

UNIVERSITY OF ILLINOIS

2015 MEN'S CROSS COUNTRY

ILLINOIS QUICK FACTS

Location	Urbana-Champaign, Ill.
Founded	1867
Enrollment	44,492
Nickname	Fighting Illini
Colors	Orange and Blue
Conference	Big Ten
Home Course	U of I Arboretum
President	Timothy Killeen
Interim Chancellor	Barbara Wilson
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	Fourth Season
Alma Mater	Iona, '05
Office Phone	(217) 244-0385
Office Fax	(217) 244-9758
Volunteer Assistant Coach: Ryan Root	First Season
Alma Mater	North Central College, '15
Volunteer Assistant Coach: Tito Medrano	First Season
Alma Mater	Syracuse University, '12
Head Track and Field Coach: Mike Turk	Fifth Season
Alma Mater	Augustana, '85
Office Phone	(217) 333-2957
Athletic Trainer: Randy Ballard	13th Season
Alma Mater	Kansas State, '99
Office Phone	(217) 244-9160

TEAM QUICK FACTS

2014 Big Ten Championships	.6th
Top Individual: Jannis Toepfer (23rd)	
2014 NCAA Midwest Regional Championships	.5th
Top Individual: Ian Barnett (10th)	
Letterwinners Returning/Lost	.4/3

2015 MEET SCHEDULE

<u>Date</u>	<u>Meet</u>	<u>Location</u>
Sept. 4	Illini Challenge	Urbana, Ill.
Sept. 12	Bluegrass Cross Country Invite	Lexington, Ky.
Sept. 18	Spartan Invite	East Lansing, Mich.
Sept. 25	Brissman-Lunden Invite	Rock Island, Ill.
Oct. 16	adidas Invite	Madison, Wis.
	Bradley Classic	Peoria, Ill.
Oct. 23	Illini Open	Urbana, Ill.
Nov. 1	Big Ten Championships	Chicago, Ill.
Nov. 13	NCAA Midwest Regional	Lawrence, Kan.
Nov. 21	NCAA Championships	Louisville, Ky.

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ATHLETIC COMMUNICATIONS



Men's Cross Country Contact Chad Beyler
Email beyler2@illinois.edu
Cell Phone 217-493-3777
Sports Information Director Kent Brown
Associate Director Derrick Burson
Assistant Directors Marla Glasser, Derek Neal, Jenny Dewar, Matt Wille
Graduate Assistants/Interns Dan Longo, Jessica Leifheit
Office Manager Jennifer Fisher
Sports Info Phone (217) 333-1391
Sports Info Fax (217) 333-5540
Websites www.fightingillini.com / www.illiniMXC.com
Twitter www.twitter.com/illiniMXC
Facebook www.facebook.com/illiniMXC
Mailing Address Athletic Public Relations
 1700 S. Fourth Street
 Champaign, IL 61820

2015 FIGHTING ILLINI ROSTER

Name	Year	Hometown/Last School
Jereme Atchison	Sr.	Arlington Heights, Ill./Buffalo Grove
Ian Barnett	R-Sr.	Palos Heights, Ill./Fenwick
Joe Cowlin	R-So.	Crystal Lake, Ill./Prairie Ridge
Zach Dale	Fr.	Elk Grove Village, Ill./James B. Conant
Jack Driggs	R-Sr.	Elmhurst, Ill./University of North Carolina
Alex Gold	R-So.	Deerfield, Ill./Deerfield
Caleb Hummer	Fr.	Rochster, NY/Danville HS (Ill.)
Dylan Lafond	R-Jr.	Manchester, N.H./University of Mt. Olive
Dan Lathrop	R-Fr.	Plainfield, Ill./Plainfield South
Garrett Lee	R-So.	Belvidere, Ill./Belvidere North
Billy Magnesen	R-Fr.	Hinsdale, Ill./Hinsdale Central
Liam Markham	Sr.	Limerick, Ireland/St. Flannans
Joe McAsey	Sr.	Manooka, Ill./Manooka
Sean Pengelly	Jr.	Pontiac, Mich./ Michigan Tech University
Jesse Reiser	Fr.	McHenry, Ill./McHenry HS West Campus
Zack Smith	R-Fr.	Downers Grove, Ill./Downers Grove North
Paul Zeman	R-Sr.	Belvidere, Ill./Belvidere North

Cross Country Coach: Jake Stewart (4th season)

Volunteer Assistant Coach: Ryan Root (1st season)

Volunteer Assistant Coach: Tito Medrano (1st season)

ROSTER BREAKDOWN

SENIORS

Jereme Atchison
 Ian Barnett
 Liam Markham
 Joe McAsey
 Paul Zeman
 Jack Driggs

JUNIORS

Dylan Lafond
 Sean Pengelly

SOPHOMORES

Joe Cowlin
 Alex Gold
 Garrett Lee

Freshman

Zach Dale
 Caleb Hummer
 Dan Lathrop
 Billy Magnesen
 Jesse Reiser
 Zack Smith

2015 FIGHTING ILLINI SEASON OUTLOOK

The 2015 Fighting Illini will be Jake Stewart's fourth installment, coming off the 2014 season in which the Orange and Blue finished sixth in the Big Ten and fifth at the Midwest Regional meet, their best finish since 2012.

"We bring a lot back," said Stewart. "We look at a team that last year didn't include Dylan Lafond, who was an All-American on the track, so that will be a nice addition to the program. We bring Ian Barnett back who's been as consistent as any athlete over the last couple years. I think our talent and our depth are as good as it's been since I've been here."

The Illini return four of their seven letterwinners from last year, most notably Ian Barnett. Barnett will carry the torch of most-experienced Illini as he returns for his senior season. By the end of his junior season, Barnett was routinely one of the first Illini to finish, including his team-best 10th-place finish at the Midwest Regional meet. He will also look to build off of the 2015 track season that saw him score points in the 3K and 5K at Big Ten Championships.

"The next step from last year isn't something he needs to hope happens, it's going to happen," said Stewart. "He's a really talented runner and he can have any type of season that he wants to have because he has the ability to run at a really high level."

In addition to Barnett, Coach Stewart will have a healthy Dylan Lafond who was an All-American last season in track, and Paul Zeman, who set personal-bests at the Big Ten meet and in the NCAA Regional meet last season.

The Orange and Blue will sport a younger squad this season with three freshmen and five athletes who are either red-shirt or true freshman. Although young, the underclassmen are not without experience. Alex Gold was among the first five Illini to cross the finish-line at four meets, including being the first to finish the Illini Open. Joining Gold, Garrett Lee brings NCAA Midwest Regional experience as an incoming sophomore and Zack Smith who ran an unattached time at the Illini Open that was tops on the team.

"The three guys that we had red-shirt, Dan Lathrop, Billy Magnesen, and Zack Smith," said Stewart. "Those three guys put in a very consistent year of work. They put in some very good times for freshmen. I think they all are athletes that can step into the mix and be on the starting line in our races in November. [The freshmen class] is a talent group; it's going to be fun to see how they run collectively."

Sean Pengelly and Jack Driggs round out the newcomers, a junior-college transfer from Michigan Tech University and a transfer from North Carolina respectfully. Before transferring to the University of Illinois, Pengelly set school records in the 5K (14:30) and 10K (30:09). His record-breaking 10K time would have been tops on the team at both the NCAA Midwest Regional and Big Ten Championships. Coach Stewart believes that Pengelly can use his success at Michigan Tech to add some experience to the young team. Driggs found success in cross-country and on the track, including helping the DMR team finish third at ACC Championships.

"I think he'll bring more experience and he's ran well at his previous institution," said Stewart. "He's run at a national championship at the division two level, he's run well on the track, and I think he'll be good for us over the 10K distance in cross-country and he'll bring championships-level experience to the group."

The season begins with the Fighting Illini hosting their annual Illini Challenge at the UI Arboretum before hitting the road for two talent-filled meets in Lexington and East Lansing.

"I think we put together a schedule that is different than what we've done in the past, said Stewart. We've put together a September schedule that is a little tougher. We've had trouble with slower starts in October in the past couple years, and so getting into more competitive environments early on in the season."

After back-to-back out-of-state meets, the team will stay in Illinois and compete at the Brissman-Lunden Invite in Rock Island. The following weekend, the Illini return to the state of Kentucky for the Greater Louisville Classic. After a week off, the team will split between the adidas Wisconsin Invite and the Bradley Classic on October 16. The final regular season meet will take place back at the UI Arboretum at the Illini Open.

November brings the postseason slate where the Illini will stay in-state for the Big Ten Championships meet in Chicago.

"The Big Ten meet is special because it only happens every so often, said Stewart, and it gives our guys a chance to compete in front of their friends and family."

After two weeks of rest, the Orange and Blue will travel west to Lawrence, Kansas for the NCAA Regional where the top-two teams will advance to the NCAA Championships meet in Louisville, Kentucky.





JAKE STEWART
HEAD CROSS COUNTRY COACH
FOURTH SEASON

2014 saw Stewart lead the Illini to a sixth-place at Big Ten Championships and a fifth-place finish at the Midwest Regional. Jannis Toepfer and Ian Barnett were the leading runners for Stewart's third squad, with Toepfer finishing first on the team at Big Tens and Barnett first at the Midwest Regional. On the track, Stewart's distance runners found more success as the Orange and Blue finished second at Big Ten Indoors and won the Big Ten Outdoor title. At the 2015 Big Ten Indoors, Joe McAsey brought home second-place in

the 800m, with Barnett finishing fourth in the 5,000m and Bryce Basting finishing fifth in the mile. The distance runners also had success during the outdoor season with Joe McAsey taking the silver in the 800m, while Garrett Lee earned three points in the 1,500m and Dylan Lafond and Barnett combining for five points in the 5,000m. Lafond went on to NCAA Championships and earned a seventh-place finish to help the Illini finish in the top-10 for the first time since 1988.

In 2013, Stewart led the men's cross country team to a fifth-place finish at the Big Ten Championships, with Jannis Toepfer placing sixth to earn All-Big Ten honors. Toepfer also qualified for the NCAA Championships, marking the third consecutive year that at least one Illini has qualified for the national meet. During the 2014 indoor track season, the distance medley relay team of Luke Carroll, Joe McAsey, Stephon Pamilton and Liam Markham recorded the second-fastest time in school history, while eight individual Illini entered Illinois' all-time top-10 lists. In addition, the Illini scored points in the 5,000m at the Big Ten Championships for the first time since 2009. Outdoors, the distance crew racked up 21 points at the Big Ten Championships, led by Big Ten Champion Joe McAsey (800m). McAsey also earned second-team All-America honors after placing 14th at the NCAA Outdoor Championships.

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. During the track season, the distance medley relay placed seventh at the NCAA Indoor Championships to earn All-America honors, while Hunter Mickow earned second-team All-America honors in the 10,000m at the outdoor championships. 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, welcomed their first child, Griffin, in November.



RYAN ROOT
VOLUNTEER ASSISTANT COACH
FIRST SEASON

Ryan Root will begin his first season as volunteer assistant for the men's team after completing four years on the North Central College cross-country and track team, while majoring in English-literature

At North Central College, Root placed second in the steeplechase at the 2015 CCIW Outdoor Championships, finishing fifth and being named an All-American. In 2014, Root finished third in the 5,000m at the CCIW Indoor Championships and ran his fastest mile with a mark of 4:23.14.

Ryan Root is from Champaign, Illinois where he competed in cross-country and track all four years, qualifying for the state meet, and holding school records in the 2,000m steeplechase, 3,200m run, three-mile run, and 5,000m run.



TITO MEDRANO
VOLUNTEER ASSISTANT COACH
FIRST SEASON

Tito Medrano begins his first season with the Fighting Illini after two previous stints as an assistant coach at Avon High School and IUPUI.

Medrano ran at Syracuse University from 2008 to 2013. While at Syracuse, the cross-country team captured four Big East Championships and four Regional Championships. Individually, Medrano was an All-American in cross-country, won two Big East 10k titles, second-team All-American honors in track (10k), and represented the USA at the 2009 Junior World Cross-Country Championships.

After graduating, Medrano spent time with the Team Indiana Elite, a professional distance running training group. In 2014, he helped lead Avon High school in Avon, Indiana to its first state cross-country meet. Finally in 2015, Medrano assisted IUPUI as they set five new school records and touted their first Summit League individual champion during the indoor season.



MIKE TURK

TRACK & FIELD HEAD COACH

5TH SEASON, 10TH OVERALL

Mike Turk is in his 10th 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.

The 2015 campaign will go down as one of the best in Illinois history as Turk guided his team to its first Big Ten Outdoor Championship since 1988, while also finishing runner-up at the Big Ten Indoor meet. Turk's fifth installment saw Big Ten champions in the 200m (Zahn), 400m (Zahn), 4x400m relay, as well as podium finishes from McAsey (800m) and Fraker (weight throw). The success would lead to Wells (high jump), Zahn (400m), and the 4x400m relay team qualifying for the NCAA meet. The Orange and Blue built upon the success indoors at the outdoor meet. The Fighting Illini crowned Stryganek (10m), Zahn (400m), Viney (110m hurdles), and both the 4x100m and 4x400m relay teams to go along with multiple runner-up finishes. Finally, Turk brought home the first top-10 finish in men's track and field since 1988. With the Illini represented in five events, Zahn (400m) and Kendziera (400m hurdles) took home bronze medals with Lafond (3,000m steeplechase) and both relay teams finishing in the top-8. For his success in coaching the Illini in 2015, Turk was unanimously named Big Ten Coach of the Year and Midwest Region Coach of the Year.

In 2014, Turk led the Illini to a runner-up finish at the Big Ten Outdoor Championships, the program's highest finish since 1994, and crowned three conference champions (Vanier Joseph - 110m hurdles, Stephon Pamilton - 400m, Joe McAsey - 800m). The Orange and Blue also captured a share of the HyVee Cup at the prestigious Drake Relays for the second straight year, tying with then-ranked No. 4 Arkansas. After the impressive showing, the Illini earned a No. 14 ranking in the USTFCCCA week four national poll, the highest mid-season ranking in program history. Illinois boasted six NCAA Outdoor Championships qualifiers and earned six second-team All-America honors, as McAsey (800m), Brandon Stryganek (200m) and the 4x400m relay (DJ Zahn, McAsey, Kenneth Allen, Pamilton) placed in the top-16 in the nation. After the successful outdoor season, Turk was named Men's Coach of the Year for the Midwest region by the USTFCCCA. Indoors, the Illini finished fourth at the conference championships, with Pamilton winning the 400m for the second straight year. Two athletes represented Illinois at the NCAA Indoor Championships as Vanier Joseph (60m hurdles) and Davis Fraker (weight throw) earned second-team All-America honors.

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 USTFCCCA 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 Championships 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.



JEREME ATCHISON

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

CROSS COUNTRY

2014 XC - JUNIOR
Did not compete

2013 XC - SOPHOMORE

Finished second for the squad and fifth overall at the Illini Open ... Finished 30th overall and sixth for the Illini at the Boilermaker Invitational with an 8K time of 26:11 ... Trimmed nearly a minute off of his 8K time at the Bradley Classic, finishing third for the Illini and 29th overall with a time of 25:12.

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.

2015 TRACK AND FIELD

Outdoor: Competed in three events ... Placed 12th in the 5,000m at the EIU Big Blue Classic ... Finished 16th in the 3,000m at the Musco Twilight Invite

Indoor: Just missed the podium at Husker Invite, finishing 4th in the 5,000m ... Took 9th place in the 3,000m at the Orange and Blue Open

2014 TRACK AND FIELD

Outdoor: Did not compete.

Indoor: Competed in four meets ... Placed third in the 5,000m at the Indiana Relays with a personal-best time of 14:59.50 ... Ran in the 3,000m at the Orange & Blue Open and placed ninth.

2013 TRACK AND FIELD

Outdoor: Redshirt season

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)

Indoor Track
3,000m: 8:50.07 - Illini Classic (1/18/14)
5,000m: 14:59.50 - Indiana Relays (2/1/14)



IAN BARNETT

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

CROSS COUNTRY

2014 XC - JUNIOR

Finished first on the team, and 10th overall, at the Midwest Regional meet with a personal-best time of 30:20.3 ... Finished second on the team at the Big Ten Championship meet with a time of 24:15.2 ... Was the first Illini to cross the finish line at the Wisconsin adidas Invitational ... Academic All-Big Ten

2013 XC - SOPHOMORE

Competed at the NCAA Midwest Regional, where he set a personal-best 10K time of 31:07 to finish second for the Illini and 28th overall ... Ran at the Big Ten Championships ... Finished third for the squad at the Wisconsin adidas Invitational, where he set a personal-best 8K time of 24:14 ... Set a personal-best 6K time of 19:33 at the Illini Challenge to place fifth overall and fourth for the Illini.

2012 XC - RS 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 - FRESHMAN

Redshirt season...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.

2015 TRACK AND FIELD

Outdoor: Took 8th place at Big Ten Outdoors with a time of 14:31.89 ... Won the 5,000m at the Drake Relays, clocking in at 13:56.16 and setting a new personal best ... Set a new personal best in the 1,500m during the Illini Twilight, breaking the tape with a time of 3:44.61 ... Won the 3,000m at the Jim Click Shootout with a finishing time of 8:26.29 ... Academic All Big Ten

Indoor: Broke the school's 3,000m record at the Rod McCravy Invite when he checked in at 8:02.40 ... At Big Ten Indoor Championships, he finished in fifth-place and fourth-place in the 3,000m and 5,000m respectively ... Set a new personal-best at the Border Battle when he finished the mile in 4:14.06, good for third overall ... Won the 3,000m at the Illini Classic, breaking the tape at 8:15.86

2014 TRACK AND FIELD

Outdoor: Placed sixth in the 5,000m at the Big Ten Championships to score points for the Illini ... Won the 3,000m at the Illinois Twilight ... Placed second in the 5,000m at the Payton Jordan Invitational ... Academic All-Big Ten.

Indoor: Clocked the sixth-fastest 3,000m time in school history (8:08.10) at the Big Ten Championships to place ninth ... Won the 3,000m at the Orange & Blue Open ... Ran the 3,000m at the Indiana Relays and placed sixth.

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: Had a season best in the 3,000m at the Big Ten Championships with a time of 8:20.83 ... 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.

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
6K: 19:33 - Illini Challenge (8/30/13)
8K: 24:14 - Wisconsin Adidas Invitational (10/19/13)
10K: 30:20.3 - NCAA Midwest Regional (11/14/14)
4 Miles: 20:19.80 - Portland Dual Meet (9/6/14)
5 Miles: 24:49 - Notre Dame Invitational (9/28/12)

Track

Indoor
Mile: 4:14.06 - Border Battle (1/10/15)
3,000m: 8:02.40 - Rod McCravy (1/24/15)

Outdoor

1,500m: 3:44.61 - Illini Twilight (4/18/15)
3,000m: 8:19.18 - Illinois Twilight (4/12/14)
5,000m: 13:56.16 - Drake Relays (4/25/15)



JOE COWLIN

R- JUNIOR // CRYSTAL LAKE, ILL. // PRAIRIE RIDGE HS

CROSS COUNTRY

2014 XC - RS SOPHOMORE

Competed in two meets this season ... Finished 10th in the Illini Challenge with a 6K time of 19:06 ... Ran 4 miles at the Portland dual meet in 20:25.28, finishing 11th overall

2013 XC - RS FRESHMAN

Redshirt season ... Ran unattached in three meets ... Placed 32nd at the Boilermaker Invitational with an 8K time of 26:14 ... Clocked a 25:27 to place 48th at the Bradley Classic ... Set a personal-best 8K time of 25:24 to place third at the Illini Open.

2015 TRACK AND FIELD

Outdoor: Competed at the Illini Twilight in the 5,000m and finished 7th with a mark of 14:58.82, setting a new personal-best in the event

Indoor: Broke his personal-best record in the 3,000m with a time of 8:35.25 at the Illini Classic, placing 5th overall

2014 TRACK AND FIELD

Outdoor: Competed unattached at the Illinois Twilight and placed fourth in the 5,000m.

Indoor: Competed unattached at two meets ... Ran the 3,000m at the Illini Open and clocked a time of 8:43.71 ... Competed in the mile at the Illini Classic.

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.

COWLIN'S PERSONAL BESTS

Cross Country

6K: 19:06 - Illini Challenge (8/29/14)

8K: 25:27 - Bradley Classic (10/18/13)

Track

Outdoor

5,000m: 14:58.82 - Illinois Twilight (4/12/15)

Indoor

Mile: 4:20.31 - Illini Classic (1/18/14)

3,000m: 8:35.25 - Illini Classic (1/17/15)



ALEX GOLD

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

CROSS COUNTRY

2014 XC - RS FRESHMAN

Ran in seven meets for the Orange and Blue, including the Big Ten Championship meet where he finished 92nd overall ... Third Illini to finish the Illini Challenge, with a time of 18:51, shaving a minute and a half off of his personal-best for the 6K ... Finished third on the team at the Bradley 'Pink' Classic with a 8K time of 25:24.0.

2013 XC - RS FRESHMAN

Redshirt season ... Ran unattached in four meets ... Placed 13th in his collegiate debut, clocking a 6K time of 20:21 at the Illini Challenge ... Placed 31st at the Boilermaker Invitational ... Set a personal-best 8K time of 25:16 at the Bradley Classic ... Placed fourth at the Illini Open.

2015 TRACK AND FIELD

Outdoor: Competed in the 3,000m at the Illini Twilight and Musco Twilight Invite ... Best 3,000m time came at the Musco Twilight where he finished with a time of 8:28.40

Indoor: Competed in the 3,000m in five meets ... Broke his personal-best time from 2014 by four seconds, finishing the Iowa State Classic 3,000m in 8:14.03

2014 TRACK AND FIELD

Outdoor: Did not compete.

Indoor: Competed unattached at three meets ... Finished first in the open 3,000m at the Indiana Relays with a personal-best time of 8:18.93.

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.

GOLD'S PERSONAL BESTS

Cross Country

6K: 18:51 - Illini Challenge (8/29/14)

8K: 25:16 - Bradley Classic (10/18/13)

4 Miles: 20:58.15 - Portland Dual Meet (9/6/14)

Track

Outdoor

3,000m: 8:28.40 - Musco Twilight Invite (5/2/15)

Indoor

Mile: 4:19.11 - Illini Classic (1/18/14)

3,000m: 8:14.03 - Iowa State Classic (2/14/15)



DYLAN LAFOND

SENIOR // MANCHESTER, N.H. // UNIVERSITY OF MOUNT OLIVE

2014 XC - JUNIOR

Did not compete

2014 TRACK AND FIELD

Outdoor: Competed in the 1,500m, 3,000m, 5,000m, and 3,000m steeplechase ... Won the silver medal at the Big Ten Championships in the 3,000m steeplechase and placed fifth in the 5,000m ... Finished 7th in the steeplechase at NCAA Championships ... Won the 3,000m steeplechase at the Drake Relays ... Finished runner-up in the 1,500m at the EIU Big Blue Classic ... Took home second-place at the Jim Click Shootout in the 3,000m.

Indoor: Did not compete

AT UNIVERSITY OF MOUNT OLIVE

2013 Southeast Conference Cross Country Champion...Earned varsity letters in cross country (two) and indoor and outdoor track and field (two in each)...Eleven collective individual Southeast Conference titles in cross country and track and field...Five Southeast Conference team titles...National Athlete of the Week...Holds nine school records in cross country and track and field.

HIGH SCHOOL

Attended Manchester Central High School...Earned varsity letters in cross country



DAN LATHROP

RS-FRESHMAN // PLAINFIELD, ILL. // PLAINFIELD SOUTH HS

2014 XC - RS-FRESHMAN

Redshirt-season ... Ran unattached in the Illini Challenge, finishing with a time of 19:10 ... Ran the 8K at the Illini Open with the third fastest time on the team, crossing the finish-line at 25:53.25.

HIGH SCHOOL

State qualifier in 4x800... Qualified for indoor and outdoor nationals in the two mile... Three-time All-Conference in cross country... Three-time All-Sectional in cross country... Two-time state qualifier in track... All-State in cross country... High Honor Roll... Inducted into NHS... Inducted into Spanish NHS... Graduated in top 10 percent of class... Athlete of the year senior year.

PERSONAL

Son of Robert and Karen Lathrop... Born March 29, 1996... Two siblings; Bradley and William... Hobbies include playing various sports and reading... Chose Illinois because he has always been an Illini fan and Illinois has a great engineering program... Majoring in General Engineering.



GARRETT LEE

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

CROSS COUNTRY

2014 XC - RS SOPHOMORE

Beat his 8K time at Big Ten Championships by crossing the finish-line with a time of 24:52.5 ... Competed at the NCAA Midwest Regional, finishing 172nd with a time of 33:11.9 ... Shaved a minute off of his 6K time at the Illini Challenge, finishing with a time of 19:05

2013 XC - RS FRESHMAN

Redshirt season ... Ran unattached in three meets ... Made his collegiate debut at the Illini Challenge where he placed 10th overall ... Placed 28th at the Boilermaker Invitational with an 8K time of 26:07 ... Shaved over a minute off of his 8K time at the Bradley Classic, clocking a 25:00 to place 20th.

2015 TRACK AND FIELD

Outdoor: Topped his best time in the 1,500m from last year five times in 2015 ... His best time in the 1,500m came at the Illini Twilight where he finished second overall with a time of 3:45.82 ... Won the 1,500m at the Jim Click Shootout with a mark of 3:52.13 ... Placed sixth at Big Ten Championships with a 1,500m mark of 3:58.48

Indoor: Competed in the 800m, 1,000m, and mile events during the season ... Won the 800m at the Orange and Blue Open with a mark of 1:55.91 ... Topped his best mile time with a 4:08.37 mark at the Rod McCravy meet ... Finished first at the Illini Classic with a mile time of 4:13.05 ... Earned a runner-up finish in the 800m at the Husker Invite.

2014 TRACK AND FIELD

Outdoor: Competed in the 1,500m at the Big Ten Championships ... Placed third in the 1,500m at the Lenny Lyles/Clark Wood Invite ... Clocking a personal-best 1,500m time of 3:51.03 at the Illinois Twilight.

Indoor: Competed unattached at three meets ... Placed fourth in the 3,000m at the Orange & Blue Open.

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.

LEE'S PERSONAL BESTS

Cross Country

6K: 19:05 - Illini Challenge (8/29/14)
8K: 25:00 - Bradley Classic (10/18/13)
4 Miles - 20:23.05

Track

Outdoor

1,500m: 3:45.82 - Illinois Twilight (4/18/15)
3,000m: 8:51.79 - Jim Click Shootout (4/11/15)
3,000m Steeple: 9:46.89 - UNLV Spring Invitational (3/21/15)

Indoor

600m: 1:22.42 - Illini Open (1/11/14)
800m: 1:53.61 - Husker Invite (2/7/15)
1,000m: 2:28.30 - Border Battle (1/10/15)
Mile: 4:08.37 - Rod McCravy (1/24/15)
3,000m: 8:43.90 - Orange & Blue Open (2/22/14)



BILLY MAGNESEN

RS-FRESHMAN // HINSDALE, ILL. // HINSDALE CENTRAL HS

2014 XC - FRESHMAN

Did not compete

HIGH SCHOOL

Member of 2013 cross country state championship team...Two-time All-Conference in cross country and track...Two-time All-sectional in cross country and track... Two-time All-State in cross country and track...

Cross country team captain in 2013... Nike Cross Nationals team qualifier... Academic All-Conference... Deans List... NHS member.

PERSONAL

Son of Mark and Sarah Magnesen... Born September 11, 1995...Two siblings; Connor and Kate... Favorite athlete is Russell Wilson... Hobbies include running, watching TV and playing basketball... Majoring in Business.



LIAM MARKHAM

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

CROSS COUNTRY

2013 XC - JUNIOR

Finished 56th overall at the Big Ten Championship meet, finishing with a time of 24:56.1 ... Ran the Greater Louisville Classic 8K in 25:03.30, the second Illini to finish.

2013 XC - SOPHOMORE

Finished second for the Illini in all but one meet ... Competed at the NCAA Midwest Regional where he finished third for of 31:28 ... Placed 17th at the Big Ten Championships ... Set a personal-best 8K time of 24:08 at the Wisconsin adidas Invitational ... Placed 26th at the Notre Dame Invitational ... Finished second overall at the Illini Challenge ... Academic All-Big Ten.

the squad with a 10K time of 31:28 ... Placed 17th at the Big Ten Championships ... Set a personal-best 8K time of 24:08 at the Wisconsin adidas Invitational ... Placed 26th at the Notre Dame Invitational ... Finished second overall at the Illini Challenge ... Academic All-Big Ten.

2012 XC - FRESHMAN

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

2015 TRACK AND FIELD

Outdoor: Appeared in the UNLV Spring Invitational meet in the 800m ... He finished 7th overall with a mark of 1:54.95

Indoor: Participated in the 1,000m, mile, and 3,000m during the season ... Competed at Big Ten Championships in the mile and finished 14th with a mark of 4:09.84 ... Ran his best mile time at the Iowa State Classic, crossing the finish-line at 4:02.47 ... Ran the 1,000m at the Border Battle and completed it in 2:29.61, good for 5th overall ... Competed in the 3,000m for the first time at the Rod McCravy meet, finishing with a mark 8:19.08, 16th overall.

2014 TRACK AND FIELD

Outdoor: Qualified for the NCAA West Preliminary Round in the 1,500m ... Placed sixth in the 1,500m at the Big Ten Championships to score points for the Illini ... Won the 1,500m at the Illinois Twilight ... Clocked the fifth-fastest 1,500m time in school history (3:42.33) to place fourth at the Bryan Clay Invitational ... Academic All-Big Ten ... USTFCCA All-Academic.

Indoor: Placed fifth in the mile at the Big Ten Championships to score points for the Illini ... Member of the distance medley relay team that placed fourth at the Big Ten Championships ... Placed second in the mile at the Illini Classic ... Clocked the eighth-fastest mile time in school history (4:02.37) to place fourth at the Indiana Relays... Member of the distance medley relay team that clocked the second-fastest time in school history at the Alex Wilson Invitational.

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

6K: 19:05 - Illini Challenge (8/30/13)

8K: 24:08 - Wisconsin Adidas Invitational (10/19/13)

10K: 31:28 - NCAA Midwest Regional (11/15/13)

5 Miles: 24:55 - Notre Dame Invitational (10/4/13)

Track

Outdoor

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

1,500m: 3:42.33 - Bryan Clay Invitational (4/19/14)

Indoor

1,000m: 2:29.61 - Border Battle (1/10/15)

Mile: 4:02.47 - Iowa State Classic (2/14/15)

3,000m: 8:19.08 (1/24/15)



JOE MCASEY

SENIOR // MANOOKA, ILL. // MANOOKA HIGH SCHOOL

2015 TRACK AND FIELD

Outdoor: First Team All-American as part of the 4x400m relay team that took eighth at NCAA Championships ... Big Ten Champion in the 4x400m relay and second place in the 800m ... Led the 4x400m relay team to victory at the Drake Relays ... Won the Jim Click Shootout and Payton Jordan Invite in the 800m ... Academic All-Big Ten

Indoor: First Team All-American ... member of the 4x400m relay team that broke the school record with a mark of 3:06.58 at NCAA Championships in route to finishing fourth ... Ran the second fastest

800m time in school history with a mark of 1:47.38 ... Member of the distance medley relay team that ran the event in 9:33.28, the second-fastest in school history.

2014 TRACK AND FIELD

Outdoor: Qualified for the NCAA Championships in the 800m and earned second-team All-America honors after placing 14th ... Also earned second-team All-America honors as a member of the 4x400m relay team that placed 10th at the NCAA Championships ... Big Ten Champion in the 800m ... Member of the 4x400m relay team that finished runner-up at the Big Ten Championships ... Clocked the ninth-fastest 800m time in school history (1:47.73) at the conference championships ... Won the 800m at both the Lenny Lyles/Clark Wood Invite and the Musco Twilight ... Member of the 4x400m relay team that placed second at the Drake Relays with the fifth-fastest time in school history ... USTFCCA second-team All-American ... Academic All-Big Ten.

Indoor: Finished runner-up in the 600m at the Big Ten Championships with the fourth-fastest time in school history (1:17.27) ... Placed first in the 600m at both the Illini Open and Husker Invitational ... Placed second in the 800m at the Illini Classic ... Member of the distance medley relay team that clocked the second-fastest time in school history at the Alex Wilson Invitational.

2013 TRACK AND FIELD

Outdoor: Did not compete

Indoor: Did not compete

2012 TRACK AND FIELD

Outdoor: Earned USA Junior All-American status after 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

Indoor

600m: 1:17.27 - Big Ten Championships (3/1/14)

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

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

Outdoor

400m: 47.30 - Illinois Twilight (4/12/14)

800m: 1:47.73 - Big Ten Championships (5/18/14)



ZACK SMITH

RS-FRESHMAN // DOWNERS GROVE, ILL. // DOWNERS GROVE NORTH HS

2014 XC - RS FRESHMAN

Redshirt season ... Ran unattached in the Illini Challenge, finishing with a 6K time of 19:41 ... Competed at the Illini Open, running the 8K, and leading the team. with a mark of 25:42.92

HIGH SCHOOL

Two-time All-conference in cross country... Two-time conference champion in the mile... Two-time All-State in cross country and track... High Honor Roll.

PERSONAL

Son of Todd and Paula Smith... Born April 16, 1996... One brother; Josh... Favorite athlete is Tiger Woods... Hobbies include golfing, watching sports, watching Arrow and playing frisbee... Chose Illinois because of the business program, specifically accounting, and the closeness of the team and coaching staff... Majoring in Business.

SMITH'S PERSONAL BESTS

Cross Country
6K: 19:41 - Illini Challenge (8/29/14)
8K: 25:42.92 - Illini Open (10/24/14)



PAUL ZEMAN

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

CROSS COUNTRY

2014 XC - JUNIOR

Set personal bests at both the Big Ten Championships and the NCAA Midwest Regional meet ... Ran his fastest 8K at Big Tens with a mark of 24:42.7 ... Completed the NCAA Midwest Regional 10K in a personal-best time of 31:17.5 ... First Illini to finish in the Illini Challenge and the Portland Dual Meet ... Academic All-Big Ten

2013 XC - SOPHOMORE

Competed at the NCAA Midwest Regional, where he finished seventh for the Illini with a 10K time of 32:31 ... Finished 53rd overall and sixth for the squad at the Big Ten Championships ... Set a personal-best 8K time of 25:06 at the Wisconsin adidas Invitational ... Placed 14th overall and finished third for the Illini at the Boilermaker Invitational ... Academic All-Big Ten.

2012 XC - 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 - RS FRESHMAN

Ran unattached in all three races ... 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 Illini Open ... Finished 61st overall with a 8K time of 26:17 at the Sean Earl Lakefront Invite.

2015 TRACK AND FIELD

Outdoor: Finished 14th at Big Ten Outdoor Championships in the 1,500m ... Finished in third-place at the Musco Twilight Invite ... Ran the 3,000m at the Illini Twilight with a mark of 8:33.09 ... Academic All-Big Ten.

Indoor: Competed in the mile, 3,000m, and 5,000m events during the season ... Won the 3,000m event at the Border Battle with a victorious mark of 8:20.18 ... Set a new personal-best in the mile at the Husker Invite, crossing the finish-line at 4:10.02 ... Set a new personal best in the 3,000m at the Iowa State Classic with a new mark of 8:11.41.

2014 TRACK AND FIELD

Outdoor: Placed third in the 5,000m at the Illinois Twilight ... Clocked a personal-best 5,000m time of 14:53.97 at the Drake Relays ... Academic All-Big Ten.

Indoor: Recorded two top-10 finishes in the 5,000m, including a fourth-place finish at the Rod McCravy Memorial ... Placed second in the 3,000m at the Orange & Blue Open.

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.

2012 TRACK AND FIELD

Indoor/Outdoor: Redshirt season.

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 track MVP at Belvidere North High School.

PERSONAL

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

ZEMAN'S PERSONAL BESTS

Cross Country
6K: 18:43 - Illini Challenge (8/29/14)
8K: 24:42.7 - Big Ten Championships (11/2/14)
10K: 31:17.5 - NCAA Midwest Regional (11/14/14)
4 Miles: 19:54.24 - Portland Dual Meet (9/6/14)
5 Miles: 25:26 - Notre Dame Invitational (9/28/12)

Track

Outdoor

1,500m: 3:51.47 - Big Ten Championships (5/17/15)
3,000m: 8:33.09 - Illini Twilight (4/18/15)
5,000m: 14:53.97 - Drake Relays (4/24/14)

Indoor

Mile: 4:10.02 - Husker Invite (2/7/15)
3,000m: 8:11.41 - Iowa State Classic (2/14/15)
5,000m: 14:30.60 - Rod McCravy Memorial (1/24/14)



ZACH DALE

FRESHMAN // ELK GROVE, ILL. // JAMES B. CONANT HS

HIGH SCHOOL: Won eight varsity letters between cross-country and track ... Three-time track conference champion ... Two-time cross-country conference champion ... Coached by John Powers ... New Balance Track All-American in 2014 and 2015 ... IHSA All-State in track and cross-country in 2014 and 2015 ... Member of 2014 cross-country state runners-up and 2013 fourth-place finish ... Placed third in the 3,200m and fourth in the 1,600m in 2014 and third at state in the 1,600m in 2015 ... Illinois State Scholar ... Member of National Honor Society ... President's Award winner ... AP Scholar Award

PERSONAL: Son of Jeff and Vickie Dale ... Born April 24, 1997 ... Has an older sister, Allie, and brother, Steven ... Cites brother-in-law David Walters who was a 1970 cross-country All-American at Illinois, as his Illini hero ... Favorite athlete is Jonathan Toews because of his leadership and dedication ... Chose Illinois because of their computer science program and the coaching staff ... One of his hobbies is filming and editing movies ... Majoring in computer science.



JACK DRIGGS

GRDUATE // ELMHURST, ILL. // NORTH CAROLINA

AT UNC: All-ACC in the mile (2012) and DMR (2014) ... Lettered three times in cross-country.

HIGH SCHOOL: Three-time letterwinner in both track and cross-country ... Two-time All-State cross country and five-time All-State in track ... State Champion in the 3,200m and 1,600m in 2011 ... Member of the 2010 cross-country state

runner-ups.

PERSONAL: Son of Paul and Joan Driggs ... Born August 10, 1993 ... Has one sister, Grace ... Graduate degree in European Union Studies.

DRIGGS' PERSONAL BESTS

Cross Country
8K: 24:18
10K: 31:38.50



CALEB HUMMER

FRESHMAN // ROCHESTER, NY // DANVILLE HS

HIGH SCHOOL: Lettered in cross-country (2) and track (3) ... All-State track and cross-country in 2014 ... Four-time All-Conference in track and two-time All-Conference in cross-country ... Member of seventh-place IHSA Track and Field team and sixth-place cross-country team.

PERSONAL: Son of Douglas and Carrie Hummer ... Born November 14, 1996 ... Has one sister, Mackenzie ... Cites Usain Bolt as his favorite athlete because of his Olympic success.



SEAN PENGELLY

JUNIOR // PONTIAC, MICH. // MICHIGAN TECH

JUNIOR COLLEGE: NCAA II XC Nationals qualifier in 2014 for Michigan Tech University ... Sset the school record for 5K (14:30) and 10K (30:09).

HIGH SCHOOL: Finished in ninth-place at the Michigan state cross-country meet as a junior, leading Hartland to a second-place finish ... Qualified for the state 3,200m ... set the school's 5K record with a mark of 15:23 ... coached by Matthew Gutterridge.

PERSONAL: Son of Patrick and Cheryl Pengelly ... Born on June 23, 1995 ... Has a brother, Daniel Currently a student researcher for Rail Transportation Program (RailTech) at the U of I ... Received the Michigan Congressional Academic Medal for contribution to the state transportation network ... Majoring in railroad transportation and civil engineering.



JESSE REISER

FRESHMAN // MCHENRY, ILL. // MCHENRY WEST

HIGH SCHOOL: Two-time 3,200m state champion ... Cross-Country State Champion ... Three-time cross-country All-American ... Placed sixth at Nike Nationals senior year and eighth at Footlocker Nationals ... Lettered in cross-country and track all four years ... Coached by Jim Wheeler.

PERSONAL: Son of Ken and Connie Reiser ... Born August 1, 1996 ... Has two sisters, Sierra and Brittany and one brother, Marcus, who plays baseball at North Central College.

2014 SEASON IN REVIEW

With all seven letterwinners returning from last year's squad, expectations were high for third-year head coach Jake Stewart's team heading into the 2014 campaign. The season had many highs, including personal bests and a feat that had not been accomplished in nearly 30 years, and nearly ended with a trip to the NCAA National Championships.

The Orange and Blue opened the season with a 10th consecutive team title at the Illini Challenge. Six members of the Illini finished in the top 10 en route to 28 points. Paul Zeman led the way with a runner-up finish, while Alex Gold (6th), Will Brewster (7th), Ryan Burgoon (8th), Garrett Lee (9th) and Joe Cowlin (10th) showed Illinois' depth. In total, seven members of the Orange and Blue set new personal-best times in the six-kilometer race.

The following weekend, the Illini made a rare road trip out West for a dual meet with nationally ranked Portland, falling by a score of 19-36. Once again, Zeman led the way for Illinois, finishing fourth. Jannis Toepfer finished right behind him in fifth, while Brewster, Ian Barnett and Lee scored points for the Orange and Blue.

The Illini had a three-week hiatus from competition before returning to action on Sept. 27 for the Roy Griak Invite in Minneapolis, Minnesota. The Orange and Blue finished seventh in a field filled with top-25 teams from the USTFCCCA Coaches' Poll. Toepfer took sixth overall in the field of over 300 runners, while Bryce Basting finished 20th in his Illinois debut.

The following weekend, a six-man squad took to the course at the Greater Louisville Classic. In their season debuts, Brendan McDonnell and Liam Markham were the first two Illini into the chute, finishing 49th and 55th, respectively.

On Oct. 17, the Illini split the squad between two meets. A group of five runners competed at the Wisconsin adidas Invitational in Madison, Wisconsin, while another group of five harriers took part in the Bradley Classic in Peoria, Illinois. At Wisconsin, the squad finished 28th after being derailed by an early fall that caused many of the Illini to dodge the wreckage. The group in Peoria fared much better, as many of the five student-athletes had season-best performances.

At the Illini Open on October 24, a trio of Illini got an opportunity to compete one last time before the start of postseason racing. Alex Gold led the small contingent, finishing sixth overall. Ryan Burgoon (18th) and Alex Notton (26th) were the other two Orange and Blue runners to lace up their spikes.

The Big Ten Championships took place on Nov. 2 in Iowa City, Iowa. The Illini finished sixth in one of the best conferences in the nation, scoring 159 points. At the meet Toepfer and Barnett led the Orange and Blue, finishing 23rd and 24th, respectively. Basting, Brewster, Lee and Zeman also had good performances, as each of them recorded career-best times for an eight-kilometer race.

On Nov. 14, the Illini competed at the NCAA Midwest Regional Championships in Peoria, Illinois. Needing to finish either first or second to guarantee a spot in the NCAA Championships the following weekend, the Orange and Blue were in the hunt, sitting in second as late as the eight-kilometer mark. Illinois wound up finishing fifth in what Coach Stewart called his team's best performance of the season. Illustrating Stewart's point, Barnett, Basting, Brewster, Lee and Zeman each recorded career-best times at the competition.

At the NCAA Midwest Regional, the Illini were led by Barnett, Toepfer and Basting. These three finished in the top 20 to give Illinois three all-region performers for the first time since 1986, when Joe Leuchtman, Jeff Jacobs and David Halle accomplished the feat.

The Illini will lose three members of their postseason squad, as Basting, McDonnell and Toepfer will graduate at the end of the academic year. Barnett, Brewster Lee, Markham and Zeman will make up a strong core of returners for 2015.

2014 RESULTS

ILLINI CHALLENGE // URBANA, ILL. // AUG. 29, 2014**6K // 2ND OF 2 // 28 POINTS**

2. Paul Zeman	18:43
5. Bryce Basting (u)	18:51
6. Alex Gold	18:51
7. Will Brewster	18:57
8. Ryan Burgoon	19:00
9. Garrett Lee	19:05
10. Joe Cowlin	19:06
11. Dan Lathrop (u)	19:10
13. Tommy King	19:20
21. Zach Smith (u)	19:41
29. Alex Notton	20:26

PORTLAND DUAL MEET // KELSO, WASH. // SEPT. 6, 2014**4 MILES // 2ND OF 2 // 36 POINTS**

4. Paul Zeman	19:54.24
5. Jannis Toepfer	19:55.83
8. Will Brewster	20:16.21
9. Ian Barnett	20:19.80
10. Garrett Lee	20:23.05
11. Joe Cowlin	20:25.28
13. Ryan Burgoon	20:37.68
14. Alex Gold	20:58.15

ROY GRIAK INVITATIONAL // SOUTH BEND, IND. // SEPT. 27, 2014**8K // 7TH OF 31 // 230 POINTS**

6. Jannis Toepfer	24:57
20. Bryce Basting	25:27
47. Paul Zeman	25:55
63. Ian Barnett	26:08
94. Will Brewster	26:26
110. Garrett Lee	26:38
152. Alex Gold	27:18

GREATER LOUISVILLE CLASSIC // PEORIA, ILL. // OCT. 4, 2014**8K // 12TH OF 28 // 378 POINTS**

49. Brendan McDonnell	24:59.85
55. Liam Markham	25:03.30
63. Garrett Lee	25:10.22
78. Alex Gold	25:22.58
156. Alex Notton	26:06.31
172. Ryan Burgoon	26:16.40

WISCONSIN ADIDAS INVITATIONAL // MADISON, WIS. // OCT. 17, 2014**8K // 28TH OF 36 // 481 POINTS**

72. Ian Barnett	24:28
104. Jannis Toepfer	24:40
153. Bryce Basting	25:01
165. Paul Zeman	25:08
183. Brendan McDonnell	25:17

BRADLEY 'PINK' CLASSIC // MADISON, WIS. // OCT. 17, 2014**8K // 7TH OF 26 // 249 POINTS**

13. Will Brewster	25:00.3
15. Garret Lee	25:02.8
28. Alex Gold	25:24.0
81. Ryan Burgoon	26:04.6
112. Alex Notton	26:28.7

ILLINI OPEN // URBANA, ILL. // OCT. 24, 2014**8K // NA // NA**

4. Zack Smith (u)	25:42.92
6. Alex Gold	25:52.08
7. Dan Lathrop (u)	25:53.25
8. Angel Estrada (u)	25:55.45
18. Ryan Burgoon	26:14.82
26. Alex Notton	26:42.62

BIG TEN CHAMPIONSHIPS // IOWA CITY, IOWA // NOV. 2, 2014**8K // 6TH OF 12 // 159 POINTS**

23. Jannis Toepfer	24:14.8
24. Ian Barnett	24:15.2
30. Bryce Basting	24:20.7
38. Brendan McDonnell	24:27.8
45. Paul Zeman	24:42.7
52. Will Brewster	24:47.4
53. Garrett Lee	24:52.5
56. Liam Markham	24:56.1
92. Alex Gold	25:58.3

NCAA MIDWEST REGIONAL // PEORIA, ILL. // NOV. 14, 2014**10K // 5TH OF 29 // 137 POINTS**

10. Ian Barnett	30:20.3
14. Jannis Toepfer	30:27.9
17. Bryce Basting	30:33.7
41. Will Brewster	30:54.1
55. Brendan McDonnell	31:05.4
74. Paul Zeman	31:17.5
172. Garrett Lee	33:11.9

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)	2011	Wisconsin (17)	7th (181)	Jordan Hebert (22nd, 24:26)
1963	Michigan St. (39)	5th (106)	Allen Carius (1st, 19:39.4)	2012	Wisconsin (33)	4th (86)	Jannis Toepfer (9th, 24:06)
1965	Northwestern (40)	7th (154)	Dennis Krause (24th, 21:29)	2013	Indiana (51)	5th (140)	Jannis Toepfer (6th, 24:31)
1966	Iowa (41)	8th (200)	John Lamoreux (17th, 19:58)	2014	Wisconsin (47)	6th (159)	Jannis Toepfer (23rd, 24:14.8)
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
Jannis Toepfer	6th	24:31	2013
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
Jannis Toepfer	6th	24:31	2013

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
Oct. 29, 2013	Sam Telfer

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
2010: Nathan Bohne, Chris DeSilva, Kyle Engnell, Dan Kreams, Colin Mickow, Mike Murray, Phil Pompei, Jeremy Stevens, Nate Troester
2011: Tom Achtien, Chris DeSilva, Mark Donohue, Kyle Engnell, Graham Farnsworth, Dan Kreams, Hunter Mickow, Phil Pompei, Nate Troester
2012: Ian Barnett, Tommy King, Hunter Mickow, Sam Telfer
2013: Will Brewster, Tommy King, Liam Markham, Brendan McDonnell, Jannis Toepfer, Paul Zeman
2014: Ian Barnett, Will Brewster, Brendan McDonnell, Jannis Toepfer, Paul Zeman

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. Leuchtman (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)
2011	Oklahoma State (42)	5th (157)	Jim Riddle (12th, 31:34.79)
2012	Oklahoma (45)	4th (154)	Hunter Mickow (6th, 30:29.27)
2013	Oklahoma State (45)	7th (210)	Jannis Toepfer (3rd, 30:31)
2014	Oklahoma State (63)	5th (137)	Ian Barnett (10th, 30:20.3)

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)	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 Leuchtman (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
T4. Jannis Toepfer	23:50.0	10/19/13	Wisconsin adidas Invite
T4. Jacob Nachel	23:50.0	10/13/07	Pre-Nationals
6. Hunter Mickow	23:58.0	10/12/12	Wisconsin Invite
T7. Kerry Dickson	23:59.0*	10/1/83	Illinois Invitational
T7. Mike Patton	23:59.0*	10/1/83	Illinois Invitational
9. Jason Bill	23:59.4	10/16/04	Pre-Nationals
10. Dan Kremseke	24:02.0	10/2/10	Wisconsin adidas Invitational

*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 Leuchtman	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 Leuchtmann.

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				1948	2nd	---	---	1985	5th	8th	---
1912	7th	---	---	1949	2nd	---	8th	1986	2nd	2nd	7th
1913	2nd	---	---	1950	6th	---	---	1987	2nd	5th	---
1915	5th	---	---	Coach: Ed Berneauer				1988	4th	8th	---
1919	7th	---	---	1954	4th	---	---	1989	2nd	8th	---
1920	2nd	---	---	1955	2nd	---	---	1990	4th	4th	---
1921	1st	---	---	1956	2nd	---	4th	1991	5th	6th	---
1922	3rd	---	---	1957	3rd	---	---	1992	4th	6th	---
1923	2nd	---	---	Coach: Leo Johnson				1993	8th	12th	---
1924	5th	---	---	1958	4th	---	---	1994	4th	4th	---
1925	3rd	---	---	1959	6th	---	---	1995	4th	5th	---
1926	4th	---	---	1960	7th	---	---	1996	4th	6th	---
1927	2nd	---	---	Coach: Ed Berneauer				1997	9th	10th	---
1928	7th	---	---	1961	8th	---	---	1998	8th	5th	---
1929	9th	---	---	Coach: Phil Coleman				1999	8th	4th	---
1930	3rd	---	---	1962	4th	---	---	2000	10th	10th	---
1931	4th	---	---	1963	5th	---	---	2001	10th	7th	---
Coach: C.D. Werner				Coach: Robert Wright				2002	8th	3rd	---
1932	2nd	---	---	1965	7th	---	---	Coach: Paul Pilkington			
Coach: Don Seaton				1966	8th	---	---	2003	9th	8th	---
1933	1st	---	---	Coach: Gary Wieneke				2004	8th	5th	---
1934	---	---	---	1967	10th	---	---	Coach: Wendel McRaven			
1935	---	---	---	1968	6th	---	---	2005	10th	7th	---
1936	---	---	---	1969	2nd	---	5th	2006	8th	7th	---
Coach: Harry Gill				1970	4th	---	25th	2007	6th	6th	---
1937	---	---	---	1971	5th	---	---	2008	9th	9th	---
Coach: Harry Gill and Leo Johnson				1972	8th	---	---	2009	7th	10th	---
1938	5th	---	---	1973	4th	9th	---	2010	6th	5th	---
Coach: Harold Osborn				1974	3rd	6th	---	Coach: Gavin Kennedy			
1940	---	---	---	1975	4th	4th	10th	2011	7th	5th	---
1941	4th	---	10th	1976	2nd	1st	5th	Coach: Jake Stewart			
1942	2nd	---	5th	1977	T-2nd	3rd	22nd	2012	4th	4th	---
1944	5th	---	---	1978	5th	6th	---	2013	5th	7th	---
Coach: Leo Johnson				1979	4th	8th	---	2014	6th	5th	---
1945	4th	---	---	1980	3rd	3rd	21st				
1946	3rd	---	---	1981	2nd	3rd	10th				
1947	1st	---	---	1982	4th	8th	---				
				1983	4th	4th	9th				
				1984	1st	2nd	14th				

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)	2012-14