2008 NESCAC TRACK AND FIELD ALL-CONFERENCE TEAM ANNOUNCED

Williams’ Plitt and Seferis, Hamilton’s Kosgei Claim Top Honors

HADLEY, Mass. - Following the completion of the 2008 NESCAC Men’s and Women’s Track and Field Championships, the league has announced the 2008 NESCAC All-Conference Team. The top three finishers in each event during the championship, hosted by Hamilton College on April 26, receive All-Conference recognition.

Williams senior Carrie Plitt (Wenham, Mass.) received the Sebasteanski Award as the Most Outstanding Female Performer as determined by the conference coaches. Plitt set a NESCAC meet record in the 200-meter dash, winning the event in a time of 24.95. She also finished first in the 400-meter dash (57.05) and was part of two of the Ephs’ three winning relay teams, the 4x100-meter and the 4x400-meter. Williams won its eighth consecutive NESCAC crown on Saturday with a team score of 160.5.

On the men’s side, the Sebasteanski Award as the Most Outstanding Male Performer was shared between Williams junior Deividas Seferis (Klaipeda, Lithuania) and Hamilton sophomore Peter Kosgei (Kapsabet, Kenya). Seferis placed first in both the 200-meter (21.61) and the 400-meter (49.05) while finishing second in the 100-meter (10.88), 0.01 seconds behind senior teammate Andrew Arons. The Continentals’ Kosgei was first in both the 800-meter and 1500-meter, as his 800 time of 1:50.62 was not only both a championship and program record but is also the fastest time in Division III currently.

Most Outstanding Rookie Performer accolades went to Colby first year Emma Linhard (Brunswick, Maine) and Bates freshman Christopher Murtagh (Rowley, Mass.). Linhard came in first in the 1500-meter run (4:34.43), one-tenth of a second shy of the Colby program record, and was also a part of the Mules’ 4x800-meter relay team which finished second at the championship. Murtagh placed first in the javelin throw with a distance of 54.94 meters, and was eighth in the hammer, recording a throw of 43.81 meters.

Women’s Coach of the Year honors went to Williams head coach Peter Farwell, while Tufts head coach Ethan Barron came away as the Men’s Coach of the Year. Farwell guided the Ephs to their eighth consecutive NESCAC title and 16th overall. In his third year at the helm of the Jumbos track & field team, Barron won Coach of the Year for the third year in a row as Tufts finished second by 12 points to 2008 champion Williams.

2008 NESCAC Track and Field All-Conference Team

WOMEN

Amherst
Kristen Ballinger 400-meter Dash, 4x400-meter Relay
Carly Levenson 4x400-meter Relay
Katie Moravec 5000-meter Run
Kim Partee 5000-meter Run
Mary Doris Reggie 4x400-meter Relay
Elise Tropiano 10000-meter Run
Susie Wasserman 4x400-meter Relay
Heather Wilson 10000-meter Run

Bates
Isabel Alexander 400-meter Hurdles
Vantiel E. Duncan Hammer Throw, Shot Put
Jennifer Marino Triple Jump

Bowdoin
Amy Ahearn 4x800-meter Relay
Kelsey Borner Shot Put, Discus Throw
Chelsea Jackson Javelin Throw
Grace Kerr 4x800-meter Relay
Alex Peacock-Villada 4x800-meter Relay
Hannah Peckler Long Jump
Dana Riker 4x800-meter Relay

Colby
Anna King 3000-meter Steeplechase, 4x800-meter Relay
Cassandra Knight 3000-meter Steeplechase, 4x800-meter Relay
Bianna Konrad Discus Throw
Emma Linhard 15000-meter Run, 4x800-meter Relay
Liz Petit 4x800-meter Relay

Hamilton
Alexandra Americanos 100-meter Dash
Akilah Bond Triple Jump
Kary Pardy Hammer Throw

Middlebury
Grace Close 4x400-meter Relay
Kelley Coughlan High Jump
Jen Currie Hammer Throw
Laura Dalton 4x100-meter Relay, 4x400-meter Relay
Ceara Danaher 3000-meter Steeplechase
Anjuli Demers 4x100-meter Relay, 4x400-meter Relay
Nicole Dvorak Pole Vault
Liz Huntley 4x100-meter Relay
Jen Katz 4x100-meter Relay
Alexandra Krieg 5000-meter Run
Simone Weisman 4x400-meter Relay
Sarah Wilson Pole Vault

Trinity
Laura Komarek Shot Put, Discus Throw
Amanda White 100-meter Hurdles

Tufts
Catherine Beck 800-meter Run
Andrea Caruth 400-meter Hurdles
Logan Crane 100-meter Dash, 200-meter Dash, 4x100-meter Relay, Long Jump
Andrea Ferrar 100-meter Hurdles, 4x100-meter Relay

AMHERST · BATES · BOWDOIN · COLBY · CONNECTICUT COLLEGE · HAMILTON · MIDDLEBURY · TRINITY · TUFTS · WESLEYAN · WILLIAMS
**Tufts (cont.)**
- Kaleigh Fitzpatrick 4x100-meter Relay
- Kanku Kabongo Triple Jump
- Katy O’Brien 1500-meter Run
- Joyce Uang High Jump
- Jenna Weir 4x100-meter Relay, Long Jump

**Wesleyan**
- Lynn Edmonds 400-meter Dash
- Kathryn Kulowski High Jump
- Fotini Xenidis Javelin Throw

**Williams**
- Jessica Clarke 4x800-meter Relay
- Julia Cohan Javelin Throw
- Lizzy Danhakl 4x800-meter Relay
- Elise Johnson 100-meter Dash, 200-meter Dash, 100-meter Hurdles, 4x100-meter Relay
- Emily Heaslip 4x100-meter Relay
- Anne Kerth 4x400-meter Relay
- Olga Kondratjeva 800-meter Run, 1500-meter Run, 4x400-meter Relay
- Shawna McArdle 4x100-meter Relay
- Nora Mitchell 400-meter Hurdles, 4x800-meter Relay
- Lauren Philbrook 10000-meter Run
- Carrie Plitt 200-meter Dash, 400-meter Dash, 4x100-meter Relay, 4x400-meter Relay
- Rachel Teitelbaum Pole Vault
- Laura Walls 4x800-meter Relay
- Sara Wild 800-meter Run, 4x400-meter Relay

**MEN**

**Amherst**
- Peter Harrison 1500-meter Run
- Jimmy Swanson 800-meter Run

**Bates**
- Jerome Bennett Pole Vault
- Noah Gauthier Hammer Throw, Shot Put
- Richard McNeil Hammer Throw, Shot Put, Discus Throw
- Christopher Murtagh Javelin Throw

**Bowdoin**
- Brendan Egan 4x400-meter Relay
- Kyle Hebert 4x400-meter Relay
- Eric Lee 4x400-meter Relay
- Zach Winters 4x400-meter Relay

**Colby**
- Camden Bucsko Discus Throw
- Chris Copeland Long Jump

**Connecticut College**
- Shawn Mulcahy 5000-meter Run
- Alex Samma High Jump

**Hamilton**
- Greg Fullman 400-meter Hurdles
- Peter Kosgei 800-meter Run, 1500-meter Run
- James Russell Pole Vault
- Claudius Zorokong Long Jump

**Middlebury**
- Jimmy Butcher 10000-meter Run
- Nick Pligis Javelin Throw
- Abhishek Sripad Pole Vault

**Trinity**
- Alex Baillargeon 4x100-meter Relay
- Mike Goulet Discus Throw
- Ricky Lynn 4x100-meter Relay
- Shaun McDonough 4x100-meter Relay
- Bill Monahan 4x100-meter Relay
- Brendan Powers 800-meter Run

**Tufts**
- Ikenna Acholonu 110-meter Hurdles
- Jeremy Arak High Jump
- James Bradley High Jump
- Scott Brinkman 4x400-meter Relay
- Trevor Donadt 110-meter Hurdles, 400-meter Hurdles
- Jared Engelking 110-meter Hurdles
- Jesse Faller 5000-meter Run, Distance Medley Relay
- Colin Fitzgerald 200-meter Dash, 4x100-meter Relay
- Billy Hale Distance Medley Relay
- Andrew Longley 4x100-meter Relay, 4x400-meter Relay
- Dan Marcy Triple Jump
- Phil Rotella 100-meter Dash, 4x100-meter Relay, 4x400-meter Relay
- Dave Sorensen 3000-meter Steeplechase, Distance Medley Relay
- Marc Soskin 4x100-meter Relay
- Marvin Walker Distance Medley Relay

**Wesleyan**
- Jonath Blumstein 10000-meter Run
- Chris Foster Distance Medley Relay
- Chris Greene Distance Medley Relay
- Sam Grover Triple Jump
- Matt Katz Distance Medley Relay
- Tommie Lark Long Jump, Triple Jump
- Brad Litchfield Distance Medley Relay
- Mike Moody Javelin Throw

**Williams**
- Andrew Arons 100-meter Dash, 200-meter Dash, 400-meter Dash, 4x100-meter Relay
- Chris Beeler Distance Medley Relay
- Matt Brickley Distance Medley Relay
- Joseph Buck 400-meter Hurdles, 4x400-meter Relay
- Grant Burgess 3000-meter Steeplechase
- John Chaffee 1500-meter Run, Distance Medley Relay
- Brian Cole Distance Medley Relay
- Andrew DeSalvo Shot Put
- Matt Desir 4x400-meter Relay
- Matt Farley Hammer Throw
- Taylor Fitzgerald 4x400-meter Relay
- Alex Hoerman 400-meter Dash, 4x400-meter Relay
- Corey Levin 5000-meter Run
- Pierre Meloy-Kapella 4x100-meter Relay
- Jared Oubre 3000-meter Steeplechase
- Sy Schotz 4x100-meter Relay
- Deividas Seferis 100-meter Dash, 200-meter Dash, 400-meter Dash, 4x100-meter Relay
- Corey Watts 10000-meter Run

**Men's Most Outstanding Performers:**
- Peter Kosgei, Hamilton; Deividas Seferis, Williams

**Women's Most Outstanding Performer:**
- Carrie Plitt, Williams

**Men's Most Outstanding Rookie Performer:**
- Christopher Murtagh, Bates

**Women's Most Outstanding Rookie Performer:**
- Emma Linhard, Colby

**Men's Coach of the Year:**
- Ethan Barron, Tufts

**Women's Coach of the Year:**
- Peter Farwell, Williams