



2018

MEN'S CROSS COUNTRY RECORD BOOK

@BigSouthGameDay

ANNUAL CHAMPIONS

SEASON	TEAM CHAMPION	POINTS	INDIVIDUAL CHAMPION	TIME
1984	Charleston Southern	16	Al Dunn, Charleston Southern	23:54
1985	Radford	24	Stewart Uldrick, Charleston Southern	26:06
1986	Radford	38	Ken Frenette, Campbell	25:39
1987	Radford	46	Ken Frenette, Campbell	26:05
1988	Radford	55	Keelyn Wu, Radford	26:28
1989	Radford	24	Dwayne Stover, Radford	26:04
1990	Radford	47	David Pitaro, Campbell	25:53
1991	Liberty	32	Bill Khan, Liberty	25:25
1992	Liberty	40	Bill Khan, Liberty	25:50
1993	Coastal Carolina	62	Merrill Hausenfluck, Radford	26:14
1994	Liberty	46	Jeff Greene, Winthrop	24:13
1995	Coastal Carolina	33	Josh Cox, Liberty	25:34
1996	Coastal Carolina	31	Josh Cox, Liberty	25:08
1997	Liberty	30	Stephen Githuka, Liberty	25:19
1998	Liberty	40	Stephen Githuka, Liberty	24:13
1999	Liberty	20	Stephen Githuka, Liberty	24:24
2000	Winthrop	39	Bruce Kite, Liberty	25:15
2001	Winthrop	29	Adam Growley, Winthrop	24:45
2002	High Point	29	Terah Kipchiris, Coastal Carolina	24:40
2003	High Point	45	Terah Kipchiris, Coastal Carolina	25:05
2004	High Point	30	Josh McDougal, Liberty	23:49
2005	Liberty	26	Josh McDougal, Liberty	24:00
2006	Liberty	32	Josh McDougal, Liberty	24:46
2007	Liberty	27	Josh McDougal, Liberty	24:11
2008	Liberty	28	Sam Chelanga, Liberty	24:32
2009	Liberty	33	Sam Chelanga, Liberty	23:50
2010	Liberty	33	Sam Chelanga, Liberty	24:03
2011	Liberty	33	Zach Edwards, Liberty	23:56
2012	Liberty	28	Jacob Smith, High Point	24:35
2013	Liberty	40	Patrick Crawford, High Point	25:32
2014	High Point	27	Jeff LaCoste, High Point	24:59
2015	Campbell	31	Lawrence Kipkoech, Campbell	23:39
2016	Campbell	31	Amon Terer, Campbell	24:48
2017	Campbell	38	Amon Kemboi, Campbell	24:14

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CAMPBELL - 2017 Champions

RUNNER OF THE YEAR	SCHOOL
1985	Stewart Uldrick Charleston Southern
1986	Ken Frenette Campbell
1987	Ken Frenette Campbell
1988	Keelyn Wu Radford
1989	Dwayne Stover Radford
1990	David Pitaro Campbell
1991	Bill Khan Liberty
1992	Bill Khan Liberty
1993	Merrill Hausenfluck Radford
1994	Jeff Greene Winthrop
1995	Josh Cox Liberty
1996	Josh Cox Liberty
1997	Stephen Githuka Liberty
1998	Stephen Githuka Liberty
1999	Stephen Githuka Liberty
2000	Bruce Kite Liberty
2001	Adam Growley Winthrop
2002	Terah Kipchiris Coastal Carolina
2003	Terah Kipchiris Coastal Carolina
2004	Josh McDougal Liberty
2005	Josh McDougal Liberty
2006	Josh McDougal Liberty
2007	Josh McDougal Liberty
2008	Sam Chelanga Liberty
2009	Sam Chelanga Liberty
2010	Sam Chelanga Liberty
2011	Zac Edwards Liberty
2012	Jacob Smith High Point
2013	Patrick Crawford High Point
2014	Jeff LaCoste High Point
2015	Lawrence Kipkoech Campbell
2016	Amon Terer Campbell
2017	Amon Kemboi Campbell

ROOKIE/FRESHMAN OF THE YEAR	SCHOOL
1994	Chris McGregor Liberty
1995	Brian Cross Coastal Carolina
1996	Albert Edman Coastal Carolina
1997	Brandon Trollip UNC Asheville
1998	Campbell Claridge Coastal Carolina
1999	Chad Pearson UNC Asheville
2000	Niran Pillay High Point
2001	Brett Willi Elon
2002	Nelson Oliveria Coastal Carolina
2003	Kyle Lounsbury High Point
2004	Josh McDougal Liberty
2005	Tamas Kovacs High Point
2006	Jamie McCarthy Coastal Carolina
2007	Casey Lyons Winthrop
2008	Anthony Berkis High Point
2009	Jacob Smith High Point
2010	Patrick Crawford High Point
2011	Reese Ayers High Point
2012	N'Getich Ricksecker Liberty
2013	Dan Riff Coastal Carolina
2014	Jacob Kipserem Campbell
2015	Lawrence Kipkoech Campbell
2016	Stanley Langat Liberty
2017	Amon Kemboi Campbell

COACH OF THE YEAR	SCHOOL
1990	Jim Settle Charleston Southern
1991	Ken Frenette Campbell
1992	Brant Tolsma Liberty
1993	Jim Koster Coastal Carolina
1994	Brant Tolsma Liberty
1995	Jim Koster Coastal Carolina
1996	Jim Koster Coastal Carolina
1997	Tom Morris Radford
1998	Brant Tolsma Liberty
1999	Brant Tolsma Liberty
2000	Ben Paxton Winthrop
2001	Ben Paxton Winthrop
2002	Al Barnes High Point
2003	Al Barnes High Point
2004	Al Barnes High Point
2005	Brant Tolsma Liberty
2006	Brant Tolsma Liberty
2007	Brant Tolsma Liberty
2008	Brant Tolsma Liberty
2009	Brant Tolsma Liberty
2010	Brant Tolsma Liberty
2011	Brant Tolsma Liberty
2012	Brant Tolsma Liberty
2013	Brant Tolsma Liberty
2014	Mike Esposito High Point
2015	Michael Kelly Campbell
2016	Michael Kelly Campbell
2017	Michael Kelly Campbell

SCHOLAR-ATHLETE OF THE YEAR	SCHOOL
1994	Jeff Greene Winthrop
1995	Pat Spencer UNC Asheville
1996	Chris McGregor Liberty
1997	Albert Edman Coastal Carolina
1998	Tim Tousey Winthrop
1999	Brandon Trollip UNC Asheville
2000	Bruce Kite Liberty
2001	Michael Killoran Coastal Carolina
2002	Jack Rookstool Elon
2003	Goran Nava Radford
2004	Evan Falat Liberty
2005	Evan Falat Liberty
2006	Anthony Harris VMI
2007	Tamas Kovacs High Point
2008	Josh Edmonds Liberty
2009	Jason Wenzel Gardner-Webb
2010	Josh Edmonds Liberty
2011	Neal Darmody High Point
2012	Cabell Willis VMI
2013	Caleb Edmonds Liberty
2014	Reece Ayers High Point
2015	Jeremie Bourget Liberty
2016	Keaton Poole Gardner-Webb
2017	Keaton Poole Gardner-Webb

TEAM SPORTSMANSHIP AWARD	HEAD COACH
2005	VMI Mike Bozeman
2006	Liberty Brant Tolsma
2007	Liberty Brant Tolsma
2008	VMI Paul Spangler
	High Point Mike Esposito
2009	Liberty Brant Tolsma
2010	Liberty Brant Tolsma
2011	VMI Paul Spangler
2012	Coastal Carolina Jeff Jacobs
2013	VMI Jennifer Fazioli
2014	Gardner-Webb Brian Baker
2015	Campbell Michael Kelly
2016	UNC Asheville Jesse Norman
2017	Liberty Brant Tolsma

1984		
Al Dunn	Charleston Southern	23:54
Irving Batten	Charleston Southern	25:30
Glen Gorton	Charleston Southern	25:55
Stewart Uldrick	Charleston Southern	25:55
Ken Frenette	Campbell	26:01
Bruce Barnhill	Radford	26:06
Ron Witherow	Radford	n/a
Alex Downing	Radford	n/a
Richard Golden	Winthrop	n/a
Jim Brown	Armstrong State	26:38

1985		
Stewart Uldrick	Charleston Southern	26:06
Donnie Tickle	Radford	26:08
Ken Frenette	Campbell	26:21
Danny Sturgill	Radford	26:27
Chris Conboy	Radford	26:31
Ron Witherow	Radford	26:50
Jeff Custer	Radford	27:13
Roger Keesee	UNC Asheville	27:19
Richard Golden	Winthrop	27:23
Mitch Emblar	Charleston Southern	27:44

1986		
Ken Frenette	Campbell	25:39
Stewart Uldrick	Charleston Southern	25:49
Danny Sturgill	Radford	25:55
Donnie Tickle	Radford	26:01
Mike Abercrombie	Charleston Southern	26:15
Bruce Barnhill	Radford	26:27
Mitchell Emblar	Charleston Southern	26:42
Lamar Collins	Charleston Southern	26:44
Sandy Sandford	Radford	26:47
Bob Cair	Coastal Carolina	26:50

1987		
Ken Frenette	Campbell	26:05
Jeff Slater	Campbell	26:40
Jay Curwen	UNC Asheville	26:50
Mike Abercrombie	Charleston Southern	27:10
Keelyn Wu	Radford	27:17
Ricky Harrison	Charleston Southern	27:20
Roger Keesee	UNC Asheville	27:36
Scott Bishop	Radford	27:41
Chris Conboy	Radford	27:42
Brian Seiffert	Radford	27:52

1988		
Keelyn Wu	Radford	26:28
Barry Maroney	Campbell	26:48
Jay Curwen	UNC Asheville	26:57
John Decatur	Coastal Carolina	27:10
Bob Carr	Coastal Carolina	27:13
Rob Golden	Radford	27:16
Lou Nordeen	Coastal Carolina	27:21
Nathan Dowd	Charleston Southern	27:39
Brian Seiffert	Radford	27:47
James Allen	UNC Asheville	27:54

1989		
Dwayne Stover	Radford	26:04
Steve Shelton	Radford	26:18
John Decatur	Coastal Carolina	26:38
David Chabot	Charleston Southern	26:40
Darren Heusman	Campbell	26:42
Keelyn Wu	Radford	26:47
John Pinkerton	Radford	26:47
Joe Pardue	Radford	26:47
Nathan Dowd	Charleston Southern	26:47
Chuck Shelton	Radford	26:47

1990		
David Pitaro	Campbell	25:53
Steve Shelton	Radford	26:09
John Decatur	Coastal Carolina	26:15
Mike Easmeil	Radford	26:19
Dale Ward	Coastal Carolina	26:24
Ted Richardson	Davidson	26:24
Jeff Moran	Radford	26:25
Steve Johnston	Coastal Carolina	26:26
Chris Otrok	Davidson	26:33
Nathan Dowd	Charleston Southern	26:36

1991		
Bill Khan	Liberty	25:25
Merrill Hausenfluck	Radford	25:33
Dave McCombs	Liberty	25:55
Patrick Van Boden	Charleston Southern	26:01
David Pitaro	Campbell	26:16
John Decatur	Coastal Carolina	26:25
Damien Bates	Liberty	26:26
Brett Honeycutt	Liberty	26:30
Scott Autrey	Charleston Southern	26:38
Ian McElhinney	Campbell	26:45

1992		
Bill Khan	Liberty	25:50
David McCombs	Liberty	26:10
Ian McElhinney	Campbell	26:21
Don Augustin	UMBC	26:22
Patrick Van Boden	Charleston Southern	26:30
Chris Hogan	Coastal Carolina	26:33
Scott Elwood	UMBC	26:42
Mark Newell	Coastal Carolina	26:44
Bryan Stewart	Radford	26:57
Eric Welling	Liberty	27:02

1993		
Merrill Hausenfluck	Radford	26:14
Patrick Van Boden	Charleston Southern	26:21
David Pitaro	Campbell	26:31
Tommy Trehern	UNC Asheville	26:34
Graham Alig	Coastal Carolina	26:36
Finbarr Egan	Coastal Carolina	26:36
Don Augustin	UMBC	26:57
Martin Morales	UNC Asheville	27:11
Ian McElhinney	Campbell	27:14
Daniel Bentley	Liberty	27:16

1994		
Jeff Greene	Winthrop	24:13
Bill Kahn	Liberty	25:04
Graham Alig	Coastal Carolina	25:16
Lamar Pruitt	Charleston Southern	25:17
Clark Zealand	Liberty	25:28
Chris McGregor	Liberty	25:33
Patrick Van Boden	Charleston Southern	25:34
Travis Rudnick	UNC Asheville	25:38
Jason Lloyd	UNC Greensboro	25:45
Cleven Brown	Charleston Southern	25:48

1995		
Josh Cox	Liberty	25:34
Peter Fixler	Coastal Carolina	25:42
Dan Bentley	Liberty	25:55
Finbarr Egan	Coastal Carolina	26:15
Karl Walsh	Coastal Carolina	26:17
Pat Spencer	UNC Asheville	26:22
Brian Cross	Coastal Carolina	26:25
Robert Leone	Winthrop	26:41
Robby Cochran	UNC Asheville	26:49
Chuck Lyngaas	Liberty	26:51

1996		
Josh Cox	Liberty	25:08
Chris McGregor	Liberty	25:24
Albert Edman	Coastal Carolina	25:31
Gustav Beggren	Coastal Carolina	25:53
Finbarr Egan	Coastal Carolina	25:54
James Rogers	UNC Asheville	25:57
Karl Walsh	Coastal Carolina	25:57
Darren Cline	Charleston Southern	26:01
Pat Spencer	UNC Asheville	26:04
Tim Gautreau	UNC Asheville	26:09

1997		
Stephen Githuka	Liberty	25:19
Chris McGregor	Liberty	25:24
Brian Kiprono	Liberty	25:53
Justin Mosby	Radford	26:09
Chuck Lyngaas	Liberty	26:14
Albert Edman	Coastal Carolina	26:16
Eddie Legair	UNC Asheville	26:18
Sean O'Flaherty	Radford	26:29
Tim Gautreau	UNC Asheville	26:31
James Rogers	UNC Asheville	26:32

1998		
Stephen Githuka	Liberty	24:13
Brian Kiprono	Liberty	25:11
Campbell Claridge	Coastal Carolina	25:25
Tim Gautreau	UNC Asheville	25:26
Adam Growley	Winthrop	25:32
Justin Mosby	Radford	25:36
Bruce Kite	Liberty	25:37
Matt Nolan	Radford	25:49
John Khan	Liberty	25:51
Brandon Trollip	UNC Asheville	25:53

1999		
Stephen Githuka	Liberty	24:24
Brian Kiprono	Liberty	25:06
Chad Pearson	UNC Asheville	25:16
John Kahn	Liberty	25:20
Bruce Kite	Liberty	25:27
Brandon Trollip	UNC Asheville	25:45
Karl Byrne	Coastal Carolina	25:47
Dan Orr	Liberty	26:01
Campbell Claridge	Coastal Carolina	26:12
Chris Feist	Coastal Carolina	26:19

2000		
Bruce Kite	Liberty	25:15
Brendan McGrane	UNC Asheville	25:26
Adam Growley	Winthrop	25:32
Justin Insko	Winthrop	25:39
Niran Pillay	High Point	26:01
Matt Kelleher	Winthrop	26:10
Brandon Trollip	UNC Asheville	26:12
Tommy Maguire	Radford	26:14
Campbell Claridge	Coastal Carolina	26:20
Jason Andrews	Coastal Carolina	26:23

2001		
Adam Growley	Winthrop	24:45
Tommy Evans	High Point	24:55
Josiah Melly	Liberty	25:01
Campbell Claridge	Coastal Carolina	25:37
Lucas McCurdy	Winthrop	25:43
Daniel Barry	Winthrop	25:47
Matt Kelleher	Winthrop	26:03
Jacob Karn	Charleston Southern	26:04
Dan Rabe	Liberty	26:07
Brandon Holland	Winthrop	26:08

2002		
Terah Kipchiris	Coastal Carolina	24:40
Tommy Evans	High Point	24:52
Jeff Fairman	High Point	25:03
Nelson Oliveria	Coastal Carolina	25:33
Taylor Milne	High Point	25:35
Adrian Hill	High Point	25:36
Tim Dutton	Radford	25:41
Joel Collier	UNC Asheville	25:50
Dan Rabe	Liberty	25:52
Goran Nava	Radford	25:56

2003		
Terah Kipchiris	Coastal Carolina	25:05
Josiah Melly	Liberty	25:28
Goran Nava	Radford	25:46
Jeff Fairman	High Point	25:53
Nelson Olivera	Coastal Carolina	26:16
Bubba Hill	High Point	26:23
Tim Dutton	High Point	26:23
Chris Batista	Winthrop	26:35
Derek Nakluski	High Point	26:38
Evan Falat	Liberty	26:48

2004		
Josh McDougal	Liberty	23:49
Terah Kipchiris	Coastal Carolina	24:14
Derek Naklusk	High Point	25:07
David Freier	High Point	25:13
Bubba Hill	High Point	25:21
Joel Primus	High Point	25:27
Evan Falat	Liberty	25:37
Phil Latter	UNC Asheville	25:41
Dave Bell	UNC Asheville	25:43
Doug Currie	Coastal Carolina	25:46

2005		
Josh McDougal	Liberty	23:49
Tamas Kovacs	High Point	25:14
Nelson Oliveira	Coastal Carolina	25:30.45
Clint Jackson	Liberty	25:30.53
Jarvis Jelen	Liberty	25:32
Evan Falat	Liberty	25:45
Donnie Mikels	VMI	25:52
Doug Currie	Coastal Carolina	25:53
Root Kirbach	UNC Asheville	25:57.80
Drew Ponder	Liberty	25:57.81

2006		
Josh McDougal	Liberty	24:46.42
Jarvis Jelen	Liberty	24:46.70
Jordan McDougal	Liberty	24:46.96
Jamie McCarthy	Coastal Carolina	25:09
Doug Currie	Coastal Carolina	25:10
Tamas Kovacs	High Point	25:15
Dawitt Legesse	Radford	25:19
Jesse Cherry	High Point	25:23
Josh Edmonds	Liberty	25:30
Jon Harmon	UNC Asheville	25:34

2007		
Josh McDougal	Liberty	24:11
Jordan McDougal	Liberty	25:18
Jarvis Jelen	Liberty	25:22
Jesse Cherry	High Point	25:35
Tamas Kovacs	High Point	25:40
Joshua Edmonds	Liberty	25:43
Trevor Beesley	Winthrop	25:49
Brad Orr	Winthrop	26:21
Dawitt Legesse	Radford	26:27
Blair Paul	Coastal Carolina	26:30

2008		
Sam Chelanga	Liberty	24:32
Jordan McDougal	Liberty	24:55
Jesse Cherry	High Point	25:05
Josh Edmonds	Liberty	25:20
Jamie McCarthy	Coastal Carolina	25:37
Dawit Legesse	Radford	25:54
Donnie Cowart	VMI	25:57
Ermin Mujezinovic	VMI	26:02
Anthony Burkis	High Point	26:07
Jake Reed	Liberty	26:11

2009		
Sam Chelanga	Liberty	23:50
Evans Kigen	Liberty	25:13
Josh Morgan	High Point	25:48
Jamie McCarthy	Coastal Carolina	25:49
Kyle Kling	Coastal Carolina	25:56
Max Hacker	Coastal Carolina	26:10
Neal Darmody	High Point	26:13
David Ricksecker	Liberty	26:17
Jacob Smith	High Point	26:24
Jake Reed	Liberty	26:30

2010		
Sam Chelanga	Liberty	24:03
Evans Kigen	Liberty	24:35
Josh Edmonds	Liberty	24:44
Neal Darmody	High Point	24:53
Adam Freudenthal	Winthrop	24:56
Patrick Crawford	High Point	25:01
Kyle Kling	Coastal Carolina	25:13
Felix Kitur	VMI	25:20
Andrey Dmitriev	VMI	25:21
Jevin Monds	High Point	25:28

2011		
Zac Edwards	Liberty	23:56
Jacob Smith	High Point	24:14
Patrick Crawford	High Point	24:15
Neal Darmody	High Point	24:28
Adam Fredenthal	Winthrop	24:29
David Ricksecker	Liberty	24:36
Caleb Edmonds	Liberty	24:46
Josh MacDonald	Liberty	24:50
Noah Hagos	VMI	24:57
Morgan Timiney	Campbell	25:04

2012		
Jacob Smith	High Point	24:35
David Ricksecker	Liberty	24:39
Caleb Edmonds	Liberty	24:40
N'Getich Kipchirchir	Liberty	24:44
Patrick Crawford	High Point	24:52
Morgan Timiney	Liberty	25:10
Will Templeton	Liberty	25:10
Jeff LaCoste	High Point	25:17
Andrey Dmitriev	VMI	25:18
Joseph Keitt	Coastal Carolina	25:19

2013		
Patrick Crawford	High Point	25:32
Jeff LaCoste	High Point	25:52
Jeremie Bourget	Liberty	26:02
Josh MacDonald	Liberty	26:13
Chris Schulist	Campbell	26:15
Morgan Timiney	Campbell	26:16.5
Joseph Keitt	Coastal Carolina	26:16.8
Evan Niciphor	Coastal Carolina	26:30
Sam Hibbs	Liberty	26:31
Sean Helmke	VMI	26:38
Zach Barker	Liberty	26:45
Paddy Grandinali	High Point	26:55

2014

Jeff LaCoste	High Point	24:59
Jacob Kipserem	Campbell	25:04
Chris Colo	High Point	25:05
Titus Koech	Liberty	25:15
James Quattlebaum	High Point	25:24
Sam Hibbs	Liberty	25:42
Evan Darm	Campbell	25:48
Reece Ayers	High Point	25:49.7
Joseph Keitt	Coastal Carolina	25:49.9
Ryan Udvardia	High Point	25:57
Josh Showalter	Liberty	25:58.3
Paddy Grandinali	High Point	25:58.9

2015

Lawrence Kipkoech	Campbell	23:39
Amon Terer	Campbell	24:10
Jeremie Bourget	Liberty	24:35
Jacob Kipserem	Campbell	24:37
Azaria Kirwa	Liberty	24:38
Paddy Grandinali	High Point	24:39
Vinny Todaro	High Point	24:54
Meshack Kipruto	Campbell	24:56.02
Josh Showalter	Liberty	24:56.55
Alejandro Juan Torres	High Point	25:03
Cameron Francis	Liberty	25:05
Jeff LaCoste	High Point	25:15

2016

Amon Terer	Campbell	24:48.16
Lawrence Kipkoech	Campbell	24:48.26
Stanley Langat	Liberty	25:32
Azaria Kirwa	Liberty	25:33
Josh Showalter	Liberty	25:37
Vinny Todaro	High Point	25:43.07
Dominic Collichio	UNC Asheville	25:43.40
Jacob Kipserem	Campbell	25:46
Kelvin Kirui	Campbell	25:54
Frisco Poole	Radford	25:58
Meshack Kipruto	Campbell	26:14
Cameron Francis	Liberty	26:19

2017

Amon Kemboi	Campbell	24:14
Azaria Kirwa	Liberty	24:16
Lawrence Kipkoech	Campbell	24:25
Meshack Kipruto	Campbell	24:53
Kelvin Kirui	Campbell	25:11
Fearghal Curtin	Charleston Southern	25:24
James Zentmeyer	Liberty	25:29.2
Houcine Bouchark	High Point	25:29.8
Jeryck Wilson	Charleston Southern	25:45
Samuel Proctor	Liberty	26:09
Augustine Lisoreng	Liberty	26:11
Graham Hansel	Liberty	26:18

ALL-CONFERENCE TEAMS



FOUR-TIME ALL-CONFERENCE HONOREES (8)

Ken Frenette, Campbell 1984-85-86-87
 John Decatur, Coastal Carolina 1988-89-90-91
 Patrick Van Boden, Charleston So... 1991-92-93-94
 Campbell Claridge, Coastal Caro.... 1998-99-00-01
 Josh McDougal, Liberty 2004-05-06-07
 Josh Edmonds, Liberty 2006-07-08-10
 Patrick Crawford, High Point 2010-11-12-13
 Jeff LaCoste, High Point 2012-13-14-15

THREE-TIME ALL-CONFERENCE HONOREES (43)

Stewart Uldrick, Charleston Southern...1984-85-86
 Keelyn Wu, Radford 1987-88-89
 Nathan Dowd, Charleston Southern .. 1988-89-90
 David Pitaro, Campbell 1990-91-93
 Ian McElhinney, Campbell 1991-92-93
 Bill Khan, Liberty 1991-92-94
 Finbarr Egan, Coastal Carolina 1993-95-96
 Chris McGregor, Liberty 1994-96-97
 Tim Gautreau, UNC Asheville 1996-97-98
 Stephen Githuka, Liberty 1997-98-99
 Brian Kiprono, Liberty 1997-98-99
 Bruce Kite, Liberty 1998-99-00
 Adam Growley, Winthrop 1998-00-01
 Brandon Trollip, UNC Asheville 1998-99-00
 Terah Kipchiris, Coastal Carolina 2002-03-04
 Nelson Oliveria, Coastal Carolina 2002-03-05
 Evan Falat, Liberty 2003-04-05
 Doug Currie, Coastal Carolina 2004-05-06

Jarvis Jelen, Liberty 2005-06-07
 Tamas Kovacs, High Point 2005-06-07
 Jordan McDougal, Liberty 2006-07-08
 Jesse Cherry, High Point 2006-07-08
 Dawitt Legesse, Radford 2006-07-08
 Jamie McCarthy, Coastal Carolina 2006-08-09
 Sam Chelanga, Liberty 2008-09-10
 Neal Darmody, High Point 2009-10-11
 Jacob Smith, High Point 2009-11-12
 David Ricksecker, Liberty 2009-11-12
 Morgan Timiney, Campbell 2011-12-13
 Joseph Keitt, Coastal Carolina 2012-13-14
 Paddy Grandinali, High Point 2013-14-15
 Josh Showalter, Liberty 2014-15-16
 Jacob Kipserem, Campbell 2014-15-16
LAWRENCE KIPKOECH, Campbell 2015-16-17
MESHACK KIPRUTO, Campbell 2015-16-17

ALL-DECADE TEAMS



1984-89 ALL-DECADE TEAM

Mike Abercrombie, Charleston Southern
 Bob Carr, Coastal Carolina
 Jay Curwen, UNC Asheville
 Nathan Dowd, Charleston Southern
 Al Dunn, Charleston Southern
 Ken Frenette, Campbell
 Richard Golden, Winthrop
 Dwayne Stover, Radford
 Stewart Uldrick, Charleston Southern
 Keelyn Wu, Radford

Coach: Tyler Will, Radford

1990-99 ALL-DECADE TEAM

Josh Cox, Liberty
 John Decatur, Coastal Carolina
 Tim Gautreau, UNC Asheville
 Stephen Githuka, Liberty
 Jeff Greene, Winthrop
 Merrill Hausenfluck, Radford
 Bill Khan, Liberty
 Bruce Kite, Liberty
 David Pitaro, Campbell
 Patrick Van Boden, Charleston Southern

Coach: Brant Tolsma, Liberty

2000-09 ALL-DECADE TEAM

Sam Chelanga, Liberty
 Jesse Cherry, High Point
 Campbell Claridge, Coastal Carolina
 Josh Edmonds, Liberty
 Adam Growley, Winthrop
 Jarvis Jelen, Liberty
 Terah Kipchiris, Coastal Carolina
 Tamas Kovacs, High Point
 Dawitt Legesse, Radford
 Josh McDougal, Liberty

Coach: Brant Tolsma, Liberty

As part of the Big South's 30th Anniversary celebration in 2013-14, the conference announced its first-ever All-Decade Teams to recognize the student-athletes and coaches who excelled in their respective sport since the conference's founding in 1983. A committee of Big South Conference administrators served as the official voting panel to determine the All-Decade Teams, with fan voting comprising 20 percent of the overall total. Men's Cross Country All-Decade Team candidates are determined based on being at least one of the following: 1) Was a multiple All-Conference honoree; 2) Was named an All-American; 3) Is a member of the Big South Conference Hall of Fame; 4) Student-athletes must be a college graduate or left their respective institution in good academic standing; 5) Won a Conference Championship as a coach and/or was voted Conference Coach of the Year; and 6) Players of the Year, Tournament MVPs and First-Team All-Conference honorees were among the candidate pool for the 1983-89 All-Decade Teams. Candidates that participated in two different decades were placed in a specific decade based on consultation from member institutions. Member institutions also had final determination in regards to inclusion of student-athletes and coaches. The next Men's Cross Country All-Decade Team will cover 2010-19 and will be announced following the 2019 season.

1984

October 27 -- Charleston, S.C.

1.	Charleston Southern	16
2.	Campbell	68
3.	Radford	73
4.	Winthrop	123
5.	UNC Asheville	136
6.	Augusta	146
7.	Armstrong State	156
8.	Columbus	221
9.	Coastal Carolina	225

1985

October 26 -- Rock Hill, S.C.

1.	Radford	24
2.	Campbell	71
3.	Charleston Southern	75
4.	UNC Asheville	101
5.	Winthrop	106
6.	Armstrong State	136
7.	Augusta	198
8.	Coastal Carolina	214

1986

October 25 -- Rock Hill, S.C.

1.	Radford	38
2.	Charleston Southern	40
T-3.	Winthrop	112
T-3.	Coastal Carolina	112
5.	Armstrong State	131
6.	Campbell	132
7.	UNC Asheville	142
8.	Augusta	223

1987

October 31 -- Radford, Va.

1.	Radford	46
2.	Campbell	53
3.	UNC Asheville	67
4.	Charleston Southern	72
5.	Winthrop	134
6.	Coastal Carolina	139
7.	Augusta	199

1988

October 29 -- Rock Hill, S.C.

1.	Radford	55
2.	Coastal Carolina	61
3.	Campbell	67
4.	UNC Asheville	72
5.	Charleston Southern	102
6.	Winthrop	130
7.	Augusta	214

1989

October 28 -- Charleston, S.C.

1.	Radford	24
2.	Coastal Carolina	61
3.	Charleston Southern	80
4.	Campbell	116
5.	UNC Asheville	120
6.	Winthrop	129
7.	Augusta	202

1990

October 27 -- Charleston, S.C.

1.	Radford	47
2.	Charleston Southern	64
3.	Coastal Carolina	66
T-4.	Davidson	89
T-4.	Campbell	89
6.	UNC Asheville	153
7.	Winthrop	161
8.	Augusta	250

1991

November 2 -- Charleston, S.C.

1.	Liberty	32
2.	Campbell	69
3.	Radford	79
4.	Charleston Southern	86
5.	Davidson	125
6.	Coastal Carolina	159
7.	UNC Asheville	161
8.	Winthrop	183

1992

October 31 - Baltimore, Md.

1.	Liberty	40
2.	UMBC	78
3.	Coastal Carolina	97
4.	Radford	98
5.	Campbell	101
6.	Charleston Southern	129
7.	UNC Asheville	200
8.	Towson State	203
9.	UNC Greensboro	208
10.	Winthrop	256

1993

October 30 -- Radford, Va.

1.	Coastal Carolina	62
2.	Campbell	66
3.	UNC Asheville	93
4.	Radford	103
5.	Charleston Southern	107
6.	Liberty	129
7.	UMBC	173
8.	Winthrop	187
9.	Towson State	218
10.	UNC Greensboro	273

1994

October 26 -- Towson, Md.

1.	Liberty	46
2.	Coastal Carolina	69
3.	Charleston Southern	85
4.	UNC Asheville	112
5.	Winthrop	130
6.	Towson State	160
7.	UMBC	161
8.	Radford	178
9.	UNC Greensboro	207

1995

October 28 -- Rock Hill, S.C.

1.	Coastal Carolina	33
2.	Liberty	39
3.	UNC Asheville	56
4.	Winthrop	132
5.	UMBC	144
6.	Charleston Southern	165
7.	UNC Greensboro	180
8.	Radford	186

1996

November 2 -- Rock Hill, S.C.

1.	Coastal Carolina	31
2.	Liberty	48
3.	UNC Asheville	55
4.	UMBC	131
5.	Radford	158
6.	Winthrop	162
7.	Charleston Southern	165
8.	UNC Greensboro	169

1997

November 1 - Rock Hill, S.C.

1.	Liberty	30
2.	UNC Asheville	55
3.	Radford	64
4.	Coastal Carolina	101
5.	UMBC	121
6.	Winthrop	148
7.	Charleston Southern	173

1998

October 31 -- Radford, Va.

1.	Liberty	40
2.	UNC Asheville	53
3.	Radford	60
4.	Winthrop	92
5.	Coastal Carolina	127
6.	Charleston Southern	142

1999

October 30 -- Rock Hill, S.C.

1.	Liberty	20
2.	Coastal Carolina	52
3.	UNC Asheville	76
4.	Radford	111
5.	Winthrop	134
6.	Elon	166
7.	Charleston Southern	171
8.	High Point	201

2000

October 28 -- Charleston, S.C.

1.	Winthrop	39
2.	UNC Asheville	70
3.	Coastal Carolina	73
4.	Liberty	96
5.	High Point	138
6.	Radford	142
7.	Elon	143
8.	Charleston Southern	163

2001

October 29 -- Rock Hill, S.C.

1.	Winthrop	29
2.	High Point	64
3.	Liberty	75
4.	Elon	118
5.	Radford	126
6.	UNC Asheville	146
7.	Coastal Carolina	152
8.	Charleston Southern	168

2002

November 2 -- Rock Hill, S.C.

1.	High Point	29
2.	Coastal Carolina	70
3.	Liberty	80
4.	UNC Asheville	112
5.	Radford	144
6.	Elon	159
7.	Winthrop	161
8.	Charleston Southern	190

2003

November 1 -- Myrtle Beach, S.C.

1.	High Point	45
2.	Liberty	69
3.	Coastal Carolina	96
4.	UNC Asheville	107
5.	Radford	127
6.	Winthrop	131
7.	VMI	170
8.	Birmingham-Southern	183
9.	Charleston Southern	273

2004

October 30 -- Rock Hill, S.C.

1.	High Point	30
2.	Liberty	61
3.	Coastal Carolina	74
4.	VMI	106
5.	UNC Asheville	107
6.	Birmingham-Southern	169
7.	Winthrop	176
8.	Radford	200
9.	Charleston Southern	293

2005

October 29 -- Lexington, Va.

1.	Liberty	26
2.	VMI	73
3.	High Point	80
4.	Coastal Carolina	81
5.	UNC Asheville	110
6.	Radford	139
7.	Winthrop	170
8.	Birmingham-Southern	193

2006

October 28 -- Summerville, S.C.

1.	Liberty	32
2.	Coastal Carolina	57
3.	High Point	62
4.	VMI	113
5.	Radford	128
6.	Winthrop	137
7.	Birmingham-Southern	159
8.	UNC Asheville	202
9.	Charleston Southern	290

2007

October 27 -- Hendersonville, N.C.

1.	Liberty	27
2.	High Point	58
3.	Winthrop	75
4.	Radford	100
5.	VMI	110
6.	Coastal Carolina	118
7.	UNC Asheville	205
8.	Charleston Southern	232

2008

November 1 -- Lynchburg, Va.

1.	Liberty	28
2.	High Point	64
3.	VMI	79
4.	Coastal Carolina	134
5.	UNC Asheville	147
T-6.	Winthrop	151
T-6.	Radford	151
8.	Gardner-Webb	224
9.	Charleston Southern	240

2009

October 31 -- High Point, N.C.

1.	Liberty	33
2.	High Point	46
3.	Coastal Carolina	59
4.	VMI	107
5.	UNC Asheville	133
6.	Winthrop	150
7.	Charleston Southern	199
8.	Gardner-Webb	225
9.	Radford	247

2010

October 30 -- Blacksburg, Va.

1.	Liberty	33
2.	High Point	45
3.	VMI	69
4.	Winthrop	134
5.	Radford	153
6.	UNC Asheville	162
7.	Coastal Carolina	205
8.	Charleston Southern	209
9.	Gardner-Webb	247

2011

October 29 -- Conway, S.C.

1.	Liberty	33
2.	High Point	40
3.	VMI	83
4.	Campbell	120
5.	Winthrop	139
6.	Radford	168
7.	Coastal Carolina	197
8.	UNC Asheville	223
9.	Charleston Southern	236
10.	Gardner-Webb	263

2012

October 27 -- Rock Hill, S.C.

1.	Liberty	28
2.	High Point	49
3.	Campbell	92
4.	VMI	100
5.	UNC Asheville	158
6.	Coastal Carolina	178
7.	Winthrop	185
8.	Radford	192
9.	Longwood	214
10.	Gardner-Webb	320
11.	Charleston Southern	347
12.	Presbyterian College	365

2013

November 2 -- Buena Vista, Va.

1.	Liberty	40
2.	High Point	48
3.	Campbell	87
4.	VMI	99
5.	Coastal Carolina	104
6.	UNC Asheville	189
7.	Longwood	195
8.	Radford	196
9.	Winthrop	237
10.	Gardner-Webb	329
11.	Charleston Southern	351
12.	Presbyterian College	368

2014

November 1 -- Boiling Springs, N.C.

1.	High Point	27
2.	Liberty	52
3.	Campbell	75
4.	Radford	141
5.	UNC Asheville	156
6.	Winthrop	170
7.	Coastal Carolina	184
8.	Longwood	191
9.	Charleston Southern	289
10.	Gardner-Webb	305
11.	Presbyterian College	318

2015

October 31 -- Spartanburg, S.C.

1.	Campbell	31
2.	Liberty	42
3.	High Point	48
4.	Radford	120
5.	UNC Asheville	137
6.	Winthrop	216
7.	Coastal Carolina	218
8.	Presbyterian College	228
9.	Longwood	240
10.	Gardner-Webb	243
11.	Charleston Southern	309

2016

October 28 -- Asheville, N.C.

1.	Campbell	31
2.	Liberty	37
3.	Radford	87
4.	High Point	103
5.	Winthrop	131
6.	UNC Asheville	145
7.	Gardner-Webb	235
8.	Longwood	242
9.	Presbyterian College	243
10.	Charleston Southern	246

2017

October 28 -- Lynchburg, Va.

1.	Campbell	38
2.	Liberty	42
3.	Charleston Southern	86
4.	UNC Asheville	105
5.	Radford	107
6.	High Point	159
7.	Winthrop	211
8.	Gardner-Webb	242
9.	Presbyterian College	244
10.	Longwood	277

CHAMPIONSHIP TITLES



SCHOOL	CHAMPIONSHIPS	BEST FINISH
Liberty	15 (1991-92-94-97-98-99-05-06-07-08-09-10-11-12-13)	n/a
RADFORD	6 (1985-86-87-88-89-90)	n/a
HIGH POINT	4 (2002-03-04-14)	n/a
Coastal Carolina	3 (1993-95-96)	n/a
CAMPBELL	3 (2015-16-17)	n/a
WINTHROP	2 (2000-01)	n/a
CHARLESTON SOUTHERN	1 (1984)	n/a
UMBC	--	2nd (1992)
UNC ASHEVILLE	--	2nd (1997-98-00)
VMI	--	2nd (2005)
Davidson	--	T-4th (1990)
Elon	--	4th (2001)
Augusta	--	6th (1984)
Armstrong State	--	6th (1985)
Towson State	--	6th (1994)
Birmingham-Southern	--	6th (2004)
UNC Greensboro	--	7th (1995)
LONGWOOD	--	7th (2012-13)
GARDNER-WEBB	--	7th (2016)
PRESBYTERIAN	--	8th (2015)

SCHOOL	INDIVIDUAL CHAMPIONS
Liberty	16 (1991-92-95-96-97-98-99-00-04-05-06-07-08-09-10-11)
CAMPBELL	6 (1986-87-90-15-16-17)
RADFORD	3 (1988-89-93)
HIGH POINT	3 (2012-13-14)
Coastal Carolina	2 (2002-03)
WINTHROP	2 (1994-01)
CHARLESTON SOUTHERN	2 (1984-85)

current Big South members in BOLD CAPS

MOST INDIVIDUAL BIG SOUTH CHAMPIONSHIPS	MOST BIG SOUTH CHAMPIONSHIPS, COACH	MOST NCAA CHAMPIONSHIP RUNNERS, COACH
1. 4 Josh McDougal, Liberty 2. 3 Stephen Githuka, Liberty 3 Sam Chelanga, Liberty 4. 2 Ken Frenette, Campbell 2 Bill Khan, Liberty 2 Josh Cox, Liberty 2 Terah Kipchiris, Coastal Carolina	1. 15 Brant Tolsma, Liberty 2. 3 Tyler Will, Radford 3 Tom Morris, Radford 3 Jim Koster, Coastal Carolina 3 Al Barnes, High Point 3 MICHAEL KELLY, Campbell 7. 2 BEN PAXTON, Winthrop 8. 1 Jim Settle, Charleston Southern 1 MIKE ESPOSITO, High Point	1. 11 Brant Tolsma, Liberty 2. 5 MICHAEL KELLY, Campbell 3. 2 Andrew Allden, Coastal Carolina 4. 1 BEN PAXTON, Winthrop

2005

9-7	Josh McDougal	Liberty
9-14	Jonathan Harmon	UNC Asheville
9-21	Nelson Oliveira	Coastal Carolina
9-28	Jordan McDougal	Liberty
10-5	Donnie Mikels	VMI
10-12	Nelson Oliveira	Coastal Carolina
10-19	Josh McDougal	Liberty

2006

9-7	John Heron	Coastal Carolina
9-13	Josh McDougal	Liberty
9-20	Jamie McCarthy	Coastal Carolina
9-27	Josh McDougal	Liberty
10-3	Tamas Kovacs	High Point
10-12	Jon Harmon	UNC Asheville
10-18	Josh McDougal	Liberty
10-25	Justin Leach	Birmingham-So.

2007

9-6	Tamas Kovacs	High Point
9-12	Josh Edmonds	Liberty
9-19	Jarivs Jelen	Liberty
10-3	Josh McDougal	Liberty
10-10	Andrew Burnette	UNC Asheville
10-17	Josh McDougal	Liberty

2008

9-4	Jamie McCarthy	Coastal Carolina
9-10	Sam Chelanga	Liberty
9-17	Andrew King	Charleston Southern
9-24	Jordan McDougal	Liberty
10-1	Jesse Cherry	High Point
10-8	Sam Chelanga	Liberty
10-15	Nicholas Baer	Presbyterian
10-22	Sam Chelanga	Liberty

2009

9-10	Kyle Kling	Coastal Carolina
9-22	Evans Kigan	Liberty
9-29	Andrew King	Charleston Southern
10-6	Kyle Kling	Coastal Carolina
10-15	Adam Freudenthal	Winthrop
10-22	Sam Chelanga	Liberty

2010

9-8	Patrick Crawford	High Point
9-15	Brian Gorwitz	Radford
9-22	Evans Kigen	Liberty
9-29	Adam Freudenthal	Winthrop
10-6	Sam Chelanga	Liberty
10-14	Adam Freudenthal	Winthrop
10-20	Sam Chelanga	Liberty
10-27	Kyle Kling	Coastal Carolina

2011

9-8	Michael McClay	Gardner-Webb
9-14	Delohnni Nicol-Samuel	Campbell
9-21	Zac Edwards	Liberty
9-28	Steve Rivard	Winthrop
10-5	Zac Edwards	Liberty
10-12	Noah Hagos	VMI
10-19	Patrick Crawford	High Point

2012

9-5	Evan Niciphor	Coastal Carolina
9-12	Michael McClay	Gardner-Webb
9-19	N'Getich Kipchirchir	Liberty
10-3	Benji Szalai	High Point
10-17	David Ricksecker	Liberty

2013

9-4	Patrick Crawford	High Point
9-11	Morgan Timiney	Campbell
9-18	Patrick Crawford	High Point
9-25	Caleb Edmonds	Liberty
10-2	Josh MacDonald	Liberty
10-9	Chris Schulist	Campbell
10-16	Mike McClay	Gardner-Webb
10-23	Jeff LaCoste	High Point

2014

9-3	Joseph Keitt	Coastal Carolina
9-16	Amon Terer	Campbell
9-23	Andy Thornburg	UNC Asheville
9-30	Jeff LaCoste	High Point
10-7	Titus Koech	Liberty
10-21	Kevin Mills	Winthrop

2015

9-9	Azaria Kirwa	Liberty
9-15	Russell Reed	Longwood
9-22	Dominic Collichio	UNC Asheville
9-29	Lawrence Kipkoech	Campbell
10-7	Vinny Todaro	High Point
10-14	Lawrence Kipkoech	Campbell
10-21	Amon Terer	Campbell

2016

9-7	Dominic Collichio	UNC Asheville
9-14	Dominic Collichio	UNC Asheville
9-21	Lawrence Kipkoech	Campbell
9-28	Lawrence Kipkoech	Campbell
10-5	Kevin Mills	Winthrop
10-19	Amon Tener	Campbell

2017

9-6	Amon Kemboi	Campbell
9-13	Leon Beard	Longwood
9-20	Kevin Mills	Winthrop
9-27	Meshack Kipruto	Campbell
10-4	Fearghal Curtin	Charleston Southern
	Azaria Kirwa	Liberty
10-18	Amon Kemboi	Campbell

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2016

Chris Fludd-Clark	Charleston Southern
Keaton Poole	Gardner-Webb
Vinny Todaro	High Point
Graham Hansel	Liberty
Marc Mawyer	Longwood
Chris Sacco	Presbyterian College
Ashenafi Kidanu	Radford
Caleb Smith	UNC Asheville
Blake White	Winthrop

2017

Hunter Gilbert	Campbell
Jeryck Wilson	Charleston Southern
Keaton Poole	Gardner-Webb
Alejandro Juan Torres	High Point
James Zentmeyer	Liberty
Duncan Gotfredson	Presbyterian College
Mak Casey	Radford
Zach Boone	UNC Asheville
Kevin Mills	Winthrop

YEAR – NAME, SCHOOL (TIME, PLACE, HONORS)

2000 – ADAM GROWLEY, Winthrop

33:29 239th place

2002 – TERAH KIPCHIRIS, Coastal Carolina

30:54 70th place

2003 – TERAH KIPCHIRIS, Coastal Carolina

30:53 102nd place

2004 – JOSH McDOUGAL, Liberty

31:14 13th place All-America

2005 – JOSH McDOUGAL, Liberty

29:32 4th place All-America

2006 – JOSH McDOUGAL, Liberty

31:34 27th place All-America

2007 – JOSH McDougal, Liberty

29:22 NATIONAL CHAMPION, All-America

2008 – SAM CHELANGA, Liberty

29:08 2nd place All-America

JORDAN McDOUGAL, Liberty

32:03 217th place

YEAR – NAME, SCHOOL (TIME, PLACE, HONORS)

2009 – SAM CHELANGA, Liberty

28:41 NATIONAL CHAMPION, All-America

EVANS KIGEN, Liberty

30:01 20th place All-America

2010 – SAM CHELANGA, Liberty

29:22 NATIONAL CHAMPION, All-America

EVANS KIGEN, Liberty

30:21 31st place All-America

2015 – LAWRENCE KIPKOECH, Campbell

31:13.9 131st place

2016 – LAWRENCE KIPKOECH, Campbell

30:13.9 26th place All-America

AMON TERER, Campbell

30:21.3 35th place All-America

2017 – LAWRENCE KIPKOECH, Campbell

29:34.5 9th place All-America

AZARIA KIRWA, Liberty

29:46.5 25th place All-America

AMON KEMBOI, Campbell

29:52.1 29th place All-America

<u>SCHOOL</u>	<u>APPEARANCES</u>	<u>YEARS</u>	<u>TOTAL QUALIFIERS</u>	<u>MOST QUALIFIERS (YEARS)</u>	<u>BEST INDIVIDUAL FINISH</u>
Liberty	8	2004–05–06–07–08–09–10–17	11	2 (2008, 2009, 2010)	NATIONAL CHAMPION (three times)
Campbell	3	2015–16–17	5	2 (2016, 2017)	9th
Coastal Carolina	2	2002–03	2	1 (2002, 2003)	70th
Winthrop	1	2000	1	1 (2000)	239th
BIG SOUTH TOTAL			19	3 (2017)	NATIONAL CHAMPION (three times)

current Big South men's cross country programs in bold

NATIONAL CHAMPIONS

2007	Josh McDougal, Liberty
2009	Sam Chelanga, Liberty
2010	Sam Chelanga, Liberty

USTFCCCA ALL-AMERICA

2004	Josh McDougal, Liberty
2005	Josh McDougal, Liberty
2006	Josh McDougal, Liberty
2007	Josh McDougal, Liberty
2008	Sam Chelanga, Liberty
2009	Sam Chelanga, Liberty
	Evans Kigen, Liberty
2010	Sam Chelanga, Liberty
	Evans Kigen, Liberty
2016	Lawrence Kipkoech, Campbell
	Amon Terer, Campbell
2017	Lawrence Kipkoech, Campbell
	Azaria Kirwa, Liberty
	Amon Kemboi, Campbell

USTFCCCA ATHLETE OF THE YEAR

2008	Josh McDougal, Liberty
2009	Sam Chelanga, Liberty
2010	Sam Chelanga, Liberty

USTFCCCA ALL-REGION

1994	Jeff Greene, Winthrop	Southeast
1997	Chris McGregor, Liberty	Southeast
1998	Stephen Githuka, Liberty	Southeast
	Adam Growley, Winthrop	Southeast
2000	Adam Growley, Winthrop	Southeast
2001	Josiah Melly, Liberty	Southeast
2002	Terah Kipchiris, Coastal Carolina	Southeast
2003	Terah Kipchiris, Coastal Carolina	Southeast
2004	Josh McDougal, Liberty	Southeast
2005	Josh McDougal, Liberty	Southeast
	Nelson Oliveira, Coastal Carolina	Southeast
2006	Josh McDougal, Liberty	Southeast
2007	Josh McDougal, Liberty	Southeast
	Jarvis Jelen, Liberty	Southeast
	Jordan McDougal, Liberty	Southeast
2008	Sam Chelanga, Liberty	Southeast
	Jordan McDougal, Liberty	Southeast
	Josh Edmonds, Liberty	Southeast
2009	Sam Chelanga, Liberty	Southeast
	Evans Kigen, Liberty	Southeast
2010	Sam Chelanga, Liberty	Southeast
	Evans Kigen, Liberty	Southeast
	Josh Edmonds, Liberty	Southeast
2011	Zac Edwards, Liberty	Southeast
2013	Jeff LaCoste, High Point	Southeast
	Patrick Crawford, High Point	Southeast
	Josh McDonald, Liberty	Southeast
2014	Jeff LaCoste, High Point	Southeast
2015	Lawrence Kipkoech, Campbell	Southeast
	Amon Terer, Campbell	Southeast
2016	Amon Terer, Campbell	Southeast
	Lawrence Kipkoech, Campbell	Southeast
	Stanley Langat, Liberty	Southeast
2017	Lawrence Kipkoech, Campbell	Southeast
	Azaria Kirwa, Liberty	Southeast
	Amon Kemboi, Campbell	Southeast

USTFCCCA REGIONAL ATHLETE OF THE YEAR

2004	Josh McDougal, Liberty	Southeast
2005	Josh McDougal, Liberty	Southeast
2007	Josh McDougal, Liberty	Southeast
2008	Sam Chelanga, Liberty	Southeast
2009	Sam Chelanga, Liberty	Southeast
2010	Sam Chelanga, Liberty	Southeast
2016	Amon Terer, Campbell	Southeast
2017	Lawrence Kipkoech, Campbell	Southeast

NCAA POSTGRADUATE SCHOLARSHIP RECIPIENTS

2012	Kyle Kling, Coastal Carolina
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USTFCCCA NATIONAL ATHLETE OF THE WEEK

2004	Josh McDougal, Liberty	Oct. 5
2005	Josh McDougal, Liberty	Oct. 18
2007	Josh McDougal, Liberty	Nov. 28
2016	Lawrence Kipkoech, Campbell	Sept. 19

NATIONAL TEAM QUALIFIERS

2000	Chad Pearson, UNC Asheville	USA Junior National Team
2005	Josh McDougal, Liberty	USA Senior National Team
2006	Jordan McDougal, Liberty	USA Junior National Team
2007	Josh Edmonds, Liberty	USA Junior National Team

WORLD CROSS COUNTRY CHAMPIONSHIPS PARTICIPANTS

2000	Chad Pearson, UNC Asheville
2004	Joel Primus, High Point
2005	Josh McDougal, Liberty
2006	Jordan McDougal, Liberty
2007	Josh Edmonds, Liberty

USTFCCCA ALL-ACADEMIC TEAM

1996	Chris McGregor, Liberty
2003	Terah Kipchiris, Coastal Carolina
2008	Josh Edmonds, Liberty
2010	Josh Edmonds, Liberty

USTFCCCA CROSS COUNTRY ALL-ACADEMIC TEAM

1994	UNC Asheville
1995	Liberty
	UNC Asheville
1996	UNC Asheville
1997	UNC Asheville
1998	UNC Asheville
1999	UNC Asheville
2000	UNC Asheville
2001	Coastal Carolina
2002	Coastal Carolina
2003	Coastal Carolina
	High Point
2004	Coastal Carolina
	High Point
2005	Coastal Carolina
2006	Liberty
2007	High Point
	Winthrop
2008	High Point
	Liberty
2009	Charleston Southern
	Coastal Carolina
	High Point
	Winthrop
2010	Charleston Southern
	Winthrop
2011	Coastal Carolina
	High Point
	Winthrop

USTFCCCA CROSS COUNTRY ALL-ACADEMIC TEAM (cont.)

2012	Coastal Carolina
2013	Coastal Carolina
	High Point
	Liberty
	Presbyterian College
	VMI
2014	Liberty
	Presbyterian College
	Winthrop
2015	High Point
	Liberty
	Presbyterian College
2016	High Point
	Presbyterian College
	Winthrop
2017	High Point
	Presbyterian College
	Radford
	UNC Asheville
	Winthrop

NCAA PUBLIC RECOGNITION AWARD FOR HIGH ACADEMIC ACHIEVEMENT

2006	Radford
2007	Radford
2008	Radford
2015	Coastal Carolina
2016	Presbyterian College
2017	Presbyterian College
2018	Presbyterian College

2002

Team (first-place votes)	Points
1. High Point (9)	121
2. Liberty (6)	109
3. Coastal Carolina (1)	89
4. Winthrop	87
5. Radford	57
6. UNC Asheville	50
7. Elon	45
8. Charleston Southern	18

2003

Team (first-place votes)	Points
1. High Point (16)	160
2. Coastal Carolina (2)	144
3. Liberty	122
4. UNC Asheville	93
T-5. Radford	74
T-5. Winthrop	74
7. Birmingham-Southern	60
8. VMI	54
9. Charleston Southern	29

2004

Team (first-place votes)	Points
1. High Point (15)	158
2. Liberty (1)	135
3. Coastal Carolina (2)	133
4. UNC Asheville	103
T-5. Radford	72
T-5. Winthrop	72
7. VMI	57
8. Birmingham-Southern	49
9. Charleston Southern	31

2005

Team (first-place votes)	Points
1. Liberty (9)	153
2. High Point (9)	151
3. Coastal Carolina	125
4. VMI	92
5. UNC Asheville	88
6. Winthrop	71
7. Birmingham-Southern	55
8. Radford	41
9. Charleston Southern	34

2006

Team (first-place votes)	Points
1. Liberty (17)	161
2. VMI (1)	129
3. Coastal Carolina	126
4. High Point	119
5. Radford	78
6. Winthrop	76
7. UNC Asheville	61
8. Birmingham-Southern	36
9. Charleston Southern	24

2007

Team (first-place votes)	Points
1. Liberty (16)	128
2. Coastal Carolina	111
3. High Point	95
4. Winthrop	68
5. VMI	65
6. Radford	55
7. UNC Asheville	36
8. Charleston Southern	18

2008

Team (first-place votes)	Points
1. Liberty (9)	99
2. High Point (1)	90
3. VMI	73
4. Coastal Carolina	64
5. Winthrop	61
6. Radford	58
T-7. Gardner-Webb	34
T-7. UNC Asheville	34
9. Presbyterian College	19
10. Charleston Southern	18

2009

Team (first-place votes)	Points
1. Liberty (8)	98
2. High Point (2)	88
3. VMI	82
4. Coastal Carolina	69
5. Winthrop	55
6. UNC Asheville	53
7. Gardner-Webb	36
8. Radford	35
9. Charleston Southern	22
10. Presbyterian College	12

2010

Team (first-place votes)	Points
1. Liberty (10)	100
2. High Point	90
3. VMI	79
4. Coastal Carolina	65
5. UNC Asheville	59
6. Winthrop	54
7. Gardner-Webb	35
8. Charleston Southern	32
9. Radford	27
10. Presbyterian College	11

2011

Team (first-place votes)	Points
1. High Point (8)	118
2. Liberty (2)	108
3. VMI (1)	103
4. Winthrop	80
5. Campbell	71
6. Radford	58
7. Coastal Carolina	57
8. UNC Asheville	50
9. Charleston Southern	36
10. Gardner-Webb	32
11. Presbyterian College	13

2012

Team (first-place votes)	Points
1. Liberty (12)	144
2. High Point	132
3. Campbell	103
4. VMI	102
5. Winthrop	89
6. Coastal Carolina	84
7. Radford	83
8. UNC Asheville	65
9. Charleston Southern	49
10. Gardner-Webb	43
11. Longwood	23
12. Presbyterian College	18

2013

Team (first-place votes)	Points
1. Liberty (12)	144
2. High Point	131
3. Campbell	111
4. VMI	99
5. Coastal Carolina	94
6. UNC Asheville	85
7. Winthrop	83
8. Radford	64
9. Longwood	40
10. Gardner-Webb	39
11. Charleston Southern	33
12. Presbyterian College	13

2014

Team (first-place votes)	Points
1. Liberty (7)	116
2. High Point (3)	113
3. Coastal Carolina	93
4. Campbell (1)	92
5. UNC Asheville	70
6. Winthrop	64
7. Radford	53
8. Longwood	51
9. Gardner-Webb	31
10. Charleston Southern	22
11. Presbyterian College	17

2015

Team (first-place votes)	Points
1. High Point (4)	113
2. Liberty (4)	110
3. Campbell (3)	107
4. UNC Asheville	73
5. Radford	72
6. Winthrop	68
7. Coastal Carolina	61
8. Longwood	46
T-9. Charleston Southern	29
T-9. Gardner-Webb	29
11. Presbyterian College	18

2016

Team (first-place votes)	Points
1. Campbell (9)	99
2. Liberty (1)	90
3. High Point	79
4. UNC Asheville	67
5. Radford	60
6. Winthrop	54
7. Presbyterian College	34
8. Gardner-Webb	31
9. Longwood	24
10. Charleston Southern	12

2017

Team (first-place votes)		Points
1. Campbell (9)	_____	99
2. Liberty (1)	_____	91
3. High Point	_____	73
4. Radford	_____	71
5. Winthrop	_____	58
6. UNC Asheville	_____	49
7. Charleston Southern	_____	40
8. Gardner-Webb	_____	29
T-9. Longwood	_____	20
T-9. Presbyterian College	_____	20