

SOUTH CAROLINA

G A M E C O C K S



2014 CROSS COUNTRY MEDIA GUIDE

TABLE OF CONTENTS

Quick Facts / Schedule	2
2014 Roster/Breakdown	3
Gamecock Bios.....	4-10
Distance Coach Andrew Allden.....	11
Head Track Coach Curtis Frye.....	12
Track and Field Staff	13-14

QUICK FACTS

Location	Columbia, S.C.
Founded	1801
Enrollment	29,957
Colors	Garnet & Black
Nickname	Gamecocks
President	Dr. Harris Pastides
Athletics Director	Ray Tanner

Head Coach	Curtis Frye
Assistant Coach	Andrew Allden
Allden Phone	803-777-7925
Allden Email	allden@mailbox.edu

2013 Results

SEC Meet	12th
NCAA Southeast Region	14th

MEDIA RELATIONS

Cross Country Contact	Joe Kepler
Office Phone	(803) 777-5539
Cell Phone	(716) 254-1711
Email	keplerj@mailbox.sc.edu



Junior Anna Todd is one of the top returning runners to the team for 2014. She is one of seven juniors on a young but talented team that features no senior and 13 true freshmen.

2014 Schedule

Date	Event (Site)	Distance	Time
08/30/14	Carolina Invitational (Columbia, S.C.)	5K	9 p.m.
09/13/14	USC Open #1 (Columbia, S.C.)	5K	9 a.m.
09/26/14	Charlotte Invitational (Charlotte, N.C.)	6K	6 p.m.
10/04/14	Paul Short Invitational (Bethlehem, Pa.)	6K	11 a.m.
10/08/14	USC Open #2 (Columbia, S.C.)	2M	6 p.m.
10/17/14	Crimson Classic (Tuscaloosa, Ala.)	5K	6 p.m.
10/31/14	SEC Championship (Tuscaloosa, Ala.)	6K	10 a.m.
11/14/14	NCAA Southeast Regional (Louisville, Ky.)	6K	1 p.m.
11/22/14	NCAA Championship (Terre Haute, Ind.)	6K	1 p.m.

Roster

2014 Roster / Breakdown

Name	Year	Hometown	High School
Stephanie Berger	Junior	West Salem, Ohio	Northwestern
Sequoia Brown	Freshman	Greenville, S.C.	J.L. Mann
Sarah Falta	Sophomore	Seneca, S.C.	D. W. Daniel HS
Hannah Frazier	Freshman	Virginia Beach, Va.	Bishop Sullivan
Hannah Giangaspro	Freshman	St. Johns, Fla.	Bartram Trail
Emily Harding	Freshman	Sarasota, Fla.	Sarasota
Helena Harding	Freshman	Roanoke, Va.	Hidden Valley
Meri Heneage	RS Freshman	Lexington, S.C.	Lexington
Kaleigh Higgins	Junior	Niskayuna, N.Y.	Niskayuna
Ashley Hrubala	Freshman	Roebuck, S.C.	Dorman
Christine Kent	Junior	San Diego, Calif.	Cathedral
Jill Lampe	RS Freshman	Downingtown, Pa.	Bishop Shanahan
Kayla Lampe	RS Junior	Downingtown, Pa.	Bishop Shanahan
Martha McCoy	Sophomore	Johnson City, Tenn.	Science Hill
Anna McElrath	Freshman	Charlotte, N.C.	Independence
Ashley Miller	RS Sophomore	North Myrtle Beach, S.C.	North Myrtle Beach
Melanie Ng	Sophomore	Winterville, N.C.	Arendell Parrott Academy
Caitlin Potter	Freshman	Lincolnton, N.C.	North Lincoln
Mary Reiser	Sophomore	Annapolis, Md.	St. Mary's
Regina Schreiber	Freshman	Gaithersburg, Md.	Quince Orchard
Allie Sprague	Freshman	Marengo, Ill.	Marengo Community
Sarah Taylor	Freshman	Chester Springs, Pa.	Owen J. Roberts
Anna Todd	Junior	Spartanburg, S.C.	Spartanburg
Kaylee Wessel	Freshman	St. Charles, Ill.	St. Charles North
Allie Whitley	Junior	Denver, N.C.	East Lincoln
Brandy Wybersky	Junior	Manassas, Va.	Osborn Park
Monica York	Freshman	DeKalb, Ill.	DeKalb

Head Coach: Curtis Frye

Assistant Coach: Andrew Allden

By Class

Junior (7): Stephanie Berger, Kaleigh Higgins, Christine Kent, Kayla Lampe (RS), Anna Todd, Allie Whitley, Brandy Wybersky

Sophomore (5): Sarah Falta, Martha McCoy, Ashley Miller (RS), Melanie Ng, Mary Reiser

Freshman (15): Sequoia Brown, Hannah Frazier, Hannah Giangaspro, Emily Harding, Helena Harding, Meri Heneage (RS), Ashley Hrubala, Jill Lampe (RS), Anna McElrath, Caitlin Potter, Regina Schreiber, Allie Sprague, Sarah Taylor, Kaylee Wessel, Monica York

By State

California (1): Christine Kent

Florida (2): Hannah Giangaspro, Emily Harding

Illinois (3): Allie Sprague, Kaylee Wessel, Monica York

Maryland (2): Mary Reiser, Regina Schreiber

New York (1): Kaleigh Higgins

North Carolina (4): Anna McElrath, Melanie Ng, Caitlin Potter, Allie Whitley

Ohio (1): Stephanie Berger

Pennsylvania (3): Jill Lampe, Kayla Lampe, Sarah Taylor

South Carolina (6): Sequoia Brown, Sarah Falta, Meri Heneage, Ashley Hrubala, Ashley Miller, Anna Todd

Tennessee (1): Martha McCoy

Virginia (3): Hannah Frazier, Helena Harding, Brandy Wybersky

Runner Bios



Stephanie Berger Junior • West Salem, Ohio International Business

2014 Cross Country (Junior): Competed in six events for the Gamecocks, recording three top-10 finishes and one win... opened the season with a first-place race in the Carolina Invitational 5K, finishing in 19:00.65 for her first collegiate win (8/30)... shaved four seconds off her previous time just two weeks later at the USC Open #1, finishing fourth with a time of 18:56.52 (9/13)... helped to lead USC to a team title at the Charlotte Invitational 6K, placing eighth overall with a time of 22:36.5 (9/26)... clocked a time of 22:16.3 at the SEC Championship, good for 87th (10/31).

2013 Track & Field (Freshman): Named to the 2012-13 SEC First-Year Academic Honor Roll ... Posted her top indoor 3K time of 10:35.66 at the Gamecock Indoor Invitational ... Ran the 5K outdoors four times, posting a third-place showing with a 18:17.65 in the Weems Baskin Invite at home.

2013 Cross Country (Sophomore): Ran in seven races, ranking in the Gamecocks' top five on five occasions ... Posted a career-best 18:04.5 5K time and finished in 15th overall at the Royal XC Challenge in Charlotte ... After cutting over 40 seconds off her previous-best 6K time in the Mountain Dew Invitational (23:02.35), she lowered it twice more in two of the final three races of the season ... First broke the 23-minute mark at the Indiana State Pre-National Invite White Race with a 22:50.47 timing ... Lowered her time three more seconds to 22:47.3 in the NCAA Southeast Regional hosted by Virginia, finishing 122nd ... 86th-place finish in the Southeastern Conference Championships (22:56.06).

2012 Cross Country (Freshman): Competed in three races as a true freshman ... Ranked second on the team in the Queens Royal Challenge in Charlotte, posting her best time of the fall at 19:18.40 ... Tallied a top 6K time in the Charlotte Invitational, coming in at 23:43.45.

High School: Collected six varsity letters at Northwestern High School, four in track and two in cross country ... Upon graduation, owned school records in the 1600-meter run, 3200-meter run and 5000-meter run ... Member of the National Honor Society ... Earned a NSLI-Y scholarship to study abroad in Russia for a year.

Personal: Majoring in international business.



Sequoia Brown Freshman • Greenville, S.C. Biology/Pre-Med

2014 Cross Country (Freshman): Raced in the USC Open #2, a two-mile race, and placed 16th with a time of 13:27.36 (10/8).

High School: State qualifier in track in each of last three years at J.L. Mann helping team win state championship ... Was a part of second-place cross country team at state meet in 2013 ... Personal best times listed in the 800m is 2:19 and 5K is 19:24.

Personal: Daughter of Reco and Kellie Brown... Has one brother, Marquise... Chose South Carolina because it felt like home... Majoring in biology/pre-med.



Sarah Falta Sophomore • Seneca, S.C. Biomedical Engineering

2014 Cross Country (Sophomore): Raced in four events, with two top 15 finishes... placed fourth in the Carolina Invitational 5K, coming in with a time of 19:33.42 (8/30)... finished 14th at the USC Open #2 two-mile race, finishing in 12:56.35 (10/8).

2013 Cross Country (Freshman): Ran in eight races during her first fall on campus ... Finished inside the Gamecocks' top 10 in seven outings ... Posted her best 5K in the Royal XC Challenge in Charlotte, placing 41st overall with her 18:47.9 time ... Finished sixth in Gamecock Invitational #1 (20:18.35) ... Her best 6K time came in the Mountain Dew Invitational, finishing 67th in 23:23.24 ... Tallied a 12:13.47 two-mile time in the Gamecock Invitational #2 ... Led the five Gamecocks in the Indiana State Pre-National Invite Open Race with her 23:38.84 time ... Also competed in the Carolina Challenge, the Roy Griak Invitational and the SEC Championships.

High School: Earned four letters in both track and cross country from coaches Brock Bailey and Cassandra Griffin at D.W. Daniel High School ... Helped the Lions win the 2013 state track title ... A member of the state-winning 4x400m relay team twice (2012 & 2013) ... Also a part of school-record holding 4x400m and 4x800m relay teams ... Twice named all-state in cross country (2011 & 2012) and in track (2012 & 2013) ... Her best 5000m time is 18:48 ... Garnered the Lion's Club Research Award and Lions Pride Award ... A member of the Beta Club ... Recognized as a part of the Wendy's High School Heisman program and as an Army Reserve Scholar-Athlete.

Personal: Sarah Elizabeth Falta is the daughter of Ronald Jr. and Debbie Falta ... Both parents are professors ... Has one younger sister, Lisa ... Father ran track and cross country at Auburn, where he graduated from in 1982 ... Chose South Carolina for its friendly and welcoming community ... Studying biomedical engineering with aspirations of becoming a doctor.



Hannah Frazier Freshman • Virginia Beach, Va. Kinesiology

2014 Cross Country (Freshman): Raced in the USC Open #2, a two-mile race, and placed 10th with a time of 12:28.44 (10/8).

High School: Cross country All State Catholic champion in 2012 and runner up in 2010 ... Virginia independent state champion in 2010 and runner up in 2012 ... Four-time all-conference runner, finishing in the top five each year, finishing first in 2012 ... Three-time cross country team MVP and twice named team captain ... Runner up in the 800m at the conference and All State Catholic meets in 2014 ... Finished sixth at the Virginia Independent state meet in the 800m in 2014 ... Track team captain and team MVP in 2014 ... Personal best times listed in the 5K is 18:29 and 800m is 2:23.

Personal: Daughter of Steve and Kay Frazier ... Father played lacrosse at USMMA ... Has one younger brother, Alex ... Chose South Carolina because of the campus, student life and the opportunities the university provides ... Majoring in Kinesiology.



Hannah Giangaspro
Freshman • St. Johns, Fla.
Exercise Science
McKissick Scholar/Honors College

2014 Cross Country (Freshman): Contributed immediately in her first season with the team, competing in five events... finished third in the USC Open #1 5K race with a time of 18:50.46 (9/13)... pitched in with a top-20 finish to lead the Gamecocks to a team title at the Charlotte Invitational 6K, personally crossing in a time of 23:03.0 (9/26)... raced in the SEC Championship, finishing 110 overall and eighth on the team with a time of 23:01.3 (10/31).

High School: Finished 12th at the state meet in 2012 and seventh in 2013 ... Three-time all-conference selection ... Bartram XC Rookie of the Year 2011 ... Bartram XC MVP in 2012 and 2013 ... Conference and district runner-up in 2013 ... Conference champion in the 1600m in 2014 ... Conference and district champ in the 3200m in 2013 and runner-up at both meets in 2014 ... Finished third at state in the 3200m in 2014 ... Holds Bartram Trail's school record in the 3200m ... Helped her cross country team to conference and district championships, and seventh-place finish at state meet in 2012 ... Was a part back-to-back conference championships in 2012 and 2013 with the Bartram track team and district championship in 2013 ... Personal best times listed in the 1600m is 5:17, 3200m is 11:04, and 5K is 18:41.

Personal: Daughter of John and Stacy Giangaspro ... Has two siblings, Anthony and Meredith.



Emily Harding
Freshman • Sarasota, Fla.
Sports Management
McKissick/Capstone Scholar

2014 Cross Country (Freshman): Raced in four events as a freshman... finished sixth at the USC Open #1 5K, in a time of 19:03.27 (9/13)... helped the team win the Charlotte Invitational 6K after finishing 17th with a time of 23:00.9 (9/26).

High School: 2014 Florida 3A state champion in the 800m and 1600m ... Time of 4:51 in the 1600m ranked in the Top 30 nationally ... Holds school records in the 800m, 1600m and one-mile ... Part of school record 4x800m, 4x1600m and sprint medley relay teams ... Finished 14th at 2014 Florida 3A state cross country finals in first year competing in the sport ... Helped cross country team to school best finish in its history, placing second ... Named Herald Tribune 2014 Runner of the Year ... Four-year letterwinner in volleyball and track, and three-year letterwinner in basketball.

Personal: Daughter of Jim and Pam Harding ... Has two older sisters Kaitlin and Molly ... Received Cambridge's AICE diploma ... Recognized twice as US Army Scholar Athlete and once as US Marine Corps Distinguished Athlete.



Helena Harding
Freshman • Roanoke, Va.
Biology
Woodrow Scholar

2014 Cross Country (Freshman): Finished 20th in the USC Open #1 5K, with a time of 20:21.88 (9/13)... in the USC Open #2 two-miler, she finished fifth in 12:15.35 (10/8).

High School: All-State in indoor track in the 3200m in 2012 and 2014 ... Earned all-district and all-region honors in cross country ... all-region honoree in the 1600m and 3200m and all-district in the 1000m 1600m and 3200m ... Named All-Timesland cross country team in 2011 and 2012 ... Cross country team finished in the Top Four during each of her seasons, winning VHSL AA and 3A state championship in 2010.

Personal: Daughter of John and Jane Harding ... Has three brothers, Eli, Noah, Jonah, and seven sisters, Olivia, Hannah, Celia, Ava, Clara, Arabella, Lilah ... Older sister Olivia ruan middle distance at William & Mary.



Meri Heneage
R-Freshman • Lexington, S.C.
Accounting
Dean/LIFE Scholar

2014 Cross Country (R-Freshman): Competed in all six 5K/6K races for the team, recording two top-10 finishes... opened the outdoor season with a ninth-place finish at the Carolina Invitational 5K, with a time of 19:50.77 (8/30)... claimed seventh in the USC Open #1 5K, with a time of 19:11.04 (9/13)... helped USC win the Charlotte Invitational 6K after taking 38th overall in a time of 23:47.1 (9/26)... competed in the SEC Championship, finishing 105th in a time of 22:51.0 (10/31).

2013 Cross Country (Freshman): Competed once before an injury sidetracked her ... Ran a 20:21.68 in the Carolina Challenge, finishing 29th overall.

High School: Compiled five letters in cross country and four in track for coach Catherine Lempesis at Lexington High School ... Won the state cross country title in 2012 after finishing second as a junior in 2011 ... The 2010 South Carolina 4A Cross Country Runner of the Year ... Won two state titles in track: the 2011 1600m and as part of the 2013 4x800m relay team for the Wildcats ... Finished third in the state 4A 1600m race in 2010 and second in 2013 ... Four-time track distance MVP and three-time cross country team MVP ... Lists her best 5K time as 18:33, while her top 1600m clocking is 5:07 ... An honors graduate.

Personal: Meridiith Judith Heneage is the daughter of John and Kathleen Heneage and is the middle of three daughters, with older sister Amanda and younger sister Julianna ... Dad John is a nuclear engineer ... Two cousins, Julie and Caitlin King, both played soccer at Auburn.



Kaleigh Higgins
Junior • Niskayuna, N.Y.
Exercise Science
Woodrow Scholar

2014 Cross Country (Junior): Raced in three competitions, finishing top-30 in all of them... took 28th in the Carolina Invitational 5K, with a time of 21:26.67 (8/30)... crossed the line in 24th place at the USC Open #1 5K, in a time of 21:05.15... enjoyed her best finish of the season at the USC Open #2, ending up 15th with a time of 13:01.35 in the two-mile race (10/8).

2013 Cross Country (Sophomore): Competed twice on the year ... Posted her top 5K time of 21:22.40 in the Carolina Challenge to open the year ... Ranked 18th overall in the Gamecock Invitational #1 (21:50.15).

2013 Track & Field (Freshman): A member of the 2013 Southeastern Conference First-Year Academic Honor Roll ... Ran the 800m indoors on three occasions, posting her best time in the Armory Collegiate at 2:21.29 ... Twice ran the third leg of the distance medley relay, helping the team post a time of 11:49.79 in the Armory Collegiate, the second-best time of the spring ... Shifted to the 1500m outdoors, tallying her best time in her first race at the Hurricane Invite (4:54.23) ... Finished third in that race and second in the Gamecock Open (4:56.36).

2012 Cross Country (Freshman): Did not compete.

High School: Earned letters in track, cross country and soccer at Niskayuna High School ... Twice a member of the All-New York State Indoor team ... 2012 Dunkin Donuts Regional Scholar-Athlete ... 2012 Lynn Cleveland Track & Field Award ... 2012 sectional champion in the 800m ... Finished fourth in the 2011 NY State Indoor 600m ... Three-time team MVP in both indoor and outdoor track ... Two-time New Balance and Nike Nationals qualifier ... A member of the National Honor Society ... Given the Medal of Academic Excellence in 2012 ... Earned the Swarthmore College book award in 2011 for finishing in the top five percent of her class ... 2011 coaches and Warrior awards in soccer ... Graduated with high honors and earned senior awards in math and language.

Personal: Majoring in exercise science with a Spanish minor ... Chose South Carolina over Michigan and Rhode Island ... Picked South Carolina because of the beauty of the history-filled campus, among other factors.

Runner Bios



Ashley Hrubala Freshman • Roebuck, S.C. Exercise Science

2014 Cross Country (Freshman): Competed in both USC Open races, finishing 25th in the 5K race (21:39.16) and 18th in the two-mile run (13:39.05).

High School: Two-time all-state honoree in cross country (2010, 2012) ... An all-region selection in from 2008-10 and 2012 ... All-county selection in 2008-12 ... Named Dorman XC MVP three-straight years (2010-12) ... Two-time all-state selection in track in 2010 and 2011 ... Helped Dorman to state championship in 2010 and four regional championships (2008-11) and five county championships (2008-11, 2013) ... A five-time Athlete of the Week at Dorman ... Dorman's Best Rookie (2008), Most Team Spirit (2009), Best Distance Track Award (2011) and Coaches Award (2013) ... Dorman team captain in 2013.

Personal: Daughter of Rob and Teresa Hrubala ... Father played golf at South Carolina ... Has a younger sister, Tia ... Chose South Carolina because of family ties to the university among other things ... Majoring in exercise science.



Christine Kent Junior • San Diego, Calif. Nursing Woodrow Scholar

2014 Cross Country (Junior): Raced in six events with three top-10 finishes... finished in third at the Carolina Invitational with a time of 19:17.77 (8/30)... came in fifth at the USC Open #1 with a time of 19:01.95 (9/13)... helped the team claim the Charlotte Invitational 6K with a fifth-place finish in 22:30.7 (9/26).

2013 Cross Country (Sophomore): Competed in seven races, never finishing outside of the Gamecocks' top seven ... Finished 12th in the season-opening Carolina Challenge (19:33.67) ... Her best 5K time came in the Royal XC Challenge in Charlotte, clocking in at 18:19.2 in 26th place ... Ranked fourth on the team with her 23:18.10 at the Roy Griak Invitational ... Closed the scoring with her top 6K time of the year of 23:02.14 in the Indiana State Pre-National Invite White Race ... Also ran in the Mountain Dew Invite, the SEC Championship and the NCAA Southeast Regional.

2013 Track & Field (Freshman): Named to the 2012-13 Southeastern Conference First-Year Academic Honor Roll ... Ran the 3000m indoors, improving her time in all four outings ... Finished second in the USC Indoor #1, while her best time came in the Tiger Paw Invite (10:39.95), a 14th-place finish ... Ran the 1500m outdoors once before shifting focus to the 5000m ... Finished sixth in the shorter distance at the Weems Baskin (4:57.62) ... Her best 5000m time came in the Raleigh Relays (18:06.28), while she placed third in the Spec Town Relays at the same distance.

2012 Cross Country (Freshman): Took points in the championship season of cross country, including ranking sixth on the team in the NCAA Southeast Regional (22:53.24) ... Ran in four other races, including a top 5K time of 19:15.8 in the season-opening Gamecock Invitational.

High School: Earned letters for four years in both track and cross country at Cathedral High School ... Helped the Dons win two California Interscholastic Federation San Diego Section championships and two fourth-place showings in the state meet ... In cross country, she posted times of 18:53 in a 5K at Woodward Park, 18:36 on the 2.95 mile Mt. SAC course and 16:21 on the 2.75 mile Morley Field (Foot Locker) course ... Ran a 3200m in 11:17 at the Escondido Invite and 5:15 in the 1600m at the Arcadia Invitational in track ... Two-time captain of the track team ... Earned the CIF San Diego Section Sportsmanship Award and Track & Field Coaches Award ... Member of the San Diego Union Tribune All-Academic Team after her junior and senior years ... Received the Amanda Post Memorial Grant and the Natalie Nield Memorial Award and Scholarship ... Graduated with honors and in the top 10 percent of her class with a 4.15 GPA.



Jill Lampe R-Freshman • Dowington, Pa. Exercise Science Woodrow Scholar

2014 Cross Country (R-Freshman): Competed in the Carolina Invitational 5K, finishing eighth overall in a time of 19:48.65 (8/30).

Top 5K Time: 18:32.57 (at Crimson Classic)
Top 6K Time: 22:24 (at Paul Short Invite Open)

2013 Cross Country (Freshman): Did not compete.

High School: Compiled four letters in track for coach Steve Noone at Bishop Shanahan High School ... Two-time team MVP as a junior and senior ... Qualified for district all four years ... Posted a top 1600m time of 5:04 and a best 3200m of 11:19 ... Also played soccer for four seasons ... Received first honors all four years ... A member of the National Honor Society.

Personal: Jill Lampe is the daughter of Roy and Julie Lampe ... Older sister Kayla also runs track and cross country at South Carolina ... Came to South Carolina partly because of how beautiful campus is ... Majoring in exercise science.





Martha McCoy
Sophomore • Johnson City, Tenn.
Biology
Cooper Scholar/Honors College

2014 Cross Country (Sophomore): Did not compete.

2013 Cross Country (Freshman): Ran in seven races for the Gamecocks, including both postseason events ... Never finished outside of the team's top seven ... Started the year ranking fourth on the team in both the Carolina Challenge (19:33.00) and the Mountain Dew Invitational (22:43.77) ... Ranked 10th overall in the 5K home race and finished 42nd overall in the second with her best 6K time of the year ... Clocked her top 5K time in the Royal XC Challenge, posting a 18:21.9 to finish 27th overall ... Also ran in the Roy Griak and Indiana State Pre-National Invites as well as the SEC Championship and NCAA Southeast Regional.

High School: A four-year letter-winner in track and cross country for coach Jennifer Brockett at Science Hill High School ... Helped her team finish second in the state twice (2010 & 2011), coming in 10th and fifth, respectively ... Won the 2012 conference and regional titles in cross country ... A four-time all-conference and all-region in cross country ... Won the conference title in the 1600m and 3200m in 2012 ... Part of four all-state 4x800m relay teams (2010-13) ... Ranked fifth in the state in the 800m as a senior ... A three-year cross country team captain ... Three-time winner of the cross country leadership award and four-time team co-MVP ... Also claimed the Eastman Scholar-Athlete Award ... A Tennessee Scholar who also took the AP US History Award, AP Government Award and AP Scholar Award ... Graduated honors with distinctions.

Personal: Martha Ellison McCoy is the daughter of Daniel and Dana and has two younger sisters, Laura and Catherine ... Chose South Carolina over Virginia, Wake Forest, Davidson and Furman because of the emphasis on academics and the availability of research opportunities ... Majoring in biology.



Kayla Lampe
R-Junior • Dowington, Pa.
Nursing
Woodrow Scholar

2014: Cross Country (R-Junior): Raced in two events... finished 34th in the Paul Short Invitational Open 6K race with a time of 22:24 (10/4)... ran a 18:32.57 in the Crimson Classic, taking 61st overall (10/17).

2013 Cross Country (R-Sophomore): Did not compete due to injury.

2013 Track & Field (R-Fr./So.): Named to the 2013 Southeastern Conference Spring Academic Honor Roll ... Ran the 3000m indoors once, posting a 9:53.55 in the Auburn Invite to finish ninth ... Moved back to 5000m for the rest of the indoor season, finishing fourth in the Armory Collegiate before improving her time in the Husky Classic a week later (16:32.48) ... Gained the silver at the SEC Championships in the 5000m, breaking a school record with her 16:19.02 clocking ... Moved to 10000m outdoors, making the NCAA field in the longest distance event ... Finished fourth in the Raleigh Relays before taking 11th in the SEC Championships ... Tallied her best time in the NCAA Prelims at 33:43.95 while finishing 17th in the NCAA Outdoor Championships.

2012 Cross Country (R-Freshman): Ranked as the Gamecocks' top finisher in all the events she competed ... Paced the field in the season-opening Gamecock Invitational, posting a 17:10.2 in her only 5K of the fall ... Her top 6K time came in the final race of the season, finishing eighth with her 20:40.43 clocking ... Both stand as the fastest cross country times at those distances in South Carolina history ... Garnered SEC All-Freshman Team honors and second-team All-SEC accolades with a 13th-place showing at the SEC Championships (21:02.30) ... Won the Black section of the NCAA Pre-Nationals at Louisville with a 6K time of 21:03.5 ... Finished second in the Vanderbilt Invitational (21:06.24) ... Came in third at the Charlotte Invitational 6K (21:13.50).

2012 Track & Field (Freshman): Garnered a spot on the 2013 SEC First-Year Academic Honor Roll ... After missing indoors, she ran the 5000m outdoors ... Took first in the Spec Town Invitational before scoring and finishing eighth at the SEC Championships with a 16:55.82 time ... That's the fastest 5000m clocking for a Gamecock freshman in history.

2011 Cross Country (Freshman): Did not compete.

High School: Earned a total of eight letters in track and cross country at Bishop Shanahan High School ... A three-time Pennsylvania Interscholastic Athletic Association state qualifier in cross country, finishing 14th as a junior in 2009 ... Posted top times of 18:28 in the 5K in cross country and 11:18 in the 3200m in track ... A second-team all-state selection.



Anna McElrath
Freshman • Charlotte, N.C.
Exercise Science
Cooper Scholar/Honors College

2014 Cross Country (2014): Played a big role on the team in her first season, racing in five events... finished 11th in the Carolina Open 5K, timed at 19:55.07 (8/30)... placed 14th in the USC Open #1 5K (19.46.99) (9/13).

High School: Two-time All-South Region, two-time All-Conference and four-time MVP in cross country ... Three-time participant in the NCHSAA 4A indoor state track championships ... Three-time indoor track MVP ... Placed sixth in the 1600m at the indoor state championships in 2012 ... Finished seventh in the 1600m at the outdoor state track championships in 2013 ... Earned all-conference honors in the 1600m in 2014 after placing second ... A two-time outdoor track MVP ... Personal best times listed in the 1000m is 3:08.72, 1600m is 5:14.10, 3200m is 11:40.40, 5K is 18:57, 800m is 2:25.27 and one-mile is 5:17.74.

Personal: Daughter of David and Lorraine McElrath ... Has one sister, Rachel ... Father, David, ran cross country at UNC-Charlotte ... North Carolina scholar ... National Merit Commended ... Four-time scholar athlete ... Chose South Carolina because of the atmosphere and Honors College ... Majoring in Exercise science.

Runner Bios



Ashley Miller R-Sophomore • N. Myrtle Beach, S.C. Exercise Science Deans/Palmetto Scholar

2014 Cross Country (R-Sophomore): Ran in four events... finished 20th at the Charlotte Invitational 6K (9/26)... came in second at the USC Open #2 two-mile race, with a time of 12:01.35 (10/8).

2013 Cross Country (Sophomore): Ran in two events, finishing 10th in the Gamecock Invitational #2 two-mile race in 12:31.75 and 76th overall in the Royal XC Challenge (19:25.9).

2013 Track & Field (Freshman): Made the Southeastern Conference Spring Academic Honor Roll ... Completed one indoor race, finishing fourth in the USC Indoor #2 800-meter run (2:42.29) ... Also started the 1,500m in the Weems Baskin Invite outdoors, but did not finish.

2012 Cross Country (Freshman): Did not compete ... Made the 2012 SEC First-Year Academic Honor Roll.

High School: Compiled 12 letters across basketball, track and field and cross country at North Myrtle Beach High School ... Helped her track team win two region crowns (2007 & 2011), winning three races in 2007 (800m, 1600m and 4x800m relay) ... Part of four 4x400m relay and three 4x800m region-winning teams ... Posted a 2:14 for her top 800m time ... Won three region cross country team titles at NMBHS (2007-09) ... Three-time track team MVP ... Named the school's most valuable female senior athlete and a scholar-athlete in 2010-11 and an Iron Chief for competing in three sports for four years ... Captained four teams in her time ... A member of the National Honor Society, National Senior Beta Club, Mu Alpha Theta, National English Honor Society and National Science Honor Society ... A Palmetto Fellows scholarship winner while also snagging the Mildred Ward Athletic Scholarship in 2011.

Personal: The daughter of Robert and Tammy Miller, Ashley has one sibling, Brandon.



Melanie Ng Sophomore • Winterville, N.C. Economics, Int. Business, Spanish Cooper Scholar/Honors College

2014 Cross Country (Sophomore): Enjoyed three top-10 finishes in her five events... came in fourth at the Carolina Invitational 5K, with a time of 19:27.29 (8/30)... finished tenth in the USC Open #1 5K, recording a time of 19:34.72 (9/13)... placed sixth in the two-mile USC Open #2 race (12:18.99) (10/8).

2013 Cross Country (Freshman): Raced four times in her true freshman season ... Finished 14th overall and seventh on the team in the season-opening Carolina Challenge ... Posted a 54th-place showing, sixth on the squad, in the Mountain Dew Invitational, her top 6K timing at 23:06.93 ... Also competed in the Roy Griak Invitational and the Royal XC Challenge, the latter where she tallied her top 5K time of 19:29.3.

High School: Earned two cross country letters for coach Leslie Lewis at Arendell Parrott Academy ... Two-time All-EPIC Conference in cross country ... Earned 2A All-State honors from the North Carolina Independent School Athletic Association in 2011 and 3A All-State accolades as a senior ... Helped her team to a second-place finish in the 2011 EPIC conference championship ... 2012 EPIC Female Runner of the Year ... Also picked up three varsity cheerleading letters ... Garnered Academic All-Conference honors ... Lists her best road 5K time as 18:32 ... Her top half-marathon time is 1:29:41 ... A four-time Presidential Service Scholar ... Member of the Senior Beta Club ... Graduated as an AP scholar with honors.

Personal: Melanie Garr-Yee Ng is the daughter of Anthony and Terry Ng.



Caitlin Potter Freshman • Lincolnton, N.C. Exercise Science/Public Health Flinn Scholar

2014 Cross Country (2014): Raced in six events for the Gamecocks... finished sixth in the Carolina Invitational 5K after crossing in 19:45.33 (8/30)... posted her best 6K time of the season in the Paul Short Invitational Gold, with a time of 23:11 (10/4).

High School: Four-time all-conference selection in track ... Earned all-state honors at the state indoor meet in 2013 and 2014 in the 1000m, finishing third in 2014 and fourth in 2013... 2014 3A Midwest Regional 800m champion ... Won 800m at 2A West Region in 2013 and placed second in 2012 ... Placed third at 3A Midwest Region meet ... Helped cross country team to three straight conference and regional championships from 2011-2013 ... Team placed second at state 2A meet in 2011 and was third in 2012 ... 4x800 relay team finished fifth at 2014 Taco Bell Invitational (9:44.43) ... Personal best times listed in the 1600m is 5:20, 800m is 2:18, 5K is 18:36, 1000m is 3:05 and 3200m is 11:35.

Personal: Daughter of David and Jan Potter ... Has one younger sister, Erin.



Mary Reiser Sophomore • Annapolis, Md. Public Relations

2014 Cross Country (Sophomore): Came in second in the USC Open #1 5K, finishing in 18:37.54 (9/13)... helped the Gamecocks take the Charlotte Invitational 6K title after finishing fifth in 22:29.5 (9/26).

2013 Cross Country (Freshman): Earned Southeastern Conference All-Freshman honors and ranked second on the team in six of the seven races in which she competed ... Posted a 12th-place finish in her first career 6K at the Mountain Dew Invitational ... Posted the sixth-fastest 5K in Gamecock history (17:39.0) while finishing fifth overall in the Royal XC Challenge ... Grabbed SEC Freshman of the Week accolades for that performance ... finished 33rd at the SEC Championship... Picked up the SEC All-Freshman nod with her 21:33.77 mark, taking the last spot on the team ... Finished in 29th overall at the NCAA Southeast Regional ... Her time of 21:21.3 stands 13th in program annals.

High School: Earned four letters each in track and cross country for coaches Jon Line and Melanie Arena at St. Mary's High School ... Won a 2012 Interscholastic Athletic Association of Maryland A conference title ... Three-time A all-county athlete ... A three-time cross country team MVP and twice the track MVP ... Two-time IAAM 3200m silver medalist and two-time IAAM 1600m bronze medalist ... Helped her team finish second in the IAAM A Conference twice ... Listed her best 5K as 19:05, 1600m at 5:18 and 3200m at 11:24 ... Also took two letters in swimming ... A member of the National Honor Society and Spanish Honor.

Personal: Mary Elizabeth Reiser is the daughter of Henry and Renee and the sister of Caroline.



Regina Schreiber Freshman • Gaithersburg, Md. Criminal Justice McKissic Scholar/Honors College

2014 Cross Country (Freshman): Two top-10 finishes... placed eighth at the USC Open #1 5K (19:25.39) (9/13)... came in third at the USC Open #2 two-mile race, with a time of 12:03.58 (10/8).

High School: 3A region champion in the 1600m in 2010 and runner up in the 3200m ... Finished fourth at the 3A cross country regional championships in 2010 ... Placed third at the 4A indoor track 2013 region and state championships ... Third at the 4A Montgomery Country outdoor track championships in 2013 ... Helped team win 3A cross country regional championship in 2010 and 4A division championship in 2011 ... 3A outdoor track division champions in 2011 ... 4A runners up at the country, regional and state championships in 2013 ... Personal best times listed in the 5K is 19:16, 1600m is 5:22.3 and 3200m is 11:24.29.

Personal: Daughter of Kevin Schreiber and Terri Winder ... Has three brothers, Steven, Matthew and her twin Philip; and two sisters, Amy and Kristi.



Allie Sprague
Freshman • Marengo, Ill.
Biological Sciences
McKissic Scholar

2014 Cross Country (Freshman): Raced in five events... started her career at USC on a high note, finishing second in the Carolina Invitational 5K (19:14.36) (8/30).

High School: Runner up at 2A state championship in the 1600m in 2013 ... Placed in the top five at state in the 800m from 2012-2014 ... Four-time all-conference honoree in cross country ... Finished 25th at the 2013 state cross country championships ... Two-time varsity captain in both cross country and track ... Led team to four straight conference cross country championships (2010-13), three straight regional championships (2011-13) and a sectional championships in 2012 ... Personal best times listed in the three-mile is 17:48, 800m is 2:14.3 and 1600m is 5:07.19 ... Member of the Honors College.

Personal: Daughter of Kevin and Ann Sprague ... Has two sisters, Katie and Sarah ... Sister, Sarah ran track and cross country at Massachusetts Institute of Technology ... Chose South Carolina because of the people and reputation of the Honors College among other things ... Majoring in biological sciences.



Sarah Taylor
Freshman • Chester Springs, Pa.
Biology
McKissick Scholar/Honors College

2014 Cross Country (Freshman): Raced in five events... placed in the top 15 three times... finished with a time of 20:17.49 in the Carolina Invitational 5K, good for 15th overall (8/30)... came in fourth in the USC Open #2 two-mile race (12:14.3) (10/8).

High School: First-team cross country all-area honoree ... Captained cross country league championship teams in 2012 and 2013 ... 2014 track team captain ... Named school's Female Athlete of the Year in 2014 ... Won cross country Coaches Award in 2013.

Personal: Daughter of James and Kristina Taylor ... Has two siblings, Joseph and Ava ... Graduated with Presidential Award for Academic Excellence ... Chose South Carolina because of the people, campus and academics among other things ... Majoring in biology ... McKissick Scholars Award recipient ... Member of the Honors College.



Anna Todd
Junior • Spartanburg, S.C.
Pharmacy
Palmetto Fellows Scholar

2014 Cross Country (Junior): Won her first two races of the season... had an average finish of 17th for the season and was the top team finisher in all five of her competitions in 2014... took the title at the USC Open 5K, with a time of 18:32.11, five seconds faster than any other competitor (9/13)... led the Gamecocks to a team title at the Charlotte Invitational 6K after claiming the top finish in a time of 21:58.9, (9/26)... recorded the fifth-fastest 6K time in program history, at 21:02, en route to a 35th-place finish at the prestigious Paul Short Invitational (10/4)... recorded a new 5K personal record and the eighth-fastest 5K time in school history at 17:44.99 to finish tenth at the Crimson Classic (10/17)... finished just 1.5 seconds off her personal best 6K time to take 36th at the SEC Championship, with a time of 21:03.5 (10/31).

2013 Cross Country (Sophomore): Ranked in the Gamecocks' top five in seven of the eight races she started ... Won the Gamecock Invitational #1 in 19:04.26 ... Posted her top 6K time of the year a week later in the Mountain Dew Invitational, placing 23rd in 22:20.50 ... Took 11th in the Royal XC Challenge in 17:59.8, becoming the eighth Gamecock in history to break 18 minutes in the 5K ... That time ranks 13th in program annals ... Also finished third on the team in 6Ks at the Roy Griak Invitational, Indiana State Pre-National Invite White Race and NCAA Southeast Regional ... Also scored points in the Southeastern Conference Championship, finishing 90th and fifth on the team.

2013 Track & Field (Freshman): A member of the 2013 SEC First-Year Academic Honor Roll ... Ran the middle distances indoors for the Gamecocks ... Won her first indoor track race, the 800m at the USC Indoor #1 ... Finished 12th in the preliminaries of the SEC Indoor Championships in the 800m with her best time of the year (2:10.61) ... Her top mile performance came at the Virginia Tech Final Qualifier, finishing fifth with a 4:56.27 time ... Also ran on the distance medley relay team, taking the third leg on the group's fastest time of the year (11:46.07) at the SEC Indoor Championships ... Ran the anchor leg at both the Auburn Invite and Army Collegiate ... Concentrated on the 800m outdoors as well, posting a top time of 2:11.07 in a second-place showing at the Spec Town Relays ... Finished 13th in the 800m prelims at the SEC Outdoor Championships ... Finished 10th in her only 400m run of the year at the Hurricane Invite (59.50) ... Ranked 17th in the 1500m at the Raleigh Relays (4:47.10).

2012 Cross Country (Freshman): Competed in six events as a true freshman, posting a 19:04.4 at the season-opening Gamecock Invitational 5K ... Her top 6K time came in the Charlotte Invitational, crossing the finish line in 23:31.36 ... Also ran in the Commodore Classic, the NCAA Pre-National Invite, the SEC Championships and the NCAA Southeast Regional.

High School: Earned six cross country letters and five track letters at Spartanburg High School ... Helped her cross country team win state in 2008 and part of three second-place finishing teams (2006, 2007, 2010) ... Twice named to the all-state team (2010 & 2011) and a four-time member of both the all-county and all-region teams (2008-11) ... Three-year captain of the cross country team ... Tallied her best 5K time of 18:44 in the 2010 Wendy's Invitational in Charlotte ... In track, she earned three all-state awards and garnered all-county and all-region four times ... At her graduation, she held the Spartanburg County 1600m record and both the 800m and 1600m school record ... Won the state 800m championship as a senior ... Finished second as a junior in both the 800m and 1600m ... A two-time team MVP ... A member of the National Honor Society, Latin Society and Mu Theta Alpha Math Honor Society ... An AP scholar who finished in the top five percent of her class.

Personal: Anna Todd is the youngest daughter of Jack and Joan Todd ... Has two older sisters, Emily and Susan ... Majoring in pharmacy.



Kaylee Wessel
Freshman • St. Charles, Ill.
Marketing and Sports Mgmt.
Flinn Scholar

2014 Cross Country (Freshman): Raced in five events with two top-10 finishes... opener her college career with a seventh-place time in the Carolina Invitational 5K (19:36.56) (8/30)... finished 12th in the USC Open #1 5K with a time of 19:40.43 (9/13)... placed ninth in the USC Open #2 two-mile race (12:27.81) (10/8). Top 5K Time: 19:39.56 (Carolina Invite) Top 6K Time: 24:30.9 (at Charlotte Invite)

High School: Competed in state cross country meet all four years ... Earned all-conference honors in cross country and track in 2012 ... Help cross country reach the state finals in each of her four years ... Personal best times listed in the 3 mile is 18:05.10, 800m is 2:21, 1600m is 5:26.42 and 3200m is 11:55.20 ... Earned Academic All-Conference during from 2011-2013 in cross country and track from 2012-2014.

Personal: Daughter of Jerry and Sue Wessel ... Has one younger sister, Alison ... Chose South Carolina because among others things of the strong pride and school spirit around being a Gamecock ... Majoring in marketing and sport management.



Allie Whitley
Junior • Denver, N.C.
Business/Fashion Merchandising
McKissick Scholar

2014 Cross Country (Junior): Competed in three events... top finish was 12th in the USC Open #2 two-miler (12:39.25) (10/8).

2013 Cross Country (Sophomore): Raced six times in the fall ... Her top performance came in Gamecock Invitational #2, as she finished fourth overall and second on the team with her 12:05.96 mark in the two-mile event ... Took ninth on the team and 24th overall in the Carolina Challenge ... Her best 5K came in the Royal XC Challenge, placing 43rd overall in 18:50.6 ... Her best 6K finish time of 23:31.73 came in the Mountain Dew Invitational, a 73rd-place showing ... Also raced in the Roy Griak Invitational as well as the Indiana State Pre-National Invite Open race.

2013 Track & Field (Freshman): Garnered recognition on the 2013 Southeastern Conference First-Year Academic Honor Roll ... Did not compete in track.

2012 Cross Country (Freshman): Ran in two cross country meets, posting a 20:14.0 in the Queens Royal Challenge in Charlotte for her best 5K time ... Also ran in the Gamecock Invitational.

High School: Participated in three sports at East Lincoln High School: cross country, track and swimming ... Captained the cross country team all three years with them and two of her three years with track ... Named team MVP in cross country for three seasons.

Personal: Alexandra Franklyn Whitley is the daughter of Charles and Robbin ... Has one younger brother, Parker ... Chose South Carolina over the College of Charleston and UNC Greensboro ... Majoring in international business and fashion merchandising.



Brandy Wybersky
Junior • Manassas, Va.
Insurance/Risk Mgmt., Marketing, Finance
Woodrow/Glassmaster Scholar

2014 Cross Country (Junior): Finished outside the top 20 just once in her four total events... finished 17th in the USC Open #1 5K at 20:04.47, her top 5K time of the year (9/13).

2013 Cross Country (Sophomore): Raced seven times on the year, ranking in the team's top 10 finishers on six occasions ... Ranked second overall in the two-mile Gamecock Invitational #2 with her 11:54.03 time ... Finished sixth on the team in and 13th overall in the Carolina Challenge ... Her top 5K time came in the Royal XC Challenge, posting an 18:52.1 in 45th place ... Took points as the seventh Gamecock finisher in the Roy Griak Invitational ... Her top 6K time came in the Mountain Dew Invitational, finishing 68th in 23:24.27 ... Also competed in the Indiana State Pre-National Invite Open race and the Southeastern Conference Championships.

2013 Track & Field (Freshman): Named to the 2013 SEC First-Year Academic Honor Roll ... Ran in two indoor meets, both in the 3000m ... Finished second in the Gamecock Indoor with a time of 10:50.34 ... Moved to the 5000m outdoors, running in two home meets ... Finished second with her 18:51.01 time in the Gamecock Open.

2012 Cross Country (Freshman): Only competed once, posting a 10th-place finish (19:06.9) in the season-opening Gamecock Invitational.

High School: Earned the Ellis Award for 12 varsity track and cross country letters combined at Osbourn Park High School ... A three-time all-region selection in both indoor and outdoor track ... Won the district cross country title and the indoor 1000m crown during her junior season ... Two-time all-district pick for cross country ... A two-time cross country MVP (2010-11) and once named track MVP (2012) ... Earned the AP Scholar award and graduated with a 4.1 GPA ... Member of the Key club and served as the treasurer and secretary of the student council ... Also a member of the National Honor Society ... One of 15 students in her class chosen for the National Youth Salute Council.

Personal: The daughter of Stan and Bev Wybersky, Brandy has one sister, Ashley, who runs track and cross country at UNC Wilmington ... Enjoys shopping, going out to eat and working on craft projects in her spare time ... A triple major in insurance and risk management, marketing and finance with a minor in psychology ... Has earned a scholarship from Preferred Specialty.



Monica York
Freshman • DeKalb, Ill.
Biology
Woodrow Scholar

2014 Cross Country (Freshman): Was the only member of the team to race in all seven events... placed 14th in the Carolina Invitational 5K with a time of 20:12.82 (8/30)... shaved nearly a minute off her previous 6K season high, finishing 54th in the Paul Short Invite Open (10/4)... won her first collegiate race in the USC Open #2 two-miler, winning with a time of 11:53.95 (10/8).

High School: Two-time all-conference in track ... Earned all-conference honors in cross country as a senior ... Three-time academic all-conference in cross country and track ... Third on all-time list at DeKalb in the 1600m and 3200m ... Part of school record relay team in the 4x800m ... Track & field team placed ninth at 2011 state meet ... Personal best times listed in the 5K is 18:40, 1600m is 5:14 and 3200m is 11:28.

Personal: Daughter of Michael and Diane York ... Mother competed in track & field at Augusta College ... Has one younger brother, Aaron ... Chose South Carolina because of the school's ability to prepare her for her future among other things ... Majoring in biology.



Andrew Alden

Assistant Track Coach,
Distance and Cross Country
7th Season

A 25-year veteran of distance coaching, Andrew Alden returns to South Carolina as the assistant track coach for distance and cross country for the 2014-15 season.

Alden spent five years at the Palmetto state's flagship institution as its head cross country and distance coach from the fall of 1996 through the spring of 2001, helping head coach Curtis Frye's teams to new heights. The women's track team finished fourth or better in the Southeastern Conference all five years with Alden on staff, including winning the 1999 outdoor championship. Twice, the team finished second in the NCAA Indoor Championships. He coached four-time All-American Charmaine Howell (800m) as well as 1998 10,000m All-American Tanya Povey. On the men's side, Marvin Watts (once) and Otukile Lekote (twice) both earned All-America honors in the 800m during Alden's tenure, with Lekote winning the first of his two outdoor 800m titles under Alden's guidance.

In his five years as the Gamecocks' head cross country coach, he led the team to its best finish in the SEC in 1999. That season, Alden had two pupils, Sara Hadwin and Joyce Peebles, earn All-SEC accolades, the only year the Gamecocks have had two runners earn that distinction. Both Hadwin and Peebles were South Carolina natives.

After his stint in Columbia, Alden moved to Coastal Carolina to take over the Chanticleers' men's program. His stint as the men's coach at Coastal Carolina still stands out as some of the best years for the Chanticleers. His 2003 team won the Big South Conference title, ending a dynasty by Liberty. Three student-athletes made the NCAA Championships that he coached, including top distance pupil Terak Kipchiris. The Big South Coach of the Year and Southeast Region Coach of the Year in 2003, Alden helped Kipchiris win the Big South Cross Country Championships individual title twice and earn all-region honors two times as well. Kipchiris became the first CCU male to compete in an NCAA Championship in cross country or track, earning an individual spot in the cross country field twice in 2002 and 2003 and in the 3000m steeplechase in 2004.

In 2004, Alden also served as a men's assistant coach for distance in the IAAF World Indoor Championships in Hungary.

For the past nine years, Alden has run AA Elite Coaching in North Carolina, coaching many professional and amateur athletes in the Raleigh-Durham area. Karjuan Williams ranks as his most prominent

charge in recent years, as he finished fifth in the 2010 USA Track & Field Outdoor Championships in the 800-meter run. He also serves as the USATF East Coast Coordinator for Level I Coaching Education, directing more than a dozen coaching schools per year on the eastern seaboard. In his over 14 years of coaching education, he's helped educate over 3,000 coaches.

Earlier in his career, he coached at Tulane, taking over as the interim head coach in 1995. During that season, his team set nine school records, won seven individual conference titles and saw 19 performers earn All-Conference USA accolades.

This will be the third time Alden has worked with Coach Frye, after serving on his staff at North Carolina from 1989-93 as well as his 1996-2000 stint at South Carolina in this same capacity. His 1993 women's cross country team with the Tar Heels advanced to the NCAA Championships, ranking eighth nationally, while his 1991 men's team also made the national finals. He also guided one ACC individual men's cross country champion, one runner-up and seven All-ACC cross country harriers.

Alden earned his bachelors from Emory University in English in 1986 and holds a masters in sports administration from Georgia in 1991. Alden helped Emory's cross country team to one of its three NCAA Championship berths during his time there. He is also a USATF Level I and II certified coach as well as a Level I and II endurance instructor.

Alden is married to Tara Disy Alden, and they have one daughter, Kathleen, who already is a national qualifier in the junior Olympics in track and cross country.



Coaching Staff



Curtis Frye

Head Track Coach
19th Season

Entering the 2015 track season in his 19th year as head track & field and cross country coach at South Carolina, Curtis Frye has established a program that is regarded as one of the nation's elite. Frye has coached or overseen over 60 NCAA champions, 115 SEC champions and more than 445 NCAA All Americans.

In December of 2013, Frye's significant impact on the history of track and field at the collegiate, national and international levels through his coaching and the legacies of his student-athletes was recognized as he was enshrined in the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) Hall of Fame. Earlier in the fall, Frye was also inducted into the Sandhills Community College Hall of Fame in Pinehurst, N.C.

In October 2008, Frye was bestowed the Order of Ikko Medallion, presented by the United States Olympic Committee. A special order reserved for the coach of an Olympic or Paralympic medalist, Frye received the honor after coaching Jerome Singleton Jr. to a silver medal in the men's 100-meter dash at the 2008 Paralympic Games in Beijing. He is also a former President of the United States Track & Field and Cross Country Coaches Association and is currently a non-voting member of the USTFCCCA Board of Directors.

Frye has coached an NCAA champion in all but four years since taking over the program in 1996, including coaching LaKya Brookins three years ago to the 60-meter dash indoor title in 2009 en route to being named USTFCCCA Southeast Region Athlete of the Year for both the indoor and outdoor seasons. Brookins followed up her performance in 2009 with a second 60-meter dash indoor title in 2011. In addition, Frye has coached an SEC champion in 16 of the 17 seasons he has been at South Carolina.

One of the most well-respected coaches in the country, Frye brought South Carolina its first team NCAA championship in any sport when his women's team captured the 2002 NCAA Outdoor Championship crown. Frye is a three-time United States Track Coaches Association (USTCA) National Coach of the Year, taking home the 1999 and 2002 women's outdoor honors and the 1999 men's indoor honors. In taking home the men's indoor and women's outdoor coach of the year honors in 1999, he became the first person in the history of the USTCA to win the award indoors and outdoors in the same year. In 2001, he earned the prestigious Nike Coach of the Year award and was also named the 1997 USOC Track & Field Coach of the Year. Frye is also a three-time SEC Coach of the Year with the honor coinciding with his three women's outdoor conference championships in 1999, 2002 and 2005.

During his tenure at South Carolina, Frye has coached 12 SEC Athletes of the Year, the most recent being Erica Rucker, who was named the 2012 SEC Freshman Runner of the Year (indoor). He has also coached five national athletes of the year in Hastings (2007-overall), Demetria Washington (2002-indoor), Lashinda Demus (2002-overall), Terrence Trammell (2000-outdoor) and Miki Barber (2000-outdoor). Demus was acknowledged by Track & Field News while the United States Track & Field & Cross Country Coaches Association (USTFCCCA) honored the other four recipients.



On the women's side, Frye's teams have placed in the top 10 nationally outdoors in all but five of his seasons at Carolina. In addition to the team title in 2002, his teams earned the silver medal in 2005 and took home the bronze in 2003 and 2006. On the men's side, Frye's team placed in the top 25 nationally indoors in all but six of his seasons.

Along with continued success on the track, Frye has produced winners in the classroom on a consistent basis. Frye's athletes have earned four USTFCCCA National Scholar-Athlete of the Year honors in addition to two SEC Scholar-Athlete of the Year awards. Jason Richardson swept the indoor and outdoor national honors in 2008, following awards earned by 2006 National Indoor Scholar Athlete of the Year Shalonda Solomon and 2002 National Scholar Athlete of the Year Otukile Lekote. Marvin Reitze earned the 2012 SEC Scholar-Athlete of the Year award last season. In 2009, the men's team was named Scholar Team of the Year.

In his career, Frye has coached 25 Olympians who have garnered 13 medals at the Olympic Games. Nine of his former student-athletes competed at the 2008 Olympic Games in Beijing, six of them as first-time Olympians. At the Games, Natasha Hastings earned a gold medal as a member of the USA 4x400m relay team. Frye served as an assistant coach for the 2004 USA Olympic women's track team with responsibilities that included working with the sprinters and the relays. He also accompanied his former athletes to the 2000 Sydney Olympics. Frye's athletes won three gold medals in 2004 by Tonique Williams-Darling (Bahamas-400m), Otis Harris (USA-4x400m relay) and Aleen Bailey (Jamaica-4x100m relay). At the London 2012 Olympics, the total increased by two as Demus (400m hurdles) and Richardson (110m hurdles) claimed silver for the United States.

Most recently, Frye spent the majority of his summer in Russia. First, the Gamecock traveled to Kazan as the Team USA men's head coach for the World University Games. A short time later, he traveled to Moscow as an assistant coach for the IAAF World Championships to work with the men's sprints and hurdles. The sprint and hurdle group medaled in every event of the meet, capturing three gold medals.

Never one to sit on the sidelines, Frye established the Frye Foundation after his family was devastated by diabetes. The foundation is dedicated to assisting those dealing with diabetes and mental illness. Each year, they host a 5K run/walk as well as a golf tournament and silent auction.

Hired at South Carolina on July 29, 1996, Frye came to Columbia after serving as assistant head coach at North Carolina for four years. During his tenure at UNC, he was a part of 13 ACC championship teams.

Prior to his stint with the Tar Heels, Frye was an assistant coach at Florida from 1988 to 1992. While with the Gator program, he coached three NCAA individual champions and one relay champion team. In total, 29 All-America certificates were earned while Frye was in Gainesville.

From 1984 to 1988, Frye was an assistant coach for N.C. State, aiding the Wolfpack to four conference championships. He was instrumental in leading State to 27 All-America honors, four individual NCAA second-place finishes and 37 conference champions.

Frye began his coaching career as an assistant at his alma mater, East Carolina, in 1974. He also served as head coach for the men's soccer team and was director of facilities. Frye took a break from the collegiate ranks from 1979 to 1984 when he was head track and field coach for Douglas Byrd High School in Fayetteville, N.C. Frye and his wife, Wilma, have three children: Crystal, C.J. and Curtrell.

THE CURTIS FRYE FILE

Born: Oct. 20, 1951, Vass, N.C.

High School Education: Union Pine High School, Cameron, N.C.

College Education: Bachelor of Science, physical education, East Carolina, 1974

High School Athletics: Lettered in track, football and baseball

College Coaching Career:

1996-Present, Head Coach, South Carolina

1992-96, Assistant Coach, North Carolina

1988-92, Assistant Coach, Florida

1984-88, Assistant Coach, N.C. State

1974-79, Assistant Coach, East Carolina

High School Coaching Career:

1979-84, Douglas Byrd High School

Wife: Wilma

Children: Daughters Crystal and Curtrell; Son Curtis, II

Coaching Staff



Dee Quarles

Assistant Head Coach
Jumps/Multis
18th Season

Delethea Quarles is in her 18th year with the South Carolina program and her 25th year as a collegiate coach entering the 2015 season. Promoted to assistant head coach in 2005, her primary responsibilities include coaching the multi-event performers and jumps. Quarles also oversees eligibility and is the team's academic liaison.

Quarles has extensive international experience. The Gamecock has been appointed to the Team USA staff for the last two IAAF World Championships. Most recently in Moscow at the 2013 IAAF World Championships, Quarles served as the jumps and multis coach for the women's team. The group claimed a gold (Brittney Reese - long jump) and two silvers (Jennifer Suhr - pole vault and Brigetta Barrett - high jump) to win medals in three of their five events. Quarles served as assistant coach for Team USA at the 2011 IAAF World Championships in Daegu, South Korea, with responsibility for the jumping events.

In 2007 Quarles was the head coach of the USA Pan American Junior Championship women's team that competed in Brazil in July. While the head coach she was responsible for all jumps and multi events. The men's and women's teams combined to win 48 medals at the meet. Quarles worked as an assistant coach on the all-star squad of coaches for the 2006 USA World Cup team in Athens, Greece, with the responsibility of coaching all the jumps. Quarles ended the 2005 season as an assistant coach for Team USA at the Pan American Championships held in Windsor, Ontario, Canada. With her assistance, the USA team earned 57 medals, the second-highest of all time.

Academically, Quarles has guided three student-athletes to national Scholar Athlete of the Year honors. Jason Richardson became the first Gamecock to sweep indoor and outdoor honors as he was awarded by the USTFCCA for both seasons in 2008 as the male Scholar Athlete of the Year. Shalonda Solomon was named 2006 Indoor Scholar Athlete of the Year, and Otukile Lekote picked up the accolade in 2002. The South Carolina women's team was honored by the organization as the 2006 Academic National Champion, and the men's team was named the 2009 Academic National Champion. In addition, Natasha Hastings was named the 2006 SEC Scholar-Athlete of the Year and Marvin Reitze earned the honor in 2012.

Quarles has coached her student-athletes to 24 All-America honors and six SEC championships. In addition, former Gamecock Chelsea Hammond became the first multi-event student-athlete in South Carolina history to qualify for the Olympic Games. Coached by Quarles from 2002 to 2005, Hammond competed for Jamaica at the 2008 Olympic Games in the long jump. In 2012, Jeanelle Scheper became the first Gamecock to earn an All-America certificate in the high jump, doing so in both the indoor and outdoor season. She added another pair of All-America honors in 2013 to go with an indoor SEC title, the NCAA Championships indoor silver and the SEC outdoor bronze, all firsts for a Gamecock. Scheper also qualified for the 2013 IAAF World Championships. The St. Lucia native returned in 2014 to capture her second-straight silver at the NCAA Indoor Championships.

Quarles has coached 11 of the 14 school record holders in the events for which she is responsible at South Carolina. Greig Cryer finished a career-high third in the long jump at the 2006 NCAA Indoor Championships after setting the indoor school record in the triple jump, crossing the board at 52-5 ¼. The mark was a foot longer than the record that had stood for 12 years. Derek Pressley, a 2008 graduate, jumped a career-best 51-10 ½ as runner-up in the triple jump at the 2007 SEC Outdoor Championships. Scheper holds the indoor and outdoor high jump records and continues to raise the bar.

Leading the women's team, Quarles coached Kettiany Clarke, Kemesha Whitmire, Tacita Bass and Erin Narzinski to SEC titles. Clarke became Carolina's first pentathlon winner with the title at the 2010 SEC Indoor Championships. Whitmire jumped a 43-7 in 2005 to take the long jump title while Bass and Narzinski combined for three heptathlon titles. In her first year, Quarles saw Narzinski shatter the school record in the heptathlon, finishing fifth at the NCAA Championships, second at the SEC Championships and eighth at the USATF Junior Nationals. Narzinski earned her second heptathlon title in 1999.

Prior to coming to South Carolina, Quarles was an assistant coach at her alma mater, Liberty, for eight years. A three-time All-American, Quarles has a bachelor's degree in psychology and is a native of Covington, Va.



Mike Sergent

Assistant Coach
Throws
18th Season

Mike Sergent enters his 18th season with the Gamecock track and field program in 2015. His primary responsibilities are coaching the throwers and coordinating the strength and conditioning program. Sergent has coached 26 All-Americans, 42 NCAA qualifiers, 14 SEC champions and five NCAA champions at South Carolina.

Sergent had a memorable first season as he coached Lisa Misipeka and Brad Snyder to a total of four NCAA individual championships. Misipeka took home titles in the 20-pound weight and the hammer, while Snyder swept the indoor and outdoor titles in the shot put. Snyder repeated in 1999 when Sergent coached him to the indoor shot put title for the second-consecutive year.

In 2011, Michael Zajac brought home All-America honors in the weight throw and hammer throw. Five throwers qualified for the NCAA Preliminary, and his athletes earned 22 points at SEC Championship events.

On the men's side, Zajac was the SEC bronze medalist in the weight throw and earned All-America honors by taking 7th in the weight throw at the NCAA Indoor Championships and 15th in the hammer throw at the NCAA Outdoor Championships. He concluded his career with 46 points in SEC competition and as one of two Gamecocks to score in both the hammer and weight throw in all four of his seasons.

On the women's side, four Gamecocks scored at the SEC Outdoor Championships to continue Sergent's streak of having a thrower score at the meet every season since he has been at Carolina. Four throwers qualified for NCAA Regionals: senior Aimee Kodat, juniors Stacey Roberts and Katie Vuckovich, and freshman Breanna Radford.

Sergent has also seen success in coaching his student-athletes on the international stage. In 2003, former Gamecock and NCAA champion Dawn Ellerbe reached the World Championships in Paris under Sergent's tutelage. He also worked with Ellerbe in 2002 to help her become the USATF national runner-up in both the weight and hammer throws. She finished the year ranked seventh in the world in the hammer, set the American record in the hammer, and finished ranked eighth nationally in the discus throw.

In 2001, two of Sergent's former student-athletes, Snyder and Misipeka, along with Ellerbe, traveled to Edmonton, Canada, for the 2001 World Championships. In his third year at South Carolina, Sergent coached Candy Mitchell, Bert Sorin and Ryan Harrison through the U.S. Olympic trials. At the 2000 Olympic Games, Snyder, Misipeka and Michelle Fournier all competed.

In 1999, Sergent's student-athletes won four SEC titles. Fournier, an academic All-American and NCAA runnerup, was awarded an NCAA Post-Graduate Scholarship. Misipeka also won a bronze medal at the 1999 World Championships - the school's first in a major international meet.

Prior to coaching at Carolina, Sergent was an assistant coach at his alma mater, Virginia Tech, for five years. At Tech, he assisted in one Metro and four Atlantic 10 Conference championship teams from 1993 to 1997.

Sergent holds a bachelor's degree in exercise science and a master's degree in sports management from Virginia Tech. He was a 1992 All-American and Olympic trials qualifier in the hammer. In the fall of 2012, Sergent was inducted into the Virginia Tech Sports Hall of Fame in his first year of eligibility.

Sergent and his wife, Karen, have a 22-year-old daughter named Kelsey.



James Daniels

Assistant Coach
Sprints/Hurdles
2nd Season

Daniels joined the Gamecocks for the 2013-14 season after spending a year rebuilding the Central State (Ohio) track and field program in NCAA Division II. In the 2012-2013 season, he led the Marauders to third and fourth-place finishes in the Great Midwest Athletic Conference (G-MAC) cross country championships as well as leading the men and women to their first highest team GPA Award. The program also saw its first track and field student-athletes named to the G-MAC All-Academic Team.

Prior to his stint with Central State, Daniels spent 11 years at North Carolina A&T. During his time in Greensboro, he coached 12 All-Americans, and his athletes posted 122 NCAA Preliminary Round qualifying marks. His teams also posted significant success in the Mid-Eastern Athletic Conference (MEAC). Daniels saw eighteen different Aggies clinch 39 MEAC Championship individual titles, while seven relay teams take home a title. Two current MEAC conference records and 32 school records were set by Daniels' charges. In the classroom, 120 Aggies were named to the MEAC All-Academic Team. Five of Daniels' athletes were named Athlete of the Year at North Carolina A&T, and he also saw Lo-real Smith (2009) and Jared Baldwin (2012) named MEAC Woman and Man of the Year.

As an assistant track coach for Division III power Christopher Newport, Daniels was a part of four NCAA championship teams and two runner-up finishes. At that level, he also oversaw two NCAA record holders and six individual NCAA champions, with his athletes earning 117 All-America citations.

In addition to working with the track program, Daniels served as assistant women's basketball coach at Christopher Newport as well. The Lady Captains were 45-11 in conference play and 89-44 overall during his stint on staff. In 1992, the team advanced to the school's first-ever Division III Sweet 16. In addition, he also worked with Karen Barefoot, the first player in NCAA history - male or female - to score 2000 points and have 1000 assists in a career.

Coaching at all levels of track and field, Daniels is certified USATF Level II coach in sprints, hurdles and relays. Numerous athletes Daniels has consulted have represented USA Track & Field on national teams. He is also a regarded lecturer and has spoken at the South Carolina-hosted Elite Summit and Coaches Clinic several times.

Daniels graduated cum laude from Hampton University. In addition, he earned Golden Key National Society Scholar Honors and was an Alpha Kappa Delta Sociology Honor Society Inductee. He and his wife Tonya have three children, Naryah, Jameson, and Nathalya.



Kevin Brown

Recruiting Coordinator
Assistant Coach
Sprints, Relays, PV
6th Season

Kevin Brown enters the sixth year of his second stint with the Gamecocks in the 2014-15 season. His primary responsibility is working with the pole vaulters in addition to working with South Carolina's well-respected relay teams and sprinters. Brown is also the program's recruiting coordinator.

While in his first stint at Carolina, Brown was named to the Team USA coaching staff for the 2003 Junior Pan American Games and served as an assistant coach during the competition in Barbados. In December 2002, he was voted to the Team USA staff by the USATF Coaches Championship Selection Committee, a group that selects national coaching staffs for International competition including the Pan American Games and Goodwill Games. Brown became the second USC assistant coach to serve as a part of a Team USA staff.

Under Brown's tutelage as pole vault coach in his first stint at South Carolina, pole vaulter Chris Steddum earned three first-place finishes during the 2003 outdoor season, including a meet record 17-0 3/4" to win the Orange and Purple Classic at Clemson, a vault that earned him SEC Athlete of the Week honors. Steddum finished second at the SEC Indoor Championships. In 2002, Steddum finished fourth at the NCAA Outdoor Championships in 2002 and was named All-American. He also finished fourth at the SEC Indoor Championships, second at the SEC Outdoor Championships and eighth in the NCAA Indoor Championships in the pole vault, garnering All-American honors.

In 2001, Brown coached Jared Farabee and Steddum to a one-two finish at the SEC Outdoor Championships. Steddum also qualified for the NCAA Indoor Championships and set a school record with a height of 17'-8. Farabee posted a first place finish in the pole vault at the Penn Relays.

In 2011, Brown coached Lakya Brookins to a NCAA record in the 60-meter dash at 7.09. Brookins won the 2009 60m NCAA title as a sophomore and capped her senior indoor season with a second title in 2011 where she tied the record in the finals to win the championship.

Marvin Reitze also reached national prominence under Brown as she was the runner up in the pole vault in the SEC and NCAA Indoor Championships. Reitze vaulted 18'1 to become the Penn Relay's Pole Vault Champion and was named Field Event Athlete of the Meet. In addition to his athletic accomplishments, Reitze was also a NCAA Academic All-American.

Prior to coming to South Carolina in 2000, Brown spent two years as assistant coach at the University of Akron. While at Akron, Brown assisted with the sprints on the track and field team and specialized as the team's field events and jumps coach.

Brown began his coaching career in 1995 as an assistant coach at his alma mater, the University of North Carolina, where he left as the most decorated vaulter in school history.

A pole vault All-American in 1994, Brown placed fourth for the Tar Heels at the NCAA meet, clearing 18-0 1/2. Brown was the only college vaulter in the state of North Carolina to clear 18-0 in 1994. He was an Atlantic Coast Conference scorer in five different events including the pole vault, long jump, triple jump, 4x400 and the 4x100. He still holds the UNC indoor and outdoor records in the pole vault.

A native of Richmond, Va., Brown attended Henrico High School where he was the 1989 Virginia state high school champion in the pole vault. Brown also was a Junior Olympic Regional Champion while he lettered in football, wrestling and track and field.

A 2000 and 1996 Olympic Trials qualifier, his personal best in the pole vault is 18-6.

Brown graduated from North Carolina with a Bachelor of Arts degree in recreational administration. He and his wife Ebonic have four children, Dymonic, Daija, Dorien and Daila, and reside in Columbia.