



2009 AUBURN CROSS COUNTRY



2009 Schedule

Date	Event	Time/Result (M:W)
Sept. 5	at Troy Trojan Invitational (Montgomery, Ala.)	9:30 a.m./10 a.m.
Sept. 18	Crimson Classic (Tuscaloosa, Ala.)	TBA
Oct. 3	Wisconsin Badger Invitational (Madison, Wisc.)	TBA
Oct. 17	at NCAA Pre-Nationals (Terre Haute, Ind.)	TBA
Oct. 31	at SEC Championship (Starkville, Miss.)	TBA
Nov. 14	at NCAA South Regional (Tuscaloosa, Ala.)	TBA
Nov. 23	at NCAA Championships (Terre Haute, Ind.)	TBA

Cross Country Information

Head Coach Mark Carroll
 Year at Auburn First
 Alma Mater Providence, 1995
 Office Phone (334) 944-9799
 Email DMC0013@auburn.edu

2008 SEC Finish	
Men	2nd
Women	5th
2008 South Regional Finish	
Men	2nd
Women	5th
2008 NCAA Qualifiers Returning/Lost	
Men	5/1
Women	1/0
Letterwinners Returning/Lost	
Men	8/2
Women	5/2
Newcomers	
Men	1
Women	2

Media Relations

Cross Country Contact Scott Hemps
 Hemps' Office Phone (334) 844-9900
 Hemps' Cell Phone (201) 248-0816
 Hemps' Email SMH0008@auburn.edu
 Media Relations Fax (334) 844-9807
 Media Relations Address Athletic Complex
 392 S. Donahue Dr.
 Auburn, AL 36849
 Website www.auburntigers.com

At the Starting Line

► The 2009 Auburn cross country squads open the season this weekend at the Troy Trojan Invitational in Troy, Ala. The Invitational will feature a two-mile race on the women's side that will start at the base of the track on the golf course, before winding around the infield of the track and around the top portion of the golf course. The finish will take place in front of the grandstands in front of the long jump pits. The Invitational will also feature a men's race that will be a 5K that will follow much the same path as the women, with the exception being that the men will run the entire golf course with the exception of the first and second holes, finishing in the same position.

Other teams competing this weekend include Alabama State, Albany State, Florida A&M, Huntingdon, Spring Hill and Tuskegee. Several other unattached athletes will be competing in the meet as well.

THIS WEEK IN TIGER CROSS COUNTRY

Event: Troy Trojan Invitational
 Date: Sept. 5
 Location: Troy, Ala.
 Time: Women: 9:30 a.m.
 Men: 10 a.m.
 Course:
 Women: 2 miles
 Men: 5 kilometers

Men Return Eight Letterwinners, Women Bring Back Five

► Highlighting the returnees on the men's side are All-American and 2008 NCAA South Regional Champion, senior Felix Kiboiywo, as well as classmate and fellow All-American Elkanah Hibeit. Three other runners, seniors Scott Novack, Jean-Pierre Weerts, and junior Joby Peake who ran at last year's NCAA Championships, return in hopes of making another trip to nationals. Joining the fold is Ben Cheruyiot, a former NJCAA champion, who could prove to be the latest standout from Rend Lake Community College that Auburn has established.

► The women return 2008 NCAA South Regional Champion and All-American Holly Knight, who has her sights set on another All-American season, as well as defending her regional championship from a year ago. Each of Auburn's No. 2 runners from last season in senior Laurel Pritchard and junior Amber Riley also return. Pritchard, a program staple for the past three seasons, returns for her senior season after finishing as AU's No. 2 runner in four meets a year ago, and seeks to improve on her 33rd place finish at the South Regional. Riley, who also was the No. 2 runner last season in four meets, placed 28th at South Regionals in 2008. New to the fold for the women is graduate student Stephanie Barnes of Clevedon, England, as well as Grace Pritchard, an AAU National Champion and USATF All-American, making this season a family affair for the Pritchard family.

Men Ranked No. 2; Women No. 4 in SEC Preseason Poll

► Auburn's men's and women's cross country teams were picked to finish second and fourth, respectively, in the announcement of the 2009 SEC Cross Country Coaches Poll by the league office.



AUBURN WOMEN'S PROBABLES

1. Holly Knight
2. Stephanie Barnes
3. Laurel Pritchard
4. Grace Pritchard
5. Allison Smith
6. Cathryn Albright

AUBURN MEN'S PROBABLES

1. Felix Kiboiywo
2. Ben Cheruyiot
3. Jean-Pierre Weerts
4. Scott Novack
5. Jeff Sanders
6. Charles Mitchell

STAT OF THE WEEK

9 The amount of All-America awards this year's roster has collectively, including Head Coach Mark Carroll (six). Others are Holly Knight, Felix Kiboiywo, and Elkanah Hibeit (one each)



2009 AUBURN CROSS COUNTRY



NCAA South Region Women's Rankings

Released: First Poll to be released 9/16

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.

NCAA South Region Men's Rankings

Released: First Poll to be released 9/16

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.

The men received a pair of first place votes, and return seven letterwinners along with All-American and 2008 South Region Champion, senior Felix Hiboiywo. The Tigers earned 23 points for the second place preseason ranking. The ranking comes on the heels of a second place finish at last year's SEC Championship.

On the women's side, Auburn returns 2008 All-American and South Region Champion, junior Holly Knight. As a team, the women ranked fourth with 45 points after finishing fifth at last season's SEC Championship. In all, the women return five letterwinners from a year ago.

2008 Season 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-American's on the men's side were juniors Elkanah Hibe 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 37th, 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 squads outstanding 2008 accolades.

The men's trip to the NCAA Championships marked the squads first appearance at the meet in 23 years, with the last trip coming in 1985. The men qualified for the meet after Hiboiywo, Hibe 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.

2009 SEC Cross Country Coaches' Poll

MEN	SEC Champion	WOMEN
1. Alabama (9) 11	Men: Alabama (9), Auburn (2)	1. Florida (8) 15
2. Auburn (2) 23	Women: Florida (8), Arkansas (4)	2. Arkansas (4) 18
3. Arkansas 26		3. Tennessee 38
4. Florida 37		4. Auburn 45
5. Tennessee 51		5. Georgia 58
6. Mississippi State 58		6. Kentucky 63
7. Kentucky 62		7. Alabama 67
8. Georgia 64		8. Vanderbilt 75
9. LSU 86		9. Mississippi State 88
10. Ole Miss 89		10. South Carolina 101
11. Vanderbilt 98		11. Ole Miss 112
		12. LSU 117



2009 AUBURN CROSS COUNTRY



Women's Individual Results

Cathryn Albright, Jr.

Date _____ Event _____ Finish _____ Time _____

Stephanie Barnes, Grad.

Date _____ Event _____ Finish _____ Time _____

Holly Knight, Jr.

Date _____ Event _____ Finish _____ Time _____

Grace Pritchard, Fr.

Date _____ Event _____ Finish _____ Time _____

Laurel Pritchard, Sr.

Date _____ Event _____ Finish _____ Time _____

Amber Riley, Jr.

Date _____ Event _____ Finish _____ Time _____

Allison Smith, Jr.

Date _____ Event _____ Finish _____ Time _____

Women's Meet-By-Meet Results

Date	Event	Location	Team Finish
9/5	Troy Trojan Invitational	Troy, Ala.	
9/18	Crimson Classic	Tuscaloosa, Ala.	
10/3	Wisconsin Badger Invitational	Madison, Wisc.	
10/17	NCAA Pre-Nationals	Terre Haute, Ind.	
10/31	SEC Championship	Oxford, Miss.	
11/14	NCAA South Regional	Tuscaloosa, Ala.	
11/23	NCAA Championship	Terre Haute, Ind.	

Team Results

Troy Trojan Invitational (Distance)

Final Team Standings	Top-10 Finishers (School)	Auburn Finishers (scoring position)
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
5.	5.	5.
	6.	6.
	7.	
	8.	
	9.	
	10.	

2008 Women's Individual Results

Cathryn Albright

Date	Event	Finish/Team Pl.	Time
04	Tiger Invitational	108/87	18:43.70
018	Pre-Nationals	278/278	26:14.20
N3	SEC Championship	84/84	24:08.26

Holly Knight

Date	Event	Finish/Team Pl.	Time
S5	Powerade Invitational	1/1	10:56
04	Tiger Invitational	4/4	16:07.83
018	Pre-Nationals	2/2	20:13.40
N3	SEC Championship	2/2	20:18.52
N15	NCAA South Regional	1/1	20:29.67

Laurel Pritchard

Date	Event	Finish/Team Pl.	Time
S5	Powerade Invitational	3/3	11:29
04	Tiger Invitational	24/22	17:15.65
018	Pre-Nationals	92/92	21:45.40
N3	SEC Championship	20/20	21:34.39
N15	NCAA South Regional	33/33	22:11.50

Amber Riley

Date	Event	Finish/Team Pl.	Time
S5	Powerade Invitational	6/6	11:47
04	Tiger Invitational	34/31	17:30.64
018	Pre-Nationals	91/91	21:44.80
N3	SEC Championship	37/37	22:03.93
N15	NCAA South Regional	28/28	22:02.01

Allison Smith

Date	Event	Finish/Team Pl.	Time
S5	Powerade Invitational	13/12	12:23
04	Tiger Invitational	90/76	18:25.54
018	Pre-Nationals	241/241	23:29.40
N3	SEC Championship	65/65	23:12.29



2009 AUBURN CROSS COUNTRY



Men's Individual Results

Ben Cheruygot, Jr.

Date	Event	Finish	Time
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Mark Fleming, Sr.

Date	Event	Finish	Time
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Elkahan Hibet, Sr.

Date	Event	Finish	Time
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Felix Hiboiywo, Sr.

Date	Event	Finish	Time
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Charles Mitchell, Jr.

Date	Event	Finish	Time
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Scott Novack, Sr.

Date	Event	Finish	Time
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Joby Peake, Jr.

Date	Event	Finish	Time
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Jeff Sanders, So.

Date	Event	Finish	Time
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Jean-Pierre Weerts, Sr.

Date	Event	Finish	Time
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Men's Meet-By-Meet Results

Date	Event	Location	Team Finish
9/5	Troy Trojan Invitational	Troy, Ala.	
9/18	Crimson Classic	Tuscaloosa, Ala.	
10/3	Wisconsin Badger Invitational	Madison, Wisc.	
10/17	NCAA Pre-Nationals	Terre Haute, Ind.	
10/31	SEC Championship	Oxford, Miss.	
11/14	NCAA South Regional	Tuscaloosa, Ala.	
11/23	NCAA Championship	Terre Haute, Ind.	

Team Results

Troy Trojan Invitational (5K)

Final Team Standings	Top-10 Finishers (School)	Auburn Finishers (scoring position)
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
5.	5.	5.
	6.	6.
	7.	
	8.	
	9.	
	10.	

2008 Men's Individual Results

Mark Fleming			
Date	Event	Finish/Team Pl.	Time
5/5	Powerade Invitational	25/--	16:45
Elkahan Hibet			
Date	Event	Finish/Team Pl.	Time
5/5	Powerade Invitational	1/1	14:49
5/27	Roy Griak Invitational	1/1	23:55.3
10/4	Tiger Invitational	1/1	22:16.35
10/18	Pre-Nationals	11/11	23:46.20
10/31	SEC Championship	3/3	23:29.35
11/5	NCAA South Regional	2/2	30:47.00
11/24	NCAA Championships	23/20	29:53.5
Felix Hiboiywo			
Date	Event	Finish/Team Pl.	Time
5/27	Roy Griak Invitational	7/2	24:17.9
10/4	Tiger Invitational	2/2	22:40.24
10/18	Pre-Nationals	2/2	23:35.50
10/31	SEC Championship	4/4	23:26.98
11/5	NCAA South Regional	1/1	30:45.91
11/24	NCAA Championships	20/23	30:04.7
Charles Mitchell			
Date	Event	Finish/Team Pl.	Time
Scott Novack			
Date	Event	Finish/Team Pl.	Time
5/5	Powerade Invitational	3/3	15:22
5/27	Roy Griak Invitational	24/24	25:00.0
10/4	Tiger Invitational	10/14	23:36.43
10/18	Pre-Nationals	50/50	24:30.10
10/31	SEC Championship	22/22	24:44.47
11/5	NCAA South Regional	24/23	32:20.14
11/24	NCAA Championships	139/110	31:10.6
Joby Peake			
Date	Event	Finish/Team Pl.	Time
5/5	Powerade Invitational	15/11	16:04
5/27	Roy Griak Invitational	101/92	25:57.5
10/4	Tiger Invitational	50/43	24:19.99
10/18	Pre-Nationals	160/160	25:20.20
10/31	SEC Championship	40/30	25:23.20
11/5	NCAA South Regional	49/47	33:20.07
11/24	NCAA Championships	233/195	32:25.3
Jeff Sanders			
Date	Event	Finish/Team Pl.	Time
5/5	Powerade Invitational	12/8	16:02
5/27	Roy Griak Invitational	171/137	27:09.8
10/4	Tiger Invitational	70/62	24:49.91
Jean-Pierre Weerts			
Date	Event	Finish/Team Pl.	Time
10/31	SEC Championship	33/37	25:22.22
11/5	NCAA South Regional	30/37	32:40.20
11/24	NCAA Championships	119/97	31:03.5



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.



2009 AUBURN CROSS COUNTRY



2009 Auburn Men's Cross Country Roster

<u>Name</u>	<u>Year</u>	<u>Hometown (Previous School)</u>
Ben Cheruiyot	Jr.	Eldoret, Kenya (Rend Lake, C.C.)
Mark Fleming	Sr.	Birmingham, Ala. (Oak Mountain)
Elkanah Kibet	Sr.	Iten, Kenya (Rend Lake C.C.)
Felix Hiboiywo	Sr.	Eldoret, Kenya (Habernaf)
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 (INDSE/Liege)



2009 Auburn Women's Cross Country Roster

<u>Name</u>	<u>Year</u>	<u>Hometown (Previous School)</u>
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