FOR IMMEDIATE RELEASE

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Sophomore Jabulani Blyden (Baltimore, Md.) of Williams earned the Sabasteanski Award as the Most Outstanding Male Performer at the meet in a vote conducted by the conference coaches. Blyden accounted for 30 of the Ephs’ 188.50 points on Saturday en route to their 2011 NESCAC crown. He won three events, the 110-meter Hurdles (14.97), the 400-meter Hurdles (54.21), and the 400-meter Dash (48.76), and was also the anchor on the Williams 4x100-meter relay squad which placed sixth overall.

The Sabasteanski Award for the Most Outstanding Female Performer went to Tufts sophomore Kelly Allen (Norton, Mass.). Allen, who was named Most Outstanding Rookie Performer following the 2010 championship, successfully defended her Discus crown with a meet record toss of 46.44 meters, nearly three meters farther than her performance from a year ago. She also placed second in the Shot Put (12.88 meters) for the second-straight spring, and jumped from fifth to third in the Hammer Throw with a toss of 45.48 meters.

Middlebury’s Peter Hetzler (Rumson, N.J.) and Brittany Reardon (Scituate, Mass.) of Colby garnered Rookie Most Outstanding Performer honors. Hetzler finished first in the 200-meter dash in a time of 22.25 seconds. He also placed second to Williams’ Blyden in the 400, finishing in 49.09 seconds, and was a member of the Panthers’ 4x100- and 4x400-meter Relay squads, both of which came in third. Reardon was on the Mules’ winning 4x100-meter Relay team and came in first in the Pole Vault with a mark of 3.50 meters. She also placed second in the 100-meter Hurdles with a time of 15.18 seconds.

For the first time in his 16-year career, Bates head coach Al Fereshetian was chosen by his counterparts as the NESCAC Coach of the Year for men’s track and field. Fereshetian’s Bobcats finished second at the conference championships for the second time in three years. Middlebury head coach Martin Beatty earned Women’s Coach of the Year. Beatty, a 1984 graduate of Middlebury, shared the honor with Williams’ Fletcher Brooks in 2009.

2011 NESCAC Track & Field All-Conference Team

WOMEN
Amherst
Lauren Almeida 4x800-meter Relay
Amy Dao 4x800-meter Relay
Keri Lambert 3,000-meter Steeplechase, 4x800-meter Relay
Melissa Sullivan 1,500-meter Run, 4x800-meter Relay
Christina Wong 10,000-meter Run

Bates
Elizabeth Carleton 4x400-meter Relay
Ansley Flanagan 4x400-meter Relay
Jenny Fucillo 4x400-meter Relay
Sara Ellen Godek Hammer Throw, Shot Put
Dana Lindauer 200-meter Dash, 400-meter Dash, 4x400-meter Relay

Bowdoin
Christina Argueta 5,000-meter Run
Emily Barr 4x100-meter Relay
Samantha Copland 4x100-meter Relay
Michele Kaufman 4x100-meter Relay
Elsa Millett 200-meter Dash, 400-meter Dash, 4x100-meter Relay

Colby
Brittney Bell 4x100-meter Relay
Kelley Foster Discus Throw
Leigh Fryxell Javelin Throw
Annabelle Hicks 100-meter Dash, 4x100-meter Relay
Frances Onyilagha 4x100-meter Relay
Brittany Reardon 100-meter Hurdles, 4x100-meter Relay, Pole Vault
Danielle Sheppard High Jump

Middlebury
Cailey Condit 4x800-meter Relay
Margo Cramer 800-meter Run, 3,000-meter Steeplechase, 4x800-meter Relay
Grace Doering High Jump
Rebecca Fanning 4x800-meter Relay
Amanda Lee 3,000-meter Steeplechase
Mia Martinez 100-meter Hurdles
Claire McIvienne 4x400-meter Relay
Sarah O’Brien 10,000-meter Run
Brittany Reardon 100-meter Hurdles
Annie Rowell 100-meter Dash
Juliet Ryan-Davis 400-meter Dash, 4x400-meter Relay
Kaitlyn Saldanha 800-meter Run, 4x400-meter Relay
Tory Sheffield 4x400-meter Relay
Sophia Spring 1,500-meter Run
Erin Toner 4x800-meter Relay
Alice Wisener 400-meter Hurdles

Trinity
Sarah Ciarleglio Javelin Throw

Tufts
Kelly Allen Hammer Throw, Shot Put, Discus Throw
Jana Hieber 100-meter Hurdles, 400-meter Hurdles
Nakeisha Jones Triple Jump
Kanku Kabongo Long Jump
Ronke Oyekunle Shot Put
Heather Theiss Pole Vault
Amy Wilfert 1,500-meter Run

FOR IMMEDIATE RELEASE

NESCAC TRACK AND FIELD ALL-CONFERENCE TEAM RELEASED
Williams’ Blyden, Tufts’ Allen Grab Top Honors

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Jenny Fucillo 4x400-meter Relay
Sara Ellen Godek Hammer Throw, Shot Put
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Bowdoin
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Emily Barr 4x100-meter Relay
Samantha Copland 4x100-meter Relay
Michele Kaufman 4x100-meter Relay
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Rebecca Fanning 4x800-meter Relay
Amanda Lee 3,000-meter Steeplechase
Mia Martinez 100-meter Hurdles
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Sarah O’Brien 10,000-meter Run
Brittany Reardon 100-meter Hurdles
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Tory Sheffield 4x400-meter Relay
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Erin Toner 4x800-meter Relay
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Sarah Ciarleglio Javelin Throw

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Kelly Allen Hammer Throw, Shot Put, Discus Throw
Jana Hieber 100-meter Hurdles, 400-meter Hurdles
Nakeisha Jones Triple Jump
Kanku Kabongo Long Jump
Ronke Oyekunle Shot Put
Heather Theiss Pole Vault
Amy Wilfert 1,500-meter Run
New England Small College Athletic Conference  
TRACK AND FIELD All-Conference - May 3, 2011

Williams
Jenna Adams  Pole Vault
Amina Avril  Hammer Throw, Discus Throw
Julia Cohen  Javelin Throw
Elizabeth Danhakl  800-meter Run
Chiara Del Piccolo  10,000-meter Run
Olivia Delia  4x800-meter Relay
Rebecca Fine  4x400-meter Relay
Jennifer Gossels  5,000-meter Run
Maya Harakawa  400-meter Hurdles, 4x400-meter Relay
Hillary Higgs  4x100-meter Relay, 4x400-meter Relay
Tanasia Hoffer  Long Jump
Brooke Johnson  Long Jump, Triple Jump
Marissa Lowe  4x100-meter Relay
Annie Lynch  100-meter Dash, 200-meter Dash, 4x100-meter Relay
Tina Meade  5,000-meter Run
Brianne Mirecki  4x800-meter Relay
Fiona Moriarty  4x800-meter Relay
Karyn Moss  Triple Jump
Amanda Murashige  4x400-meter Relay
Julie Paschal  4x100-meter Relay, High Jump
Marisa Repka  4x800-meter Relay

MEN
Amherst
Steven Corsello  Distance Medley Relay
Patrick Grimes  Distance Medley Relay
Eli Howe  Distance Medley Relay
John McGrail  5,000-meter Run
Matt Melton  400-meter Dash, 4x400-meter Relay
Tommy Moore  4x400-meter Relay
Andrew Reed  4x400-meter Relay
Ben Scheetz  800-meter Run, 1,500-meter Run, 4x400-meter Relay
Will Yochum  Distance Medley Relay

Bates
Duncan Briggs  Javelin Throw
Patrick Carroll  4x100-meter Relay
Thomas Esponnette  1,500-meter Run
Anthony Haeuser  110-meter Hurdles
Mike Jiang  4x100-meter Relay
Ben Levy  4x100-meter Relay
Jarret McKallagat  110-meter Hurdles
Christopher Murtagh  Shot Put, Hammer Throw
David Piess  Shot Put, Discus Throw, Hammer Throw
Ethan Waldman  Shot Put, Discus Throw
Tim Woods  4x100-meter Relay

Bowdoin
Colin Fong  800-meter Run, Distance Medley Relay
Andrew Gluesing  Distance Medley Relay
Matthew Hillard  Distance Medley Relay
Mason Moss  Javelin Throw
Alex Williams  Distance Medley Relay

Colby
Nick Joseph  4x100-meter Relay
Dominique Kone  100-meter Dash, 4x100-meter Relay
Mduzi Langwenya  4x100-meter Relay
David Lowe  400-meter Hurdles
Randy Person  4x100-meter Relay
Trent Wiseman  Pole Vault

Connecticut College
Michael LeDuc  3,000-meter Steeplechase

Hamilton
Scott Bickard  10,000-meter Run

Middlebury
Dan Bent  4x100-meter Relay
Kevin Chu  4x100-meter Relay
Louis Cornacchione  Distance Medley Relay
Sam Craft  4x400-meter Relay
Jack Davies  3,000-meter Steeplechase, Distance Medley Relay
Addison Godine  800-meter Run, Distance Medley Relay
Patrick Hebble  1,500-meter Run
Peter Hetzler  200-meter Dash, 400-meter Dash, 4x100-meter Relay, 4x400-meter Relay
Jason Jan  4x100-meter Relay, 4x400-meter Relay

Tufts
Gbola Ajayi  Long Jump, Triple Jump
Michael Blair  High Jump
Liam Cassidy  5,000-meter Run
Daniel Lange Vagle  100-meter Dash
Brad Nakanishi  Pole Vault
Alex Orchowski  High Jump
Matt Rand  10,000-meter Run
Sam Read  Pole Vault

Wesleyan
Tommie Lark  Long Jump, Triple Jump
Paulie Lowther  100-meter Dash

Williams
Brandon Abasolo  3,000-meter Steeplechase
Jabulani Blyden  400-meter Dash, 110-meter Hurdles, 400-meter Hurdles
Rusty Cowher  Discus Throw
Richard Fusco  200-meter Dash
Tomas Kearney  High Jump
Nehemiah Paramore  4x400-meter Relay
Steve Rubin  200-meter Dash, Long Jump, Triple Jump
Stephen Simalchik  Javelin Throw, Hammer Throw
Matt Sullivan  400-meter Hurdles
Nathaniel Sutton  4x400-meter Relay
Daniel Waters  4x400-meter Relay
Peter Young  4x400-meter Relay

Men's Most Outstanding Performer:
Jabulani Blyden, Williams

Women's Most Outstanding Performer:
Kelly Allen, Tufts

Men's Most Outstanding Rookie Performer:
Peter Hetzler, Middlebury

Women's Most Outstanding Rookie Performer:
Brittany Reardon, Colby

Men's Coach of the Year:
Al Fereshetian, Bates

Women's Coach of the Year:
Martin Beatty, Middlebury