

VIRGINIA TECH  
CROSS COUNTRY

# HISTORY & RECORDS



Ellie Brush, Virginia Tech  
2019 All-Southeast Region Performer

Fitsum Seyoum, Virginia Tech  
2019 All-Southeast Region Performer

# BUFORD C. MEREDITH CROSS COUNTRY

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During the past 30 years, the Buford C. Meredith Cross Country Course has provided many benefits to the program and has paid dividends for the Tech cross country team. The course has attracted several of the nation's top programs and been the site of some of the state's largest high school meets.

"In conjunction with our indoor and outdoor track facilities, the cross country course makes Virginia Tech unsurpassed in the quality of facilities," said Dave Cianelli, Virginia Tech's director of track & field and cross country. "The training aspect of the course is also great."

Tech has the luxury of competing and training on a course designed solely for cross country competition, affording the team an opportunity to have exclusive rights to the use of the facility.

Over the years, the all-grass course has provided an ideal surface for racing and training. Located on the southwest end of campus near the corner of Southgate Drive and Route 460, the terrain gently rolls through the cornfields and wooded locations typical of the Tech surroundings.

Opened for racing in 1993, the course now starts and finishes behind the Virginia-Maryland

Regional College of Veterinary Medicine. It covers a total of 3.1 miles, passes historical Smithfield Plantation and crosses Stroubles Creek. There is also a five-mile version of the course for the men.

"I think it's one of the nicest settings for a cross country course I have ever seen," Cianelli said. "The fact that it is on campus makes it ideal for our teams to train and compete."

Another key trait of the course is its proximity to campus facilities. Rector Field House allows athletes to warm up in perfect conditions.

The Hokies traditionally hold three or four meets each season at their home course, including the Virginia Tech Invitational, the VT Alumni Invitational and the Hokie Open.

"There are very few schools with a cross country course and two tracks so close together," cross country coach Eric Johannigmeier said. "The competition facilities here are unbeatable."

## COURSE RECORDS

### MEN'S 6K

18:12.9 - Andrew Goldman (Virginia Tech)  
Hokie Open on Nov. 4, 2016

### MEN'S 8K

23:37.3 - Will Mulherin (Virginia Tech)  
ACC Championships on Oct. 27, 2012

### WOMEN'S 4K

13:38.1 - Tessa Riley (Virginia Tech)  
Hokie Open on Nov. 4, 2016

### WOMEN'S 6K

20:00.1 - Violah Lagat (Florida State)  
ACC Championships on Oct. 27, 2012

Peter Seufer



Sara Freix



## 2020 HONORS & AWARDS

### MEN

ALL-ACC TEAM  
Antonio Lopez Segura

ALL-ACC ACADEMIC TEAM  
TEAM MVP

### WOMEN

ALL-ACC ACADEMIC TEAM

TEAM MVP

# NCAAS & ALL-AMERICANS

## NCAA CHAMPIONSHIPS APPEARANCES

### MEN (TEAM)

2019.....	17th
2017.....	20th
2015.....	27th
2012.....	22nd
1987.....	4th
1982.....	14th
1970.....	35th
1969.....	25th

### WOMEN (TEAM)

2014.....	25th
2006.....	18th

## ALL-AMERICANS

### MEN

2019.....	Peter Seufer (4th)
2018.....	Peter Seufer (16th)
2015.....	Thomas Curtin (22nd)
2012.....	Will Mulherin (T-28th)
2011.....	Will Mulherin (30th)
1989.....	Brian Walter (30th)
1987.....	Steve Taylor (9th)
	Tony Williams (19th)
1982.....	Steve Hetherington (21st)

### WOMEN

2008.....	Tasmin Fanning (3rd)
2007.....	Tasmin Fanning (12th)
2003.....	Marlies Overbeeke (29th)
1981.....	Lori McKee (Taylor) (17th)
	Tracy Deely



Leoule Degfae and  
Tihut Degfae



Tasmin Fanning

# ALL-REGION PERFORMANCES

## NCAA ALL-REGION

### MEN

2020.....	N/A
2019.....	Peter Seufer (1st) Fitsum Seyoum (9th) Diego Zarate (22nd)
2018.....	Peter Seufer (2nd)
2017.....	Peter Seufer (9th) Daniel Jaskowak (10th) Patrick Joseph (21st)
2016.....	Brent Musselman (19th) Andrew Gaiser (23rd) Daniel Jaskowak (25th)
2015.....	Thomas Curtin (1st) Stuart Robertson (24th)
2014.....	Stuart Robertson (17th) Patrick Joseph (25th)
2013.....	Thomas Curtin (4th) Leoule Degfae (25th)
2012.....	Will Mulherin (7th) Michael Hammond (22nd)
2011.....	Will Mulherin (5th) Michael Hammond (19th)
2009.....	Devin Cornwall (18th)
2008.....	Phillip Padilla (23rd)
2006.....	Paul LaPenna (21st)
2003.....	Mike Lawson (21st)
1999.....	Chris Seaton (18th)
1997.....	Matt Zacharias (17th)
1995.....	George Probst (16th)
1994.....	John Hawthorne (12th) Matt Zacharias (16th)
1993.....	Tom Lankowicz (25th)
1992.....	Travis Walter (13th)
1990.....	David Tonkin (21st)
1989.....	Brian Walter (9th) Tim Covington (17th)
1988.....	Brian Walter (19th)
1987.....	Steve Taylor (3rd) Tony Williams (8th) Gary Cobb (14th)
1986.....	Thomas Harding (22nd) Steve Taylor (3rd) Tony Williams (9th)
1984.....	Mark Stickley (6th)
1980.....	Richard Greer (23rd)

### WOMEN

2020.....	N/A
2019.....	Sara Freix (7th) Kyra Lopez (13th) Sarah Edwards (15th) Ellie Brush (22nd)
2018.....	Sara Freix (8th)
2017.....	Katie Kennedy (15th) Kayla Richardson (22nd) Sarah Edwards (24th)
2016.....	Katie Kennedy (21st)
2014.....	Sarah Rapp (6th) Paige Kvartunas (7th) Shannon Morton (19th) Hilary Krein (23rd)
2013.....	Sarah Rapp (8th) Courtney Dobbs (13th)
2012.....	Sarah Rapp (25th)

2011.....	Madalyn Nuckols (23rd)
2010.....	Paige Kvartunas (18th)
2008.....	Tasmin Fanning (1st) Erin Reddan (20th)
2007.....	Tasmin Fanning (3rd) Natalie Sherbak (10th) Jessica Fanning (22nd)
2006.....	Fiona Gentles (11th) Kelly Clark (12th) Tasmin Fanning (18th) Natalie Sherbak (20th) Jessica Fanning (25th)
2005.....	Tasmin Fanning (22nd)
2004.....	Jessica Fanning (14th)
2003.....	Marlies Overbeeke (5th)
2002.....	Stacey Vidt (19th) Jessica Morris (20th)
1990.....	Heidi Allen (7th)
1987.....	Roxann Polo (13th) Louise Schweitzer (16th)
1984.....	Linda King (14th) Cheryl Tuosto (24th)

The Tech women competed at the AIAW Division II level before being elevated to an NCAA Division I varsity sport in 1982. Tech's 1981 squad placed fifth at the AIAW Division II National Championships.

## NCAA REGION CHAMPIONSHIPS

### MEN (TEAM)

2019.....	2nd
2018.....	8th
2017.....	2nd
2016.....	6th
2015.....	6th
2014.....	6th
2013.....	5th
2012.....	4th
2011.....	4th
2010.....	14th
2009.....	8th
2008.....	7th
2007.....	7th
2006.....	6th
2005.....	13th
2004.....	14th
2003.....	15th
2002.....	9th
2001.....	9th
2000.....	9th
1999.....	10th
1998.....	10th
1997.....	10th
1996.....	8th
1995.....	5th
1994.....	5th
1993.....	8th
1992.....	7th
1990.....	10th
1989.....	10th
1988.....	9th
1987.....	1st
1986.....	4th
1985.....	9th

1984.....	11th
1983.....	15th
1982.....	3rd
1981.....	7th
1980.....	8th
1979.....	16th
1978.....	N/A
1977.....	16th
1976.....	15th
1975.....	12th

### WOMEN (TEAM)

2019.....	3rd
2018.....	5th
2017.....	4th
2016.....	8th
2015.....	6th
2014.....	4th
2013.....	5th
2011.....	6th
2010.....	5th
2009.....	15th
2008.....	7th
2007.....	5th
2006.....	3rd
2005.....	12th
2004.....	10th
2003.....	6th
2002.....	7th
2001.....	12th
2000.....	12th
1999.....	10th
1998.....	14th
1997.....	9th
1996.....	25th
1995.....	18th
1994.....	T-22nd
1993.....	23rd
1992.....	14th
1990.....	15th
1989.....	10th
1987.....	10th
1986.....	11th
1985.....	8th
1984.....	5th
1983.....	7th

# CONFERENCE CHAMPIONS

## CONFERENCE CHAMPIONSHIPS (TEAM)

### MEN

2012.....	Atlantic Coast Conference
1997.....	Atlantic 10 Conference
1996.....	Atlantic 10 Conference
1994.....	Metro Conference
1990.....	Metro Conference
1989.....	Metro Conference
1988.....	Metro Conference
1987.....	Metro Conference
1986.....	Metro Conference
1985.....	Metro Conference
1984.....	Metro Conference
1983.....	Metro Conference
1981.....	Metro Conference
1980.....	Metro Conference

### WOMEN

1987.....	Metro Conference
1986.....	Metro Conference
1985.....	Metro Conference
1983.....	Virginia Intercollegiate
1982.....	Virginia Intercollegiate



## CONFERENCE CHAMPIONSHIPS (INDIVIDUAL)

### MEN

Atlantic Coast Conference	
2019.....	Peter Seufer
2018.....	Peter Seufer
2015.....	Tommy Curtin
2012.....	Will Mulherin

Atlantic 10 Conference	
1999.....	Chris Seaton
1997.....	Matt Zacharias

Metro Conference	
1990.....	Todd Pehowski
1989.....	Brian Walter
1987.....	Gary Cobb
1986.....	Steve Taylor
1985.....	Roy Mascolino

Southern Conference	
1960.....	Louis Castagnola
1959.....	Louis Castagnola

### WOMEN

Metro Conference	
1991.....	Heidi Allen
1990.....	Heidi Allen
1988.....	Gwen Roller
1987.....	Roxann Polo
1986.....	Gwen Roller



# CONFERENCE FINISHES

## MEN'S TEAMS

### Atlantic Coast Conference

Year	Place
2020	8th
2019	3rd
2018	6th
2017	2nd
2016	4th
2015	4th
2014	6th
2013	5th
2012	1st
2011	4th
2010	7th
2009	5th
2008	3rd
2007	5th
2006	6th
2005	6th
2004	9th

### BIG EAST Conference

Year	Place
2003	9th
2002	7th
2001	7th
2000	8th

### Atlantic 10 Conference

Year	Place
1999	2nd
1998	2nd

1997	1st
1996	1st
1995	2nd

### Metro Conference

Year	Place
1994	1st
1993	2nd
1992	2nd
1991	2nd
1990	1st
1989	1st
1988	1st
1987	1st
1986	1st
1985	1st
1984	1st
1983	1st
1982	2nd
1981	1st
1980	1st
1979	2nd
1978	3rd

### Southern Conference

Year	Place
1964	7th
1963	6th
1962	3rd
1961	3rd
1960	2nd

1959	-
1958	-
1957	-
1956	3rd
1955	-
1952	-
1951	-
1950	8th
1949	7th
1948	2nd
1947	2nd
1946	-
1941	-
1940	-
1939	-
1938	-
1937	-
1936	-
1935	-
1934	-
1933	-
1932	-
1931	2nd
1930	2nd
1929	2nd
1928	2nd

## WOMEN'S TEAMS

### Atlantic Coast Conference

Year	Place
2020	11th
2019	4th
2018	5th
2017	3rd
2016	3rd
2015	8th
2014	6th
2013	8th
2012	10th
2011	8th
2010	8th
2009	10th
2008	7th
2007	5th
2006	5th
2005	9th
2004	7th

### BIG EAST Conference

Year	Place
2003	6th
2002	7th
2001	6th
2000	7th

### Atlantic 10 Conference

Year	Place
1999	3rd
1998	3rd
1997	3rd
1996	5th
1995	4th

### Metro Conference

Year	Place
1994	4th
1993	4th
1992	3rd
1991	4th
1990	3rd
1989	3rd
1988	3rd
1987	1st
1986	1st
1985	1st



# ALL-CONFERENCE HOKIES

## MEN'S HONOREES

### Atlantic Coast Conference

2020.....	Antonio Lopez Segura
2019.....	Peter Seufer Diego Zarate Fitsum Seyoum
2018.....	Peter Seufer
2017.....	Peter Seufer Daniel Jaskowak Neil Gourley Vincent Ciattei
2016.....	Andrew Gaiser Daniel Jaskowak
2015.....	Thomas Curtin
2013.....	Thomas Curtin
2012.....	Will Mulherin Brayden Burleigh Thomas Curtin
2011.....	Will Mulherin Michael Hammond
2009.....	Will Mulherin
2008.....	Devin Cornwall Billy Berlin
2007.....	Paul LaPenna

### Atlantic 10 Conference

1999.....	Chris Seaton Van Arnold Paul Hayes
1998.....	Chris Seaton Van Arnold
1997.....	Matt Zacharias Jay Johns Jason Dowdy Mike Cox Van Arnold
1996.....	Van Arnold Mike Cox Wes Schilling Jason Dowdy Mark Rumble
1995.....	John Hawthorne George Probst
1994.....	John Hawthorne Tom Lankowicz Matt Zacharias Marshall Ferguson
1993.....	Joe Edwards George Probst Marshall Ferguson
1992.....	Travis Walter Ben Hester John Hawthorne
1991.....	Todd Pehowski Wally Granville Travis Walter
1990.....	Todd Pehowski David Tonkin Wally Granville Travis Walter Drew Saunders Adam Small
1989.....	Brian Walter Tim Covington



1988.....	Travis Walter Wally Granville David Tonkin Tim Covington Brian Walter Ron Voigt Jorge Pardo Gary Cobb Ron Voigt Howard Nippert Brian Walter
1984.....	Mark Stickley Tony Williams Bob McCauley Todd Giszack Ron Kulik Tom Harding
1986.....	Steve Taylor Tony Williams Todd Giszack Tom Harding
1985.....	Roy Mascolino Howard Nippert Dan Foran Paul Millratt Peter Schultz
1983.....	Tony Williams Doug Law Bob Herndon Dave Hamilton
1982.....	Steve Hetherington

1981.....	Ken Coddington David Montgomery Doug Law Steve Hetherington Pat Henner Mark Stickley Ray McDaniels Dave Peterson Ricky Greer
1980.....	Steve Hetherington Dave Peterson Greg Lemieux Steve Pinard Ray McDaniels Mark Stickley
1979.....	Steve Hetherington Steve Pinard Robbie White
1978.....	Robbie White
1978.....	Greg Lemieux Gene Crane

### Southern Conference

1955.....	Charles Catlett
1956.....	Charles Catlett
1957.....	Bob Bowman
1959.....	Louis Castagnola
1960.....	Louis Castagnola Gene Simpson
1961.....	Gene Simpson
1962.....	Gene Simpson



# ALL-CONFERENCE HOKIES

## WOMEN'S HONOREES

### Atlantic Coast Conference

2019.....	Sara Freix Kyra Lopez
2018.....	Sara Freix Lauren Berman
2017.....	Katie Kennedy Kayla Richardson
2016.....	Katie Kennedy
2014.....	Sarah Rapp Paige Kvartunas
2013.....	Sarah Rapp Courtney Dobbs
2008.....	Tasmin Fanning
2007.....	Tasmin Fanning Natalie Sherbak Kelly Clark
2004.....	Jessica Fanning

### BIG EAST Conference

2003.....	Marlies Overbecke
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### Atlantic 10 Conference

1999.....	Stacey Vidt
1998.....	Johanna Stumpf Stephenie Ingersoll
1997.....	Jennifer Conner Lauren Carr

1996.....	Stephenie Ingersoll
1995.....	Tracy Shea

### Metro Conference

1993.....	Melissa Ward
1992.....	Heidi Allen Michelle Barrett
1991.....	Heidi Allen
1990.....	Heidi Allen
1989.....	Gwen Roller Alice Gaines
1988.....	Gwen Roller Louise Schweitzer
1987.....	Roxann Polo Louise Schweitzer Jennifer Smith Elizabeth Fleming
1986.....	Gwen Roller Maggie Lasaga Nancy Klumb Louise Schweitzer Cherie Alexander
1985.....	Gwen Roller Nancy Klumb Cindy Guenzel Carol Richardson Maggie Lasaga Cherie Alexander



Katie Kennedy