



2009 AUBURN CROSS COUNTRY



Cross Country Information

Head Coach	Mark Carroll
Year at Auburn	First
Alma Mater	Providence, 1995
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Media Relations

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Auburn University

Location	Auburn, Ala.
Nickname	Tigers
Colors	Burnt Orange and Navy Blue (PMS 172, 289)
Enrollment	24,137
Conference	Southeastern
President	Dr. Jay Gogue
Athletics Director	Jay Jacobs
Senior Women's Administrator	Meredith Jenkins
Sr. Assoc. AD/Team Support	Mark Richard

2008 Review

2008 SEC Finish	
Men	2nd
Women	5th
2008 South Regional Finish	
Men	2nd
Women	5th
2008 NCAA Qualifiers Returning/Lost	
Men	3/1
Women	1/0
Letterwinners Returning/Lost	
Men	7/3
Women	6/1
Newcomers	
Men	1
Women	2

2008 Results

Date	Event	Time/Result (M,W)
Sept. 5	at Powerade Invitational (Chattanooga, Tenn.)	1st, 2nd
Sept. 27	at Roy Griak Invitational (Falcon Heights, Minn.)	5th, DNR
Oct. 4	TIGER INVITATIONAL (Auburn, Ala.)	1st, 6th
Oct. 18	at Pre-Nationals (Terre Haute, Ind.)	4th, 18th
Nov. 3	at SEC Championship (Starkville, Miss.)	2nd, 5th
Nov. 15	at NCAA South Regional (Maryville, Tenn.)	2nd, 5th
Nov. 24	at NCAA Championships (Terre Haute, Ind.)	5th, NTS



MARK CARROLL
Head Cross Country Coach
First Season

Considered one of Ireland's greatest all-time athletes, first-year Head Coach Mark Carroll joined the Auburn track and field, and cross country program on August 7.

Carroll has most recently held the post of US Athlete Manager for Athletics Ireland, where he guided a trio of top Irish runners in Gareth Turnbull, Mark Christie and Liam Reale, while also training several other Irish runners stateside.

Throughout his world-class career, Carroll has competed in a variety of events, but has specialized mainly in the 3,000 and 5,000 meters. As a 19-year old, he earned the first major title of his career, capturing the 1991 European Junior Title in the 5K in Thessalonika, Greece.

Nine years later in 2000, he earned the title of European Indoor Champion in the 3K. In Budapest in 1998, he took third in the European Track & Field Championships to earn a bronze medal. In 1999, the Cork, Ireland, native was ranked No.1 in the world indoor mile ranking list with a time of 3:57.62.

Carroll is a four-time IAAF World Track and Field member, and holds the Irish-national record in the 3K (7:30.36), which was set in 1999, as well as the 5K set in 1998 with a time of 13:03.93. He also held the national record of 27:46.42 in the 10K that was set in 2000, a record that has since been broken.

He has participated in several marathons in the later stages of his career, highlighted by a sixth-place finish in the 2002 New York Marathon. His time of 2:10:54 sits only 61 second off of the Irish national record of 2:09:17.

Carroll missed the 1996 Atlanta Olympics due to injury, but participated in the 2000 Olympics in the 5K in Sydney, Australia, missing out on the final heat by one place. Four years later he competed in the 2004 Athens games, also in the 5K.

During his collegiate days at Providence College, the Corkman earned six All-American honors as well as seven Big East titles (cross country, 1,000 meters, 1,500 meters, 3,000 meters (twice), distance medley relay, and 4 x 800 meters). His crowning achievement as a Friar came at the 1995 NCAA Indoor Championships, as he won an NCAA Championship in the 5,000 meters.

Carroll holds a Coaching Ireland level two coaching certificate that he acquired in 2008.

Carroll married the former Amy Rudolph in October of 2005. Rudolph, an accomplished runner in her own right, is a two-time Olympian, as well as a U.S. Indoor Champion in the 3,000 meters.

The MARK CARROLL File

Full Name: Denis Mark Carroll
Birthdate: January 15, 1972
Born: Cork, Ireland
Hometown: Providence, Rhode Island
Alma Mater: Providence College, 1995
Relationship Status: Married to the former Amy Rudolph



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2009 Auburn Men's Cross Country Roster

Name	Year	Hometown (Previous School)
Ben Cheruiyot	Jr.	Eldoret, Kenya (Rend Lake, C.C.)
Mark Fleming	Sr.	Birmingham, Ala. (Oak Mountain)
Elkanah Hibel	Sr.	Iten, Kenya (Rend Lake C.C.)
Felix Hiboiywo	Sr.	Eldoret, Kenya (Kabernaf)
Charles Mitchell	Jr.	Somerdale, N.J. (Triton)
Scott Novack	Sr.*	Hoover, Ala. (Hoover)
Joby Peake	Jr.	Macon, Ga. (First Presbyterian Day)
Jeff Sanders	So.	Mandeville, La. (Fountainebleau)
Jean-Pierre Weerts	Sr.	Bastogne, Belgium (INOSE/Liege)



2009 Auburn Women's Cross Country Roster

Name	Year	Hometown (Previous School)
Cathryn Albright	Jr.	Birmingham, Ala. (Briarwood Christian)
Stephanie Barnes	Grad.	Clevedon, England (Gordano School)
Holly Knight	Jr.	Devon, England (Ivybridge School)
Grace Pritchard	Fr.	Vestavia Hills, Ala. (Vestavia Hills)
Laurel Pritchard	Sr.	Vestavia Hills, Ala. (Vestavia Hills)
Amber Riley	Jr.	Morgantown, W. Va. (University)
Allison Smith	Jr.	Daphne, Ala. (Daphne)

*has redshirted

2008 Season in Review

The 2008 campaign was truly a special one for the Auburn cross country team, as the men earned a program-best three All-American nods, while matching the program's best-ever finish at the NCAA Championships with a fifth-place finish. No to be outdone, the women earned their first All-American honor since the 2005 season, and improved their performances from the previous season with fifth-place finishes at both the SEC Championships as well as the NCAA Southeast Regionals.

The men were led by the trio of All-American honors, paced by freshman Girma Mecheso's 16th-place showing at the NCAA Championships, the highest finish for an Auburn harrier since 1984. Joining Mecheso as All-Americans on the men's side were juniors Elkanah Hibel and Felix Hiboiywo, who placed 23rd and 28th, respectively. Rounding out the team's scorers at the National Championships were a pair of juniors in Jean-Pierre Weerts, who came in 97th, and Scott Novack who placed 110th.

Overall, the men captured team titles at the Powerade Invitational as well as the squad's host meet, the annual Tiger Invitational. Second-place finishes at the SEC Championship as well as the NCAA South Regional, along with a fifth-place finish at the NCAA Championships after entering the race ranked 12th nationally add to the squad's outstanding 2008 accolades.

The men's trip to the NCAA Championships marked the squad's first appearance at the meet in 23 years, with the last trip coming in 1985. The men qualified for the meet after Hiboiywo, Hibel and Mesecho took the top three spots at the NCAA South Regional meet, with Hiboiywo defending his Regional title from 2007 with a time of 30:45.91. All seven runners entered by the Tigers finished in the top-50 at the regional meet.

On the women's side, Holly Knight captured the first All-American honor of her cross country career after placing 11th at the NCAA Championships, and became the first Auburn woman in program history to win the NCAA South Regional title. She was the first Auburn female to qualify for the Championship since Angela Homan in 2005.

"Coming away with four All-Americans, we couldn't have asked for anything more," said then-Head Coach Peter Watson. "For the guys we felt like we finished where we should have. The NCAA Championships was a fantastic meet, and Holly hung right in there with the pack. She was impressive as a sophomore running in her first NCAA Championships."

As a team, the Tigers earned four top-five finishes on the season, led by fifth-place finishes at both the SEC and South Regional Championships.

Also playing a key role on the women's side was junior Laurel Pritchard, who was Auburn's No. 2 runner in three of the Tigers' six races, and registered a quartet of top-35 finishes overall. Not far behind Pritchard was junior Sabrina Fischer and sophomore Amber Riley. Fischer earned a trio of top-35 finishes while Riley was Auburn's No. 2 runner at the Pre-National Meet as well as the NCAA Southeast Regional Meet.



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Auburn Women



CATHRYN ALBRIGHT

Junior
Birmingham, Alabama
Briarwood Christian

2008: Saw action in three races for the Tigers at the Tiger Invitational (6K), Pre-Nationals (6K) and SEC Championships (6K) ... Ran career-best 6K time of 24:08.26 at the SEC Championship to finish 84th.

2007: Posted a 19:26.87 at the 5K Tiger Invitational... Finished 30th at two-mile UT-Chattanooga Invitational.

Personal: Born March, 25, 1989... Daughter of Dudley and Kathy Albright... Majoring in elementary education...



HOLLY KNIGHT

Junior
Devon, England
Ivybridge School

2008: Captured first All-American honor on cross country course with an 11th-place finish at the NCAA Championships (6K)... Auburn's first woman to win NCAA South Regional title, doing so with a 20:29.67 6K of South Regionals... Finished as the SEC Championship individual runner-up, clocking a 20:18.52 (6K) to earn All-SEC First-Team honors ... Clocked career-best 6K time of 20:13.10 at Pre-Nationals to place second ... Was fourth at the Tiger Invitational ... Opened sophomore season by winning Powerade Invitational with a 10:56 two-mile run.

2007: Earned Second-Team All-SEC honors by placing 11th at 6K SEC Championships (21:18.75)... Unable to compete at NCAA South Regional due to injury... Finished first at the two-mile UT-Chattanooga Invitational (11:04)... Eighth at 5K Tiger Invitational... Placed 21st at 6K Chile Pepper Festival...

Personal: Born November, 25, 1988... Daughter of Michael and Maureen Knight... Majoring in psychology.



STEPHANIE BARNES

Graduate
Clevedon, England
Gordano School

Prior to Auburn: Earned a silver medal in Bucs University Championships in 2008... Holds a 5K career-best of 16:53.

Personal: Born July, 28, 1988... Daughter of David and Jacqueline Barnes... Majoring in health promotion.



LAUREL PRITCHARD

Senior
Vestavia Hills, Alabama
Vestavia Hills

2008: Recorded four top-35 finishes ... Auburn's No. 2 runner in three races ... Came in 33rd at NCAA South Regional (6K)... Had best SEC showing of career, placing 20th at 6K league championship ... Placed third at season-opening Powerade Invitational, clocking an 11:47 two-mile run.

2007: Finished 35th at the 6K SEC Championship (21:59.07)... Placed 105th at the 6K NCAA South Regional Meet... Placed eighth at the 5K Bulldog Stampede (18:19.08)... Completed 5K Tiger Invitational in 17:49.39.

2006: Competed in Auburn's last four races... Was the Tigers' No. 2 runner at both the 6K SEC Championships and the 6K NCAA South Regional... Placed 21st at the 5K Auburn Invitational.

Personal: Born July 18, 1988... Parents are Michael and Carol Pritchard... Sister, Grace, is a freshman on this year's team... Majoring in nutrition.



GRACE PRITCHARD

Freshman
Vestavia Hills, Alabama
Vestavia Hills

Prior to Auburn: AAU National Champion... USATF All-American... Holds a 5K personal record of 18:51.

Personal: Born June 25, 1990... Daughter of Carol and Michael Pritchard... Sister, Laurel, is a senior on this season's team... Majoring in hotel restaurant management.



AMBER RILEY

Junior
Morgantown, West Virginia
University

2008: Had four top-40 finishes in sophomore campaign ... Auburn's No. 2 runner in two meets ... Placed 28th at NCAA South Regional for career-best 6K time of 22:02.01 ... Opened season with a sixth-place finish at Powerade Invitational (two miles).

2007: Finished 47th at 6K NCAA South Regional... Placed 45th at 6K SEC Championship... Finished 10th at the two-mile UT-Chattanooga Invitational (11:38) and 13th at the 5K Bulldog Stampede (18:35.69).

Personal: Born Jan. 6, 1989... Daughter of Richard and Himerly Riley... Majoring in nutrition.



ALLISON SMITH

Junior
Daphne, Alabama
Daphne

2008: Ran in all five races for the Tigers ... Clocked career-best 6K time of 23:12.29 at SEC Championship, placing 65th ... Opened sophomore season with a 13th-place finish at Powerade Invitational with a 12:23 two-mile run.

2007: Recorded 5K season-best of 19:20.60 at Tiger Invitational... Raced to a 30th-place finish at 5K Bulldog Stampede... Ran 6K SEC Championship in 24:23.32 for an 81st place finish.

Personal: Born March 17, 1989... Daughter of Mark and Ruth Smith... Majoring in pre-nursing.



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Auburn Men



BEN CHERUIYOT

Junior
Eldoret, Kenya
Rend Lake, C.C.

2008: Ran during outdoor track season... Won the 3,000-meters at the Coach O Invite with a time of 8:32.46. Placed 2nd at Florida St. in the 5,000-meters with a time of 14:44.00... Clocked a 14:19.36 to place 10th at the SEC Championships.

Prior to Auburn: 2007 NJCAA cross country champion at Rend Lake C.C.

Personal: Born May 10, 1987... Majoring in philosophy.



MARK FLEMING

Junior
Birmingham, Alabama
Oak Mountain

2008: Competed in one race, placing 25th at 5K Powerade Invitational (16:45).

2007: Placed 68th overall at 8K SEC Championship (26:21.27)... Finished 87th at NCAA South Regional 10K 34:13.53.

2006: Placed seventh at the 5K Cougar Invitational (16:34.38)... Led the Tigers to a fourth-place finish at 8K Great American Cross Country Festival (28:29.60)...

Personal: Born Feb. 16, 1988... Son of James and Denise Fleming... Majoring in electrical and wireless engineering.



FELIX KIBOIYWO

Senior
Eldoret, Kenya
Habernat

2008: Earned All-American honors at 10K NCAA Cross Country Championships by placing 28th in a career-best time of 30:04.70... Won second-straight NCAA South Regional title, finishing the 10K course in 30:45.91 and was named NCAA South Regional Male Athlete of the Year... Placed fourth at SEC Championship (8K) to earn his second league first-team honor... Finished as runner-up at Pre-Nationals (8K) and Tiger Invitational (8K) behind teammate Elkanah Kibet... Opened season placing second at the Roy Griak Invitational and was named SEC Male Athlete of the Week for his performance.

2007: NCAA South Region Athlete of the Year... Won 10K NCAA South Regional in 30:05.48... First Tiger to win a regional title... Finished 112th (31:12.3) at 10K NCAA Championships... Auburn's top finisher at every meet... Placed sixth at the 8K SEC Championship (24:14.68)... Took first at the 5K UT-Chattanooga Invitational.

Personal: Born April 17, 1987... Son of Josua Chepyego and Jane Talam... Majoring in laboratory technology.



ELKANAH KIBET

Senior
Iren, Kenya
Rend Lake C.C.

2008: Earned All-American honors at 10K NCAA Cross Country Championships by placing 23rd (29:59.5)... Finished as 10K NCAA South Regional runner-up (30:47.08) behind teammate Felix Kiboiywo... Placed third at SEC Championship, clocking a season-best 8K time of 23:20.35 to land a spot on the league's first team... Began Auburn career by winning three races in a row: Powerade Invitational (5K), Roy Griak (8K) and the Tiger Invitational (8K)... Earned SEC Male Athlete of the Week honors following Powerade Invitational.

Personal: Born Feb. 6, 1986... Son of Thomas Kibet and Josephine Chemase... Majoring in accounting and finance.



SCOTT NOVACK

Senior
Hoover, Alabama
Hoover

2008: Auburn's fifth runner to cross the line at the 10K NCAA Cross Country Championships, coming in 139th in a time of 31:10.6... Had best showing of career at a SEC Championship, finishing the 8K course in 24:44.47 for 22nd place... Had top-25 finishes at Tiger Invitational (23:36.49, 8K, 18th) and Powerade Invitational (15:22, 5K, third).

2007: Finished 42nd at 8K SEC Championship (25:37.07)... Placed 50th at 10K NCAA South Regional (32:34.68).

2006: Auburn's top finisher at 8K SEC Championship, placing 48th (26:07.85).

Personal: Born Aug. 11, 1986... Son of Tom and Judy Novack... Majoring in chemical engineering.



JOBY PEAKE

Junior
Macon, Georgia
First Presbyterian Day School

2008: Placed 233rd at NCAA Cross Country Championships to help the men's team to a fifth-place finish... Had four top-50 finishes during sophomore campaign... Came in 49th at NCAA South Regional, clocking a 33:28.07 (10K)... Crossed the SEC Championship finish line with a season-best 8K time of 25:23.20 to finish 40th.

2007: Finished 47th at 8K SEC Championship... Placed 53rd at 10K NCAA South Regional... Auburn's No. 4 runner at the 10K Chile Pepper Festival and 5K UT-Chattanooga Invitational.

Personal: Born Oct. 14, 1988... Son of Allen and Betsy Peake... Majoring in applied mathematics.



CHARLES MITCHELL

Junior
Somerdale, N.J.
Triton

2008: Did not participate in any meets.

2007: Recorded an 8K season-best time of 26:44.72 at the Tiger Invitational... Placed 45th at the UT-Chattanooga Invitational.

Personal: Born Oct. 8, 1988... Son of Chuck and Ellen Mitchell... Majoring in entrepreneurship and family business.



JEFF SANDERS

Sophomore
Mandeville, Louisiana
Fontainebleau

2008: Ran in three races during rookie season... Best finish came at the Powerade Invitational, with a 12th-place finish on the 5K course... Was 78th at the Tiger Invitational (8K).

Personal: Born Oct. 30, 1989... Son of Don and Teresa Sanders... Majoring in architecture.



JEAN-PIERRE WEERTS

Senior
Bastogone, Belgium
University of Liege

2008: Auburn's No. 4 runner at NCAA Cross Country Championships (10K), finishing 119th to help the Tigers to a fifth-place team finish (31:03.5)... Finished 38th at NCAA South Regional, turning in a time of 32:40.20... Was out of action until SEC Championships due to an injury and returned by finishing 39th (25:22.22) at the 8K league race.

Personal: Born June 20, 1986... Son of Armand Weerts and Jocelyne Stevens... Majoring in psychology.