HADLEY, Mass. – Following the completion of the NESCAC Men’s and Women’s Track and Field Championships this past Saturday at Tufts University, the conference has announced the 2010 All-NESCAC Team. The top three finishers in each event during the championship receive All-Conference recognition.

Williams senior Elise Johnson (Cleveland, Ohio) of Williams was selected by the conference coaches for the Sabasteanski Award as the Most Outstanding Female Performer at the meet. Johnson, who shared the Sabasteanski Award last spring, won the 100-meter Hurdles for the third year in a row in a time of 14.70 seconds and came away with her first victory in the 100-meter Dash (12.56). She was also third in the 200-meter Dash (25.55) and was the lead leg for the Ephs’ winning 4x100-meter Relay squad (48.42).

Senior Richard McNeil (Lawrence, Mass.) became the first individual from Bates to win the Sabasteanski Award as the Most Outstanding Male Performer since the tandem of Mike Danahy and Erik Zwick shared the honor during the Bobcats’ 2000 NESCAC title performance. McNeil registered 28 points to help his squad finish third overall, as he repeated as champion in the Hammer Throw and also won the Shot Put. After winning the Discus Throw in each of the last two springs, he placed second this year to his freshman teammate, Jesse Chapman.

Rookie Most Outstanding Performer honors went to Stephen Simachik (Danbury, Conn.) of Williams and Kelly Allen (Norton, Mass.) of Tufts. Simachik shattered a 25-year-old conference record in the Javelin Throw with a distance of 65.86 meters. He was also fourth in the Hammer with a toss of 49.89 meters. Allen took first place at the meet with program-record marks in the Discus Throw (43.71 meters) and Javelin (36.74). She was also second in the Shot Put (12.38) and fifth in the Hammer (41.55), as all four performances were personal bests.

After sharing Women’s Coach of the Year honors last year, Williams’ Fletcher Brooks earned the honor outright this spring. The second year head coach guided the Ephs to their 10th consecutive and 18th overall NESCAC title. Men’s Coach of the Year went to fifth year head coach Ethan Barron of Tufts. Barron’s Jumbo squad finished second at the championship, just 12 points behind Williams. It is the fourth time in the last five years that the former NESCAC Most Outstanding Performer has won the league’s top coaching honor (2006, 2007, 2008).

2010 NESCAC Track & Field All-Conference Team

### WOMEN

**Amherst**
- Lauren Almeida 4x800-meter Relay
- Hoian Cheung 4x800-meter Relay
- Sarah Daly 5000-meter Run
- Sophia Galleher 3000-meter Steeplechase
- Liza Schalch 4x800-meter Relay
- Melissa Sullivan 1500-meter Run, 4x800-meter Relay

**Bates**
- Vantiel Elizabeth Duncan Shot Put, Discus Throw, Hammer Throw
- Ansley Flanagan 4x400-meter Relay
- Sara Ellen Godek Hammer Throw
- Lisa Hartung 4x400-meter Relay
- Dana Lindauer 400-meter Dash, 4x400-meter Relay
- Kristina Tobin 100-meter Hurdles, 4x400-meter Relay

**Bowdoin**
- Emily Barr 4x100-meter Relay
- Christine Head 4x100-meter Relay, Pole Vault
- Michelle Kaufmann 100-meter Hurdles, 4x100-meter Relay
- Elsa Millett 200-meter Dash, 400-meter Dash, 4x100-meter Relay
- Laura Peterson Long Jump

**Colby (cont.)**
- Katrina Gravel 5000-meter Run
- Emma Linhard 15000-meter Run, 4x800-meter Relay
- Heather MacDonald 4x800-meter Relay
- Danielle Sheppard High Jump
- Amy Tortorello 10000-meter Run

**Connecticut College**
- Marina Van der Eb Javelin Throw

**Hamilton**
- Muriel Schwinn Long Jump

**Middlebury**
- Danielle Baker Pole Vault
- Cailey Condit 4x800-meter Relay
- Margo Cramer 800-meter Run, 1500-meter Run, 4x800-meter Relay
- Laura Dalton 400-meter Hurdles, 4x400-meter Relay
- Anjuli Demers 4x400-meter Relay
- Rebecca Fanning 800-meter Run
- Andrea Ferri 400-meter Hurdles
- Christina Kunyncky Martin 4x800-meter Relay
- Amanda Lee 3000-meter Steeplechase
- Katy Magill 4x400-meter Relay
- Juliette Ryan-Davis 4x400-meter Relay
- Kaitlynn Saldanha 8000-meter Run, 4x800-meter Relay
- Addie Tousley 10000-meter Run
New England Small College Athletic Conference

**TRACK AND FIELD All-Conference - April 27, 2010**

**Trinity**
- Laura Komarek: Shot Put

**Tufts**
- Kelly Allen: Shot Put, Discus Throw, Javelin Throw
- Sam Bissonnette: 4x100-meter Relay
- Dayorsha Collins: 4x100-meter Relay, High Jump
- Logan Crane: 4x100-meter Relay
- Julia Feltus: Hammer Throw
- Andrea Ferri: 4x100-meter Relay
- Nakeisha Jones: Triple Jump
- Sarah Nolet: Javelin Throw
- Heather Theiss: Pole Vault
- Amy Wilfert: 5000-meter run, 3000-meter Steeplechase

**Williams**
- Rebecca Fine: 4x400-meter Relay
- Maya Harakawa: 4x400-meter Relay
- Hillary Higgs: 100-meter Dash, 200-meter Dash, 4x100-meter Relay
- Tanasia Hoffier: 100-meter Dash, 4x100-meter Relay, Long Jump, Triple Jump
- Elise Johnson: 100-meter Dash, 200-meter Dash, 100-meter Hurdles, 4x100-meter Relay
- Olga Kondratjeva: 4x400-meter Relay
- Nora Mitchell: 400-meter Hurdles
- Karyn Moss: Triple Jump
- Julie Paschal: 4x400-meter Relay, High Jump
- Elly Teitsworth: 10000-meter Run
- Sara Turner: 4x100-meter Relay

**MEN**

**Amherst**
- Ofori Ampomah: 4x100-meter Relay
- Steven Corsello: 800-meter Run, Distance Medley Relay
- Carlyle Eubank: 10000-meter Run
- Andre Gary: 4x400-meter Relay
- John McGrail: 3000-meter Steeplechase
- Tommy Moore: 4x400-meter Relay
- Daniel Murner: 5000-meter Run
- Adron Pitmon: Distance Medley Relay
- Andrew Reed: 4x100-meter Relay, 4x400-meter Relay
- Spencer Russell: 4x100-meter Relay
- Ben Scheetz: 400-meter Dash, 4x400-meter Relay
- Jimmy Swanson: Distance Medley Relay
- These Tsatsimpe: Long Jump, Triple Jump, 4x100-meter Relay
- Will Yochum: 1500-meter Run, Distance Medley Relay

**Bates**
- Jerome Bennett: High Jump
- Pat Carroll: 4x100-meter Relay
- Jesse Chapman: Discus Throw
- Mike Jiang: 4x100-meter Relay
- Richard McNeel: Shot Put, Discus Throw, Hammer Throw
- Christopher Murtagh: Shot Put, Hammer Throw, Javelin Throw
- Ryan Quinn: 4x100-meter Relay
- Ethan Waldman: Shot Put
- Tim Woods: 4x100-meter Relay

**Bowdoin**
- Sam Chick: 4x400-meter Relay
- Colin Fong: Distance Medley Relay
- Matthew Gamache: 4x400-meter Relay
- Kyle Hebert: 200-meter Dash, 400-meter Dash, Distance Medley Relay
- Matt Hillard: Distance Medley Relay
- Mason Moss: Javelin Throw
- Thompson Ogilvie: 1500-meter Run, Distance Medley Relay
- Brett Stein: 4x400-meter Relay
- Riker Wikoff: 4x400-meter Relay

**Bates**

**Brandeis**

**Colby**
- Dominique Kone: 100-meter Dash, 200-meter Dash
- David Lowe: 400-meter Hurdles
- Trent Wiseman: Pole Vault

**Connecticut College**
- Alex Samma: Triple Jump

**Middlebury**
- Lou Comacchione: Distance Medley Relay
- Jack Davies: 3000-meter Steeplechase, Distance Medley Relay
- Adam Dede: Pole Vault
- Addison Godine: Distance Medley Relay
- Ethan Mann: 4x400-meter Relay
- Michael Schmidt: 10000-meter Run, Distance Medley Relay
- Mike Waters: 4x400-meter Relay
- Connor Wood: 4x400-meter Relay
- Micah Wood: 4x400-meter Relay

**Trinity**
- Mike Goulet: Discus Throw

**Tufts**
- Gbola Ajayi: 4x100-meter Relay
- Michael Blair: High Jump
- Lomie Cunningham: 4x100-meter Relay
- Trevor Donadt: 110-meter Hurdles, 400-meter Hurdles
- Jared Engelking: 110-meter Hurdles
- Jesse Faller: 5000-meter Run
- Alex Gresham: Hammer Throw
- Vinnie Lee: 100-meter Dash, 200-meter Dash, 4x100-meter Relay
- Brad Nakanishi: Pole Vault
- Jeff Marvel: 400-meter Dash
- Isaiah Paramore: Long Jump
- Marc Soskin: 100-meter Dash, 4x100-meter Relay

**Williams**
- Jabulani Blyden: 110-meter Hurdles, 400-meter Hurdles
- Brian Cole: 800-meter Run
- Richard Fusco: 400-meter Dash
- Connor Kamm: 1500-meter Run
- Tomas Kearney: Triple Jump
- Edgar Kosgey: 5000-meter Run
- Isaac Nicholson: High Jump
- Anthony Raduazo: 3000-meter Steeplechase
- Steve Rubin: Long Jump
- Stephen Simalchik: Javelin Throw
- Corey Watts: 10000-meter Run

**Men’s Most Outstanding Performer:**
- Richard McNeil, Bates

**Women’s Most Outstanding Performer:**
- Elise Johnson, Williams

**Men’s Most Outstanding Rookie Performer:**
- Stephen Simalchik, Williams

**Women’s Most Outstanding Rookie Performer:**
- Kelly Allen, Tufts

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

**Women’s Coach of the Year:**
- Fletcher Brooks, Williams