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**TRACK AND FIELD All-Conference - April 29, 2008**

**FOR IMMEDIATE RELEASE**

## **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  
Brianna Kondrat Discus Throw  
Emma Linhard 1500-meter Run, 4x800-meter Relay  
Liz Petit 4x800-meter Relay

##### **Hamilton**

Alexandra Americanos 100-meter Dash  
Akilah Bond Triple Jump  
Kary Parady 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 Weismen 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 Ferri 100-meter Hurdles, 4x100-meter Relay

**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 Danhaki	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 Plugis	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**

Jonah 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 Meloty-Kapella	4x100-meter Relay
Jared Oubre	3000-meter Steeplechase
Sy Schotz	4x100-meter Relay
Devidas 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; Devidas 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