

UNIVERSITY OF ILLINOIS

2011 MEN'S CROSS COUNTRY

ILLINOIS QUICK FACTS

Location	Urbana-Champaign, Ill.
Founded	1867
Enrollment	41,298
Nickname	Fighting Illini
Colors	Orange and Blue
Conference	Big Ten
Home Course	U of I Arboretum
President	Michael J. Hogan
Interim Chancellor	Robert Easter
Director of Athletics	Mike Thomas
Senior Assoc. Director of Athletics	Terry Cole
Assoc. Director of Athletics	Vince Ille

ILLINOIS COACHING AND SUPPORT STAFF

Cross Country Coach: Gavin Kennedy	First Season
Alma Mater	DePaul, '06
Office Phone	(217) 244-0385
Office Fax	(217) 244-9758
Volunteer Assistant Cross Country Coach: Michael Allio	First Season
Alma Mater	Anderson (S.C.) University, '05
Head Track and Field Coach: Mike Turk	Seventh Season
Alma Mater	Augustana, '85
Office Phone	(217) 333-2957
Athletic Trainer: Randy Ballard	11th Season
Alma Mater	Kansas State, '99
Office Phone	(217) 244-9160

TEAM QUICK FACTS

2010 Big Ten Championships	.6th
Top Individual: Jim Riddle (20)	
2010 NCAA Midwest Regional Championships	.5th
Top Individual: Colin Mickow (18)	
Letterwinners Returning/Lost	.9/1

2011 MEET SCHEDULE

Date	Meet	Location
Sept. 2	Illini Challenge	Urbana, Ill.
Sept. 16	Orange and Blue Preview	Urbana, Ill.
Oct. 14	Wisconsin adidas Invitational	Madison, Wis.
	Bradley Classic	Peoria, Ill.
Oct. 21	Illini Open	Urbana, Ill.
Oct. 30	Big Ten Championships	Urbana, Ill.
Nov. 12	NCAA Midwest Regional	DeKalb, Ill.
Nov. 21	NCAA Championships	Terre Haute, Ind.

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ATHLETIC PUBLIC RELATIONS



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Assistant Directors	Mike Koon, Derek Neal, Ben Taylor
Graduate Assistants	Cody Lahl, Nicole Mechling, Matt Wille
Office Manager	Jennifer Funderburk
New Media/Creative Services	Victor Cortez, Heidi Rivers, Justin Striebel
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Sports Info Fax	(217) 333-5540
Websites	www.fightingillini.com / www.illinimenstrack.com
Twitter	www.twitter.com/illinitrackxc
Facebook	www.facebook.com/illinitrackxc
Mailing Address	Athletic Public Relations 1700 S. Fourth Street Champaign, IL 61820

2011 FIGHTING ILLINI ROSTER

Name	Class/Elig.	Hometown/High School/Last College
Tom Achtien	Sr./Jr.	Elmhurst, Ill./York
Ian Barnett	Fr./Fr.	Glen Ellyn, Ill./Fenwick
Nathan Bohne	Sr./Sr.	Palos Heights, Ill./Stagg
Chris DeSilva	Sr./Sr.	St. Charles, Ill./St. Charles North
Mark Donohue	So./Fr.	Des Plaines, Ill./Loyola Academy
David Eckhart	Fr./Fr.	Park Ridge, Ill./Maine South
Kyle Engnell	Sr./Sr.	Homer Glen, Ill./Lockport
Graham Farnsworth	Sr./Jr.	Wheaton, Ill./Wheaton North
Jordan Hebert	Jr./Jr.	Elmhurst, Ill./York
Tommy King	Fr./Fr.	Winnetka, Ill./New Trier
Dan Kreamske	5th/Sr.	Woodstock, Ill./Woodstock
Anthony Manfrin	Fr./Fr.	Carpentersville, Ill./Dundee-Crown
Joe McAsey	Fr./Fr.	Minooka, Ill./Minooka
Colin Mickow	Sr./Sr.	Princeton, Ill./Princeton
Hunter Mickow	Sr./Jr.	Princeton, Ill./Princeton
Phil Pompei	Sr./Sr.	Los Altos, Calif./St. Francis
Jim Riddle	Sr./Sr.	Naperville, Ill./Nequa Valley
Sam Telfer	Fr./Fr.	La Grange, Ill./Lyons Township
Nathan Troester	Sr./Sr.	Mokena, Ill./Lincoln Way East
Cody Webster	Fr./Fr.	East Moline, Ill./United Township
Paul Zeman	Fr./Fr.	Belvidere, Ill./Belvidere North

Cross Country Coach: Gavin Kennedy, First Season

Volunteer Assistant Coach: Michael Allio, First Season

PRONUNCIATION GUIDE

Tom Achtien	OCT-eeen
Jordan Hebert	AY-bare
Dan Kreamske	krem-SKI
Colin/Hunter Mickow	Mick-OW
Phil Pompei	Pom-PAY
Nathan Troester	TRAY-ster

BREAKDOWN BY ELIGIBILITY

SENIORS

Nathan Bohne
 Chris DeSilva
 Kyle Engnell
 Dan Kreamske
 Colin Mickow
 Phil Pompei
 Jim Riddle
 Nathan Troester

JUNIORS

Tom Achtien
 Graham Farnsworth
 Jordan Hebert
 Hunter Mickow

SOPHOMORES

FRESHMEN

Ian Barnett
 Mark Donohue
 David Eckhart
 Tommy King
 Anthony Manfrin
 Joe McAsey
 Sam Telfer
 Cody Webster
 Paul Zeman

2011 FIGHTING ILLINI SEASON OUTLOOK

First-year cross country coach Gavin Kennedy brings a great deal of motivation to an experienced squad looking to make strides and have postseason success. The 2011 Illini boast several veterans who have the potential to earn top spots in the conference and clinch a berth to the NCAA Championships.

"Right now my main goal is to take this veteran group of guys to the NCAA Cross Country Championships," Kennedy said. "With 10 great upperclassmen on the team, this group has been talking about nationals for a long time."

The combination between Kennedy's prior success at Iona College, where he led the Gaels to three consecutive top-10 national finishes, and the deep roster bodes well for the Illini who host four meets including the Big Ten Championship for the first time since 2001.

"It's going to be great having the opportunity for all our fans and supporters to come rally around the guys," Kennedy said. "We have our own goals for the season, and performing well at every meet is one of them."

Since the goals of the squad are set to a high standard this season, the Illini will use the slogan 'all-in'.

"It's an exciting slogan," Kennedy said. "The entire group needs to be 'all-in'. It's going to take every runner from day one to the end of nationals to help us achieve our goals. If they aren't, we will fall short of what we want to accomplish."

Seniors Colin Mickow and Jim Riddle return for their final year as two of Illinois' best competitors. Last cross country season, Mickow, a Princeton, Ill., native finished first or second in



Jim Riddle will be one of the Illini's top returners, leading the Illini at the 2010 NCAA Midwest Regional Championships and capturing All-Region honors.

each meet he ran in, including finishing 21st at the last year's Big Ten Championships with a personal-best 8K time of 24:18. Riddle, a Naperville, Ill., native led the Illini last year at the NCAA Midwest Regional Championships, capturing All-Region honors.

"This group of seniors is special," Kennedy said. "This is a group of guys who came to me at the beginning of camp and told me they want to be in the top three at the Big Ten Championships. I've asked a lot of the guys. I'm putting it all on the seniors this year."

Teammate Dan Kremske is back for his final season of eligibility. The senior looks to improve upon last year's finish where he placed second for the Illini at regionals and first at the Wisconsin adidas Invitational.

The Illini start their season at home with the Illini Challenge on Sept. 3 before hosting the Orange and Blue Preview two weeks later.

The squad then travels to Madison, Wis., on Oct. 14 for their first road meet in the Wisconsin adidas Invitational. Last year, the Orange and Blue finished ahead of three Big Ten teams.

A week later, the Illini return home to host the Illini Open a week before hosting the Big Ten Championships on Oct. 30 at the University of Illinois Arboretum. On Nov. 12, the Orange and Blue will look to improve upon last year's top five finish at the NCAA Midwest Regional in DeKalb, Ill.

With a new face at the helm, and a program on the rise, the Illini hope to achieve their goals in the postseason.

"There isn't a better way to end your last cross country season than making it to Terre Haute in November," Kennedy said. "I'm looking forward to making it happen."



Dan Kremske will also be in the competitive lineup for the Illini.



GAVIN KENNEDY

HEAD CROSS COUNTRY COACH

FIRST SEASON

Gavin Kennedy comes to Illinois after coaching three years on Iona's men's and women's cross country/track and field staff, which included serving as an associate head coach of the program from 2010-11. At Illinois, Kennedy will take on the role of head cross country coach for the fall season and lead the distance crew on the track in

the spring.

During his tenure at Iona College, he led the men's cross country squad to three consecutive top-10 finishes at the NCAA Championships, including a second-place showing in 2008, and three straight Metro Atlantic Conference championships. His athletes won a pair of individual NCAA titles on the track, which marked the first in school history, and earned a total of 11 All-American honors over his three years. Last season, he helped the Gaels to a banner year, as the program finished sixth overall in the 2010-11 USTFCCCA Division 1 Program of the Year standings. Iona was on of 15 Division 1 to score at all three NCAA Championships in 2010-11.

Kennedy, a native of Waterford, Ireland, came to Illinois with an extensive background as both a distance performer and assistant coach, having served in both capacities at his alma mater DePaul. He was also an assistant at Northwestern University and Saint Louis before his time at Iona.

Kennedy joined the staff at Saint Louis after the 2007 cross country season and worked primarily with the men's and women's distance and middle distance track athletes. Before his one-year stint with the Northwestern women's cross country squad, Kennedy coached for two seasons at DePaul, his alma mater. His experience with the Blue Demons included assisting with travel, community service and training. During his time as an undergrad at DePaul, Kennedy served on the Student-Athlete Advisory committee and on the DePaul University Captains' Council. He broke the two oldest records in DePaul history in the indoor mile and outdoor 1500m. For his efforts, Kennedy was named MVP of the men's indoor track team in both 2004 and 2005 and was named to the all-conference team in all four of his years on the team. In addition, he was named to Conference USA's All-Academic Team in 2005 and the BIG EAST's All-Academic squad as a senior in 2006.

As a competitor on the professional track and field circuit, Kennedy has been ranked in the top 15 in his native Ireland in the indoor mile and outdoor 1,500 meters. In 2004 he ranked No. 5 for the indoor mile, improving the standing to No. 4 the following year. Kennedy earned a Bachelor of Science in Physical Education from DePaul in 2006 and is also a USTFCCCA certified endurance coach.

MICHAEL ALLIO

VOLUNTEER ASSISTANT COACH

Michael Allio comes to Illinois after spending the last season as an assistant coach at Illinois Wesleyan University. At the University of Illinois, Allio will assist Coach Kennedy with cross country during the fall and the distance crew on the track in the spring.

As an athlete Allio ran cross country and track at the Division II level at Anderson (S.C.) University, where he held the school record in the 3000-meter steeplechase. After graduation, Allio returned to his alma mater as an assistant Cross Country and Track and Field coach. During his three year tenure at Anderson, the cross country teams won two Conference Carolinas Cross Country championships. These teams included one NCAA Cross Country National Championship Qualifier (2006) and one individual conference champion. Allio worked with athletes setting 16 track and field and cross country records at Anderson.

After completing his Master's degree, Michael followed his wife, Jennifer, to central Illinois where she is currently completing graduate coursework at the University of Illinois, School of Veterinary Medicine. Upon moving to Illinois he became the inaugural head track and field coach at Judah Christian School. During the 2009 and 2010 seasons, his athletes qualified for the state meets in seven events. This group included an All-State jumper.

While Allio assisted at Illinois Wesleyan the women's team finished sixth overall at the NCAA Indoor Track and Field National Championships. Allio holds USATF Level 1 and 2 certifications with his level 2 concentration in endurance events.



MIKE TURK

TRACK & FIELD HEAD COACH

SECOND SEASON, SEVENTH OVERALL

Mike Turk was named the interim head coach of the Illinois men's track and field in November 2009 after former coach Wayne Angel stepped down. Turk is in his second year as interim head coach and sixth season at the University of Illinois coaching the jumps, throws and multi-events. He is well known as one of the top field event coaches in the country and is especially heralded for his development of athletes in the throwing events. Turk has accumulated over 20 years of coaching experience at the collegiate level, including 18 years at the NCAA Division I level. In his career, Turk has coached All-Americans in nine different events, including the long jump, triple jump, high jump, shot put, weight throw, hammer throw, discus, decathlon and 800m.

In his first year as interim head coach in 2010, Turk worked to change the culture of the program and made great strides from the indoor to the outdoor season, which was capped off by a national title in the 110m hurdles by Andrew Riley. Turk's squad qualified 16 athletes to the West Preliminary Round of Championship and advanced in three events to the NCAA Championships, with Riley in the 110m hurdles, junior Cody Wisslead in the 400m hurdles and the 4x100m relay. At the Big Ten Outdoor Championships, the Illini turned in their best conference finish since 2006, as they placed sixth overall. Turk also coached junior Matt McHugh into the record books again, as the Exeter, N.H., native recorded school records during the indoor and outdoor seasons. McHugh smashed the school record in the weight throw with a mark of 63-2 3/4 (19.27m) and broke his own school record in the hammer throw twice, tallying a personal-best mark of 202-10 (61.83m).

During the 2009 season, Turk coached a pair of athletes who altered Illinois records that had stood for 30 years. Junior Greg Shroka placed sixth in the high jump with a personal-best height of 7 feet, 1 1/2 inches (2.17m) at the NCAA Outdoor Championships to become the first Fighting Illini outdoor All-American in the event since Gail Olson took fifth in 1979. McHugh broke Bob Carper's school record of 187-4 set three decades ago when he marked 190-4 (58.02m) in the hammer throw at the Illinois Invitational. Along with those record-setting marks, Turk also guided junior Casey Fonesbeck to a sixth-place finish in the shot put at the Big Ten Outdoor Championships, where he also qualified for the NCAA Mideast Regionals with a personal-best distance of 57-3 3/4.

Fighting Illini field event athletes also achieved a number of milestones in 2008 under Turk, as Shroka became just the third athlete in Illinois history to leap over seven feet in the high jump, marking 7-0 1/4 at the Illinois Twilight. Shroka went on to earn All-Mideast Region honors, narrowly missing a trip to the NCAA Outdoor Championships and scoring at both the Big Ten indoor and outdoor meets. In the throwing events, Fonesbeck earned a trip to regionals and scored at the Big Ten outdoor meet in the shot put with a mark of 57-1 that ranks 10th in Illinois history. McHugh had a standout debut season, marking 59-7 in the weight throw and 183-7 in the hammer throw to rank third and fourth in Illinois history, respectively. In addition, multi-event athlete Andrew Zollner moved up to second on the Illini all-time list in the decathlon, with a personal-best point total of 6,776 points at the Big Ten Championships.

In 2007 under Turk, Nick Brown continued his success at the conference championships by finishing second in the long jump and fourth in the triple jump at the Big Ten Indoor Championships and third in both events at the Big Ten Outdoor Championships. Brown also competed in the long and triple jumps at the NCAA Mideast Regional Championships. Turk helped guide Shroka to a successful rookie campaign, as he scored as a redshirt

freshman at the Big Ten Championships and qualified for the regional championships. Zollner also came on strong, taking sixth in the decathlon and ninth in the heptathlon at the conference meets. In addition, Chad Gridley improved his personal-best in the discus by over 20 feet.

Turk made an immediate impact with the Fighting Illini in his first year with the program in 2006. His athletes crashed the record books, with nine all-time top-10 performances in Illini history, with the season highlighted by the outstanding achievements of Brown. Under Turk's leadership, Brown was an NCAA Championships qualifier in both the long and triple jumps during the indoor season and in the triple jump during the outdoor season, earning All-America honors in the long jump indoor and the triple jump outdoor.

Prior to coming to Illinois, Turk spent six years coaching the men's track and field and cross country program at Western Michigan University. As head coach, he led the 2003 Broncos to a top-20 ranking in the NCAA Division I Team Power Ranking (USTCA). Turk was named the 2003 Central Collegiate Conference Coach of the Year in cross country and the 2004 Central Collegiate Conference Coach of the Year in outdoor track. In six years at Western Michigan, Turk coached two All-Americans, three school record holders, seven NCAA Qualifiers, a conference record holder and All-Mid American Conference performers in the long jump, triple jump, high jump, shot put, discus, hammer and decathlon.

Prior to joining Western Michigan's program, Turk was the assistant coach for both Marquette University and the University of Wisconsin-Milwaukee's men's and women's track and field programs. While at Marquette, Turk coached several All-Americans and NCAA Championships qualifiers, including the school's first-ever women's indoor NCAA qualifier and first-ever men's indoor NCAA All-American. Upon his departure from Marquette, Turk's athletes had set 27 school records. While at UW-Milwaukee, Turk coached numerous NAIA All-Americans including the 1989 NAIA outdoor 800m national champion.

Turk is a USATF Level II certified coach in the jumps and throws and as an instructor. He is a part of the USATF Coaches Education Level II staff and helped co-author the USATF Level II Throws curriculum. Turk is a popular clinician and has spoken at numerous clinics throughout the country. He is also a lead instructor at the prestigious Ironwood Throws Development Camp, organized the King of the Ring Throws Clinic and has authored several articles.

As a student-athlete at Augustana College in Rock Island, Ill., Turk received his bachelor's degree in Physical Education in 1985 and competed on the varsity track and field team. He was the 1984 CCIW Conference Champion in the shot put.

Turk and his wife, Lori, reside in Mahomet and have three children, daughters Hannah and Payton and a son, Sam.



TOM ACHTIEN

JUNIOR // ELMHURST, ILL. // YORK HS

CROSS COUNTRY

2010 XC - SOPHOMORE

Made his season debut at the Bradley Classic, placing fourth for the Illini in 25:25.

2009 XC - RS FRESHMAN: Placed third for Illinois at the NCAA Midwest Regional and 58th overall with a 10K time of 32:41 ... Finished fourth for the Illini and 40th overall

at the Big Ten Championships with a time of 26:38 for the 5.2 mile race ... Raced at Pre-Nationals, placing sixth for the Orange and Blue with an 8K time of 25:44 ... Competed at the Wisconsin Inter-Regional meet, finishing sixth for Illinois and 54th overall with a time of 25:21 ... Placed sixth for the Orange and Blue and 25th overall at the Illinois Intercollegiate Championships with an 8K time of 25:29 ... Finished fourth overall at the Illini Challenge with a personal-best 6K time of 19:07 ... Academic All-Big Ten.

2008 XC - FRESHMAN: Redshirted.

2010 TRACK & FIELD

Outdoor: Did not compete.

Indoor: Competed in the 5,000m at the Big Ten Championships, timing 14:57.20 and placing 21st ... Ran two other 5,000m races at the Meyo Invitational and the Iowa State Classic, where he clocked a personal best 14:55.36 ... Opened the season at the Iowa Dual in the 3,000m with a personal-best time of 8:34.78 ... Also ran the 3,000m at the Carle/Health Alliance Classic ... Finished fourth in the mile at the Illinois Intercollegiate Championships ... Academic All-Big Ten.

2009 TRACK & FIELD

Redshirted the indoor and outdoor seasons.

HIGH SCHOOL: Finished second at the 2007 Illinois 3A Cross Country Championships, improving on his eighth place finish in 2006 ... Placed sixth in the 1600m at the 2008 AA Illinois State Championships ... Ranked 13th nationally in the 3200m his senior season ... Grabbed third place individually at the 2007 Nike Team Midwest Regional ... Three-time All-State in cross country and six-time All-State in track and field ... Earned three letters each in cross country and track and field ... Helped York to three state cross country titles.

PERSONAL: Full name is Thomas Edward Achten ... Born Aug. 12, 1990 ... Parents are Ernest and Carol Achten ... Has three sisters, Kate, Ann and Karen ... Hobbies include running and ping pong ... Majoring in kinesiology.

ACHTIEN'S PERSONAL BESTS

Cross Country

6K: 19:07 - Illini Challenge (9/4/09)

8K: 25:21 - Wisconsin Inter-Regional (10/3/09)

10K: 32:41 - NCAA Midwest Regional Championships (11/14/09)

Indoor Track

Mile: 4:18.68 - Illinois Intercollegiate Championships (1/30/10)

3,000m: 8:34.78 - Iowa Dual (1/9/10)

5,000m: 14:55.36 - Iowa State Classic (2/13/10)



IAN BARNETT

FRESHMAN // GLEN ELLYN, ILL. // FENWICK HS

HIGH SCHOOL: Captured All-State honors in 2011 ... Placed fifth in the 1600m at the 2011 indoor state championships ... Was the 2011 1600m outdoor conference champion and 2010 champion in the indoor event ... All-Region and state qualifier in 2010 ... All-Conference in 2009 and 2010 in cross country.

PERSONAL: Son of David and Paula Barnett ... Born August 27, 1992 ... Has one sister, Elizabeth, and one brother, Patrick ... Hobbies include wake boarding, snowboarding and playing soccer ... Majoring in accounting.



NATHAN BOHNE

SENIOR // PALOS HEIGHTS, ILL. // STAGG HS

CROSS COUNTRY

2010 XC - JUNIOR

Finished 52nd overall at the Big Ten Championships with a time of 25:01... Raced to an 8K time of 25:03 at Pre-Nationals, placing sixth for the Illini and 118th overall ... Competed in the Wisconsin adidas Invitational, clocking a personal-best 8K time of 24:50 and finishing 87th overall ... Placed fourth for the Orange and Blue

and ninth overall at the Illinois Intercollegiate with an 8K time of 25:13 ... Had a breakout meet at the Illini Challenge, finishing fourth overall with a personal-best 6K time of 18:46.

2009 XC - SOPHOMORE: Placed 67th at the Big Ten Championships, timing 27:19 for the 5.2-mile race ... Took the individual title at the Illini Open with an 8K time of 26:07 ... Raced in the Open Race at the Pre-Nationals meet, placing 28th with an 8K time of 26:06 ... Competed at the Wisconsin Inter-Regional, where the Illini placed sixth overall, and timed 25:37 for the 8K race ... Raced to an 8K time of 25:42 at the Illinois Intercollegiate Championships ... Placed seventh at the Illini Challenge and fifth for the Orange and Blue with a 6K time of 19:19 ... Academic All-Big Ten.

2008 XC - FRESHMAN: Competed in four races in his rookie season, including the Big Ten Championships ... Ran unattached in the Illini Challenge and placed fifth overall ... Finished fourth for the Illini at the Sean Earl Invitational with a personal-best 8K time of 25:27, finishing 17th overall ... Crossed the line 20th at the Illinois Intercollegiate Championships and 85th at the Big Ten Championships.

2010 TRACK AND FIELD

Outdoor: Ran the 1,500m at three meets, posting a personal-best time of 4:03.21 at the Illinois Twilight.

Indoor: Competed in the mile at two meets, turning in a personal-best time of 4:22.11 at the Iowa Dual ... Ran the 3,000m at the Carle/Health Alliance Classic and at the Illinois Intercollegiate, where he clocked a personal-best time of 8:52.10 and finished fourth.

2009 TRACK & FIELD

Redshirted the indoor and outdoor seasons.

HIGH SCHOOL: Earned All-State cross country honors as a senior, finishing 23rd at the 2007 Illinois 3A State Cross Country Championships ... Three-time track and field state qualifier in the 1600m ... Earned four letters each in cross country and track and field.

PERSONAL: Born Aug. 2, 1989 ... Parents are Brian and Michele Bohne ... Has one younger brother, Lucas ... Majoring in natural resources and environmental sciences.

BOHNE'S PERSONAL BESTS

Cross Country

6K: 18:46 - Illini Challenge (9/3/10)

8K: 24:50 - Wisconsin adidas Invitational (10/2/10)

Outdoor Track

1,500m: 4:03.21 - Illinois Twilight (4/30/10)

Indoor Track

Mile: 4:22.11 - Iowa Dual (1/9/10)

3,000m: 8:52.10 - Illinois Intercollegiate (1/30/10)



CHRIS DESILVA

SENIOR // ST. CHARLES, ILL. // NORTH HS

CROSS COUNTRY 2010 XC - JUNIOR

Ran his first 10K at the NCAA Midwest Regional Championships, placing 52nd overall with a time of 31:18... Took the Illini Open individual title with an 8K time of 25:10... Competed at the Wisconsin adidas Invitational, finishing 104th overall in 25:11... Ran at the Illinois Intercollegiate Championships, placing 12th

overall.

2009 XC - SOPHOMORE: Made his season debut at the Wisconsin Inter-Regional, placing fifth for Illinois with an 8K time of 25:07 ... Clocking a personal-best 8K time of 24:53 at Pre-Nationals, finishing second for the Illini and 78th overall ... Raced at the Big Ten Championships, placing second for the Orange and Blue and 29th overall with a time of 26:10 for the 5.2-mile race ... Academic All-Big Ten.

2008 XC - FRESHMAN: Competed in four meets and finished in the top six or better each race for the Illini ... Placed seventh overall at the Illini Challenge ... Crossed the line in 11th overall at the Illinois Intercollegiate Championships and finished third for the Illini running an 8K time of 25:16.

2010 TRACK AND FIELD

Outdoor: Won the 3,000m steeplechase at the Illinois Twilight with a personal-best time of 9:12.77 ... Ran the 2,000m steeplechase at the Iowa Invitational and placed second with a time of 5:58.64 ... Academic All-Big Ten.

Indoor: Competed in the mile at the Illinois Intercollegiate and timed 4:24.17.

2009 TRACK & FIELD

Outdoor: Competed in the 3,000m steeplechase at three meets, finishing second at the Big Blue Classic and the Spec Towns Invitational ... Ran outdoor season-best 9:16.12 in the steeple at the Stan Lyons Invitational ... Also competed in the 1,500m, recording outdoor personal-best 3:57.82 at the Illinois Invitational.

Indoor: Competed in the mile run at the Carle/Health Alliance Invitational, posting an indoor personal-best 4:20.12, en route to a fourth place finish.

HIGH SCHOOL: Ran anchor leg of Illinois AA state champion 4x800m relay as a senior in 2008 ... Two-time All-State honoree in cross country, taking ninth at the 2007 Illinois 3A State Cross Country Championships and 28th in 2006 ... Three-time Illinois AA State Track and Field Championships qualifier in the 1600m, taking ninth in 2007.

PERSONAL: Full name is Christopher James DeSilva ... Born July 14, 1990 ... Parents are Marc and Janet DeSilva ... Has two brothers, Matt and Greg ... Brother Matt was on cross country and track and field teams at Purdue ... Majoring in general engineering.

DESILVA'S PERSONAL BESTS

Cross Country

6K: 19:07 - Illini Challenge (8/29/08)

8K: 24:53 - Pre-National Invitational (10/17/09)

10K: 31:18 - NCAA Midwest Regional Championships (11/13/10)

Outdoor Track

1,500m: 3:57.82 - Illinois Invitational (5/2/09)

3,000m Steeplechase: 9:12.77 - Illinois Twilight (4/30/10)

Indoor Track

Mile: 4:20.12 - Carle/Health Alliance Classic (1/24/09)



MARK DONOHUE

RS FRESHMAN// DES PLAINES, ILL. // LOYOLA ACADEMY HS

CROSS COUNTRY 2010 XC - FRESHMAN

Placed seventh overall at the Illini Open, clocking a personal best 8K time of 25:37... Ran unattached at the Illini Challenge and Illinois Intercollegiate meets.

HIGH SCHOOL: Was a 2009 cross country all-state selection after an 11th-place finish at the IHSA state meet ... His team placed second in the IHSA cross country state meet in 2009 ... Earned a varsity letter in cross country and in track and field for all four years of high school.

PERSONAL: Born April 1, 1992 ... Parents are Tim and Mary Pat Donohue ... Has two siblings, Kevin and Theresa ... Hobbies include surfing ... His parents most influenced his athletic career because of all the support they have given him throughout his career ... His biggest thrill in sports is winning ... Major is undecided.

DONOHUE'S PERSONAL BESTS

Cross Country

6K: 19:40 - Illini Challenge (9/3/10)

8K: 25:37 - Illini Open (10/22/10)



DAVID ECKHART

FRESHMAN // PARK RIDGE, ILL. // MAINE SOUTH HS

HIGH SCHOOL: Was a three-time All-Conference cross country runner, also earning the honor in 2010 and 2011 in both indoor and outdoor track ... Captured All-State accolades in cross country and track ... Four-time letter winner in track, three-time in cross country.

PERSONAL: Son of Dave and Therese Eckhart ... Born November 11, 1992 ... Has four siblings, Zach, Cailin, Riley, Jake ... Major is undecided.



KYLE ENGNELL

SENIOR// HOMER GLEN, ILL. // LOCKPORT TOWNSHIP HS

CROSS COUNTRY 2010 XC - JUNIOR

Finished second for Illinois and 12th overall at the Bradley Classic, clocking a personal-best 8K time of 24:38 ... Competed in the Wisconsin adidas Invitational, finishing 91st overall with an 8K time of 24:52 ... Made his season debut at the Illinois Intercollegiate, placing 13th overall with an 8K time of 25:34.

2009 XC - SOPHOMORE: Competed at the Midwest Regional Championship, finishing fifth for the Orange and Blue and 87th overall with a 10K time of 33:38 ... Raced at the Big Ten Championships, turning in a 5.2-mile time of 26:58 to place 50th ... Finished 12th overall at the Illini Open ... Competed at Pre-Nationals, finishing seventh for the Illini ... Placed eighth for Illinois at the Wisconsin Inter-Regional ... Finished seventh for the Orange and Blue at the Illinois Intercollegiate Championships ... Academic All-Big Ten.

2008 XC - FRESHMAN: Ran in four races for the Orange and Blue, including the Big Ten Championships where he had his top finish of the year as the sixth Illini to cross the finish line ... Placed 21st overall at the Illinois Intercollegiate Championships, running a personal-best 8K time of 25:41 ... During the 2009 track season, finished seventh at the Big Ten Championships in the 3000m steeplechase.

2010 TRACK AND FIELD

Outdoor: Qualified for the NCAA West Preliminary Round of Championship in the 3,000m steeplechase ... Clocking a personal-best 8:58.31 and scored in the 3,000m

steeplechase at the Big Ten Championships with a seventh-place finish for the second-straight year ... Won the steeplechase at the Yellow Jacket Invitational and at the Pepsi Invitational ... Twice ran the 800m at meets and competed in the 1,500m at the Illinois Twilight, turning in a personal-best time of 3:51.82 ... Academic All-Big Ten.

Indoor: Ran the mile at the Big Ten Championships and placed 17th ... Turned in a personal-best mile time of 4:09.65 at the Meyo Invitational ... Won the mile at the Illinois Intercollegiate with a time of 4:11.77 and came in second in the 800m at the same meet ... Timed a personal-best 1:52.79 in the 800m at the Iowa State Classic ... Placed third in the 3,000m at the Carle/Health Alliance Classic with a time of 8:36.81 ... Ran the anchor leg of the distance medley relay that captured the event title at the Iowa State Classic.

2009 TRACK & FIELD

Outdoor: Scored for the Illini in the 3,000m steeplechase at the Big Ten Championships, finishing seventh and posting an outdoor personal-best time of 9:10.99 ... Also competed in the 1,500m at the Illinois Invitational, finishing in third place.

Indoor: Redshirted.

HIGH SCHOOL: 2008 Illinois AA 1600m state champion (4:12.29) ... Took sixth at the 2007 Illinois 3A State Cross Country Championships ... Placed sixth in the 800m at the 2007 Illinois AA State Track and Field Championships ... Earned four letters each in cross country and track and field.

PERSONAL: Born Sept. 11, 1989 ... Parents are Dan Engnell and Jill Pocius ... Has three siblings, Bryan, Kaitlyn and Amanda ... Majoring in engineering.

ENGNELL'S PERSONAL BESTS

Cross Country

6K: 19:39 - Illini Challenge (8/29/08)

8K: 24:38 - Bradley Classic (10/15/10)

10K: 33:38 - NCAA Midwest Regional Championships (11/14/09)

Outdoor Track

1,500m: 3:51.82 - Illinois Twilight (4/30/10)

3,000m Steeplechase: 8:58.31 (5/15/10)

Indoor Track

800m: 1:52.79 - Iowa State Classic (2/13/10)

Mile: 4:09.65 - Meyo Invitational (2/6/10)

3,000m: 8:36.81 - Carle/Health Alliance Classic (1/23/10)



GRAHAM FARNSWORTH

JUNIOR // WHEATON, ILL. // WHEATON NORTH HS

CROSS COUNTRY

2009 XC - RS FRESHMAN: Finished 11th overall at the Illini Challenge ... Raced at the Illinois Intercollegiate Championships where the Illini finished second ... Placed fifth for the Orange and Blue at the Bradley Classic.

2008 XC: Redshirted the 2008 season.

2010 TRACK AND FIELD

Outdoor: Competed in the prelims of the 1,500m at the Big Ten Championships, running a time of 3:51.01 ... Posted a personal-best time of 3:49.76 in the 1,500m at the Pepsi Invitational and placed fourth ... Placed fifth in the 1,500m at the Illinois Twilight ... Took fifth in the 800m at the Mike Poehlein Invitational and third in the event at the Iowa Invitational ... Academic All-Big Ten.

Indoor: Ran the mile at the Big Ten Championships and finished 16th with a time of 4:13.02 ... Clocked a personal-best mile time of 4:11.00 at the Meyo Invitational ... Placed second in the 800m at the Iowa dual and timed a personal-best 1:53.17 in the event at the Iowa State Classic ... Took the runner-up spot in the 1,000m at the Illinois Intercollegiate with a time of 2:29.52 ... Ran the third leg of the distance

medley relay that captured the event title at the Iowa State Classic.

2009 TRACK & FIELD

Outdoor: Competed in the 800m in four meets during the outdoor season, posting an outdoor personal-best 1:52.93 at the SIU Spring Classic, en route to a third place finish ... Also competed in the 1,500m, finishing second at the Spec Towns Invitational.

Indoor: Ran on distance medley relay team that scored at the Big Ten Championships with a seventh-place finish (9:50.80) ... Recorded a season-best of 4:12.58 in the mile at the Adidas Classic ... Finished first in the mile run at the Saluki Fast Start meet ... Also competed in the 800m, posting season-best 1:53.24 at the Kentucky Invitational ... Ran personal-best 2:31.19 in the 1,000m at the Adidas Classic, en route to a first place finish.

HIGH SCHOOL: Took third in the 800m at the 2008 Illinois AA State Track and Field Championships to earn All-State honors ... 2007 state qualifier in the 800m and 2006 state qualifier in the 1600m ... Competed at the Illinois State Cross Country Championships in 2005, 2006 and 2007 ... Three-time All-Conference honoree in cross country ... Earned three letters in cross country and four in track and field.

PERSONAL: Full name is Graham Jacob Farnsworth ... Born Sept. 20, 1989 ... Parents are Craig and Jane Farnsworth ... Has two younger sisters, Hannah and Alison ... Parents both ran at Ball State ... Hobbies include photography ... Majoring in english.

FARNSWORTH'S PERSONAL BESTS

Cross Country

6K: 19:36 - Illini Challenge (9/4/09)

8K: 26:17 - Illinois Intercollegiate Championships (9/18/09)

Outdoor Track

800m: 1:52.93 - SIU Spring Classic (3/28/09)

1,500m: 3:49.76 - Pepsi Invitational (4/10/10)

Indoor Track

800m: 1:53.17 - Iowa State Classic (2/13/10)

Mile: 4:11.00 - Meyo Invitational (2/6/10)



JORDAN HEBERT

JUNIOR // ELMHURST, ILL. // YORK HS

CROSS COUNTRY

2010 XC - SOPHOMORE

Ran his first 10K at the NCAA Midwest Regional Championships, placing 37th overall with a 10K time of 31:00... Finished third for the Illini at the Big Ten Championships and 35th overall in 24:35... Led the Illini at the Bradley Classic, clocking a personal-best 8K time of 24:28 and taking ninth overall ... Competed in the

Wisconsin adidas Invitational, finishing 117th overall with an 8K time of 25:29 ... Raced to an 8K time of 25:24 at the Illinois Intercollegiate, finishing 10th overall and fifth for Illinois ... Placed sixth at the Illini Challenge, running a personal-best 6K time of 18:56 and scoring for the Orange and Blue as their fourth runner.

2009 XC - FRESHMAN: Raced unattached at the Illini Challenge, finishing eighth overall ... Competed at the Illinois Intercollegiate Championships, finishing 40th overall ... Ran at the Wisconsin Inter-Regional meet where the Illini finished in sixth place ... Finished first for the Orange and Blue and 10th overall at the Bradley Classic with a personal-best 8K time of 25:33 ... Placed fourth overall at the Illini Open.

2010 TRACK AND FIELD

Outdoor: Posted a personal-best time of 14:48.08 and a second-place showing in the 5,000m at the Mike Poehlein Invitational ... Also finished second in the 3,000m at the Iowa Invitational with a time of 8:36.25 ... Placed fifth in the 5,000m at the Illinois Twilight.

Indoor: Won the 3,000m at the EIU Friday Night Special with a personal-best

time of 8:36.17 ... Finished fifth in the 3,000m at the Iowa Dual and Carle/Health Alliance Classic ... Earned the runner-up spot in the 5,000m at the Illinois Intercollegiate with a personal-best time of 15:03.44 ... Also ran the 5,000m at the Iowa State Classic.

HIGH SCHOOL: Was a two-time All-State selection, finishing second in the 3200m at the 2009 IHSA Class 3A state track meet and third at the 2008 IHSA Class 3A cross country meet ... Helped his team win the 2009 IHSA Class 3A state title in track and post back-to-back runner-up finishes at the 2007 and 2008 IHSA Class 3A cross country meet.

PERSONAL: Born Aug. 2, 1991 ... Parents are David and Gail Hebert ... Majoring in history ... Hobbies include Xbox 360 and watching TV ... His biggest thrill in sports is coming from behind to win or an upset victory ... His favorite athlete is Usain Bolt because he knows how to have fun yet get down to business when he has to ... Dee Brown was his fighting Illini hero growing up ... High school coach Joe Newton and Charlie Kern most influenced his athletic career because they taught him to be a better athlete as well as a person ... Plans to become a teacher and coach after graduation.

HEBERT'S PERSONAL BESTS

Cross Country

6K: 18:56 - Illini Challenge (9/3/10)

8K: 24:28 - Bradley Classic (10/15/10)

10K: 31:00 - NCAA Midwest Regional Championships (11/13/10)

Outdoor Track

5,000m: 14:48.08 - Mike Poehlein Invitational (4/3/10)

Indoor Track

3,000m: 8:36.17 - EIU Friday Night Special (2/20/10)

5,000m: 15:03.44 - Illinois Intercollegiate (1/30/10)



TOMMY KING

FRESHMAN // WINNETKA, ILL. // NEW TRIER HS

HIGH SCHOOL: All-Conference in track from 2009-2011 ... All-Conference in cross country in 2008-2010 ... Three-time conference champion in cross country and track. All-State in cross country in 2009, placed 21st at the state meet ... All-State in Track and Field, ninth place in 4x800 meter run in 2010 and third place in the 1600m run in 2011 ... Two cross country state meet appearances and four state track and field appearances ... School record holder in the 1600 and 3200 meter runs.

PERSONAL: Son of Leigh and Peter King ... Born June 5, 1993 ... Has two brothers, Paul (22) and Adam (15) ... Hobbies include playing video games, television and basketball ... Majoring in biology



DAN KREAMSKE

SENIOR // WOODSTOCK, ILL. // WOODSTOCK HS

CROSS COUNTRY

2010 XC - JUNIOR

Clocked a personal-best 10K time of 30:34 at the NCAA Midwest Regional Championships, finishing 24th overall and second for Illinois... Placed 38th overall at the Big Ten Championships with a time of 24:40... Paced the Orange and Blue effort at Pre-Nationals, taking 62nd overall in 24:33 ... Clocked a personal-best 8K time of 24:02 at the Wisconsin adidas Invitational, finishing first for Illinois for the first time in his career and 22nd overall ... Finished third overall at the Illinois Intercollegiate with a time of 24:39, coming in as the second runner for the Orange and Blue and helping the squad win the meet title ... Took second at the Illini Challenge, helping lead his team to victory with a personal best 6K time of 18:39.

2009 XC - SOPHOMORE: Helped lead the Orange and Blue to a first-place finish at the Illini Challenge, finishing second with a 6K time of 18:55 ... Placed eighth overall at the Illinois Intercollegiate and second for the Orange and Blue, clocking a personal-best 8K time of 24:49 ... Finished fourth for the Illini and 44th overall at the Wisconsin Inter-Regional ... Placed fourth for Illinois at the Pre-Nationals meet ... Raced at the Big Ten Championships, scoring for the Illini as their fifth runner and finishing 41st overall ... Competed at the NCAA Midwest Regional Championships for the Orange and Blue ... Academic All-Big Ten.

2008 XC - RS FRESHMAN: Ran in four meets for the Illini in his debut season, with a fourth-place finish at the Illini Challenge in his first meet ... Also placed fifth for the Illini at the Illinois Intercollegiate Championships and Pre-Nationals, finishing 13th and 99th overall, respectively ... Recorded his season-best 8K run of 25:18 at the Illinois Intercollegiate Championships.

2007 XC - FRESHMAN: Redshirted.

2010 TRACK AND FIELD

Outdoor: Ran the 5,000m at the Big Ten Championships, clocking a personal-best time of 14:29.75 and placing 22nd ... Posted a personal-best 1,500m time of 3:52.35 in his fourth-place finish at the Illinois Twilight ... Competed in the 800m twice and in the 1,500m and 5,000m three times each ... Academic All-Big Ten.

Indoor: Competed in the 3,000m at the Big Ten Championships and placed 13th ... Turned in a personal-best 3,000m time of 8:15.89 at the Mayo Invitational ... Took third in the mile at the Iowa Dual with a personal-best time of 4:15.63 ... Ran the 800m at the Illinois Intercollegiate, clocking a personal-best time of 1:58.42.

2009 TRACK & FIELD

Outdoor: Competed in the 1,500m at four outdoor meets ... Ran outdoor season-best 3:56.32 at the Big Blue Classic, en route to a sixth-place finish ... Took eighth place at the SIU Spring Classic and the Illinois Invitational ... Also competed in the 800m at two outdoor meets ... Ran outdoor personal-best 1:58.49 at the Big Blue Classic.

Indoor: Redshirted.

2008 TRACK & FIELD

Outdoor: Timed season-best 1,500m time of 4:01.96 at the Illinois Twilight in taking second ... Also competed in the 1,500m at the SIU Spring Classic and Kansas Relays.

Indoor: Ran the mile in five meets, with season-best time of 4:16.77 at the Husker Invitational ... Took fifth in the mile at the EIU Friday Night Special.

HIGH SCHOOL: State qualifier in the 800m and 1600m ... Placed 14th in the state 1600m with a time of 4:17.95 ... Lettered in track three years and football his junior and senior years ... All-Conference in track in 2006 and 2007 ... Academic All-Conference in 2007 ... High school coach was Dominic Cannata.

PERSONAL: Full name is Daniel James Kreamske ... Born April 28, 1989 ... Parents are Randall and Cheryl Kreamske ... Has one brother, Mike ... Illinois State Scholar ... Member of the Honor Roll and National Honor Society ... Received the Merwin Male Scholar Athlete award ... Enjoys biking, waterskiing, wakeboarding and snow skiing ... Had never run a cross country race prior to attending Illinois ... Majoring in kinesiology.

KREAMSKE'S PERSONAL BESTS

Cross Country

6K: 18:39 - Illini Challenge (9/3/10)

8K: 24:02 - Wisconsin adidas Invitational (10/2/10)

10K: 30:34 - NCAA Midwest Regional Championships (11/13/10)

Outdoor Track

1,500m: 3:52.35 - Illinois Twilight (4/30/10)

5,000m: 14:29.75 - Big Ten Championships (5/15/10)

Indoor Track

Mile: 4:15.63 - Iowa Dual (1/9/10)

3,000m: 8:15.89 - Mayo Invitational (2/6/10)



COLIN MICKOW

SENIOR // PRINCETON, ILL. // PRINCETON HS

CROSS COUNTRY 2010 XC - JUNIOR

Clocked a personal-best 10K time of 30:58 at the NCAA Midwest Regional Championships, scoring for the Illini and placing 35th overall... Finished 21st overall at the Big Ten Championships, clocking a personal-best 8K time of 24:18... Has finished first or second for the Illini at all five meets he ran in ... Named Big Ten Co-Runner of the week for the week of Sept. 21 following

his performance at the Illinois Intercollegiate Championships ... Took second for the Orange and Blue at Pre-Nationals, taking 73rd overall in 24:39 ... Matched his personal-best 8K time (24:26) at the Wisconsin adidas Invitational, finishing 2nd for Illinois and 50th overall ... Took second at the Illinois Intercollegiate with a personal-best 8K time of 24:26 ... Placed first in the Illini Challenge for the second year in a row, leading Illinois to victory with a 6K time of 18:37.

2009 XC - SOPHOMORE: Garnered All-Region accolades at the NCAA Midwest Regional after placing 18th with a 10K time of 31:18 ... Missed qualifying for the NCAA Championships by 1.6 seconds ... Was the top Illini runner at all six meets he ran ... Clocked a 5.2-mile time of 26:04 at the Big Ten Championships, finishing 25th overall ... Placed 71st overall at the Pre-Nationals meet ... Ran a personal-best 8K time of 24:39 at the Wisconsin Inter-Regional and finished 24th overall ... Placed seventh overall at the Illinois Intercollegiate Championships with an 8K time of 24:48 ... Captured the individual title at the Illini Challenge with a personal-best 6K time of 18:52, leading the Orange and Blue to a first-place team finish ... Academic All-Big Ten.

2008 XC - FRESHMAN: An immediate contributor for the Illini, running in nearly every race as a freshman and finishing in the top five for the Orange and Blue four times ... Ran unattached in the Illini Challenge ... Finished second for Illinois at Pre-Nationals and the Big Ten Championships ... Ran a season-best 8K of 25:11.6 at Pre-Nationals ... Also placed fourth for the Illini at the NCAA Midwest Regional ... Named Illinois' Outstanding Newcomer.

2010 TRACK AND FIELD

Outdoor: Reached the podium at the Big Ten Championships after placing third in the 10,000m with a personal-best time of 29:10.74 ... Qualified for the NCAA West Preliminary Round of Championship in the 10,000m and finished 21st ... Ran for Team USA at the NACAC Under-23 Championships and earned a runner-up finish in the 10,000m ... Missed scoring in the 5,000m by two spots at the Big Ten Championships with a 10th-place finish and time of 14:12.80 ... Posted a personal-best 5,000m time of 14:08.86 at the Pepsi Invitational ... Took second in the 5,000m at the Drake Relays ... Recorded a personal-best 1,500m time of 3:51.68 in his runner-up finish at the Illinois Twilight ... Ran the 800m and 1,500m at the Mike Poehlein Invitational ... Academic All-Big Ten.

Indoor: Placed 17th in the 5,000m at the Big Ten Championships ... Finished fifth in the 5,000m at the Iowa State Classic with a personal-best time of 14:28.88 ... Posted a personal-best 3,000m time of 8:29.20 in his second-place finish at the Iowa Dual ... Ran the mile at the Carle/Health Alliance Classic and timed 4:17.43.

2009 TRACK & FIELD

Outdoor: Competed in the 5,000m at the Big Ten Championships, taking 21st place ... Placed seventh in the 5,000m at the Jesse Owens Classic, after running an outdoor season-best 14:32.85 ... Finished second in the 5,000m at the SIU Spring Classic and the Morgan State Legacy Meet ... Competed in the 1,500m at two outdoor meets ... Ran outdoor season-best 3:55.99 at the Big Blue Classic and finished fourth.

Indoor: Competed in the 5,000m at two indoor meets ... Finished in third place at the Adidas Classic ... Ran indoor season-best 14:39.37 at the Iowa State Classic ... Also competed in the 3,000m at two indoor meets ... Placed first in the 3,000m at the Carle/Health Alliance Invitational ... Posted indoor season-best 8:33.08 at the EIU Friday Night Special, en route to a third-place finish.

HIGH SCHOOL: Champion in the 1600m at the 2008 Class A Illinois Prep Top Times Indoor Classic ... Placed fourth at the 2007 Illinois 2A State Cross Country Championships ... Took third in the 1600m at the 2007 Illinois A State Track and Field Championships, also qualifying in the 3200m ... Placed 16th in the 3200m at the 2006 Illinois A State Track and Field Championships ... Earned All-State honors in both cross country and track and field.

PERSONAL: Full name is Colin Felcyn Mickow ... Born March 15, 1990 ... Parents are Jay and Mary Mickow ... Has a twin brother, Hunter, and a sister Chelsea ... Majoring in finance.

MICKOW'S PERSONAL BESTS

Cross Country

6K: 18:37 - Illini Challenge (9/3/10)

8K: 24:18 - Big Ten Championships (10/31/10)

10K: 30:58 - NCAA Midwest Regional Championships (11/13/10)

Outdoor Track

1,500m: 3:51.68 - Illinois Twilight (4/30/10)

5,000m: 14:08.86 - Pepsi Invitational (4/10/10)

10,000m: 29:10.74 - Big Ten Championships (5/14/10)

Indoor Track

Mile: 4:17.43 - Carle/Health Alliance Classic (1/23/10)

3,000m: 8:29.20 - Iowa Dual (1/9/10)

5,000m: 14:28.88 - Iowa State Classic (2/13/10)



HUNTER MICKOW

JUNIOR // PRINCETON, ILL. // PRINCETON HS

CROSS COUNTRY

2010 XC - SOPHOMORE

Placed fifth overall at the Illini Open with an 8K time of 25:27... Made his season debut at the Bradley Classic, finishing third for the Illini and 41st overall with an 8K time of 25:13.

2009 XC: Redshirted the 2009 season.

2008 XC - FRESHMAN: Joined the Illinois squad mid-season ... Participated in three of the final four meets for the Illini, finishing in the top three for the squad each time ... Finished second for the Orange and Blue and 35th overall at the NCAA Midwest Regional.

2010 TRACK AND FIELD

Outdoor: Qualified for the NCAA West Preliminary Round of Championship in the 10,000m and placed 23rd ... Just missed scoring in the 10,000m at the Big Ten Championships with a ninth-place finish and personal-best time of 29:30.09 ... Became a Drake champion after winning the 10,000m at the Drake Relays with a 30:29.72 ... Placed 31st in the 5,000m at the Big Ten Championships ... Won the 5,000m at the Illinois Twilight ... Posted a personal-best 5,000m time of 14:39.24 at the Pepsi Invitational ... Ran the 800m and 1,500m at the Mike Poehlein Invitational ... Academic All-Big Ten.

Indoor: Placed 13th in the 5,000m at the Big Ten Championships with a personal-best time of 14:36.21 ... Won the 5,000m at the Illinois Intercollegiate and ran the event at the Meyo Invitational and Iowa State Classic ... Took fourth in the 3,000m at the Carle/Health Alliance Classic.

2009 TRACK & FIELD

Outdoor: Competed in the 10,000m at the Big Ten Championships, taking 10th place with a time of 31:12.72 ... Competed in the 5,000m at four outdoor meets ... Took first place in the 5,000m at the Stan Lyons Invitational, after running an outdoor season-best 14:41.20 ... Placed third in the 5,000m at the SIU Spring Classic and the Morgan State Legacy Meet ... Also competed in the 1,500m at two outdoor meets ... Ran indoor personal-best 3:58.46 at the Big Blue Classic, en route to an eighth place finish.

Indoor: Competed in the 3,000m at three meets during the indoor season ... Finished in second place in the 3,000m at the Carle/Health Alliance Invitational ... Ran indoor personal-best 8:30.69 at the adidas Classic ... Placed fourth in the 3,000m at the EIU Friday Night Special ... Competed in the 5,000m at the Iowa State Classic, finishing 15th.

HIGH SCHOOL: Took third in the 800m at the 2008 Class A Illinois Prep Top Times Indoor Classic ... Placed 13th at the 2007 Illinois 2A State Cross Country Championships ... Was fifth in the 800m at the 2008 Illinois A State Track and Field Championships.

PERSONAL: Born March 15, 1990 ... Parents are Jay and Mary Mickow ... Has a twin brother, Colin, who also runs for Illinois, and a sister Chelsea ... Majoring in business.

MICKOW'S PERSONAL BESTSCross Country**8K:** 25:12 - Pre-National Invitational (10/18/08)**10K:** 32:15 - NCAA Midwest Regional Championships (11/15/08)Outdoor Track**1,500m:** 3:58.46 - Big Blue Classic (4/4/09)**5,000m:** 14:39.24 - Pepsi Invitational (4/10/10)**10,000m:** 29:30.09 - Big Ten Championships (5/14/10)Indoor Track**3,000m:** 8:30.69 - adidas Classic (1/31/09)**5,000m:** 14:36.21 - Big Ten Championships (2/28/10)**ANTHONY MANFRIN****FRESHMAN // CARPENTERSVILLE, ILL. // DUNDEE-CROWN HS****HIGH SCHOOL:** Was the 2010 indoor state champion in the 3,200m ... Earned All-State honors in cross country ... Was the 2008 Nike national outdoor freshman mile champion.**PERSONAL:** Son of Laura and Mike Manfrin ... Born July 19, 1992 ... Has one twin sister, Sam ... Hobbies include playing basketball ... Was a four year honor roll student and member of the National Honors Society.**JOE MCASEY****FRESHMAN // MINOOKA, ILL. // MINOOKA HS****HIGH SCHOOL:** Anchored state champion 4x800m relay team in 2011 ... Two-time All-Conference selection in cross country and track ... All-State honoree in cross country ... Four-time All-State selection in track and field ... Earned two varsity letters in cross country and track and field from 2009-11.**PERSONAL:** Born June 1, 1993 ... Son of Tim and Sheila Mcasey ... Has one sister, Moira and one brother, Jon ... Majoring in Accounting.**PHIL POMPEI****SENIOR // LOS ALTOS, CALIF. // ST. FRANCIS HS****CROSS COUNTRY****2010 XC - JUNIOR**

Competed in the Big Ten Championships, placing 59th overall in 25:15... Finished fifth for Illinois and 112th overall at Pre-Nationals with an 8K time of 25:00 ... Ran a personal-best 8K time of 24:44 at the Wisconsin adidas Invitational, placing fifth for the Illini and 77th overall ... Competed in the Illinois Intercollegiate,

finishing ninth for Illinois and 23rd overall with an 8K time of 25:47 ... Finished eighth overall at the Illini Challenge with a 6K time of 18:58.

2009 XC - SOPHOMORE: Placed third overall at the Illini Challenge with a 6k time of 19:06 ... Finished seventh for the Illini at the Illinois Intercollegiate Championships ... Clocked a personal-best 8K time of 25:25 at the Wisconsin Inter-Regional ... Ran in the Open Race at the Pre-Nationals meet ... Placed sixth overall at the Illini Open ... Academic All-Big Ten.**2008 XC - FRESHMAN:** Placed fourth at the Illini Open and led the Orange and Blue to victory as the top Illini finisher at the meet.**2010 TRACK AND FIELD****Outdoor:** Timed 8:45.58 in the 3,000m in his fourth-place finish at the Iowa Invitational ... Finished fourth in the 5,000m at the Illinois Twilight and ran a personal-best time of 15:09.94 in the event at the Mike Poehlein Invitational.**Indoor:** Ran a personal-best 3,000m time of 8:40.48 at the Carle/Health Alliance Classic ... Took third in the 3,000m at the EIU Friday Night Special ... Placed third in the 5,000m at the Illinois Intercollegiate with a personal-best time of 15:11.62.**2009 TRACK & FIELD**

Redshirted the indoor and outdoor seasons.

HIGH SCHOOL: Was a 2005 second-team All-State selection for sophomores in the California Interscholastic Federation ... Named to the 2007 All-Central Coast Section second team ... Was a 2005 and 2006 West Catholic Athletic League (WCAL) second-team selection and the 2007 WCAL Individual League Champion ... Earned the Central Coast Section Male Scholar Athlete of the Year award in 2008.**PERSONAL:** Born May 18, 1990... Parents are Peter Pompei and Jana Powell... Brother, Sam, ran cross country and track for the University of North Carolina... Majoring in Broadcast Journalism and minoring in French... His high school coach, Brian Curley, most influenced his athletic career because he taught him the value of community, commitment, and focus in distance running... As a Sophomore, founded Amor Miles, a charity that turns miles into money for those in need.**POMPEI'S PERSONAL BESTS**Cross Country**6K:** 18:58 - Illini Challenge (9/3/10)**8K:** 24:44 - Wisconsin adidas Invitational (10/2/10)Outdoor Track**3,000m:** 8:45.58 - Iowa Invitational (4/17/10)**5,000m:** 14:53.66 - Dr. Keeler Invitational (5/7/09)Indoor Track**3,000m:** 8:40.48 - Carle/Health Alliance Classic (1/23/10)**5,000m:** 15:11.62 - Illinois Intercollegiate (1/30/10)



JIM RIDDLE

SENIOR // NAPERVILLE, ILL. // NEUQUA VALLEY HS

CROSS COUNTRY 2010 XC - JUNIOR

Led the Orange and Blue at the NCAA Midwest Regional Championships, placing 17th overall with a personal-best 10K time of 30:22... Paced the Illini for the first time in his career at the Big Ten Championships, finishing 20th overall with a personal-best 8K time of 24:17... Placed fourth for the Illini at Pre-Nationals, finishing 102nd overall in 24:56 ... Ran a personal-best 8K time of 24:42 at the Wisconsin adidas Invitational, placing fourth for Illinois and 73rd overall ... Finished sixth overall and third for the Illini at the Illinois Intercollegiate with an 8K time of 25:00.

2009 XC - SOPHOMORE: Placed second for the Orange and Blue and 57th overall at the NCAA Midwest Regional Championships with a 10K time of 32:40 ... Competed at the Big Ten Championships, finishing third for the Illini and 31st overall ... Made season debut at the Wisconsin Inter-Regional, placing second for the Illini and 38th overall with a personal-best 8K time of 24:55 ... Finished fifth for Illinois at Pre-Nationals with an 8K time of 25:33 ... Scored for the Illini at all four meets he ran.

2008 XC - FRESHMAN: Finished first for Illinois at the Sean Earl Invitational, running the 8K in 25:02 ... Finished second overall at the Illini Challenge and fourth for the Orange and Blue at the Illinois Intercollegiate Championships.

2010 TRACK AND FIELD

Did not compete.

2009 TRACK AND FIELD

Outdoor: Placed 19th in the 10,000m at the Big Ten Championships, timing 32:07.57 ... Competed in the 5,000m at two meets during the outdoor season ... Ran outdoor personal-best 14:34.77 at the Jesse Owens Classic ... Took fourth place in the 5,000m at the Stan Lyons Invitational.

Indoor: Competed in the 3,000m at three indoor meets ... Placed first in the 3,000m at the EIU Friday Night Special, after running an indoor personal-best 8:28.22 ... Took third place at the Carle/Health Alliance Invitational ... Competed in the 5,000m at the Iowa State Classic, finishing 21st with a time of 14:41.00.

HIGH SCHOOL: Took sixth individually at the 2007 Nike Team Nationals to help Neuqua Valley to the national team title ... Placed eighth in the 1600m at the 2008 Illinois AA State Track and Field Championships, earning All-State honors ... Helped Neuqua Valley to the 2007 Illinois 3A team cross country title ... Took 20th at the 2006 Illinois AA State Cross Country Championships.

PERSONAL: Full name is James Robert Riddle ... Born June 9, 1990 ... Parents are Charles and Suzanne Riddle ... Has two older brothers, Steve and John ... Hobbies include waterskiing and ultimate Frisbee ... Majoring in engineering.

RIDDLE'S PERSONAL BESTS

Cross Country

6K: 18:47 - Illini Challenge (8/29/08)

8K: 24:17 - Big Ten Championships (10/31/10)

10K: 30:22 - NCAA Midwest Regional Championships (11/13/10)

Outdoor Track

5,000m: 14:34.77 - Jesse Owens Classic (5/1/09)

Indoor Track

3,000m: 8:28.22 - EIU Friday Night Special (2/20/09)

5,000m: 14:41.00 - Iowa State Classic (2/14/09)

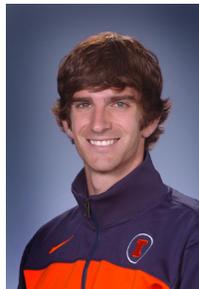


SAM TELFER

FRESHMAN // LA GRANGE, ILL. // LYONS TOWNSHIP HS

HIGH SCHOOL: Was a five-time track and cross country All-State athlete ... Finished eighth at the 2010 IHSA state cross country meet ... Placed third in the 4x800m at the 2011 IHSA state track championship and sixth in 2010 ... Received All-Conference honors all four years.

PERSONAL: Son of Rhonda and Charles Telfer ... Born December 15, 1992 ... Has two sisters and one brother, Victoria, Anna, and John ... Hobbies include playing golf, guitar, listening to music and watching television ... Majoring in Communications.



NATHAN TROESTER

SENIOR // MOKENA, ILL. // LINCOLN-WAY EAST HS

CROSS COUNTRY 2010 XC - JUNIOR

Placed 34th overall and fourth for Illinois at the NCAA Midwest Regional Championships with a personal-best 10K time of 30:57... Finished 36th at the Big Ten Championships, clocking a personal-best 8K time of 24:36... Placed ninth overall at the Illini Challenge and eleventh overall at the Illinois Intercollegiate... Competed at the Wisconsin adidas Invitational, placing seventh for the Illini in 24:52... Finished third for Illinois at Pre-Nationals, tying his personal best time of 24:52 and finishing 92nd overall.

2009 XC - SOPHOMORE: Finished fourth for the Illini and 72nd overall at the NCAA Midwest Regional Championship ... Competed at the Big Ten Championships for the Orange and Blue and placed 46th overall ... Finished third for Illinois at Pre-Nationals ... Ran a personal-best 8K time of 24:57 at the Wisconsin Inter-Regional, placing third for the Illini ... Helped lead the Illini to a second-place finish at the Illinois Intercollegiate, placing third for the Orange and Blue and 15th overall ... Scored for Illinois at four of five meets ... Academic All-Big Ten ... Big Ten Distinguished Scholar.

2008 XC - FRESHMAN: A solid contributor as a true freshman, having an immediate impact for the team ... Ran in every meet for the Illini, finishing in the top three for the squad four times ... Placed first for the Orange and Blue at the NCAA Midwest Regional with a 33rd-place finish overall.

2010 TRACK & FIELD

Did not compete.

2009 TRACK & FIELD

Outdoor: Redshirted.

Indoor: Competed in the 3,000m at three meets during the indoor season ... Recorded indoor personal-best 8:38.51 at the Iowa Dual, en route to a fourth place finish in the 3,000m ... Took fifth place at the Carle/Health Alliance Invitational ... Finished in sixth place at the EIU Friday Night Special, timing 8:40.61 ... Also competed in the 5,000m at two indoor meets ... Won the 5,000m title at the Adidas Classic ... Posted indoor personal-best 5,000m time of 14:49.49 at the Iowa State Classic.

HIGH SCHOOL: Runner-up in the 3200m at the 2008 Illinois AA State Track and Field Championships ... Ran the sixth-fastest 3200m indoor time in the nation in 2008 ... 2008 Prep Top Times Indoor Classic Champion in the 3200m ... Took seventh at the 2007 Illinois 3A Cross Country Championships to earn All-State honors, competing at the state meet all four years of high school.

PERSONAL: Born June 29, 1990 ... Parents are Matthew and Diane Troester ... Has three siblings, Rachel, Matthew and Ian ... Member of the National Honor Society and a 2008 Illinois State Scholar ... Past summer jobs included umpiring baseball games and working in sales ... Lists winning races as his biggest thrill in sports ... Majoring in marketing.

TROESTER'S PERSONAL BESTS

Cross Country

6K: 18:49 - Illini Challenge (8/29/08)

8K: 24:36 - Big Ten Championship (10/31/10)

10K: 30:57 - NCAA Midwest Regional Championships (11/13/10)

Indoor Track

3,000m: 8:38.51 - Iowa Dual (1/10/09)

5,000m: 14:35.15 - Gregory Invitational (5/14/09)



CODY WEBSTER

FRESHMAN // EAST MOLINE, ILL. // UNITED TOWNSHIP HS

HIGH SCHOOL: Varsity letter winner all four years in cross country and track ... All-State junior and senior year in cross country and track ... All-Conference three years in both cross country and track ... During senior year, placed first at the Illinois Prep Top Times meet in the 1600m and second at the state championship in the 1600m.

PERSONAL: Son of Todd and Tammy Carroll ... Born September 4, 1992 ... Has three siblings, James, Logan, and Austin ... Major is undecided.



PAUL ZEMAN

FRESHMAN // BELVIDERE, ILL. // BELVIDERE NORTH HS

HIGH SCHOOL: Ran anchor leg of IHSA state champion 4x800 relay as a senior ... Was state champion in the 1600m in 2011 ... Was a part of two cross country state championships (2009,2010) ... Three-time cross country, one-time MVP at Belvidere North High School.

PERSONAL: Born October 26, 1992 ... Son of RaNae and David Zeman ... Has one sister, Klea ... Hobbies include playing basketball ... Majoring in Sports Management.

2010 SEASON IN REVIEW

After making great strides in the 2009-10 cross country and track seasons, the 2010 Fighting Illini men's cross country team set its sights high for the 2010 season. Led by an experienced junior class, the Illini aimed to finish in the top five in the Big Ten Conference and move on to qualify for nationals.

"It's easy to talk about having goals and ambitions in the beginning of the season," cross country coach Wendel McRaven said. "I felt like we made some progress this year. We took another step towards being the program we want to be, but we're not there yet. We ended the season as a bubble team, but the goal is to become a national level program and we are getting closer."

The Orange and Blue saw the first two meets of the season as stepping-stones, and they started off strong, finishing first at both the Illini Challenge and the Illinois Intercollegiate. Illinois captured its sixth consecutive title at the Illini Challenge, where five of the top eight runners were clad in orange and blue. Junior Colin Mickow took the individual title with a personal-best 6K time of 18:37, and led the Illini again at the Illinois Intercollegiate, placing second overall.

Illinois had the chance to preview the Big Ten Championships course at the Wisconsin adidas Invitational, where they faced tough competition. Junior Dan Kresmske had a breakout performance to lead the Illini, clocking a personal-best 8K time of 24:02 and placing 22nd overall. The team finished 10th out of 21 teams.

Two weeks later, the Illini split up to compete in the Bradley Classic and Pre-Nationals. Sophomore Jordan Hebert paced the 'B' squad at the Bradley Classic with a 58 second personal best, where Illinois took fourth of 21 teams, and Kresmske led the 'A' squad at Pre-Nationals with a 62nd place finish. Illinois finished ahead of three Big Ten schools and placed 15th of 35 teams, posting a 66-point team total improvement from last year's meet.

Junior Chris DeSilva won the Illini Open, but Illinois was unable to record a team score because only four runners competed. Heading back to Madison for the Big Ten Championships, the Illini hoped to finish in the top five, as seven of the nine runners had Big Ten Championship experience. Illinois just missed its goal, finishing sixth out of 10 teams.

The Illini wrapped up their season at the NCAA Midwest Regional Championship, placing fifth out of 29 teams. Juniors Jim Riddle and Dan Kresmske earned All-Midwest Region Honors with 17th and 24th place finishes, respectively.

"Jim Riddle really took a nice step forward," McRaven said. "Part of it was that he started to figure out how to stay healthy and put in enough training to be at a competitive level. Jim is a gamer. He's a great competitor."

The Orange and Blue had multiple runners step up throughout the season, with Mickow, Kresmske and Riddle all posting first-place finishes for the squad. Kresmske and Mickow each took first for Illinois twice and second three times, while Riddle emerged at the end of the season with back-to-back first-place finishes for the Illini. All three runners finished in the top five for the Illini in every meet they competed in.

"The dynamic of the team always changes. It could be the exact same guys leading, but it will be a different team than this year. I want to see continued growth," McRaven said. "If that happens, then next year can be a really special year. As soon as the season was over, we talked about not forgetting what we have learned from this season. Physically, there needs to be growth and we need to continue to work hard. Mentally there needs to be growth as to what they learned this season and how to manage race day anxieties. If we take another step up next year, we will be really good."

Next year, a senior class that hopes to further their progress even more will lead the Fighting Illini. They hope to take what they learned throughout this season and continue to improve.

"We ended the season as a bubble team, but the goal is to become a national level program. We're getting closer," McRaven said. "We took a really good, solid step in the right direction, and part of that was running well at the end of the season and in the regional meet. With so many guys back next year, it's really exciting for the future."

2010 RESULTS

ILLINI CHALLENGE // URBANA, ILL. // SEPT. 3, 2010**6K // 1ST OF 5 // 19 POINTS**

1. Colin Mickow	18:37
2. Dan Kreamske	18:39
4. Nathan Bohne	18:46
6. Jordan Hebert	18:56
8. Phil Pompei	18:58
9. Nathan Troester	19:14
12. Mark Donohue (ran unattached)	19:40
16. Jordan Lagomarcino (ran unattached)	19:56
23. Drew Bell	20:06
32. Manu Kumar (ran unattached)	21:02

ILLINOIS INTERCOLLEGIATE // NORMAL, ILL. // SEPT. 17, 2010**8K // 1ST OF 39 // 25 POINTS**

2. Colin Mickow	24:26
3. Dan Kreamske	24:39
6. Jim Riddle	25:00
9. Nathan Bohne	25:13
10. Jordan Hebert	25:24
11. Nathan Troester	25:27
12. Chris DeSilva	25:30
13. Kyle Engnell	25:34
23. Phil Pompei	25:47
Mark Donohue (ran unattached)	26:10
53. Drew Bell	26:24
Jordan Lagomarcino (ran unattached)	27:26
Manu Kumar (ran unattached)	28:14

WISCONSIN ADIDAS INVITATIONAL // MADISON, WIS. // OCT. 2, 2010**8K // 10TH OF 21 // 280 POINTS**

22. Dan Kreamske	24:02
50. Colin Mickow	24:26
58. Jeremy Stevens	24:33
73. Jim Riddle	24:42
77. Phil Pompei	24:44
87. Nathan Bohne	24:50
91. Nathan Troester	24:51.8
91. Kyle Engnell	24:52.3
104. Chris DeSilva	25:11
111. Mike Murray	25:22
117. Jordan Hebert	25:29

BRADLEY CLASSIC // PEORIA, ILL. // OCT. 15, 2010**8K // 4TH OF 21 // 165 POINTS**

9. Jordan Hebert	24:28
12. Kyle Engnell	24:38
41. Hunter Mickow	25:13
51. Tom Achtien	25:25
60. Mike Murray	25:34
130. Drew Bell	26:13

PRE-NATIONALS // TERRE HAUTE, IND. // OCT. 16, 2010**8K // 15TH OF 35 // 441 POINTS**

62. Dan Kreamske	24:33
73. Colin Mickow	24:39
92. Nathan Troester	24:52
102. Jim Riddle	24:56
112. Phil Pompei	25:00
118. Nathan Bohne	25:03

ILLINI OPEN // URBANA, ILL. // OCT. 22, 2010**8K // N/A // N/A**

1. Chris DeSilva	25:10
5. Hunter Mickow	25:27
7. Mark Donohue (ran unattached)	25:37
9. Mike Murray	25:51
22. Jordan Lagomarcino (ran unattached)	26:42
34. Drew Bell	27:25
50. Manu Kumar (ran unattached)	28:35

BIG TEN CHAMPIONSHIPS // MADISON, WIS. // OCT. 31, 2010**8K // 6TH OF 10 // 150 POINTS**

20. Jim Riddle	24:17
21. Colin Mickow	24:18
35. Jordan Hebert	24:35
36. Nathan Troester	24:36
38. Dan Kreamske	24:40
52. Nathan Bohne	25:01
59. Phil Pompei	25:15

NCAA MIDWEST REGIONALS // PEORIA, ILL. // NOV. 13, 2010**10K // 5TH OF 29 // 140 POINTS**

17. Jim Riddle	30:22
24. Dan Kreamske	30:34
33. Jeremy Stevens	30:54
34. Nathan Troester	30:57
35. Colin Mickow	30:58
37. Jordan Hebert	31:00
52. Chris DeSilva	31:18

BIG TEN HISTORY

<u>Year</u>	<u>Champion (Pts.)</u>	<u>Illinois Finish (Pts.)</u>	<u>Top Illini (Finish, Time)</u>	<u>Year</u>	<u>Champion (Pts.)</u>	<u>Illinois Finish (Pts.)</u>	<u>Top Illini (Finish, Time)</u>
1912	Wisconsin (61)	7th (145)	R.T. Welsh (8th)	1971	Michigan St. (74)	5th (109)	Rick Gross (2nd, 30:01)
1913	Wisconsin (72)	2nd (83)	H.B. Bolander (8th)	1972	Indiana (39)	8th (204)	Mike Durkin (28th, 32:15)
1914	Minnesota (45)	3rd (98)	N/A	1973	Indiana (49)	4th (100)	Craig Virgin (1st, 28:30.8)
1915	Wisconsin (38)	5th (120)	A.H. Mason (2nd)	1974	Michigan (42)	3rd (75)	Craig Virgin (1st, 30:11.0)
1916	Purdue (56)	Did not compete	N/A	1975	Michigan (41)	4th (78)	Craig Virgin (1st, 23:04.5)
1917	No Championship Held			1976	Michigan (67)	2nd (78)	Craig Virgin (1st, 23:16.7)
1918	No Championship Held			1977	Wisconsin (52)	T-2nd (75)	Harold Winship (9th, 25:00)
1919	Iowa State (38)	7th (144)	J.C. Allman (5th)	1978	Wisconsin (24)	5th (109)	Jim Eicken (7th, 24:44)
1920	Iowa State (32)	2nd (53)	J.C. Allman (5th)	1979	Wisconsin (56)	4th (98)	Walter Duffy (11th, 24:09)
1921	Illinois (46)	1st (46)	G.F. McGinnis	1980	Indiana (44)	3rd (70)	Kerry Dickson (3rd, 24:23)
1922	Michigan (41)	4th (72)	Russell Scott (3rd)	1981	Wisconsin (27)	2nd (60)	Kerry Dickson (2nd, 24:07.4)
1923	Ohio State (55)	2nd (92)	E.C. Miehler (4th)	1982	Wisconsin (29)	4th (114)	Greg Domanty (11th, 25:06)
1924	Wisconsin (52)	5th (136)	E.C. Miehler (4th)	1983	Wisconsin (19)	4th (88)	Jeff Jacobs (6th, 23:57)
1925	Wisconsin (39)	3rd (78)	R. Dickenson (6th)	1984	Illinois (58)	1st (58)	Ty Wolf (3rd, 30:25)
1926	Wisconsin (34)	4th (94)	E. McElwee (6th)	1985	Wisconsin (26)	5th (139)	Paul Kivela (10th, 25:31)
1927	Wisconsin (51)	2nd (57)	D. Fairfield (2nd)	1986	Wisconsin (48)	2nd (70)	Dave Halle (6th, 24:26)
1928	Indiana (72)	7th (131)	Abbott (1st)	1987	Wisconsin (41)	2nd (73)	Dave Halle (3rd, 24:46)
1929	Indiana (36)	9th (201)	S. Makeever (25th)	1988	Wisconsin (30)	4th (129)	Andy Homoly (18th, 25:04)
1930	Indiana (51)	3rd (67)	W.C. Gould (8th, 27:21)	1989	Wisconsin (40)	2nd (82)	Len Sitko (4th, 24:33)
1931	Indiana (38)	4th (91)	D. Woolsey (11th, N/A)	1990	Wisconsin (53)	4th (91)	Len Sitko (2nd, 24:41.7)
1932	Indiana (42)	2nd (68)	D. Woolsey (1st, 21:03)	1991	Wisconsin (25)	5th (143)	Andy Homoly (16th, 25:38.4)
1933-39	No Championship Held			1992	Wisconsin (31)	4th (140)	Bill West (17th, 25:02)
1940	Indiana (31)	N/A	P. Brown (12th, 23:07.0)	1993	Michigan (50)	8th (201)	Dan Nolan (35th, 25:46.02)
1941	Purdue (33)	4th (78)	C. Dunn (4th, 20:52)	1994	Wisconsin (42)	4th (101)	Eric Henson (9th, 25:05.1)
1942	Indiana (34)	2nd (69)	C. Dunn (3rd, 21:54)	1995	Wisconsin (37)	4th (127)	Marko Koers (9th, 25:14.2)
1944	Wisconsin (38)	5th (99)	P. Steinberg (10th, 22:26)	1996	Wisconsin (55)	4th (106)	Barry Pearman (6th, 25:10.6)
1945	Wisconsin (43)	4th (83)	V. Twomey (1st, 21:28.9)	1997	Michigan (29)	9th (217)	Rob Winfield (32nd, 25:32)
1946	Wisc/Ind. (48)	3rd (65)	J. Twomey (3rd, 21:12)	1998	Michigan (50)	8th (192)	S. McClellan (22nd, 25:30)
1947	Illinois (47)	1st (47)	J. Twomey (2nd, 20:49)	1999	Wisconsin (38)	8th (187)	Mike Lucchesi (27th, 26:26.3)
1948	Wisconsin (44)	2nd (66)	V. Twomey (2nd, 20:40)	2000	Wisconsin (45)	10th (239)	Ryan Eason, (36th, 25:20)
1949	Wisconsin (49)	2nd (55)	V. Twomey (7th, 21:26)	2001	Wisconsin (28)	10th (231)	John Kronforst, (7th, 24:13.2)
1950	Wisconsin (56)	6th (137)	George Lynch (6th, 20:33)	2002	Wisconsin (25)	8th (201)	Jason Bill (21st, 24:48.2)
1954	Michigan (55)	3rd (81)	V. Sheuring (5th, 20:40)	2003	Wisconsin (40)	9th (233)	Jason Bill (40th, 25:22.0)
1955	Michigan St. (36)	2nd (57)	Karl Jonsson (3rd, 19:50)	2004	Wisconsin (23)	8th (162)	Trent Hoerr (17th, 24:46)
1956	Michigan St. (21)	2nd (88)	Karl Jonsson (3rd, 20:53)	2005	Wisconsin (16)	10th (241)	Dan Stock (33rd, 25:28)
1957	Michigan St. (43)	3rd (83)	Karl Jonsson (6th, 21:50)	2006	Wisconsin (27)	8th (188)	Jason Bill (20th, 25:13)
1958	Michigan St. (43)	4th (77)	Jim Bowers (4th, 20:46)	2007	Wisconsin (33)	6th (152)	Trent Hoerr (3rd, 23:49)
1959	Michigan St. (56)	N/A	Jim Bowers (6th, 20:40)	2008	Wisconsin (40)	9th (252)	Jeremy Stevens (38th, 25:32)
1960	Michigan St. (30)	7th (137)	Ken Brown (4th, 19:47)	2009	Wisconsin (26)	7th (166)	Colin Mickow (25th, 26:04)
1961	Michigan St. (51)	N/A	Jim McElwee (14th, 20:48)	2010	Wisconsin (28)	6th (150)	Jim Riddle (20th, 24:17)
1962	Michigan St. (39)	4th (104)	Allen Carius (1st, 19:45.2)				
1963	Michigan St. (39)	5th (106)	Allen Carius (1st, 19:39.4)				
1965	Northwestern (40)	7th (154)	Dennis Krause (24th, 21:29)				
1966	Iowa (41)	8th (200)	John Lamoreux (17th, 19:58)				
1967	Indiana (56)	10th (251)	John Lamoreux (38th, 26:11)				
1968	Michigan St. (70)	6th (120)	Ken Howse (9th, 25:33)				
1969	Minnesota (40)	2nd (73)	Ken Howse (4th, 26:11)				
1970	Michigan St. (42)	4th (82)	Rick Gross (3rd, 24:49)				

BIG TEN ACCOLADES

TOP-10 BIG TEN INDIVIDUAL FINISHES

Runner	Place	Time	Year
*Craig Virgin	1st	23:16.7	1976
*Craig Virgin	1st	23:04.5	1975
*Craig Virgin	1st	30:11.0	1974
*Craig Virgin	1st	28:30.8	1973
Allen Carius	1st	19:39.4	1963
Allen Carius	1st	19:45.2	1962
Vic Twomey	1st	21:28.9	1945
D. Woolsey	1st	21:00.3	1932
David Abbott	1st	26:42	1928
Len Sitko	2nd	24:41.7	1990
Kerry Dickson	2nd	24:07.4	1981
Rick Gross	2nd	30:01	1971
V. Twomey	2nd	20:40	1948
J. Twomey	2nd	20:49	1947
Trent Hoerr	3rd	23:49	2007
David Halle	3rd	24:26	1987
Ty Wolf	3rd	30:25	1984
Kerry Dickson	3rd	24:23	1980
Mike Durkin	3rd	28:53	1973
Rick Gross	3rd	24:49	1970
Karl Jonsson	3rd	20:53	1956
Karl Jonsson	3rd	19:50	1955
J. Twomey	3rd	21:12	1946
C. Dunn	3rd	21:54	1942
Len Sitko	4th	24:33	1989
Ken Howse	4th	26:11	1969
Ken Brown	4th	19:47	1960
Jim Bowers	4th	20:46	1958
C. Dunn	4th	20:52	1941
Jason Zieren	5th	25:11.2	1996
V. Sheuring	5th	20:40	1954
Barry Pearman	6th	25:10.6	1996
Dave Halle	6th	24:26	1986
Jeff Jacobs	6th	23:57	1983
Jim Bowers	6th	20:40	1959
Karl Jonsson	6th	21:50	1957
George Lynch	6th	20:33	1950
John Kronforst	7th	24:13.2	2001
Jim Eicken	7th	24:44	1978
V. Twomey	7th	21:26	1949
W.C. Gould	8th	27:21	1930
Marko Koers	9th	25:14.2	1995
Eric Henson	9th	25:05.1	1994
Harold Winship	9th	25:00	1977
Ken Howse	9th	25:33	1968
Paul Kivela	10th	25:31	1985
Phil Steinberg	10th	22:26	1944

*First four-time champion in Big Ten history.

FIRST TEAM ALL-BIG TEN PERFORMERS (SINCE 1984)

Runner	Place	Time	Year
Ty Wolf	3rd	30:25	1984
David Halle	6th	24:26	1986
David Halle	3rd	24:46	1987
Len Sitko	4th	24:33	1989
Len Sitko	2nd	24:41.7	1990
Barry Pearman	5th	25:10.6	1996
Jason Zieren	6th	25:11.2	1996
John Kronforst	7th	24:13.2	2001
Trent Hoerr	3rd	23:49	2007

ALL TIME BIG TEN ATHLETE OF THE WEEK / MONTH (SINCE 1990)

Date	Runner
Sept. 1990	Len Sitko
Sept. 10, 2003	Jason Bill
Sept. 18, 2007	Trent Hoerr
Sept. 23, 2008	Jeremy Stevens
Sept. 21, 2010	Colin Mickow
Oct. 26, 2010	Chris DeSilva

ACADEMIC ALL-BIG TEN

1986: Paul Kivela
1987: David Halle, John Jacobson
1989: Andy Homoly, Mark Scheirer
1990: Jim DeBeers, Andy Homoly, Mark Scheirer
1991: Marc Dickison, David Eckburg, Andy Homoly, Mark Scheirer
1992: David Eckburg, Dan Mazur, Paul Talbot, Prosper Wang
1993: Eric Henson, Paul Talbot, Mike Uchanski
1994: Joe Alexander, Eric Henson, Mike Smadris
1995: Eric Henson, Marko Koers, Jason Zieren
1996: Brett Siglin, Rob Winfield, Jason Zieren
1997: Matt Hanley, Scott McClennan, Rob Winfield, Matt Yesko, Jason Zieren
1998: Chas Berckman, Ryan Eason, Dan Horyn, Scott McClennan
1999: Ryan Eason, Caleb Grinter, Dan Horyn, John Kronforst, Scott McClennan, Justin Mitchell
2000: Ryan Eason, Caleb Grinter, Dan Horyn, Andrew Kurtz, Justin Mitchell, Aaron Wahls
2001: John Kronforst, Rich Lin, Justin Mitchell, Tim Seiwert, Aaron Wahls
2002: John Kronforst, Justin Mitchell, Bob Pligge, Aaron Wahls
2003: Jason Bill, Kris Cunningham, Brent Pfeiffer
2004: Jason Bill, Kris Cunningham, Eric Wallor
2005: Justin Aronson, Ian Clausen, Matt Flaherty, Mike Kelley, Dan Stock, Eric Wallor
2006: Justin Aronson, Jason Bill, Matt Flaherty, Alister Ross, Dan Stock
2007: Justin Aronson, Mike Kelley, Tim Maier, Michael Murray , Jacob Nachel, Jeremy Stevens
2008: Ryne Beeson, Michael Murray , Jeremy Stevens
2009: Tom Achtien, Nathan Bohne, Chris DeSilva, Kyle Engnell, Dan Kreams, Colin Mickow, Michael Murray , Phil Pompei, Nate Troester

ILLINOIS CROSS COUNTRY HISTORY

NCAA REGIONAL CHAMPIONSHIPS RESULTS

Year	Champion (Pts)	UI Finish (Pts)	Top Illini (Finish, Time)
1973	Eastern Michigan (81)	9th (223)	Craig Virgin (3rd, 29:22)
1974	Eastern Michigan (33)	6th (176)	Craig Virgin (1st, 28:42.8)
1975	Wisconsin (58)	4th (94)	Craig Virgin (1st, 23:05.5)
1976	Illinois (47)	1st (47)	Craig Virgin (1st, 29:04.4)
1977	Wisconsin (85)	3rd (97)	Jim Eicken (6th, 31:40)
1978	Wisconsin (46)	6th (187)	Jim Eicken (5th, 30:32.8)
1979	Indiana (84)	8th (190)	Walter Duffy (16th, 32:51)
1980	Indiana (57)	3rd (80)	Pete Fritch (11th, 30:31)
1981	Wisconsin (60)	3rd (129)	Walter Duffy (8th, 30:34)
1982	Wisconsin (32)	8th (236)	Greg Domantay (5th, 30:03.9)
1983	Wisconsin (36)	4th (147)	Kerry Dickson (13th, 30:48)
1984	Wisconsin (57)	2nd (100)	Ty Wolf (6th, 29:55.0)
1985	Wisconsin (35)	8th (218)	David Halle (6th, 31:58.1)
1986	Wisconsin (59)	2nd (91)	J. Leuchtmann (10th, 30:09.6)
1987	Wisconsin (66)	5th (134)	David Halle (12th, 30:44)
1988	Wisconsin (64)	8th (129)	Len Sitko (35th, 32:34.2)
1989	Central Michigan (80)	8th (242)	Neal Gassmann (30th, 32:12.7)
1990	Notre Dame (70)	4th (131)	Len Sitko (4th, 31:01.9)
1991	Wisconsin (61)	6th (185)	Andy Homoly (18th, 31:46)
1992	Wisconsin (52)	6th (222)	Jason West (17th, 32:42.1)
1993	Notre Dame (55)	12th (339)	Dan Mazur (48th, 33:55.9)
1994	Wisconsin (33)	4th (114)	Eric Henson (17th, 25:05.1)
1995	Wisconsin (52)	5th (228)	Marko Koers (7th, 31:27)
1996	Notre Dame (60)	6th (188)	Barry Pearman (3rd, 30:39)
1997	Oklahoma State (86)	10th (269)	Scott McClennan (14th, 33:15)
1998	Oklahoma State (42)	5th (221)	Scott McClennan (22nd, 31:47)
1999	Minnesota (56)	4th (155)	Scott McClennan (14th, 31:17)
2000	Oklahoma State (68)	10th (284)	Mike Lucchesi (31st, 31:21)
2001	Minnesota (78)	7th (185)	John Kronforst (9th, 31:02)
2002	Iowa (79)	3rd (153)	Jason Bill (7th, 31:37.0)
2003	Oklahoma State (78)	8th (189)	Jason Bill (15th, 31:37.0)
2004	Minnesota (73)	5th (134)	Jason Bill (4th, 32:25.0)
2005	Oklahoma State (49)	7th (198)	Dan Stock (19th, 31:30)
2006	Oklahoma State (72)	7h (148)	Jason Bill (3rd, 30:48.3)
2007	Oklahoma State (47)	6th (175)	Trent Hoerr (1st, 29:56)
2008	Oklahoma State (42)	9th (270)	Nate Troester (33rd, 32:14.20)
2009	Oklahoma State (50)	10th (278)	Colin Mickow (18th, 31:18)
2010	Oklahoma (43)	5th (140)	Jim Riddle (17th, 30:22)

NCAA CHAMPIONSHIPS RESULTS

Year	Champion (Pts)	UI Finish (Pts)	Top Illini (Finish, Time)
1941	Rhode Island (83)	10th (202)	Robert Rehberg (15th, 21:30)
1942	Indiana (57)	5th (134)	Clarence Dunn (6th, 21:11)
	Pennsylvania State (57)		
1949	Michigan State (59)	8th	Vic Twomey (15th)
1956	Michigan State (28)	4th (128)	Frank Hedgcock (9th, 20:36)
1969	Texas - El Paso (74)	5th (203)	Kenneth Howse (37th, 20:25)
1970	Villanova (85)	25th (586)	Kenneth Howse (109th, 29:55)
1975	Texas - El Paso (88)	10th (312)	Craig Virgin (1st, 28:23.3)
1976	Texas - El Paso (62)	5th (227)	Craig Virgin (3rd, 28:26.53)
1977	Oregon (100)	22nd (485)	David Walters (43rd, 30:04.4)
1980	Texas - El Paso (58)	21st (484)	Kerry Dickson (91st, 30:50.7)
1981	Texas - El Paso (17)	10th (305)	Kerry Dickson (30th, 30:04.5)
1983	Texas - El Paso (108)	9th (273)	Kerry Dickson (37th, 30:46.4)
1984	Arkansas (101)	14th (349)	Ty Wolf (16th, 30:21.6)
1986	Arkansas (69)	7th (231)	Joe Leuchtmann (20th, 31:26.86)

^ The Division I championship race has been run at different distances. From 1938 to 1964 the race was four miles; from 1965 to 1975, six miles; and from 1976 to the present the race has been 10,000 meters (6.21 miles).

TOP 10 ILLINOIS PERFORMERS BY DISTANCE

8,000 Meters

Name	Time	Date	Meet
1. Trent Hoerr	23:39.0	10/13/07	Pre-Nationals
2. Ty Wolf	23:43.0*	11/10/84	NCAA District IV Meet
3. Jeff Jacobs	23:44.0	9/24/83	SIU/Wisconsin
4. Jacob Nachel	23:50.0	10/13/07	Pre-Nationals
T5. Kerry Dickson	23:59.0*	10/1/83	Illinois Invitational
T5. Mike Patton	23:59.0*	10/1/83	Illinois Invitational
7. Jason Bill	23:59.4	10/16/04	Pre-Nationals
8. Dan Kremeske	24:02	10/2/10	Wisconsin adidas Invitational
9. Wally Duffy	24:09.0	11/03/79	Big Ten Championships
10. John Kronforst	24:13.2	10/28/01	Big Ten Championships

*on way to a longer distance

10,000 Meters

Name	Time	Date	Meet
1. Craig Virgin	28:26.6	11/22/76	NCAA Championships
2. Dave Walters	29:44.0	11/13/76	NCAA District IV Meet
3. Jim Eicken	29:48.0	11/22/76	NCAA Championships
4. Mark Avery	29:51.0	11/22/76	NCAA Championships
5. Ty Wolf	29:55.0	11/10/84	NCAA District IV Meet
6. Trent Hoerr	29:56.0	11/10/07	NCAA Midwest Regional
7. Len Sitko	29:58.0	11/19/90	NCAA Championships
T8. Greg Domantay	30:03.9	11/13/82	NCAA District IV Meet
T8. Mike Patton	30:03.9	10/01/83	Illinois Invitational
10. Kerry Dickson	30:04.5	11/23/81	NCAA Championships

ILLINOIS ALL-AMERICANS

Year	Name	Finish	Time
1941	Robert Rehberg	15th	21:30
1942	Clarence Dunn	6th	21:11.0
1946	John Twomey	13th	21:19.3
1949	Vic Twomey	15th	N/A
1956	Frank Hedgcock	9th	20:36
1959	James Bowers	6th	21:26
1962	Allen Carius	12th	20:01.5
1971	Rick Gross	9th	30:01
1973	Craig Virgin	10th	28:47.8
	Mike Durkin	18th	29:06.2
1974	Craig Virgin	12th	30:15.8
1975	Craig Virgin	1st	28:23.3
1976	Craig Virgin	3rd	28:26
1977	Dave Walters	43rd (24th)	30:04.4
1978	Jim Eicken	27th (N/A)	30:15
1981	Kerry Dickson	30th (9th)	30:04.5
	Pete Fritch	52nd (25th)	30:21.5
1982	Greg Domantay	41st (24th)	31:12.3
1983	Kerry Dickson	37th (18th)	30:46.4
	Mike Patton	44th (21st)	30:55.5
	Jeff Jacobs	46th (23rd)	30:58.3
1984	Ty Wolf	25th	30:21.6
1986	Joe Leuchtmann	20th	31:26.8
1990	Len Sitko	22nd	29:58.0
2007	Trent Hoerr	16th	30:07.1

* U.S.-born finish in parentheses when necessary

^ Criteria to earn All-America status throughout history

1938-1967 - Top 15 finishers at the NCAA Championships

1968-1974 - Top 25 finishers at the NCAA Championships

1975-1997 - Top 25 men's finishers at the NCAA Championships, including the top 25 U.S.-born

1998-2004 - Top 30 finishers at the NCAA Championships, including the top 30 U.S.-born

2005-2007 - Top 30 men's and women's finishers at the NCAA Championships, to include the top 30 U.S.-born finishers; must be from USTFCCA member programs

2008-present - Top 40 men's and women's finishers at the NCAA Championships; must be from USTFCCA member programs

ILLINOIS CROSS COUNTRY HISTORY

The University of Illinois has had a strong and successful program since the early 1900s. Several great runners have made significant contributions throughout the years. Most recently, Trent Hoerr owned the spotlight. Hoerr finished third at the 2007 Big Ten Championships and went on to earn All-America honors with a 16th-place finish at the NCAA meet. In addition, the Morton, Ill., native was named the 2007 Midwest Regional Athlete of the Year by the U.S. Track & Field and Cross Country Coaches Association. He also set a new Illinois 8K record with a time of 23:39 at Pre-Nationals.

In the 1980s, UI won one Big Ten crown and finished second on four other occasions. The premier runners of the decade were All-Americans Kerry Dickson, Jeff Jacobs, Greg Domantay, Ty Wolf and Joe Leuchtman.

The '70s were dominated by great individual performances. In 1971, Rick Gross finished second in the Big Ten and ninth in the nation. Jim Eicken earned All-America honors in 1978, and Mike Durkin finished third in the conference and 18th in the nation in 1973.

Craig Virgin was synonymous with success in the 1970s. He was the first runner in Big Ten history to become a four-time cross country champion, winning the crown from 1973-76. Virgin also won the 1975 NCAA individual title and went on to win the cross country world championship in 1980 and '81.

Preceding Virgin in the 1960's were All-Americans Ken Brown, Allen Carius and Ken Howse. In 1960, Brown finished fourth in both the Big Ten and the nation. Howse garnered All-American status in 1969 after a fourth-place finish in the Big Ten and 37th nationally. The dominant Fighting Illini runner in the '60s was Allen Carius. In 1962 and 63, Carius repeated as the Big Ten champion. In 1962, he placed 12th at the NCAA National Championships and earned All-American status.

Each year, most of these former athletes, along with dozens of other Illinois cross country alumni and their families from all decades return to Champaign-Urbana one weekend during the fall to keep the Fighting Illini tradition alive.

ILLINOIS CROSS COUNTRY RECORDS

ANNUAL RECORDS

Year	Big Ten	Region	NCAA	Year	Big Ten	Region	NCAA	Year	Big Ten	Region	NCAA
Coach: Harry Gill				Coach: Leo Johnson				Coach: Paul Pilkington			
1912	7th	---	---	1945	4th	---	---	1974	3rd	6th	---
1913	2nd	---	---	1946	3rd	---	---	1975	4th	4th	10th
1915	5th	---	---	1947	1st	---	---	1976	2nd	1st	5th
1919	7th	---	---	1948	2nd	---	---	1977	T-2nd	3rd	22nd
1920	2nd	---	---	1949	2nd	---	8th	1978	5th	6th	---
1921	1st	---	---	1950	6th	---	---	1979	4th	8th	---
1922	3rd	---	---	Coach: Ed Berneauer				1980	3rd	3rd	21st
1923	2nd	---	---	1954	4th	---	---	1981	2nd	3rd	10th
1924	5th	---	---	1955	2nd	---	---	1982	4th	8th	---
1925	3rd	---	---	1956	2nd	---	4th	1983	4th	4th	9th
1926	4th	---	---	1957	3rd	---	---	1984	1st	2nd	14th
1927	2nd	---	---	Coach: Leo Johnson				1985	5th	8th	---
1928	7th	---	---	1958	4th	---	---	1986	2nd	2nd	7th
1929	9th	---	---	1959	6th	---	---	1987	2nd	5th	---
1930	3rd	---	---	1960	7th	---	---	1988	4th	8th	---
1931	4th	---	---	Coach: Ed Berneauer				1989	2nd	8th	---
Coach: C.D. Werner				1961	8th	---	---	1990	4th	4th	---
1932	2nd	---	---	Coach: Phil Coleman				1991	5th	6th	---
Coach: Don Seaton				1962	4th	---	---	1992	4th	6th	---
1933	1st	---	---	1963	5th	---	---	1993	8th	12th	---
1934	---	---	---	Coach: Robert Wright				1994	4th	4th	---
1935	---	---	---	1965	7th	---	---	1995	4th	5th	---
1936	---	---	---	1966	8th	---	---	1996	4th	6th	---
Coach: Harry Gill				Coach: Gary Wieneke				1997	9th	10th	---
1937	---	---	---	1967	10th	---	---	1998	8th	5th	---
Coach: Harry Gill and Leo Johnson				1968	6th	---	---	1999	8th	4th	---
1938	5th	---	---	1969	2nd	---	5th	2000	10th	10th	---
Coach: Harold Osborn				1970	4th	---	25th	2001	10th	7th	---
1940	---	---	---	1971	5th	---	---	2002	8th	3rd	---
1941	4th	---	10th	1972	8th	---	---	Coach: Wendel McRaven			
1942	2nd	---	5th	1973	4th	9th	---	2003	9th	8th	---
1944	5th	---	---					2004	8th	5th	---
								2005	10th	7th	---
								2006	8th	7th	---
								2007	6th	6th	---
								2008	9th	9th	---
								2009	7th	10th	---
								2010	6th	5th	---

ILLINOIS LETTERWINNERS

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ILLINOIS COACHING HISTORY

Coach (Seasons)	Years
Harry Gill (19)	1905, 1912-15, 1919-31, 1937-38
C.D. Werner (1)	1932
Don Seaton (4)	1933-36
Leo Johnson and Harry Gill (1)	1938
Harold Osborn (4)	1940-42, 44
Leo Johnson (9)	1945-50, 1958-60
Ed Berneauer (4)	1954-57, 1961
Phil Coleman (3)	1962-64
Robert Wright (2)	1965-66
Gary Wieneke (36)	1967-2002
Paul Pilkington (2)	2003-04
Wendel McRaven (6)	2005-2010
Gavin Kennedy(1)	2011-present