



www.nescac.com

Dan Fisher
Assistant Director, NESCAC
100 Venture Way - Box 13
Hadley, MA 01035
P: (413) 587-2078
F: (413) 587-2167
daniel.fisher@trincoll.edu

TRACK AND FIELD All-Conference - May 3, 2007

FOR IMMEDIATE RELEASE

2007 NESCAC TRACK AND FIELD ALL-CONFERENCE TEAM ANNOUNCED

Williams' Arons and Doctor, Amherst's Garrahan Named Most Outstanding Performers

HADLEY, Mass. - Following the completion of the 2007 NESCAC Men's and Women's Track and Field Championships, the league has announced the 2007 NESCAC All-Conference Team. The top three finishers in each event during the championship, hosted by Middlebury College on April 28, receive All-Conference recognition.

The Sebasteanski Award for the Most Outstanding Male Performer at the meet went to Williams senior Andrew Arons (West Hartford, Conn.). Arons took home the 100 and 200-meter dash titles at the NESCAC Championship for the second year in a row and also was part of the Ephs' relay wins in the 4x100 and 4x400, as his time in the 100-meter and the 4x400-meter relay team time both set new track records at Middlebury.

On the women's side, the Sebasteanski Award as the Most Outstanding Female Performer was shared between Amherst senior Shauneen Garrahan (Fairfax Station, Va.) and Williams senior Caroline Doctor (Franklin, Tenn.). Garrahan won the 5000-meter run for the second year in a row while also placing second in the 1500-meter event as the Lord Jeffs finished fifth at the NESCAC Women's Track and Field Championship. Doctor came away with first in both the long jump and triple jump for the second-straight year while also setting the new benchmark at the Middlebury track in both events.

Bates' Rich McNeil (Lawrence, Mass.) came away with male Most Outstanding Rookie Performer after placing second in the hammer throw, third in the discus throw and fourth in the shot put. Logan Crane (Portland, Maine) of Tufts was named the female Most Outstanding Rookie Performer thanks to a third place showing in the 100-meter dash and helping the Jumbos capture the 4x100-meter relay title.

Women's Coach of the Year honors went to sixth year head coach Ralph White from Williams, while Tufts second year head coach Ethan Barron was named Men's Coach of the Year. It is the second year in a row that the two coaches have been honored by their peers as NESCAC Coach of the Year. White guided the Ephs' Women's Track and Field team to its seventh-consecutive title at the 2007 NESCAC Track and Field Championships, while Barron helped the Jumbos' Men's Track and Field team earn a share of the NESCAC Men's Track and Field crown for the first time since 1991.

2007 NESCAC Track and Field All-Conference Team

WOMEN

Amherst

Nicole Anderson 10000-Meter Run
Shauneen Garrahan 1500-Meter Run, 5000-Meter Run
Maria Millard 400-Meter Hurdles
Katie Moravec 5000-Meter Run
Elise Tropiano 3000-Meter Steeplechase
Heather Wilson 5000-Meter Run

Bates

Izzy Alexander 400-Meter Hurdles
Katie Bash 4x800-Meter Relay
Jennifer Caban 4x800-Meter Relay
Laura Golitko Pole Vault
Kathryn Moore 3000-Meter Steeplechase, 4x800-Meter Relay
Amy Rosania 4x800-Meter Relay

Bowdoin

Kelsey Borner Discus Throw
Gina Campelia 4x400-Meter Relay
Louise Duffus Shot Put, Hammer Throw
Haley MacKeil 400-Meter Dash, 4x400 Meter Relay
Laura Onderko 1500-Meter Run
Alison Pilon 4x400-Meter Relay
Erin York 200-Meter Dash, 4x400 Meter Relay

Colby

Melissa Cianciolo Hammer Throw
Anna King 3000-Meter Steeplechase
Karen Prisby 10000-Meter Run

Connecticut College

Laura Nadelberg Javelin Throw

Hamilton

Laura Belden Javelin Throw
Akilah Bond Triple Jump
Jen Orbaker High Jump

Middlebury

Beth Butler 800-Meter Run, 4x800-Meter Relay
Jen Brenes 4x100-Meter Relay
Emily Coles 4x100-Meter Relay
Kelley Coughlan 100-Meter Hurdles, Triple Jump
Jen Currie Hammer Throw
Laura Dalton 400-Meter Hurdles, 4x400-Meter Relay
Anjuli Demers 4x100-Meter Relay, 4x400-Meter Relay
Mary Fredrickson Javelin Throw
Jen Katz 4x100-Meter Relay
Alexandra Krieg 10000-Meter Run
Meira Lifson Pole Vault

Middlebury (cont.)

Susanna Merrill 4x800-Meter Relay
 Kara Plunkett 4x800-Meter Relay
 Claire Schultz 800-Meter Run, 4x800-Meter Relay
 Simone Weisman 4x400-Meter Relay
 Claire Zutz 4x400-Meter Relay

Trinity

Amanda White 100-Meter Hurdles

Tufts

Catherine Beck 1500-Meter Run
 Logan Crane 100-Meter Dash, 4x100-Meter Relay
 Sarah Crispin 800-Meter Run, 4x800-Meter Relay
 Paula Dorman Shot Put
 Andrea Ferri 4x100-Meter Relay, 4x400-Meter Relay
 Kaleigh Fitzpatrick 200-Meter Dash, 400-Meter Dash,
 4x100-Meter Relay, 4x400-Meter Relay

Jessica Mactas 4x100-Meter Relay
 Kate Makai 4x800-Meter Relay
 Katy O'Brien 4x800-Meter Relay
 Joyce Uang 4x400-Meter Relay, High Jump
 Aubrey Wasser 4x400-Meter Relay
 Jenna Weir Long Jump

Williams

Caroline Doctor Long Jump, Triple Jump
 Emily Heaslip 400-Meter Dash, 4x100-Meter Relay
 Anna Morrison Discus Throw
 Tara Oberg Pole Vault
 Maddy Outman 100-Meter Dash, 100-Meter Hurdles,
 High Jump, Long Jump

Alex Phillips Shot Put, Discus Throw
 Carrie Plitt 100-Meter Dash, 200-Meter Dash,
 4x100-Meter Relay

Shawna Ray McArdle 4x100-Meter Relay
 Halley Smith 4x100-Meter Relay

MEN**Amherst**

Nathaniel Freese 10000-Meter Run
 Daniel Murner 5000-Meter Run

Bates

Matthew Capone 4x400-Meter Relay
 Noah Gauthier Shot Put, Hammer Throw
 Noah Glick 4x400-Meter Relay
 Matthew Lopez Hammer Throw
 Richard McNeil Discus Throw, Hammer Throw
 Samuel Thomas 400-Meter Dash, 4x400-Meter Relay
 Andrew Tibbetts 4x400-Meter Relay

Bowdoin

Joseph Adu 110-Meter Hurdles
 Luke Fairbanks Shot Put
 Tim Fuderich Distance Medley
 Tim Katlic Distance Medley
 Owen McKenna Distance Medley
 Thompson Ogilvie Distance Medley
 Ben Weimont Javelin Throw

Colby

Ian London 1500-Meter Run

Connecticut College

Andrew McCullough 800-Meter Run

Hamilton

Peter Kosgei 3000-Meter Steeplechase
 James Russell Pole Vault

Middlebury

Bobby Marcoux Discus Throw
 Pat Sedney Pole Vault

Trinity

Matt Anderson 800-Meter Run
 Justin Harris 4x100-Meter Relay
 Sean Langton 4x100-Meter Relay
 Shaun McDonough 4x100-Meter Relay
 Bill Monahan 4x100-Meter Relay
 Sam Moorhead 1500-Meter Run

Tufts

Ikenna Acholonu 110-Meter Hurdles
 Matt Alander Distance Medley
 Jeremy Arak High Jump
 James Bradley 4x400-Meter Relay, High Jump
 Scott Brinkman 4x400-Meter Relay
 Nathan Cleveland 4x400-Meter Relay
 Derek Engelking Distance Medley
 Jared Engelking 110-Meter Hurdles, 4x400-Meter Relay
 Jesse Faller Distance Medley
 Mickey Ferri 4x100-Meter Relay
 Kevin Fitzgerald 100-Meter Dash
 Fred Jones 4x100-Meter Relay, Long Jump, Triple Jump
 Billy Hale Distance Medley
 Josh Kennedy 5000-Meter Run
 Andrew Longley 400-Meter Hurdles, 4x100-Meter Relay
 David McCleary Javelin Throw
 Fielding Pagel Pole Vault
 Nathan Scott 400-Meter Hurdles, 4x100-Meter Relay,
 High Jump
 Dave Sorensen 3000-Meter Steeplechase

Wesleyan

Alex Battaglino 10000-Meter Run
 Michael Brady 10000-Meter Run
 Sam Grover Triple Jump
 Jon King 5000-Meter Run
 Mike Moody Javelin Throw

Williams

Andrew Arons 100-Meter Dash, 200-Meter Dash,
 4x100-Meter Relay, 4x400-Meter Relay
 Chris Beeler Distance Medley
 Mack Brickley 4x400-Meter Relay
 Joseph Buck 400-Meter Hurdles
 Mike Davitian 1500-Meter Run
 Andrew DeSalvo Shot Put
 David DeVaughn Discus Throw
 Chris Ellis-Ferrara 3000-Meter Steeplechase
 Bill Ference 800-Meter Run, Distance Medley
 Tyler Gray 400-Meter Dash, Distance Medley
 Alex Hoerman 200-Meter Dash, 400-Meter Dash,
 4x100-Meter Relay, 4x400-Meter Relay
 Edgar Kosgey Distance Medley
 Tim Marinelli 4x100-Meter Relay
 Branden Mirach Long Jump, Triple Jump
 Deividias Seferis 100-Meter Dash, 200-Meter Dash,
 4x100-Meter Relay, 4x400-Meter Relay
 Long Jump
 Joe Song