s

Stephen Githuka – 1990s

Jarvis Jelen – 2000s

Bill Khan – 1990s

Evans Kigen – 2010s

Azaria Kirwa – 2010s

Bruce Kite – 1990s

Josh McDougal – 2000s

Josh Showalter – 2010s

Brant Tolsma – 1990s (Head Coach), 2000s (Head Coach)