

UNIVERSITY OF ILLINOIS

# 2013 MEN'S CROSS COUNTRY

## ILLINOIS QUICK FACTS

Location	Urbana-Champaign, Ill.
Founded	1867
Enrollment	44,520
Nickname	Fighting Illini
Colors	Orange and Blue
Conference	Big Ten
Home Course	U of I Arboretum
President	Robert Easter
Chancellor	Phyllis Wise
Director of Athletics	Mike Thomas
Executive Senior Assoc. Athletics Director	Jason Lener
Senior Assoc. Athletics Director	Paul Kowalczyk

## ILLINOIS COACHING AND SUPPORT STAFF

Cross Country Coach: Jake Stewart	Second Season
Alma Mater	Iona, '05
Office Phone	(217) 244-0385
Office Fax	(217) 244-9758
Volunteer Assistant Cross Country Coach: Steve Fuelling	First Season
Alma Mater	Grand Valley State (Mich) University, '13
Head Track and Field Coach: Mike Turk	Eighth Season
Alma Mater	Augustana, '85
Office Phone	(217) 333-2957
Athletic Trainer: Randy Ballard	12th Season
Alma Mater	Kansas State, '99
Office Phone	(217) 244-9160

## TEAM QUICK FACTS

2012 Big Ten Championships	4th
Top Individual: Jannis Topfer (9)	
2012 NCAA Midwest Regional Championships	4th
Top Individual: Hunter Mickow (6)	
Letterwinners Returning/Lost	5/2

## 2013 MEET SCHEDULE

Date	Meet	Location
Aug. 30	Illini Challenge	Urbana, Ill.
Sept. 13	Purdue Pre-Big Ten Invite	West Lafayette, Ind.
Oct. 4	Notre Dame Invitational	South Bend, Ind.
Oct. 18	Bradley Classic	Peoria, Ill.
Oct. 19	Wisconsin adidas Invitational	Madison, Wis.
Oct. 25	Illini Open	Urbana, Ill.
Nov. 3	Big Ten Championships	West Lafayette, Ind.
Nov. 15	NCAA Midwest Regional	Ames, Iowa
Nov. 23	NCAA Championships	Terre Haute, Ind.

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## ATHLETIC COMMUNICATIONS



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Sports Information Director	Kent Brown
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Graduate Assistants	Josh Bates, John Lock
Office Manager	Jennifer Funderburk
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Sports Info Phone	(217) 333-1391
Sports Info Fax	(217) 333-5540
Websites	www.fightingillini.com / www.illinimenstrack.com
Twitter	www.twitter.com/illinitrackxc
Facebook	www.facebook.com/illinimenstrackxc
Mailing Address	Athletic Public Relations 1700 S. Fourth Street Champaign, IL 61820

## 2013 FIGHTING ILLINI ROSTER

Name	Class/Elig.	Hometown/High School/Last College
Jereme Atchison	So./So.	Arlington Heights, Ill./Buffalo Grove
Ian Barnett	Jr./R-So.	Palos Heights, Ill./Fenwick
Will Brewster	So./R-Fr.	Hoffman Estates, Ill./Grayslake Central
Ryan Burgoon	Fr./Fr.	Barrington, Ill./Barrington
Luke Carroll	So./R-Fr.	Cheltenham, U.K./Cleeve
Joe Cowlin	Fr./Fr.	Crystal Lake, Ill./Prairie Ridge
Alex Gold	Fr./Fr.	Deerfield, Ill./Deerfield
Tommy King	Jr./R-So.	Winnetka, Ill./New Trier
Trevor Kuehr	Fr./Fr.	Lake Zurich, Ill./Lake Zurich
Garrett Lee	Fr./Fr.	Belvidere, Ill./Belvidere North
Anthony Manfrin	Jr./R-So.	Carpentersville, Ill./Dundee-Crown
Liam Markham	So./So.	Limerick, Ireland/St. Flannans
Joe McAsey	Jr./R-So.	Minooka, Ill./Minooka
Graham Morris*	Gr./R-Sr.	Lawrenceville, Ill./Lawrenceville
Alex Notton	Fr./Fr.	Mason, Ohio/Mason
Sam Telfer	Jr./R-So.	La Grange, Ill./Lyons Township
Jannis Toepfer*	Gr./Sr.	Bochum, Germany/Graf Engelbert/MICDS
Jon Vaccaro	Fr./Fr.	Park Ridge, Ill./Maine South
Paul Zeman	Jr./R-So.	Belvidere, Ill./Belvidere North

\*Team Captains

**Cross Country Coach:** Jake Stewart (2nd season)  
**Volunteer Assistant Coach:** Steve Fuelling (1st season)

**PRONUNCIATION GUIDE**  
 Jannis Toepfer. . . . . YAH-nis Toe-FER

### BREAKDOWN BY ELIGIBILITY

**SENIORS**

Graham Morris  
 Jannis Toepfer

**JUNIORS**

**SOPHOMORES**

Jereme Atchison  
 Ian Barnett  
 Tommy King  
 Anthony Manfrin  
 Liam Markham  
 Joe McAsey  
 Sam Telfer  
 Paul Zeman

**FRESHMEN**

Will Brewster  
 Ryan Burgoon  
 Luke Carroll  
 Joe Cowlin  
 Alex Gold  
 Trevor Kuehr  
 Garrett Lee  
 Alex Notten  
 Jon Vaccaro

## 2013 FIGHTING ILLINI SEASON OUTLOOK

The Illinois' men's cross country team will be guided by second-year head coach Jake Stewart, who saw the Illini make big strides last season. The Orange and Blue placed fourth at the Big Ten Championships, the best performance in 16 years, and recorded the highest NCAA Midwest Regionals finish since the 2002 season. The squad also sent two individuals to the NCAA Championships for the second consecutive year.

"We have a pretty large group of athletes coming back," Stewart said. "Looking at the group that ran at the Big Ten Championships and the Regional Championships last year, we only graduated one athlete, and another athlete used his last season of eligibility but will be returning in the spring. We have a really good nucleus of guys coming back."

The Illini lost two letterwinners, including NCAA Championship participant Hunter Mickow. Returning for the Orange and Blue will be senior Jannis Toepfer, who scored points for the Illini in each race he competed in last season. Toepfer and Mickow were the third pair of athletes in school history to qualify for the NCAA Championships. After a redshirt season last year, redshirt senior Graham Morris will also run for the Illini.



"We have a senior upfront in Jannis Toepfer, who qualified as an individual last year to the NCAA Championships and finished 64th, and he was All-Big Ten," Stewart said. "So he's going to be looked to as a guy to lead by example. Another upperclassman that we have coming out of a redshirt year is Graham Morris, who is a school record holder indoors in the mile, and was an All-American in indoor track. He redshirted last fall and the plan all along was to get him ready for his senior year, in both cross country and outdoor track. So we do have two upperclassman who we're going to be able to rely on."

Also returning for the Illini will be redshirt sophomore Tommy King and redshirt freshman Ian Barnett, who each scored points for the squad at the Big Ten Championships last season. Barnett is coming off of a fourth place finish at the Big Ten Outdoor Track and Field Championships, where he ran a 5k time of 14:10.02.

Sophomore Jereme Atchison and redshirt sophomore Sam Telfer return to the squad after competing in both the Big Ten Championships and NCAA Regionals last season, while sophomore Liam Markham and redshirt freshmen Will Brewster and Luke Carroll look to contribute this season after redshirting last year.

Illinois begins the season at home on August 30 with the Illini Challenge, where the team will look to capture the meet title for the ninth consecutive year. Two weeks later the Orange and Blue will travel to West Lafayette, Ind., the site of the 2013 Big Ten Championships, for the Boilermaker Invitational.

"If you go down the schedule this year compared to last year, the only real difference is that September date, when we're going to Purdue," Stewart said. "With our close proximity to West Lafayette, it makes sense for us to get over there and get on the course to see what we'll be racing at the Big Ten Championships."

Illinois has a busy October, competing at the Notre Dame Invitational, Bradley Classic, and Wisconsin adidas Invitational, then ending the regular season at home with the Illini Open.

"Notre Dame will be the first big test for us in October," Stewart said. "Two weeks later we'll have probably our biggest test of the season at Wisconsin, and that will lead us into the championship part of our season, with Big Tens, Regionals, and Nationals."

Postseason competition begins on Sunday, Nov. 3 with the Big Ten Championships in West Lafayette, Ind. Less than two weeks later, on Friday, Nov. 15, the Orange and Blue travel to Ames, Iowa for the NCAA Midwest Regional Championships. The top two teams at regionals will automatically advance to the NCAA Championships in Terre Haute, Ind.

"Our group of athletes made vast strides last year," Stewart said. "Coming out of the summer of work the group has been able to put together, and with the way our schedule is set up this fall, we're confident that we can continue to move forward, continue to compete to our fullest ability and get better throughout the course of the fall."



## JAKE STEWART

### HEAD CROSS COUNTRY COACH

#### SECOND SEASON

Jake Stewart finished his first year as the head men's cross country coach/assistant track coach and saw a very successful year, including five new school records and 12 additions to the All-Time Top 10 lists. Stewart guided the Illini to a fourth place finish at the Big Ten Championships, which was the best performance in 16 years.

For the second consecutive year, the squad sent two runners to the NCAA Championships as senior's Hunter Mickow and Jannis Topfer ran in the national meet for the first time in their career. Stewart coached two All-Americans, two All-Midwest Regional athletes, three All-Big Ten athletes, and 10 NCAA qualifiers.

During his time at Purdue, he had success on the cross country course and on the track. In the fall, he led the men's cross country team to its best finish since the 2008 season. Stewart also had two athletes qualify for the NCAA Division I East Preliminary Round of Championship (800, 5,000m) while also coaching an athlete who's performance placed them into the top five all-time in the school record books. In addition, Stewart had a USATF Junior All-American and recruited the first Foot Locker All-American recruit in school history.

Before coaching at Purdue, Stewart spent three years at Lamar University where he was the assistant track coach and cross country coach. At Lamar, he was named the Southland Conference Coach of the Year in 2009 and in 2010 after the men won four of their five invitationals including a top finish at the 12-team conference championships. The men were also back-to-back cross country conference champions in 2009 and 2010. Individually, he coached 3 All-Americans in indoor and outdoor track, 17 Southland Conference champions, 39 All-Conference performers, 10 NCAA qualifiers, and one World Cross Country Championship athlete. Stewart helped the Cardinals set 10 new school records and coached 53 conference point scorers in both indoor and outdoor track.

Prior to his tenure at Lamar, Stewart was the assistant coach for the Iona College men's and women's cross country and track and field teams for three seasons. In his time with the Gaels, the men's cross country team finished third in 2006 and runner-up in 2007 and 2008, the highest finish of any program in school history. The men's team was also honored for its scholastic achievements as it was named the NCAA Division I All-Academic Team of the Year in 2006 and 2007. In addition, he coached the first women's cross country team to qualify for the 2006 national championships.

During his time as an undergrad at Iona, Stewart helped the Gaels win four MAAC championships and finish in the top 10 each year. In addition, he was the captain of the squad in 2005, becoming the first walk-on in program history to achieve the feat.

Stewart earned his Masters degree in Sports Administration from Concordia University, Irvine California and his Bachelor of Science in English from Iona College in 2005. He resides in Champaign and he and his wife, Brandi, are expecting their first child in November.



## STEVE FUELLING

### VOLUNTEER ASSISTANT COACH

#### FIRST SEASON

Steve Fuelling begins his first season as a volunteer assistant coach for the men's cross country program after graduating from Grand Valley State (Mich.) University with a bachelor's degree in Physical Education with an emphasis in Sport Management.

Fuelling ran cross country and track and field for Grand Valley State, where he was a two-time All-American and a 10,000 meter and 5,000 meter NCAA finals qualifier. He was named the 2012 GLIAC Men's Cross Country Athlete of the Year after finishing first at the GLIAC Cross Country Championships, and scored on six conference championship teams. Fuelling also helped the team earn two third-place finishes and a seventh-place finish at the Division II NCAA Championships, scoring points for the team each year.

Fuelling is from Milford, Mich. and attended Milford High School, where he is a member of the MITCA cross country "Team of the Decade" (2000-2009).



## MIKE TURK

**TRACK & FIELD HEAD COACH**

**THIRD SEASON, EIGHTH OVERALL**

Mike Turk is in his eighth season overall 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.

During the 2013 season, the Fighting Illini finished runner-up at the Big Ten Indoor Championships. The second place finish was the highest in program history since the 2000 season. Sophomore Brandon Stryganek (60m), junior Stephon Pamilton (400m) won titles in their respective events. At the NCAA Indoor Championships, the school record holding distance medley relay squad earned All-America honor, while the 4x400m relay just missed the distinction. Outdoors, Turk led the squad to winning the first annual HyVee Cup at the Drake Relays. The success continued into the championship season, as the squad finished fourth at the Big Ten meet, as they crowned two individual conference champions (Vanier Joseph - 110m H & Stephon Pamilton - 400m). At the NCAA Outdoor Championships, the 4x400m relay squad captured first team All-America honors after they finished fifth. The 4x100m relay squad earned second team All-America honor after finishing 13th overall, while individually, freshman Juan Paul Green earned the same distinction after he placed 14th in the 400m. Overall, three Illini set school records indoors and 17 notched marks in the school's top-10 outdoors.

In the 2012 season, Turk led the squad to the program's highest finish at the NCAA Outdoor Championships since 1988. The Orange and Blue finished T-11th with 20 points, marking the best finish since the '88 season where they placed seventh. The Illini earned four All-America honors and senior Andrew Riley won NCAA titles in the 100m and 110m hurdles. Riley became the first male athlete in the NCAA to win those two events in the same year. He was named USTFCCA National Track Athlete of the Year and won Illinois' Dike Eddleman Award. Indoors, the team finished T-13th which was also the highest finish by an Illinois squad since 1995 where they tied for fourth in the nation. Overall, the squad boasted three Big Ten Champions outdoors, with Riley winning the 100m/110m hurdles and the 4x100m relay while Riley also took the 60m and 60m hurdles conference crown indoors. The squad set 14 top-10 indoor times in Illinois record books and 10 times in the outdoor record books.

Turk led the Illini to the program's best finish at the NCAA Outdoor Championships in 23 years during the 2011 season. The Illini tied for 12th overall, marking the highest finish by an Illini squad since placing seventh in 1988. The Illini earned seven first-team All-America honors and one second-team award for their performances at nationals, including a third-place finish by the 4x100m relay, a runner-up showing by Andrew Riley in the 110m hurdles, a sixth-place finish by Stanley Azie in the 100m and an eighth-place effort in the 400m hurdles by Cody Wisslead. The Orange and Blue also boasted three Big Ten Champions, with Riley in the 110m hurdles, Wisslead in the 400m hurdles and the 4x100m relay.

During the 2011 indoor season, the Illini tied for 22nd at nationals, the highest indoor finish by an Illinois squad since 1998 (17th). Riley won his second career national title, as he raced to victory in the 60m hurdles at the NCAA Indoor Championships. Freshman Davis Fraker, who broke the school record in his first collegiate throw, was the first Illini ever to qualify for nationals in the weight throw and earned second-team All-American honors. Riley also competed a three-peat in the event by winning the 60m-hurdle title at the Big Ten Indoor Championships while Matt Bane captured the Big Ten title in the pole vault.

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 Exter, 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.

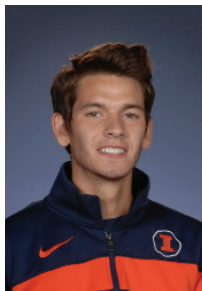
In 2007 under Turk, Nick Brown continued his success at the conference championships by finishing second in the long jump and fourth in the triple jump at the Big Ten Indoor Championships and third in both events at the Big Ten Outdoor Championships. Brown also competed in the long and triple jumps at 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.

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.



## JEREME ATCHISON

SOPHOMORE // ARLINGTON HEIGHTS, ILL. // BUFFALO GROVE HS

### CROSS COUNTRY 2012 XC - FRESHMAN

Competed at NCAA Midwest Regional, finishing with a 10K time of 34:06 ... Finished 78th overall at Big Ten Championships, coming in sixth for the Illini ... Placed second on the team at the Bradley Classic, finishing with an 8K time of 24:58 ... Ran unattached at the Illinois Intercollegiate, placing 12th overall ... Ran

unattached at the Illini Challenge, finishing fifth overall with a 6K time of 18:48.

### 2013 TRACK AND FIELD

**Outdoor/Indoor:** Redshirt season

**HIGH SCHOOL:** Four-time All-Conference in cross country ... 2011 and 2012 cross country All-State selection ... Two-time All-Conference in track ... Led cross country team to first ever appearance at the state meet, placing fifth individually and as a team.

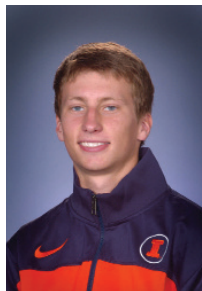
**PERSONAL:** Son of Frank and Diane Atchison ... Born March 16, 1994 ... Has a brother, Frank and a sister Ashley ... Hobbies include playing basketball, working out and playing xbox ... Majoring in Sport Management.

### ATCHISON'S PERSONAL BESTS

#### Cross Country

**8K:** 24:58 - Bradley Classic (10/12/12)

**10K:** 34:06 - NCAA Midwest Regional (11/9/12)



## IAN BARNETT

R-SOPHOMORE // GLEN ELLYN, ILL. // FENWICK HS

### CROSS COUNTRY 2012 XC - FRESHMAN

Ran at the NCAA Midwest Regionals, finishing the 10K course in a time of 31:42 and placing fifth for the Illini ... Ran a career best 8K time of 24:20 at the Big Ten Championships, finishing 18th overall ... Finished in the top four on the squad in each of the races competed in, including placing first at the Illinois Intercollegiate ...

Placed third for the Illini and 123rd overall at the Wisconsin adidas Invitational, setting a time of 24:23 in his first collegiate race of that distance ... Set a personal-best 6K time of 18:46 at the Illini Challenge, finishing fourth overall ... Academic All-Big Ten.

### 2011 XC- RS FRESHMAN

In his collegiate debut, ran unattached but placed 11th overall for the Illini with an 8K time of 26:17 at the Illini Open ... Finished the Sean Earl Lakefront Invitational 8K in a time of 26:38.

### 2013 TRACK AND FIELD

**Outdoor:** Qualified for the NCAA West Preliminary Round of Championships in the 5,000m ... Placed fourth at the Big Ten Championships in the 5K ... Ran the fifth fastest 5,000m time in Orange and Blue history to win the Auburn Tiger Classic with a time of 13:58.79.

**Indoor:** Redshirt season.

### 2012 TRACK AND FIELD

**Outdoor:** Redshirt season.

**Indoor:** Placed third in the mile with a time of 4:15.99 at the Orange and Blue Open ... Ran a time of 8:24.81 in the 3,000m at the Mark Colligan Memorial, placing fifth ... Head a season best 3,000m time of 8:20.83 at the Big Ten Championships

**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.

### BARNETT'S PERSONAL BESTS

#### Cross Country

**8K:** 24:20 - Big Ten Championships (10/28/12)

**10K:** 31:42 - NCAA Midwest Regional (11/9/12)

#### Outdoor Track

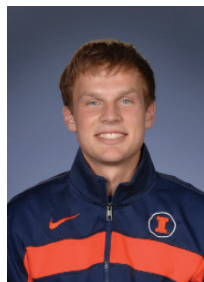
**3,000m:** 8:22.32 - Big Ten/SEC Challenge (3/22/13)

**5,000m:** 13:58.79 - Tiger Track Classic

#### Indoor Track

**Mile:** 4:15.99 - Orange and Blue Open (2/4/12)

**3,000m:** 8:20.83 - Big Ten Championships (2/25/12)



## WILL BREWSTER

R-FRESHMAN // GRAYSLAKE, ILL. // GRAYSLAKE CENTRAL HS

### CROSS COUNTRY 2012 XC - FRESHMAN

Redshirt season ... Made season debut at the Illini challenge, running unattached with a 6K time of 19:02 ... At the Bradley Classic, finished in 25:07 ... Set a personal-best time of 24:55 at the Illinois Intercollegiate ... Running unattached, finished first overall at the

Illinois Open.

### 2013 TRACK AND FIELD

**Outdoor:** Set a meet record time of 8:30.30 in the 3,000m to win the Lee Calhoun Invitational ... Finished third in the 3,000m at the Big Ten/SEC Challenge ... Ran the 1,500m at the Bill Cornell Spring Classic and the LSU Alumni Gold Meet.

**Indoor:** Redshirt Season ... Ran unattached at the Illini Open, finishing second in the mile with a time of 4:17.88 ... Ran unattached at the Illini Classic, placing third in the 3,000m with a time of 8:23.50 ... 2013 USAF Junior All-American after finishing 10th at the US Junior National Cross Country Championships.

**HIGH SCHOOL:** 2012 sectional champion in the 1,600m and 3,200m ... 2012 indoor state champion in 3,200m ... 2012 state runner-up in 1,600m and 3,200m ... Earned AAU cross country All-American honors in 2008 ... Two time All-State in track ... Garnered All-State in cross country in 2011 ... 2011 regional cross country champion. ... Holds school record in five events.

**PERSONAL:** Son of Bill and Jodi Brewster ... Born April 12, 1994 ... Has one sister, Meghan, and two brother, Peter and Matthew ... Hobbies include skiing, golfing, swimming and watching movies ... Majoring in bioengineering.

### BREWSTER'S PERSONAL BESTS

#### Cross Country

**6K:** 19:02 - Illini Challenge (8/31/12)

**8K:** 25:07 - Bradley Classic (10/12/12)

#### Outdoor Track

**1,500m:** 3:58.30 - Lee Calhoun Invite (4/13/13)

**3,000m:** 8:29.08 - Big Ten/SEC Challenge (3/23/13)

**5,000m:** 15:11.39 - Drake Relays (4/25/13)

#### Indoor Track

**Mile:** 4:17.88 - Illini Open (1/12/13)

**3,000m:** 8:23.50 - Illini Classic (1/19/13)



## RYAN BURGOON

FRESHMAN // BARRINGTON, ILL. // BARRINGTON HS

**HIGH SCHOOL:** Two-time All-State in cross country ... Two-time state qualifier in track ... Team captain in 2012.

**PERSONAL:** Son of Steve and Christine Burgoon ... Born Dec. 14, 1994 ... Has one brother, Steven, and three sisters, Dani, Ali, and Jacquie ... Hobbies include running, traveling, playing and watching hockey, and playing the drums ... Board member for the nonprofit organization 'Go Beyond Barrington' ... Majoring in business.



## LUKE CARROLL

R-FRESHMAN // CHELTENHAM, U.K. // CLEEVE HS

### CROSS COUNTRY 2012 XC - FRESHMAN

Redshirt season ... Made season debut at Bradley Classic, running unattached with an 8K time of 24:53 ... Finished second overall at the Illinois Open with an 8K time of 25:57.

### 2013 TRACK AND FIELD

**Outdoor:** Qualified for the NCAA West Preliminary Round of Championships in the 1,500m ... Ran the 1,500m at the Big Ten Championships ... Ran second leg of 4x800m relay to a second place finish and helped the team win the first annual HyVee Cup at the Drake Relays ... Ran a lifetime best 1,500m time of 3:46.67 at the Mt. SAC Relays ... Finished runner-up in the 1,500m at the SIU Bill Cornell Spring Classic.

**Indoor:** Helped the Illini score points at the Big Ten Championships, running in the DMR squad that finished fifth with a time of 9:42.63 ... Also ran the mile at the conference meet ... Ran a personal best mile time of 4:04.93 at the UW Husky Classic ... Was one of 11 athletes to run in the Meyo Mile ... Won the Indiana Relays with a personal best time of 1:52.69.

**HIGH SCHOOL:** Was a three-time 1,500m national champion for the Cheltenham Harriers athletics club ... 2012 indoor runner-up in 1,500m ... 2008 800m national champion ... Broke the British age 14 1,500m record ... Represented England in the 1,500m and in cross country three times.

**PERSONAL:** Son of Gerry and Dawn Carroll ... Born October 20, 1993 ... Has one sister, Shannon... Hobbies include soccer, xbox and rugby ... Majoring in recreation, sport and tourism.

### CARROLL'S PERSONAL BESTS

#### Cross Country

**8K:** 24:53 - Bradley Classic (10/12/12)

#### Outdoor Track

**800m:** 1:52.92 - Big Ten/SEC Challenge (3/23/13)

**1,500m:** 3:46.67 - Mt. SAC Relays (4/19/13)

#### Indoor Track

**800m:** 1:52.92 - Indiana Relays (1/26/13)

**Mile:** 4:04.93 - Husky Classic (2/9/13)

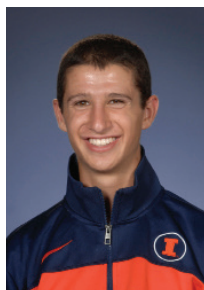


## JOE COWLIN

FRESHMAN // CRYSTAL LAKE, ILL. // PRAIRIE RIDGE HS

**HIGH SCHOOL:** Four-time state qualifier ... Placed fourth at IHSA cross country championships in 2012 ... School record holder in the 3200 meter run.

**PERSONAL:** Son of Jim and Lynn Cowlin ... Born Oct. 12, 1994 ... Has one sister, Kathryn, and one brother, Patrick ... Hobbies include fishing, traveling, and cooking ... Graduated near the top of his class at Prairie Ridge HS.



## ALEX GOLD

FRESHMAN // DEERFIELD, ILL. // DEERFIELD HS

**HIGH SCHOOL:** All-Conference six times ... All-State in cross country ... Varsity letter award winner ... Two-time state qualifier in cross country.

**PERSONAL:** Son of Michael and Laura Gold ... Born on Nov. 8, 1994 ... Has two brothers, Danny and Matthew ... Hobbies include playing basketball and baseball, watching sports, and watching movies ... Majoring in

engineering ... National Honors Society member ... Booster Club Scholarship Award winner.



## TOMMY KING

R-SOPHOMORE // WINNETKA, ILL. // NEW TRIER HS

### CROSS COUNTRY 2012 XC - FRESHMAN

Finished fourth for the Orange and Blue at the NCAA Midwest Regionals, crossing the line with a 10K time of 31:40 ... Scored for the Illini at Big Ten Championships with a 28th-place finish overall ... Paced the Illini for the first time in his career, finishing first for the squad and second overall with an 6K time of 18:41 at the Illini Challenge ... Clocked an 8K time of 24:28 at the Wisconsin adidas Invitational, scoring for the Illini after finishing fourth and placing 147th overall ... Finished third for the Illini at the Notre Dame Invitational ... Scored points for the team in each race he's competed in ... Academic All-Big Ten.

### 2011 XC - RS FRESHMAN

Ran unattached in both races he competed in this fall ... Finished ninth overall with a 6K time of 19:19 at the Illini Challenge ... Placed second overall with an 8K time of 25:43 at the Illini Open ... Led the Illini and placed 30th overall at the Sean Earl Lakefront Invite 8K with a time of 25:46.

### 2013 TRACK AND FIELD

**Outdoor:** Set a personal-best 1,500m time of 3:51.40 to win the Big Ten/SEC Challenge ... Recorded two third-place finishes, including the Tiger Track Classic where he set a personal-best 5k time of 14:14.74.

**Indoor:** Finished second at the Illini Open with a personal-best mile time of 4:12.48 ... Won the EIU Friday Night Special ... Competed in three 3,000m races, including a sixth-place finish at the Meyo Invitational and a 14th-place finish at the Big Ten Championships.

### 2012 TRACK AND FIELD

**Outdoor/Indoor:** Redshirt season

**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

### KING'S PERSONAL BESTS

#### Cross Country

**6K:** 18:41 - Illini Challenge (8/31/12)

**8K:** 24:32 - Big Ten Championships (10/28/12)

**10K:** 31:40 - NCAA Midwest Regional (11/9/12)

#### Outdoor Track

**1,500m:** 3:51.40 - Big Ten/SEC Challenge (3/23/13)

**5,000m:** 14:14.74 - Tiger Track Classic (4/6/13)

**10,000m:** 30:43.67 - Mt. SAC Relays (4/19/13)

#### Indoor Track

**Mile:** 4:12.48 - Illini Classic (1/19/13)

**3,000m:** 8:17.09 - Big Ten Championships (2/22/13)

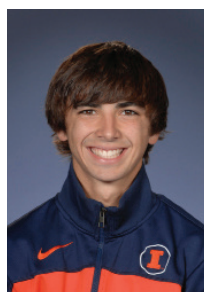


## TREVOR KUEHR

FRESHMAN // LAKE ZURICH, ILL. // LAKE ZURICH HS

**HIGH SCHOOL:** Earned All-State honors in cross country ... Earned All-Sectional honors in cross country and track ... All-Conference in cross country in 2011 and 2012 ... All-Conference in track in 2012 and 2013 ... Team MVP ... Team Captain.

**PERSONAL:** Son of Kevin and Kathleen Kuehr ... Born Oct. 23, 1994 ... Has two brothers, Connor and Austin, and one sister, Rachel ... Hobbies include playing soccer and basketball, listening to music, and playing retro video games ... Majoring in business.

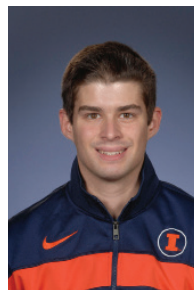


## GARRETT LEE

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

**HIGH SCHOOL:** Was part of the 4x800m state champion relay team in 2011 ... Finished runner-up at the 2013 ISHA state championships in the 1600m ... Placed fifth in the 1600m at the 2012 IHSA state championships ... All-State in cross country all four years ... Named NIC-10 Conference Athlete of the Year in 2013 ... Conference champion in the 1600m in track ... Team won state in 2009, 2010, and 2011, and placed second in 2012.

**PERSONAL:** Son of Wallace and Carolyn Lee ... Born Nov. 12, 1994 ... Has two sisters, Callie and Danielle ... Hobbies include playing golf and basketball ... Majoring in Recreation, Sport, and Tourism with a concentration in Sports Management.



## ANTHONY MANFRIN

R-SOPHOMORE // CARPENTERSVILLE, ILL. // DUNDEE-CROWN HS

### CROSS COUNTRY

#### 2012 XC - FRESHMAN

Made debut at the Illinois Intercollegiate, finishing sixth for the Illini with an 8K time of 25:51.

#### 2011 XC - FRESHMAN

Redshirt season

### 2013 TRACK AND FIELD

**Outdoor/Indoor:** Did not compete

### 2012 TRACK AND FIELD

**Outdoor/Indoor:** Redshirt season

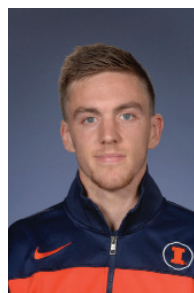
**HIGH SCHOOL:** Was the 2010 indoor state champion in the 3,200m ... Earned All-State honors in cross country ... Was the 2008 Nike national outdoor freshman mile champion.

**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.

### MANFRIN'S PERSONAL BESTS

#### Cross Country

**8K:** 25:51 - Illinois Intercollegiate (9/14/12)



## LIAM MARKHAM

SOPHOMORE // LIMERICK, IRELAND // ST. FLANNANS COLLEGE ENNIS HS

### CROSS COUNTRY

#### 2012 XC - FRESHMAN

Ran unattached at the Bradley Classic, finishing with an 8K time of 24:46.

### 2013 TRACK AND FIELD

**Outdoor:** Placed fifth in the 800m at the Bill Cornell Classic ... Recorded a fourth-place finish at the Big Ten/SEC Challenge ... Set a personal-best 1,500m time of 3:46.94 to finish third at the Tiger Track Classic ... Placed 11th at the Big Ten Championships.

**Indoor:** Finished second at the EIU Friday Night Special.

**HIGH SCHOOL:** Was the number one Irish 1,500m under-20 year old runner in 2011 ... Number two Irish youth (under 18) in 2009 and competed in the IAAF World Junior Championships ... Won one gold, three silvers and two bronze medals competing in the 800m and 1,500m ... Qualified for the European Junior Championships in Estonia ... Was the cross country and track team captain for three years.

**PERSONAL:** Son of Gerard and Joan Markham ... Born January 1, 1992... Has two siblings, Brian and Niamh ... Hobbies include watching sports, surfing, golfing, playing darts and going to the movies ... Majoring in accounting.

### MARKHAM'S PERSONAL BESTS

#### Cross Country

**8K:** 24:46 - Bradley Classic (10/12/12)

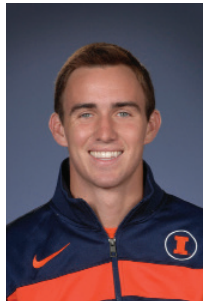
#### Outdoor Track

**800m:** 1:52.75 - Bill Cornell Classic (3/30/13)

**1,500m:** 3:46.94 - Big Ten Championships (5/11/13)

#### Indoor Track

**3,000m:** 8:43.35 - EIU Special (2/15/13)



## JOE MCASEY

R-SOPHOMORE // MINOOKA, ILL. // MINOOKA HS

### CROSS COUNTRY

#### 2012 XC - RS-FRESHMAN

Set a personal best 6K time of 18:55 in season debut at the Illini Challenge ... Ran a career best 8K time at Illinois Intercollegiate, finishing with a time of 25:18.

#### 2011 XC - FRESHMAN

Ran unattached in both races he compete in this fall ... Placed eighth overall with a 6K time of 19:18 at the Illini Challenge ... Clocked an 8K time of 26:33 coming in 13th overall at the Illini Open.

### 2013 TRACK AND FIELD

**Outdoor/Indoor:** Did not compete

### 2012 TRACK AND FIELD

**Outdoor:** Earned USA Junior All-American status, finishing fourth in the 800m ... Qualified for the NCAA West Preliminary Round in the 800m ... Scored points at the Big Ten Championships, placing seventh in the 800m ... Set a personal best in the 800m during the prelims of the conference meet with a time of 1:48.62.

**Indoor:** Ran a personal best in the 800m at the Big Ten Championships placing seventh with a time of 1:49.64 ... Placed first in the mile at the Orange and Blue Open with a time of 4:12.64 ... Finished third at the Illini Classic in the 800m with a time of 1:53.18 ... Participated in four meets.

**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.

### MCASEY'S PERSONAL BESTS

#### Cross Country

**6K:** 18:55 - Illini Challenge (8/31/12)

**8K:** 25:18 - Illinois Intercollegiate (9/14/12)

#### Outdoor Track

**400m:** 49:39 - Tom Botts Invitational (4/14/12)

**800m:** 1:48.62 - Big Ten Championships (5/12/12)

#### Indoor Track

**600m:** 1:20.17 - Mark Colligan Memorial (1/28/12)

**800m:** 1:49.64 - Big Ten Championships (2/25/12)

**Mile:** 4:12.64 - Orange and Blue Open (2/4/12)



## GRAHAM MORRIS

R-SENIOR // LAWRENCEVILLE, ILL. // LAWRENCEVILLE/  
EASTERN ILLINOIS

### CROSS COUNTRY

#### 2012 XC - SENIOR

Redshirt season ... Ran unattached in season debut at Illinois Challenge, finishing with a 6K time of 19:30 ... Finished tenth overall at Bradley Classic, running a time of 24:44 ... Ran unattached at the Illinois Intercollegiate, finishing ninth overall.

### 2013 TRACK AND FIELD

**Outdoor:** Redshirt season ... Ran unattached and qualified for the USA Track and Field Championships.

**Indoor:** Earned All-America honors in the DMR, after the Illini finished seventh overall with a time of 9:35.56 ... Finished fourth in the mile at the Big Ten Championships ... Broke the 22-year old school mile record at the IU Relays with a time of 4:00.56, then reset the time at the Meyo Invitational ... Won the 800m title at the Illini Classic ... Ran anchor leg of the DMR squad that broke the 18-year old school record at the Last Chance Meet.

**AT EASTERN ILLINOIS:** Seven time All-Conference honoree ... Holds the school record in the 1,500m with a time of 3:41.87 ... Earned varsity letters in track (three) and cross country (three) ... Academic All-American.

**HIGH SCHOOL:** Indoor and outdoor school record holder in the 800m, mile and 3,200m ... Three time all-state honoree in cross country and two time all-state honoree in track ... Placed fifth at the IHSA cross country championships in 2008 ... Took third in the 1,600m at the 2008 IHSA track state championships ... Was a member of the IHSA All-State academic team.

**PERSONAL:** Son of Russell and Cynthia Morris ... Born Sept. 14, 1990 ... Majoring in industrial engineering.

### MORRIS' PERSONAL BESTS

#### Cross Country

**6K:** 19:30 - Illini Challenge (8/31/12)

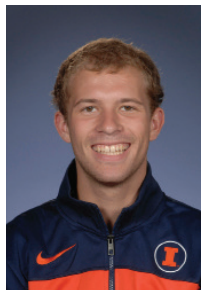
**8K:** 24:44 - Bradley Classic (10/12/12)

#### Indoor Track

**800m:** 1:53.54 - Illini Classic (1/19/13)

**Mile:** 4:00.17 - Meyo Invite (2/2/13)

**3,000m:** 8:05.15 - Husky Classic (2/9/13)

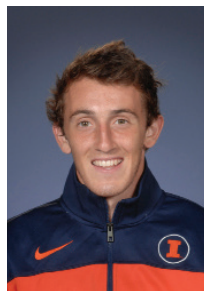


## ALEX NOTTON

FRESHMAN // MASON, OHIO // MASON HS

**HIGH SCHOOL:** Three-time All-State in track ... Was part of the state runner-up 4x800 relay team ... Member of state runner-up cross country team ... Three time Academic All-State in track ... Three-time Academic All-State in cross country.

**PERSONAL:** Son of David and Jennifer Notton ... Born on April 18, 1995 ... Has one sister, Annie ... Hobbies include playing guitar and listening to music ... Majoring in mechanical engineering.



## SAM TELFER

R-SOPHOMORE // LA GRANGE, ILL. // LYONS TOWNSHIP HS

### CROSS COUNTRY

#### 2012 XC - FRESHMAN

Finished sixth for the Illini and 76th overall at the NCAA Midwest Regionals, running a 10K time of 32:21 ... Ran for the Illini at the Big Ten Championships, finishing with an 8K time of 25:35 ... Finished third on the squad (18:51) and helped Illinois win its eighth consecutive Illini Challenge title ... Crossed the line first for Illinois

at the Bradley Classic, finishing with an 8K time of 24:58 ... Was part of the roster for the Notre Dame Invitational ... Academic All-Big Ten.

#### 2011 XC - RS FRESHMAN

In his collegiate debut, ran unattached but placed sixth overall with an 8K time of 25:54 at the Illini Open.

### 2013 TRACK AND FIELD

**Outdoor:** Competed in the 3,000m steeplechase at the Big Ten Championships ... Won the 3,000m steeplechase title at the Mississippi State Conference Challenge, setting a personal best time of 9:15.15.

**Indoor:** Ran in two meets during the season ... Was part of the DMR squad which placed fourth at the Meyo Invitational ... Finished the 3,000m race at the Indiana Relays with a time of 8:44.21.

### 2012 TRACK AND FIELD

**Outdoor/Indoor:** Redshirt season

**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.

### TELFER'S PERSONAL BESTS

#### Cross Country

**6K:** 18:51 - Illini Challenge (8/31/12)

**8K:** 24:58 - Bradley Classic (10/12/12)

**10K:** 31:21 - NCAA Midwest Regional (11/9/12)

#### Outdoor Track

**1,500m:** 4:01.48 - Bill Cornell Spring Classic (3/30/13)

**3K Steeplechase:** 9:15.15 - Big Ten/SEC Challenge (3/23/13)

#### Indoor Track

**3,000m:** 8:44.21 - Indiana Relays (1/26/13)



## JANNIS TOEPFER

GRAD STUDENT // BOCHUM, GERMANY // GRAF ENGELBERT/MICDS HS

### CROSS COUNTRY

#### 2012 XC - SENIOR

Qualified for the NCAA Championships, where he finished 64th and set a personal-best 10K time of 30:27 ... Earned All-Region honors after finishing 13th overall at the NCAA Midwest Regional, recording a 10K time of 30:40 ... Finished first for the Illini at the Big Ten

Championships with a personal best 8K time of 24:06 ... Received second-team All-Big Ten honors for ninth place finish at Big Ten Championships ... His time at the Big Ten Championships is 10th fastest 8K finish in school history ... In his Illinois debut, finished in the top-27 at the Notre Dame Invitational and second on the team with a five-mile time of 24:17 ... Finished runner-up on the squad at the Wisconsin adidas Invitational, setting a career-best 8K time of 24:11 ... Scored points for the Illini in each race he's competed in.

### 2013 TRACK AND FIELD

**Outdoor:** Qualified for the NCAA West Preliminary Round in the 3,000m steeplechase ... Scored points for the Illini at the Big Ten Championships, placing fifth ... Broke the 3,000m school record at the Big Ten/SEC Challenge, winning the title with a time of 8:16.71 ... Set the ninth fastest 3,000m steeplechase time in Illinois history at the Auburn Tiger Classic, winning the event with a time of 8:54.48 ... USTFCCA All-Academic.

**Indoor:** Set the eighth fastest 3,000m time in Illini history at the Big Ten Championships, finishing with a time of 8:11.99 to place 13th overall ... Competed in the mile at the Meyo Invitational and the Illini Classic.

**HIGH SCHOOL:** Placed second in the 3,000m steeplechase at the German Under-23 Championships in 2009 ... In 2006, was runner-up in the 2,000m steeplechase at the German Youth Championships ... Finished third in 2010 at the German Under-23 Championships in the 10,000m.

**HIGH SCHOOL:** Finished third in the 3,200m at the Missouri State Championships in 2007 ... Placed fourth in 2007 at the Missouri State Championships in the 1,600m.

**PERSONAL:** Son of Harald and Berit Modler ... Has two siblings, Mayu and Moritz ... Received his bachelor degree in Aerospace Engineering and will be pursuing his masters degree at the University of Illinois ... Hobbies include playing sports, traveling and reading.

### TOEPFER'S PERSONAL BESTS

#### Cross Country

**8K:** 24:06 - Big Ten Championships (10/28/12)

**10K:** 30:27 - NCAA Championships (11/17/12)

#### Outdoor Track

**3,000m:** 8:16.71 - Big Ten/SEC Challenge (3/24/13)

**3K Steeplechase:** 8:54.48 - Tiger Track Classic (4/6/13)

#### Indoor Track

**Mile:** 4:12.79 - Meyo Invitational (2/2/13)

**3,000m:** 8:11.99 - Big Ten Championships (2/22/13)



## JON VACCARO

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

**HIGH SCHOOL:** Regional champion in cross country ... Conference champion in cross country ... All-State in cross country ... All-Sectional in cross country ... All sectional in track.

**PERSONAL:** Son of Carl and Nancy Vaccaro ... Born on May 10, 1995 ... Has one brother, Josef ... Hobbies include playing soccer and playing video games.



## PAUL ZEMAN

R-SOPHOMORE // BELVIDERE, ILL. // BELVIDERE NORTH HS

### CROSS COUNTRY

#### 2012 XC - RS FRESHMAN

Finished 11th overall and second on the team at the Illinois Intercollegiate, setting a personal-best 8K time of 25:15 ... Scored points for the Illini in three of the four meets this season.

#### 2011 XC - FRESHMAN

Ran unattached in all three races he competed in this fall ... Placed fifth overall with a 6K time of 19:02 at the Illini Challenge ... Placed seventh overall with an 8K time of 25:55 at the Illin Open ... Finished 61st overall with a 8K time of 26:17 at the Sean Earl Lakefront Invite.

### 2013 TRACK AND FIELD

**Outdoor:** Finished second in the 3,000m at the Lee Calhoun Memorial Invite with a time of 8:33.39... Ran the 1,500m at the Bill Cornell Spring Classic with a time of 3:56.33.

**Indoor:** Was part of the Big Ten Championship squad, running in the 5,000m ... Finished with a lifetime best mile time of 4:15.61 at the Illini Classic ... Ran a career best 5,000m time of 14:32.19 at the Spire Invite.

**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.

### ZEMAN'S PERSONAL BESTS

#### Cross Country

**6K:** 18:58 - Illini Challenge (8/31/12)

**8K:** 25:15 - Illinois Intercollegiate (9/14/12)

**5 miles:** 25:26 - Notre Dame Invitational (9/28/12)

#### Outdoor Track

**1,500m:** 3:56.33 - Bill Cornell Spring Classic (3/30/13)

**3,000m:** 8:33.39 - Lee Calhoun Invitational (4/13/13)

#### Indoor Track

**Mile:** 4:15.61 - Illini Classic (1/19/13)

**5,000m:** 14:32.19 - Spire Invitational (2/9/13)

## 2012 SEASON IN REVIEW

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After making great strides in the 2011-12 cross country and track seasons, the 2012 Fighting Illini men's cross country team set its sights high for the 2012 season. With a group filled of mostly underclassmen, first year head coach Jake Stewart viewed this season as one unique from previous years, however the goals remained big.

The season started out on the right foot for the Illini, taking home their eighth consecutive Illini Challenge title in their first meet of the year. Five of the top finishers were sporting Orange and Blue, led by freshman Tommy King. King's 6K time of 18:41 was good enough for second in what was a very close finish. The Illini continued their early season success with a second place finish at the Illinois Intercollegiate Championships. Ian Barnett led the squad, finishing fifth-place overall with an 8K time of 24:25.

A few weeks later, at the Notre Dame Invitational, the Illini faced what was their toughest competition of the year up to that point. Senior Hunter Mickow led the Illini with a five mile time of 24:13 and crossed the finish line in 24th place. Mickow was followed closely by teammate Jannis Topfer, who finished with a time of 24:17 and placed 27th overall. The Illini would finish 14th as a team at the meet, gaining valuable experience for the youthful squad.

The Illini would split up for their next meets, when the starting seven headed to the Wisconsin adidas Invitational while the rest of the team competed at the Bradley Classic. Illinois would face strong competition for the second meet in a row at the adidas Invitational. Once again, Hunter Mickow led the Illini with an 8K time of 23:58, finishing in 43rd overall. Illinois' performance earned them 24th place overall, finishing above 21 other schools at the meet. At the Bradley Classic, redshirt-freshman Sam Telfer paced the Illini with an 8K time of 24:58, coming in 19th overall.

Only two Illini would race in Orange and Blue vests at the Illinois Open, sophomore Mark Donohue and redshirt-freshman David Eckhart. Donohue would finish third with an 8K time of 26:02. Eckhart finished just three seconds behind his teammate, taking fourth with an 8K time of 26:05. Donohue's finish earned him a spot on the team's Big Ten roster, which was his first appearance in the conference meet.

At the Big Ten Championships, the Illini put up their best performance in 16 years. Illinois finished with 86 points, which earned them 4th in the Big Ten. Jannis Topfer led the Illini, placing ninth overall with the 10th-fastest time in school history and a personal-best 8K time of 24:06. Hunter Mickow finished right behind Topfer, crossing the finish line in 10th place with an 8K time of 24:07. Both runners earned second-team All-Big Ten honors for their finishes.

The Illini performed great at the NCAA Midwest Regional Championships, finishing fourth overall which was the teams highest finish at the meet since 2002. The duo of Mickow and Topfer finished one-two for the fourth time this season as Mickow paced the Illini with a 10K time of 30:29, crossing the finish line in 6th-place overall. Topfer would finish the course in 30:40 to earn 13th-place overall. Both Mickow and Topfer earn All-Region honors for their finishes and earned their way individually into the NCAA Championship meet. This marked the second consecutive year that two Illini runners would compete at the national meet.

In what was their first NCAA Championships, Mickow and Topfer represented the Illini well and set personal bests at the 10K distance. Mickow would complete the course in 30:12, which earned him a 46th overall finish, just six places away from earning All-America status. Topfer also ran a great race, finishing 64th overall with a time of 30:27.

The 2012 men's cross country team achieved many of the goals they set out at the beginning of the season, including finishing the highest at Big Ten Championships in 16 years and sending two individuals to the NCAA Championships for the second consecutive year. With such a young team, the future of Illinois cross country is bright.

## 2012 RESULTS

**ILLINI CHALLENGE // URBANA, ILL. // AUG. 31, 2012****6K // 1ST OF 8 // 26 POINTS**

2. Tommy King	18:41
4. Ian Barnett	18:46
6. Sam Telfer	18:51
8. Joe McAsey	18:55
9. Paul Zeman	18:58
14. David Eckhart	19:19
37. Mark Donohue	20:30

**ILLINOIS INTERCOLLEGIATE // NORMAL, ILL. // SEPT. 14, 2012****8K // 2ND OF 7**

8. Ian Barnett	24:45
9. Graham Morris(u)	24:46
12. Jereme Atchison(u)	24:48
16. Will Brewster (u)	24:55
31. Paul Zeman	25:15
37. Joe McAsey	25:18
51. David Eckhart	25:34
55. Mark Donohue	25:39
64. Anthony Manfrin	25:51

**NOTRE DAME INVITATIONAL // SOUTH BEND, IND. // SEPT. 28, 2012****5 MILE // 14TH OF 20**

24. Hunter Mickow	24:13
27. Jannis Topfer	24:17
49. Tommy King	24:31
81. Ian Barnett	24:49
125. Paul Zeman	25:26
130. Sam Telfer	25:31
161. Jordan Hebert	26:57

**WISCONSIN ADIDAS INVITATIONAL // MADISON, WIS. // OCT. 12, 2012****8K // 24TH OF 45**

43. Hunter Mickow	23:58
78. Jannis Topfer	24:11
123. Ian Barnett	24:23
147. Tommy King	24:28
172. Jordan Hebert	24:35
257. Paul Zeman	25:19
302. Joe McAsey	27:19

**BRADLEY CLASSIC // PEORIA, ILL. // OCT. 12, 2012****8K // NA // NA**

1. Jim Riddle(u)	24:11
10. Graham Morris(u)	24:44
11. Liam Markham(u)	24:46
13. Kyle Engnell(u)	24:50
14. Luke Carroll(u)	24:53
19. Sam Telfer	24:58
20. Jereme Atchison	24:58
26. Will Brewster(u)	25:07
32. Mark Donohue	25:17
39. David Eckhart	25:28
72. Nathan Troester(u)	26:00

**ILLINOIS OPEN // URBANA, ILL. // OCT. 19, 2012****8K // NA // NA**

1. Will Brewster(u)	25:48
2. Luke Carroll(u)	25:57
3. Mark Donohue	26:02
4. David Eckhart	26:05

**BIG TEN CHAMPIONSHIPS // LANSING, MICH. // OCT. 28, 2012****8K // 4TH OF 11 // 86 POINTS**

9. Jannis Topfer	24:06
10. Hunter Mickow	24:07
18. Ian Barnett	24:20
21. Jordan Hebert	24:22
28. Tommy King	24:32
78. Jereme Atchison	25:11
79. Sam Telfer	25:35
81. Mark Donohue	25:37
96. Paul Zeman	26:18

**NCAA MIDWEST REGIONALS // SPRINGFIELD, MO. // NOV. 9, 2012****10K // 4TH OF 29 // 154 POINTS**

6. Hunter Mickow	30:29
13. Jannis Topfer	30:40
26. Jordan Hebert	31:05
54. Tommy King	31:40
55. Ian Barnett	31:42
76. Sam Telfer	32:21
154. Jereme Atchison	34:06

**NCAA CHAMPIONSHIPS // LOUISVILLE, KY. // NOV. 17, 2012****10K // N/A // N/A**

46. Hunter Mickow	30:12
64. Jannis Topfer	30:27

## 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)	<b>Craig Virgin (1st, 28:30.8)</b>
1915	Wisconsin (38)	5th (120)	A.H. Mason (2nd)	1974	Michigan (42)	3rd (75)	<b>Craig Virgin (1st, 30:11.0)</b>
1916	Purdue (56)	Did not compete	N/A	1975	Michigan (41)	4th (78)	<b>Craig Virgin (1st, 23:04.5)</b>
1917	No Championship Held			1976	Michigan (67)	2nd (78)	<b>Craig Virgin (1st, 23:16.7)</b>
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	<b>Illinois (46)</b>	<b>1st (46)</b>	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	<b>Illinois (58)</b>	<b>1st (58)</b>	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)	<b>Abbott (1st)</b>	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)	<b>D. Woolsey (1st, 21:03)</b>	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. McClennan (22nd, 25:30)
1947	<b>Illinois (47)</b>	<b>1st (47)</b>	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)	<b>Allen Carius (1st, 19:45.2)</b>	2011	Wisconsin (17)	7th (181)	Jordan Hebert (22nd, 24:26)
1963	Michigan St. (39)	5th (106)	<b>Allen Carius (1st, 19:39.4)</b>	2012	Wisconsin (33)	4th (86)	Jannis Topfer (9th, 24:06)
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
Jannis Toepfer	9th	24:06	2012
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
Hunter Mickow	10th	24:07	2012
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
Oct. 25, 2011	Mark Donohue

## ACADEMIC ALL-BIG TEN

<b>1986:</b> Paul Kivela
<b>1987:</b> David Halle, John Jacobson
<b>1989:</b> Andy Homoly, Mark Scheirer
<b>1990:</b> Jim DeBeers, Andy Homoly, Mark Scheirer
<b>1991:</b> Marc Dickison, David Eckburg, Andy Homoly, Mark Scheirer
<b>1992:</b> David Eckburg, Dan Mazur, Paul Talbot, Prosper Wang
<b>1993:</b> Eric Henson, Paul Talbot, Mike Uchanski
<b>1994:</b> Joe Alexander, Eric Henson, Mike Smadris
<b>1995:</b> Eric Henson, Marko Koers, Jason Zieren
<b>1996:</b> Brett Siglin, Rob Winfield, Jason Zieren
<b>1997:</b> Matt Hanley, Scott McClennan, Rob Winfield, Matt Yesko, Jason Zieren
<b>1998:</b> Chas Berckman, Ryan Eason, Dan Horyn, Scott McClennan
<b>1999:</b> Ryan Eason, Caleb Grinter, Dan Horyn, John Kronforst, Scott McClennan, Justin Mitchell
<b>2000:</b> Ryan Eason, Caleb Grinter, Dan Horyn, Andrew Kurtz, Justin Mitchell, Aaron Wahls
<b>2001:</b> John Kronforst, Rich Lin, Justin Mitchell, Tim Seiwert, Aaron Wahls
<b>2002:</b> John Kronforst, Justin Mitchell, Bob Pligge, Aaron Wahls
<b>2003:</b> Jason Bill, Kris Cunningham, Brent Pfeiffer
<b>2004:</b> Jason Bill, Kris Cunningham, Eric Wallor
<b>2005:</b> Justin Aronson, Ian Clausen, Matt Flaherty, Mike Kelley, Dan Stock, Eric Wallor
<b>2006:</b> Justin Aronson, Jason Bill, Matt Flaherty, Alister Ross, Dan Stock
<b>2007:</b> Justin Aronson, Mike Kelley, Tim Maier, Michael Murray, Jacob Nachel, Jeremy Stevens
<b>2008:</b> Ryne Beeson, Michael Murray, Jeremy Stevens
<b>2009:</b> Tom Achtien, Nathan Bohne, Chris DeSilva, Kyle Engnell, Dan Kreamske, Colin Mickow, Michael Murray, Phil Pompei, Nate Troester
<b>2010:</b> Nathan Bohne, Chris DeSilva, Kyle Engnell, Dan Kreamske, Colin Mickow, Mike Murray, Phil Pompei, Jeremy Stevens, Nate Troester
<b>2011:</b> Tom Achtien, Chris DeSilva, Mark Donohue, Kyle Engnell, Graham Farnsworth, Dan Kreamske, Hunter Mickow, Phil Pompei, Nate Troester
<b>2012:</b> Ian Barnett, Tommy King, Hunter Mickow, Sam Telfer

## 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)	<b>Craig Virgin (1st, 28:42.8)</b>
1975	Wisconsin (58)	4th (94)	<b>Craig Virgin (1st, 23:05.5)</b>
1976	<b>Illinois (47)</b>	<b>1st (47)</b>	<b>Craig Virgin (1st, 29:04.4)</b>
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 Ffitch (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)	<b>Trent Hoerr (1st, 29:56)</b>
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)
2011	Oklahoma State (42)	5th (157)	Jim Riddle (12th, 31:34.79)
2012	Oklahoma (45)	4th (154)	Hunter Mickow (6th, 30:29.27)

## 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, 30:25)
1970	Villanova (85)	25th (586)	Kenneth Howse (109th, 29:55)
1975	Texas - El Paso (88)	10th (312)	<b>Craig Virgin (1st, 28:23.3)</b>
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
5. Hunter Mickow	23:58.0	10/12/12	Wisconsin Invite
T6. Kerry Dickson	23:59.0*	10/1/83	Illinois Invitational
T6. Mike Patton	23:59.0*	10/1/83	Illinois Invitational
8. Jason Bill	23:59.4	10/16/04	Pre-Nationals
9. Dan Kremseke	24:02.0	10/2/10	Wisconsin adidas Invitational
10. Jannis Topfer	24:06.0	10/28/12	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 Ffitch	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	Coach:	Year	Big Ten	Region	NCAA	Year	Big Ten	Region	NCAA			
<b>Coach: Harry Gill</b>				<b>Coach: Leo Johnson</b>				1979 4th 8th ---							
1912	7th	---	---	1945	4th	---	---	---	1980	3rd	3rd	21st			
1913	2nd	---	---	1946	3rd	---	---	---	1981	2nd	3rd	10th			
1915	5th	---	---	1947	1st	---	---	---	1982	4th	8th	---			
1919	7th	---	---	1948	2nd	---	---	---	1983	4th	4th	9th			
1920	2nd	---	---	1949	2nd	---	8th	---	1984	1st	2nd	14th			
1921	1st	---	---	1950	6th	---	---	---	1985	5th	8th	---			
1922	3rd	---	---	<b>Coach: Ed Berneauer</b>				1986 2nd 2nd 7th							
1923	2nd	---	---	1954	4th	---	---	---	1987	2nd	5th	---			
1924	5th	---	---	1955	2nd	---	---	---	1988	4th	8th	---			
1925	3rd	---	---	1956	2nd	---	4th	---	1989	2nd	8th	---			
1926	4th	---	---	1957	3rd	---	---	---	1990	4th	4th	---			
1927	2nd	---	---	<b>Coach: Leo Johnson</b>				1991 5th 6th ---							
1928	7th	---	---	1958	4th	---	---	---	1992	4th	6th	---			
1929	9th	---	---	1959	6th	---	---	---	1993	8th	12th	---			
1930	3rd	---	---	1960	7th	---	---	---	1994	4th	4th	---			
1931	4th	---	---	<b>Coach: Ed Berneauer</b>				1995 4th 5th ---							
<b>Coach: C.D. Werner</b>				<b>Coach: Phil Coleman</b>				1996 4th 6th ---							
1932	2nd	---	---	1962	4th	---	---	---	1997	9th	10th	---			
<b>Coach: Don Seaton</b>				<b>Coach: Robert Wright</b>				1998 8th 5th ---							
1933	1st	---	---	1965	7th	---	---	---	1999	8th	4th	---			
1934	---	---	---	1966	8th	---	---	---	2000	10th	10th	---			
1935	---	---	---	<b>Coach: Gary Wieneke</b>				2001 10th 7th ---							
1936	---	---	---	1967	10th	---	---	---	2002	8th	3rd	---			
<b>Coach: Harry Gill</b>				<b>Coach: Robert Wright</b>				<b>Coach: Paul Pilkington</b>							
1937	---	---	---	1968	6th	---	---	---	2003	9th	8th	---			
<b>Coach: Harry Gill and Leo Johnson</b>				<b>Coach: Gary Wieneke</b>				2004 8th 5th ---							
1938	5th	---	---	1969	2nd	---	5th	---	<b>Coach: Wendel McRaven</b>						
<b>Coach: Harold Osborn</b>				<b>Coach: Gary Wieneke</b>				2005 10th 7th ---							
1940	---	---	---	1970	4th	---	25th	---	2006	8th	7th	---			
1941	4th	---	10th	1971	5th	---	---	---	2007	6th	6th	---			
1942	2nd	---	5th	1972	8th	---	---	---	2008	9th	9th	---			
1944	5th	---	---	1973	4th	9th	---	---	2009	7th	10th	---			
<b>Year Big Ten Region NCAA</b>				<b>Year Big Ten Region NCAA</b>				<b>Year Big Ten Region NCAA</b>							
1945	4th	---	---	1974	3rd	6th	---	---	2010	6th	5th	---			
1946	3rd	---	---	1975	4th	4th	10th	---	<b>Coach: Gavin Kennedy</b>						
1947	1st	---	---	1976	2nd	1st	5th	---	2011	7th	5th	---			
1948	2nd	---	---	1977	T-2nd	3rd	22nd	---	<b>Coach: Jake Stewart</b>						
1949	2nd	---	8th	1978	5th	6th	---	---	2012	4th	4th	---			
1950	6th	---	---												

## 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
Jake Stewart (2)	2012-13