

DISTANCES

KAYLA LAMPE

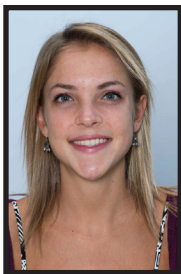


ALL-AMERICAN KAYLA LAMPE

SANGO ASANTE
DREW GALANG
KEVIN KEATING
MILES LAUBINGER
GREG LOWING
GUY MCCARTER
DANIEL NOVAK
DREW RICCI
MICHAEL RUSNACZYK
ALEX SULLIVAN

PENNY BOSWELL
BRITTIN BOYDE
BRITTANY DAY
SARAH FALTA
MARY FOUSE
MERI HENEAGE
KALEIGH HIGGINS
CHRISTINE KENT
JILL LAMPE
LIZ LOCKE
LANNON MCCOY
MARTHA MCCOY

ASHLEY MILLER
MELANIE NG
SARAH PELLEGRINI
MARY REISER
HALEY SAXBY
ALLISON SHERMAN
COURTNEY SWINK
ANNA TODD
ALLIE WHITLEY
BRANDY WYBERSKY



KAYLA LAMPE

1X ALL-AMERICAN

DISTANCES

SO // JR

DOWNINGTON, PA. // BISHOP SHANAHAN

COLLEGIATE BESTS

Indoor: 3,000m (9:53.55) | 5,000m (16:19.02) *School Record*

Outdoor: 5,000m (16:55.82) | 10,000m (33:43.95) *School Record*

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

2013 Track & Field (R-Fr./So.): NCAA Outdoor Championships participant in the 10,000m...Set a new 10,000m school record at the NCAA East Preliminary Round...Captured silver in the 5,000m at the SEC Indoor Championships, setting a new school record and earning Second Team All-SEC and SEC All-Freshman honors...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 school record pace (33:43.95) and finished 17th in the NCAA Outdoor Championships.

2012 Cross Country (Redshirt 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): Did not compete in indoor season. Ran the 5000m in outdoors, taking first at the Spec Towns Invitational...placed eighth, scoring for the Gamecocks, at SEC Outdoor Championships with her top mark of 16:55.82 making her the fastest freshman in the event in South Carolina history.

2011 Cross Country (Freshman): Did not compete.

HIGH SCHOOL: Had top times of 18:20 in the 5K and 11:18 in the 3200m ... three-time PIAA state qualifier and a medalist in 2009 ... finished 14th in the state of Pennsylvania in 2009 ... Second Team All-State selection ... three-time district qualifier in track.



DISTANCES

KAYLA LAMPE



SANGO ASANTE

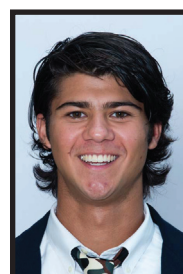
DISTANCES

R-FR // R-FR

CHARLESTON, S.C. // STRATFORD

2013: Did not run attached for the Gamecocks during the indoor or outdoor season...competed at the 2013 USA Track and Field Junior Championships in the 3,000-meter steeplechase, placing 18th with a time of 10:36.06.

HIGH SCHOOL: Top marks of 16:05 in the 5000m and 9:50 in the 3200m while competing at Stratford High School in Goose Creek, S.C....2012 Footlocker Senior All-South Team...2012 South Carolina All-State Cross Country Team...2012 South Carolina team state runner-up...two-time South Carolina All-State Track Team



DREW GALANG

DISTANCES

SO // SO

CLEVELAND, OHIO // ST. IGNATIUS

COLLEGIATE BESTS

Indoor: 800m (1:58.26)

2013: Indoors, concentrated on the 800m, posting a best time of 1:58.26 to finish seventh at the Hokie Invitational...Outdoors, did not compete in the outdoor season.

HIGH SCHOOL: Top marks of 1:55 in the 800m and 50.0 in the 400m...three time All-Ohio in the 4x800m...4x800m Indoor State Champion in 2012...member of the 2009 cross country team state champion and the 2011 team state runner-up...two-time track team MVP



KEVIN KEATING

DISTANCES

JR // JR

HAMILTON, OHIO // STEPHEN T. BADIN

COLLEGIATE BESTS

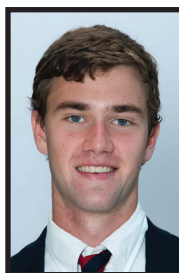
Indoor: 800m (1:56.89)

Outdoor: 800m (1:54.61)

2013: Indoors, in four 800m races, posted a top time of 2:00.35 at the Tiger Paw Invitational to take 16th...won the Gamecock Indoor Open with a time of 2:03.68...Outdoors, ran the 800m twice, posting a season-best time of 1:57.36 at the Hurricane Open

2012: Indoors, competed in 800m...ran a season best 1:56.89 at the SEC Indoor Championships...Outdoors, competed in the 800m...ran a season-best 1:54.61 at the SEC Championships

HIGH SCHOOL: Best of 1:56.96 in the 800m to place sixth at Ohio state meet while competing at Badin High School in Hamilton, Ohio...2011 GCL North/Central 800m Champion...2011 Cincinnati Enquirer Division 3 First Team All-Star



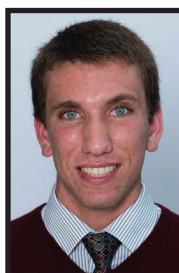
MILES LAUBINGER

DISTANCES

SO // SO

GREAT FALLS, VA. // LANGLEY

HIGH SCHOOL: Owns letters in cross country as well as indoor and outdoor track and field from Langley High School...placed sixth in the 1,000m at the 2012 Northern Regional indoor championships...2012 Virginia AAA state qualifier...All-Region (Virginia AAA Northern) Indoor in 2012...eight-time All-Liberty district...scored in every race of the outdoor season his senior year...PRs of 1:58 in the 800m and 4:29.67 in the 1,600m



GREG LOWING

DISTANCES

FR // FR

OCEAN, N.J. // OCEAN TOWNSHIP

HIGH SCHOOL: Lettered in indoor and outdoor track and cross country at Ocean Township High School...won the Shore Conference Outdoor Track 3200m championship...Group 2 Central Jersey State Sectional Indoor 1600m champion...personal bests of 4:21 in the 1600m, 9:28 in the 3200m and 15:28 in the 5,000m

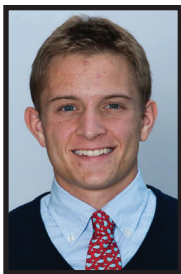


GUY MCCARTER

DISTANCES

FR // FR

//



DANIEL NOVAK

DISTANCES

JR // JR

GLEN ALLEN, VA. // DEEP RUN

COLLEGIATE BESTS

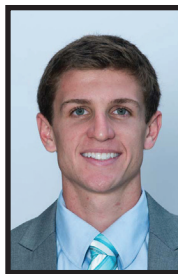
Indoor: 800m (1:57.38) | Mile (4:43.94)

Outdoor: 800m (1:54.78) | 1,500m (4:03.28)

2013: Indoors, ran the mile run at his first two meets of the season, posting a best time of 4:43.94 at USC Indoor #1...turned to the 800m after, posting his best performance at the Hokie Invitational with a sixth-place finish and a time of 1:57.38... Outdoors, ran the 800m and the 1,500m during the outdoor season...ran his best 1,500m time of the season at the Raleigh Relays, turning in a 4:05.72...posted a 1:54.78 in the 800m at the Hurricane Invitational for his best time of the year to take fifth...ran at the SEC Outdoor Championships, clocking in at 2:02.05 in the prelims.

2012: Indoors, competed unattached in the mile run at the Gamecock Invitational, taking third with a 4:44.81...Outdoors, competed in the 800m and 1500m...ran a season best 1:57.58 in the 800m at the North Florida Invitational...placed second at the Gamecock Open in the 1500m...top mark of 4:03.28 in the 1500m at Spec Towns Invitational

HIGH SCHOOL: Top times of 1:55.21 in the 800m, 2:33.36 in the 1000m, 4:20.15 in the 1600m and 9:49.48 in the 3200m ... State qualifier in the 800m and 1600m ... Ranked No. 12 in Virginia in the 800m ... took third in the 1600m at the 3A Region meet.



DREW RICCI

DISTANCES

SR // R-JR

POTOMAC, MD. // THOMAS S. WOOTTON

COLLEGIATE BESTS

Indoor: 800m (1:56.08)

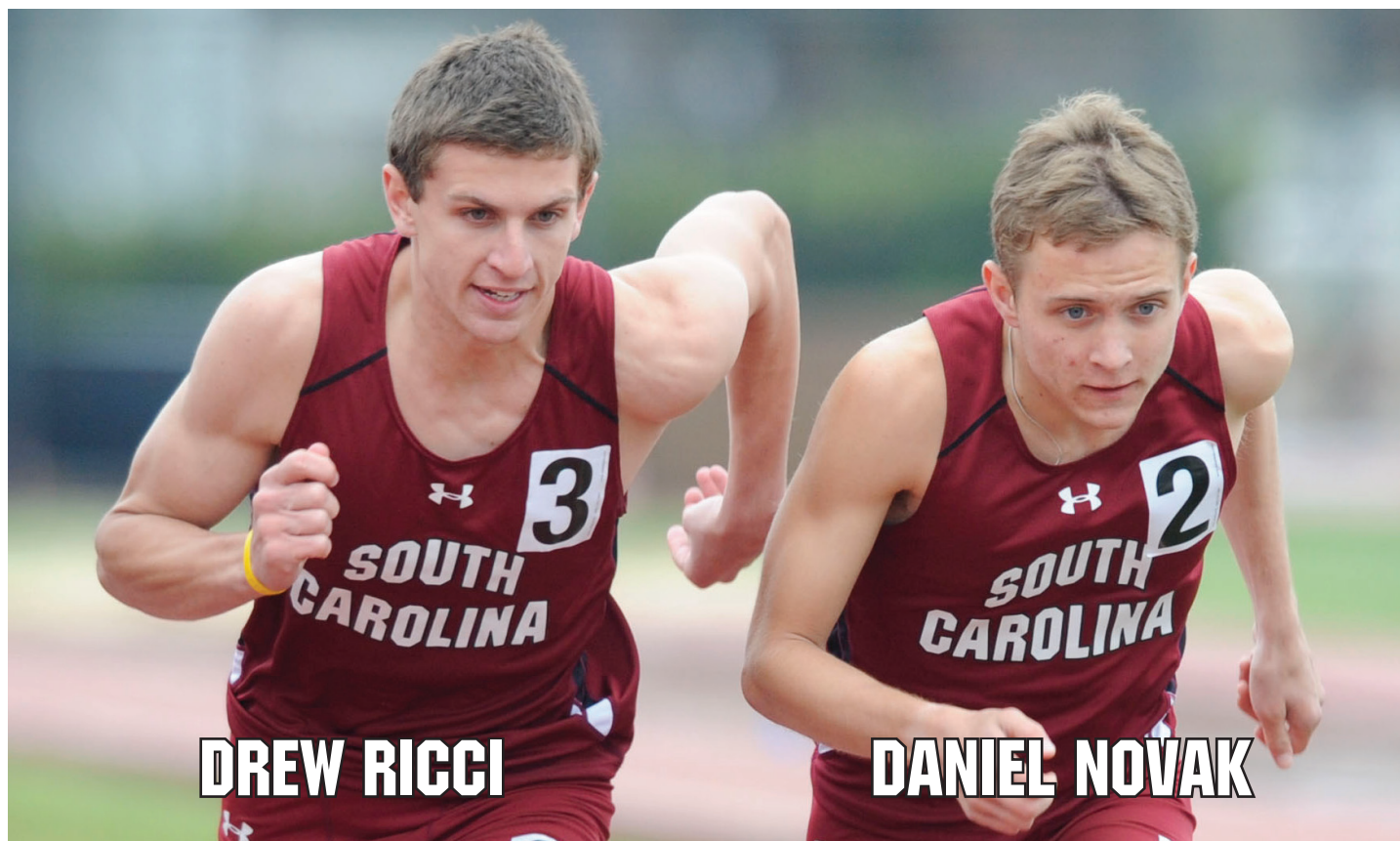
Outdoor: 800m (1:51.97)

2013: Did not compete indoors...Outdoors, primarily an 800m runner...posted top-five finishes at Weems Baskin (1:57.91) and Spec Town Relays (1:53.42) before posting a personal-best 1:51.97 at the SEC Outdoor Championships to finish 17th in the preliminaries.

2012: Indoors, competed in the 800m and 1000m... had a best time of 1:56.08 in the 800m to finish 15th...finished 14th at the Tiger Paw Invitational in the 1000m, running 2:41.75...did not compete in the outdoor season

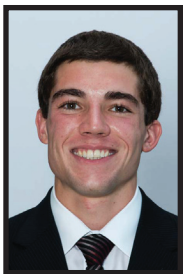
2011: Indoors, competed in the 800m ... ran 1:58.89 to place 20th at the SEC Indoor Championships ... took second at the Gamecock Indoor Open and third at the Gamecock Invitational ... competed in the 500m at the Tiger Paw Invitational at 1:09.61.

HIGH SCHOOL: Placed seventh in the 4A West Region meet with a time of 2:00.18 in the 800m.



DREW RICCI

DANIEL NOVAK



MICHAEL RUSNACZYK

DISTANCES

FR // FR

INDEPENDENCE, OHIO // INDEPENDENCE

HIGH SCHOOL: Lettered in cross country and track and field for four years at Independence High School...cross country team won two division championships...individually, was a two-time state cross country championship qualifier...personal bests of 9:31 in the 3200m, 4:32 in the 1600m and 15:59 in the 5K (XC)



ALEX SULLIVAN

DISTANCES

SO // SO

NORTHAMPTON, MA. // NORTHAMPTON

COLLEGIATE BESTS

Indoor: Mile (4:26.56)

Outdoor: 1,500m (4:00.34)

2013: Indoors, made just one appearance, a mile race at the Tiger Paw Invitational where he finished 33rd with a time of 4:26.56...Outdoors, primarily ran the 1,500m...ran a personal-best time of 4:00.34 at the SEC Outdoor Championships to finish 20th overall.

HIGH SCHOOL: Personal bests of 1:24 in the 600m, 1:56 in the 800m, 2:32 in the 1000m, 4:26 for the mile and 16:01 in the 5K while competing at Northampton High School in Northampton, Mass....three-time Western Mass. 1000m champion...two-time Western Mass. 800m champion...two-time PVIAC 1 mile champion...holds the school record for the 1000m and the 4x400m



PENNY BOSWELL

DISTANCES

SR // SR

WINCHESTER, OHIO // CANAL

COLLEGIATE BESTS

Indoor: 3,000m (10:17.67) | 5,000m (18:17.41)

Outdoor: 5,000m (17:33.05) | 10,000m (36:53.83)

2013 Cross Country (Senior): Raced seven times during her final cross country season ... Posted a seventh-place finish, good for second on the team with a time of 19:08.19, in the season-opening Carolina Challenge ... In her only other 5K outing, she posted her career-best time of 18:14.4 at the Royal XC Challenge, finishing 23rd and fifth on the team ... Her top 6K of the year came in the SEC Championship, where she finished fourth on the team and 89th overall in 23:03.76 ... Brought home points as the fifth runner for the Gamecocks in the NCAA Southeast Regional hosted by Virginia, posting a time of 23:08.5 ... Also ran the Mountain Dew and Roy Griak Invitionals and in the Indiana State Pre-National Invite White Division

2013 Track & Field (Junior): Named to the 2013 Southeastern Conference Spring Academic Honor Roll ... Ran four times indoors, twice each in the 3K and 5K ... Proved better in the longer distance, finishing fifth in the Hokie Invite (18:27.97) and 28th in the prestigious Armory Collegiate (18:17.41) ... Stayed with the 5K outdoors, posting her best time at the Hurricane Invite (18:07.69) in her three races.

2012 Cross Country (Junior): Finished in third or fourth on the team in most outings, including third in the 6K NCAA Southeast Regional (22:16.22) and fourth in the 6K NCAA Preview (22:18.80) and the 5K Gamecock Invitational (18:46.50) ... Finished 89th overall in the NCAA SE Regional with her best time at that distance ... Ranked fifth on the squad in the SEC Championships (22:28.51) ... Served as co-captain of the team.

2012 Track & Field (Sophomore): Earned placement on the 2012 SEC Spring Academic Honor Roll ... Ran the 3000m indoors, posting a season-best 10:17.67 to rank 19th in the SEC Indoor Championships ... Ran the third leg of the distance medley relay team that finished 12th at SEC Indoors ... Outdoors, shifted to the longer distances, posting her top time of 17:33.05 in the Shamrock Invitational ... Ranked second in the Spec Town Relays 5000m ... Crossed the line in 36:53.83 during the 10,000m at the North Florida Invitational.

2011 Cross Country (Sophomore): Ranked in the top five in most of the meets, including coming in second on the team (68th overall) in the 2011 SEC Championships.

2011 Track & Field (Freshman): Named on the 2011 SEC First-Year Academic Honor Roll ... Won the Gamecock Indoor Invitational 3000m with her 10:35.91 ... Outdoors, she ran in the 1500m and 5000m, finishing 34th in the latter at the SEC Outdoor Championships ... Her top 5000m time came in the Florida Relays, posting a 17:49.39.

2010 Cross Country (Freshman): Competed in most of the team's events as a true freshman ... Ran her best 6K of the fall in the SEC Championships, posting a 23:20.81 time to rank 81st overall and seventh on the team ... Ranked 194th in the NCAA Southeast Regional (23:49.0).

HIGH SCHOOL: Competed in cross country and track at Canal Winchester ... two-time state qualifier and two-time All-Ohio ... 3000m and 1500m Department of Defense Dependents Schools European Track & Field champion.



PENNY BOSWELL



BRYTTIN BOYDE

DISTANCES

JR // JR

MAGNOLIA, TEXAS // MAGNOLIA

COLLEGIATE BESTS

Indoor: Mile (5:37.19)
Outdoor: 5,000m (19:24.17)

2013 Cross Country (Junior): Did not compete.

2013 Track & Field (Sophomore): Earned placement on the 2013 Southeastern Conference Spring Academic Honor Roll ... Missed the season due to injury.

2012 Cross Country (Sophomore): Did not compete due to injury.

2012 Track & Field (Freshman): A member of the 2011-12 SEC First-Year Academic Honor Roll ... Indoors, ran the mile twice, posting a top time of 5:37.19 as an unattached runner in the Gamecock Invitational ... Won the 5000m outdoors in the Gamecock Open, posting a 19:24.17 time ... Also ran the 1500m at the Shamrock Invitational.

2011 Cross Country (Freshman): Competed four times ... had a top time of 19:37 at the Charlotte Invitational. In 2012, did not compete.

HIGH SCHOOL: Individual regional qualifier in cross country as well as a state and regional qualifier as a team ... Two-time all-district selection in cross country and track ... three-time All-District Academic athlete ... Team captain ... Texas State Farm Scholar Athlete and All-Montgomery County Scholar Athlete of the Year for 2010.



BRITTANY DAY

DISTANCES

FR // FR

ROCKLEIGH, N.J. // NORTH VALLEY DEMAREST

2013 Cross Country (Freshman): Competed in all seven of the Gamecocks' regular-season meets ... Posted her best 5K in the Royal XC Challenge, finishing 74th overall with a 19:23.5 mark ... Her top 6K time came in the Mountain Dew Invitational, as she finished 70th in 23:24.93 ... Finished eighth overall and fourth on the team in the Gamecock Invitational #1 (20:18.35) ... Also tallied a ninth-place finish, fifth on the squad, in Gamecock Invitational #2, posting a two-mile time of 12:28.95 ... Also ran in the Carolina Challenge, Roy Griak Invitational and Indiana State Pre-National Invitational Open Race.

HIGH SCHOOL: Earned a combined 12 varsity letters at Northern Valley Demarest in cross country as well as indoor and outdoor track and field...two-time First-Team All-Bergen County in cross country...four-time All-League in indoor and outdoor track...holds personal bests of 18:26 in the 5K, 11:32 in the 3,200m and 5:21 in the 1,600m.



SARAH FALTA

DISTANCES

FR // FR

SENECA, S.C. // SENECA

2013 Cross Country (Freshman): Ran in eight races during her first fall on campus ... Only once finished outside the top 10 on the team ... 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.



MARY FOUSE

DISTANCES

SO // SO

HERNDON, VA. // LANGLEY

COLLEGIATE BESTS

Indoor: 3,000m (10:15.65) | 5,000m (17:14.85)
Outdoor: 5,000m (17:19.54)

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

2013 Track & Field (Freshman): Indoors, ran the 5,000m three times, setting a new PR at the 2013 SEC Indoor Championships with a time of 17:14.85 in her first championship appearance...the time is the fifth-best in school history and earned her 17th place...Finished sixth in the 5,000m at the Armory Collegiate Invitational... ran the 3,000m at the Auburn Invitational, finishing 21st with a time of 10:15.65... Outdoors, competed in the 5,000m...ran her best time at the Raleigh Relays to finish 19th, a 17:19.54, the seventh fastest time in school history

2012 Cross Country (Freshman): Stood out as a freshman, finishing in third or fourth on the team ... Her third-place showing on the squad (64th overall) in the SEC Championships also ranked as her best 6K time (22:04.86) ... Came in fourth on the team in the NCAA Southeast Regional with a 22:18.08 clocking ... Ranked fifth on the team in the Gamecock Invitational, crossing the line in 19:01.40.

HIGH SCHOOL: Top marks of 22:30 in the 6000m, 18:32 in the 5000m, 18:17 in the 3 mile and 11:32 in the 3200m while competing at Langley High School in McLean, Va...two-time indoor district champion in the 4x800m and 3200m...two-time indoor All-Region in the 3200m...competed at the National Scholastic Indoor Championships in the 4x800m in 2009 and 2010...Leadership Award winner for indoor track in 2011 and 2012 and outdoor track in 2012



MERI HENEAGE

DISTANCES

FR // FR

LEXINGTON, S.C. // LEXINGTON

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.



KALEIGH HIGGINS

DISTANCES

SO // SO

NISKAYUNA, N.Y. // NISKAYUNA

COLLEGIATE BESTS

Indoor: 800m (2:21.29)

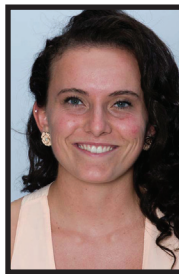
Outdoor: 1,500m (4:54.23)

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: Top marks of 58.7 in the 400m, 1:36.99 in the 600m, 2:12.6 in the 800m, 3:00.27 in the 1000m and 4:47.8 in the 1500m while competing at Niskayuna High School in Niskayuna, NY...2012 Dunkin Donuts Regional Scholar Athlete...2012 Lynn Cleveland Track and Field Award...state champion in the 2012 intersectional relay...placed fourth in the 600m at the 2011 NY state championships...2012 sectional champion in the 800m...MVP for indoor and outdoor track 2010-12...Section 2 All-Star for the 600m in 2011...two-time New Balance and Nike Nationals qualifier.



CHRISTINE KENT

DISTANCES

SO // SO

SAN DIEGO, CALIF. // CATHEDRAL

COLLEGIATE BESTS

Indoor: 3,000m (10:39.95)

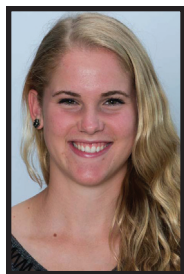
Outdoor: 1,500m (4:57.62) | 5,000m (18:06.28)

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: Four-year varsity letter athlete in cross country and track and field...helped her team win two CIF San Diego Section Championships and earn two fourth place finishes at the state meet...cross country accolades include: 18:53 5K at Woodward Park, 18:36 on the infamous 2.95 mile Mt. SAC course and a 16:21 mark on the 2.75 mile Morley Field (Foot Locker) course...track and field accomplishments include: 11:17 mark in the 3,200-meter run at the Escondido Invite and 5:15 in the 1600-meter run at the Arcadia Invitational...captain of both the cross country and track teams



JILL LAMPE

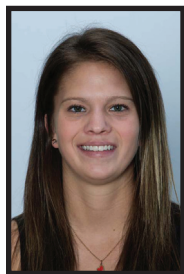
DISTANCES

FR // FR

DOWNINGTON, PA. // BISHOP SHANAHAN

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.



LIZ LOCKE

DISTANCES

SR // R-JR

MICKLETON, N.J. // KINGSWAY REGIONAL

COLLEGIATE BESTS

Indoor: 800m (2:16.04) | Mile (5:08.41)

Outdoor: 800m (2:16.71)

2013 Cross Country (Senior): Ran in the season-opening Carolina Challenge, clocking a time of 20:59.32 to finish 43rd.

2013 Track & Field (Jr./R-So.): Did not run indoors or outdoors.

2012 Cross Country (Junior): Did not compete due to an injury.

2012 Track & Field (So./So.): Ran three different distances indoors ... Posted her top 800m time of 2:18.21 at the Tyson Invitational ... Finished ninth in the Virginia Tech Invitational 1000m (3:01.84) ... Her best mile indoors clocked in at 5:14.56 ... Missed the outdoor season due to injury.

2011 Track & Field (Freshman): Earned a spot on the SEC First-Year Academic Honor Roll ... Posted a top 800m indoor time of 2:16.04 while her best mile was clocked at 5:08.41 ... Ran the second leg of the sixth-place-finishing distance medley relay team at the SEC Indoor Championships ... Concentrated on the 800m outdoors ... Clocking in identical 2:16.71 times at the Shamrock and Spec Town Invitationals ... Ranked 23rd in the SEC Outdoor Championship prelims.

2010 Cross Country (Freshman): Ranked in the top three on the team in the early 5K races, finishing second on the team with an 18:28.72 in the Gamecock Invitational, her first collegiate race ... Posted a 18:40.12 time at the Winthrop Invitational, finishing third on the team there ... Ran all four 6K races, ranking third on the team in the Griak Invitational and fourth in the Princeton Invitational ... Finished 64th on the squad in the SEC Championships with a 22:58.46 time, scoring the final points for the team ... Also scored at the NCAA Southeast Regional with her top 6K time of 22:48.0, placing 128th overall, which stood fourth on the Gamecocks.

HIGH SCHOOL: Bronze medalist in the 800m and 1600m at the New Jersey State Non-Public Championships ... had top times of 2:12 (800m) and 4:56 (1,600m) ... competed in track and cross country at Kingsway Regional High School.



LANNON MCCOY

DISTANCES

SO // SO

CHAPIN, S.C. // CHAPIN

COLLEGIATE BESTS

Indoor: Mile (5:46.33)

2013 Cross Country (Sophomore): Competed once in the Gamecock Invitational #1, finishing 10th overall with a 20:35.31 mark.

2013 Track & Field (Freshman): A member of the 2012-13 Southeastern Conference First-Year Academic Honor Roll ... Ran the mile twice indoors, finishing second (5:46.33) and third (5:46.48) in the two USC Indoor Invites ... Did not compete outdoors.

2012 Cross Country (Freshman): In 2012, competed at three events, recording a PR of 23:49.50 at the NCAA Preview Meet.

HIGH SCHOOL: Best of 19:50 in the 5K and 12:06 in the 3200m while competing at Chapin High School in Chapin, SC...four-time All-Region for cross country and track...four-time All-Area cross country and track



MARTHA MCCOY

DISTANCES

FR // FR

JOHNSON CITY, TENN. // SCIENCE HILL

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 ... Clocking 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.



ASHLEY MILLER

DISTANCES

SO // SO

N. MYRTLE BEACH, S.C. // N. MYRTLE BEACH

COLLEGIATE BESTS

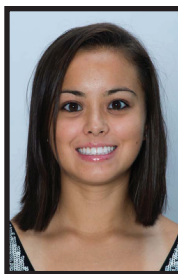
Indoor: 800m (2:42.29)

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): Indoors, made her only appearance of the season in the 800m at the USC Indoor Open #2, finishing fourth with a time of 2:42.29...Outdoors, competed at the Weems Baskin Invitational in the 1,500m, but did not finish her race.

2012 Cross Country(Freshman): Did not compete.

HIGH SCHOOL: Bests of 2:14 in the 800m and 56.48 in the 400m...three-time region championship winner in the 4x800...four-time state qualifier in the 4x400m...three-time state qualifier in the 4x800m...three-time region championship team in cross country...four-time first team All-Region in the 4x400m, 800m and the mile...three-time All-Region in the 4x800m...three-time track and field MVP...Most Valuable Senior Female Athlete and Scholar Athlete at North Myrtle Beach High School



MELANIE NG

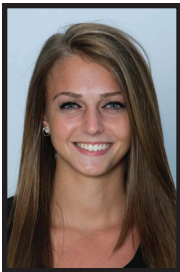
DISTANCES

FR // FR

WINTERVILLE, N.C. // ARENDEL
PATRIOT ACADEMY

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 ... Ran with the Greenville Organization of Runners and the Oakmont Runners, the latter for Bo Thompson ... 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.



SARAH PELLEGRINI

DISTANCES
SO // SO
SAYVILLE, N.Y. // SAYVILLE

2013 Cross Country (Junior): Competed in four races on the year ... Her best 5K time came in the Royal XC Challenge, as she finished 104th overall in 19:53.6 ... Also finished seventh on the team and 14th overall in both Gamecock Invitionals ... Raced in the season-opening Carolina Challenge.

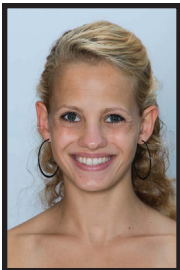
2013 Track & Field (Redshirt Freshman): Earned a spot on the Southeastern Conference Spring Academic Honor Roll ... Did not compete in the spring.

2012 Cross Country (Sophomore): Did not compete in the fall.

2012 Track & Field (Freshman): Missed the spring seasons.

2011 Cross Country (Freshman): Ran five races as a true freshman, including two 6K races ... Ran her best 6K at the 26th Annual Roy Griak Invitational (24:34.50) while also running in the SEC Championships ... Her top 5K time came in the Winthrop Invitational, clocking a 19:26.69 ... Also ran in the Charlotte and Gamecock Invitionals.

HIGH SCHOOL: Two-time New York State qualifier in cross country ... in 2006, placed 37th individually and helped lead the team to a bronze medal finish ... two-time First Team All-League selection ... top times of 19:45 in the 5K, 10:53 in the 3000m, 5:26 in the 1600m and 2:27 in the 800m.



MARY REISER

DISTANCES
FR // FR
ANNAPOLIS, MD. // ST. MARY'S

2013 Cross Country (Freshman): Earned SEC All-Freshman honors and ranked second on the team in six of the seven races in which she competed ... Finished eighth overall and third on the team in the season-opening Carolina Challenge ... 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 ... Posted consecutive 33rd-place showings in the Indiana State Pre-National Invite White Race and the SEC Championships, lowering her time in each ... 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.



HALEY SAXBY

DISTANCES
FR // FR
COLUMBIA, S.C. // DUTCH FORK

2013 Cross Country (Freshman): Competed in two races on the year ... Finished 69th in the Carolina Challenge and 218th in the Royal XC Challenge, the latter her top time of 22:27.1.

HIGH SCHOOL: Earned four letters each in track and cross country for coach Barry Lindler at Dutch Fork High School ... A three-time all-region performer in cross country and twice in track ... Part of a state-winning 4x800m relay team ... Named all-state in track in 2011 ... Her teams won the region title in cross country in 2009 and in track in 2011 and 2012 ... Also claimed two letters in swimming ... An AP scholar with distinction at Dutch Fork ... Earned the Congressional History Award ... Also a member of the National Honor Society and named a Palmetto Fellow.



ALLISON SHERMAN

DISTANCES
FR // FR
CHRISTIANBURG, VA. // CHRISTIANBURG

2013 Cross Country (Freshman): Did not compete during the season.

HIGH SCHOOL: Compiled 12 letters combined in cross country, indoor and outdoor track for coach Shane Guynn at Christiansburg High School ... Won the outdoor region 3200m title in 2011 ... Garnered all-district, all-region and all-state accolades in the 3200m as a junior and senior ... Helped the Demons place third at the 2011 AA state championships ... Three-time All-South honors at the Foot Locker Regional in cross country ... Lists her best 5K time at 19:33 and her top 3200m at 11:31 ... Served as secretary of her senior class ... A member of the National Honor Society and Beta Club ... President of the Future Business Leaders of America and vice president of the student government.



COURTNEY SWINK

DISTANCES

SO // SO

BROOKVILLE, OHIO // BROOKVILLE

2013 Cross Country (Sophomore): Competed in four races on the year ... Her best finish came in the Gamecock Invitational #1, as she ranked ninth overall and fifth on the team in 20:21.94 ... Her top 5K time came in the Royal XC Challenge, as she finished the course in 19:52.1 ... Also competed in the Mountain Dew Invitational 6K with a time of 24:22.47 ... Ranked 46th in the season-opening Carolina Challenge.

2013 Track & Field (Freshman): Named to the 2013 Southeastern Conference First-Year Academic Honor Roll ... Did not compete either indoors or outdoors.

2012 Cross Country (Freshman): Made two appearances in 5K events in 2012 recording a best of 19:41 at the Queens Royal Challenge.

HIGH SCHOOL: Bests of 2:25 in the 800m, 5:25 in the 1600m and 12:05 in the 3200m while competing at Brookville High School in Brookville, Ohio...two-time individual state qualifier in cross country...four-time SWBL Principle Scholar Athlete Award

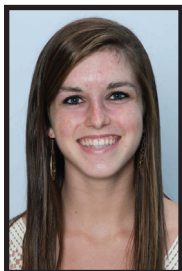
17th in the 1500m at the Raleigh Relays (4:47.10)...ran anchor leg on the distance medley relay team, helping the team finish eighth with the second-fastest time in school history (11:47.39)

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: Member of a state championship and runner-up cross country... named All-County and All-Region each year of high school in cross country and track...two-time All-State honoree in cross country and track...was team captain and MVP for three years...personal 5K record of 18:44...holds school records in the 800-meter run and the 1600-meter run and holds the Spartanburg county record in the 1600...state runner-up in both the 800 and the 1600 her junior year and was the state champion in the 800 her senior season with PRs of 2:15 for the 800 and 5:08 for the 1600.



ANNA TODD



ANNA TODD

DISTANCES

SO // SO

SPARTANBURG, S.C. // SPARTANBURG

COLLEGIATE BESTS

Indoor: 800m (2:10.16) | Mile (4:56.27)

Outdoor: 800m (2:11.07) | 1,500m (4:47.10)

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 SEC Championship, finishing 90th and fifth on the team.

2013 Track & Field (Freshman): A member of the 2013 Southeastern Conference 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 Armory 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

DISTANCES



ALLIE WHITLEY

DISTANCES

SO // SO

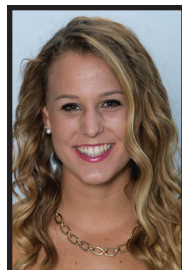
DENVER, N.C. // EAST LINCOLN

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 5K events in 2012 registering a top mark of 20:14 at the Queens Royal Challenge.

HIGH SCHOOL: Ran three years on her high school's varsity cross country and track teams...also participated in swimming and soccer...was captain of both the cross country team and track team all three years she participated...has a 5K PR of 19:19.



BRANDY WYBERSKY

DISTANCES

SO // SO

MANASSAS, VA. // OSBOURN PARK

COLLEGIATE BESTS

Indoor: 3,000m (10:50.34)

Outdoor: 5,000m (18:51.01)

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 SEC Championships.

2013 Track & Field (Freshman): Named to the 2013 Southeastern Conference 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): Competed in the 5K Gamecock Invitational in 2012, taking 10th place with a time of 19:06.

HIGH SCHOOL: Top marks of 2:19 in the 800m, 3:04 in the 100m, 5:13 in the 1600m, 11:29 in the 3200m and 19:06 in the 5000m...named MVP in 2010 and 2011 for cross country and 2012 for track at Osbourn Park High School in Manassas, VA...All-Region selection in 2010-12 for indoor and outdoor track and 2011 and 2012 for cross country...All-District pick...district champion in cross country in 2012 and indoor track in 2011.