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TRACK AND FIELD All-Conference - May 3, 2011

FOR IMMEDIATE RELEASE

NESCAC TRACK AND FIELD ALL-CONFERENCE TEAM RELEASED

Williams' Blyden, Tufts' Allen Grab Top Honors

HADLEY, Mass. – Following the completion of the NESCAC Men's and Women's Track and Field Championships this past Saturday at Wesleyan University, the conference has announced the 2011 All-NESCAC Team. The top three finishers in each event during the championship receive All-Conference recognition.

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 McIlvennie 10,000-meter Run
Sarah O'Brien 4x400-meter Relay
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

Williams

Jenna Adams	Pole Vault
Amina Avril	Hammer Throw, Discus Throw
Julia Cohan	Javelin Throw
Elizabeth Danhaki	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 Pless	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
Mduduzi 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
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Hamilton

Scott Bickard	10,000-meter Run
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Middlebury

Dan Bent	4x100-meter Relay
Kevin Chu	4x100-meter Relay
Louis Cornacchionne	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
Michael Schmidt	10,000-meter Run, Distance Medley Relay
Jack Terrett	5,000-meter Run
Connor Wood	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