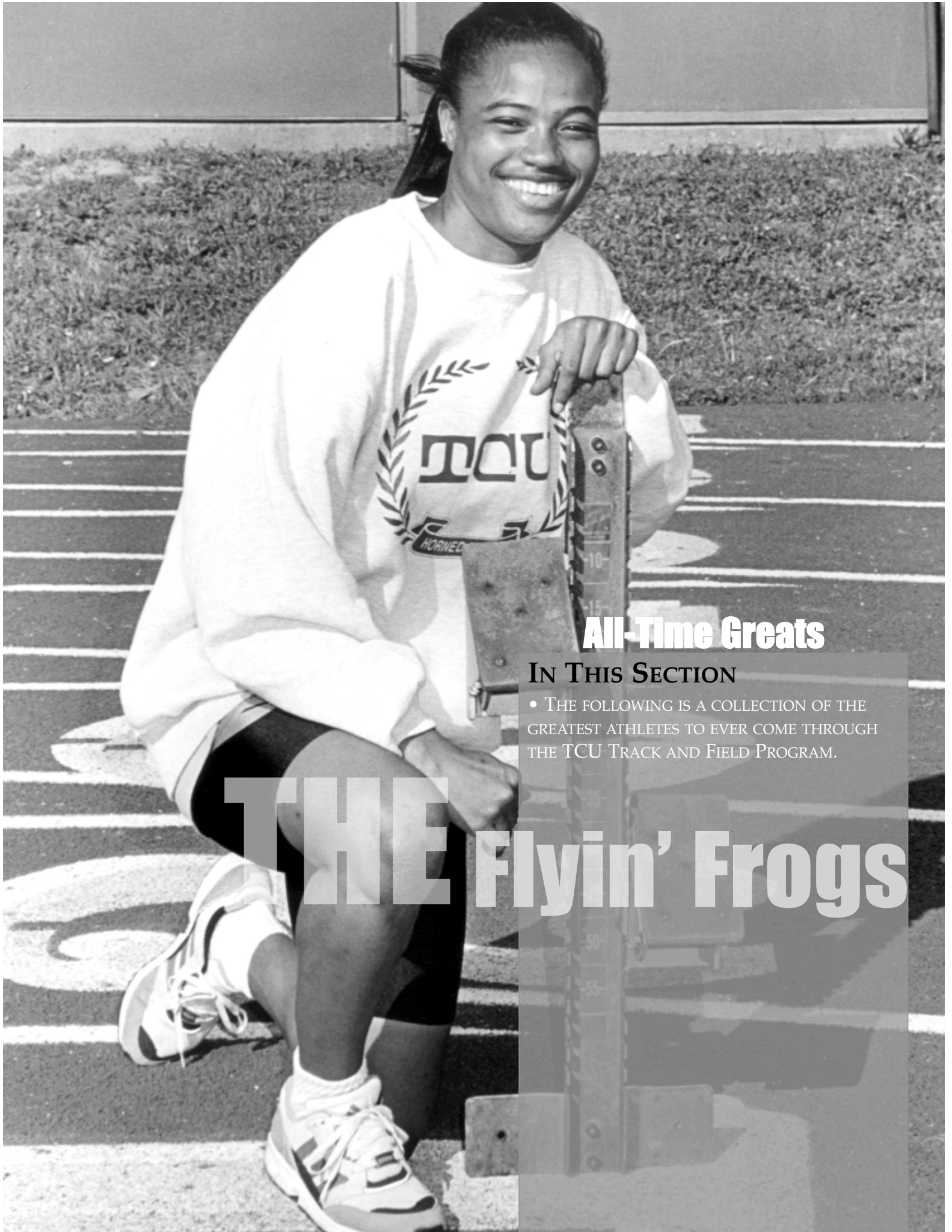




## All-Time Greats

### IN THIS SECTION

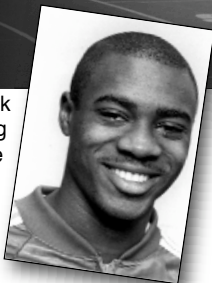
- THE FOLLOWING IS A COLLECTION OF THE GREATEST ATHLETES TO EVER COME THROUGH THE TCU TRACK AND FIELD PROGRAM.

# THE Flyin' Frogs

## All-Time Greats

### Tony Allen 1986-1988

Tony Allen is one of several athletes who were both track and football greats at TCU. He had a smooth running style that helped him establish school records in the 200 meters (20.10) in 1987 and the indoor 400 meters (46.67) in 1988. Allen is forever etched in the Southwest Conference record books for his efforts in the indoor 400 meters.



Allen anchored the Frogs to a national collegiate dual-meet 4x400 meter relay mark when the team clocked a 3:02.74 at UCLA in 1986. He earned all-America honors on TCU's 4x400 meter relay unit, which finished third at the NCAA Championships in 1988.



### Lewis Banda 2006

Despite being on the TCU campus for just one season after transferring from Arizona State, Lewis Banda did more in his time in one season than many do in their entire careers.

Banda earned five All-America certificates and set the school record in the indoor and outdoor 400 meters.

A native of Bulawayo, Zimbabwe, Banda earned three of his five All-America honors during the outdoor season. At the Outdoor NCAA Championships, Banda finished fourth in the 400 meters with a time of 45.10. He also anchored the 4x400 relay team that placed second with a time of 3:02.12 and 4x100 team that finished fourth with a mark of 39.19.

At the Indoor NCAA Championships, Banda earned All-America honors in the 400 meters by placing third with a time of 45.85. Banda was also a member of the 4x400 relay team that placed eighth with a time of 3:08.82.

Banda set the school record in the indoor 400 with a time of 45.67 and the outdoor 400 with a time of 45.10.

In addition to his All-America honors, Banda won conference titles in the indoor 400, indoor 4x400 relay and outdoor 400.

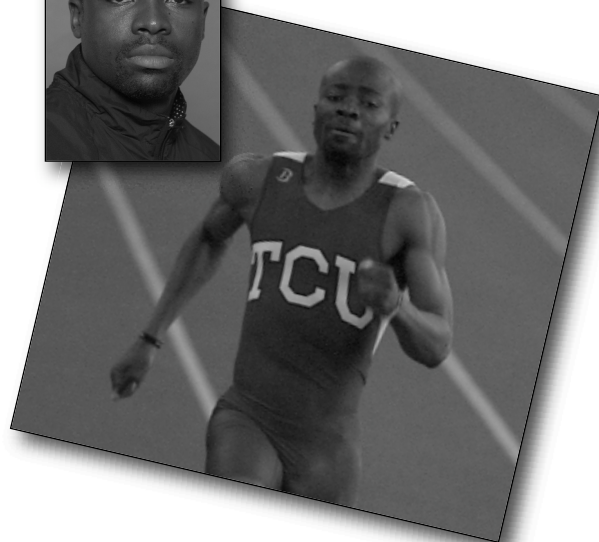
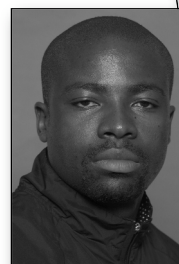
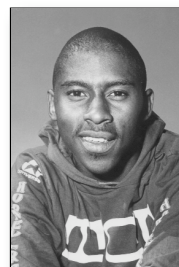
### Michael Cannon 1983-1986

Michael Cannon established the school record in the 400-meters (45.14), a record that lasted from 1985 to 2004.

Cannon was a two-time all-American and held four of the six swiftest 400-meter races ever by a Frog sprinter. He anchored the school-record indoor mile relay unit and was a member of the second fastest 4x400 meter team at TCU.

Cannon helped the TCU indoor mile relay team to a Southwest Conference crown in 1984. He finished fifth in the 1985 NCAA Outdoor 400 meters, and then placed fourth the next year in the same race. Coach "Bubba" Thornton named him TCU's Outstanding Track athlete for 1985. He was a quarterfinalist at the 1984 U.S. Olympic Trials in the 400 meters.

Cannon was a local product from Dallas South Oak Cliff High School. He was one of the most versatile runners in Texas with running times among the state's leaders in the 100, 200 and 400 meters. He posted best times of 10.4 in the 100, 21.4 in the 200 and 46.2 in the 400. He ranked second nationally among high school quartermilers during his senior year.





## All-Time Greats

### Bill Collins 1972-1975

Bill Collins is recognized as one of TCU's first great sprinters. The Mount Vernon, New York, native captured two Southwest Conference 100-yard titles in 1974 and 1975. He also won the 60-yard dash crown at the SWC Indoor Championship in 1975.

The 'Fleet Frog' finished with career best marks of 9.3 seconds and 20.7 seconds in the 100 and 200 events respectively. He gained all-America recognition in the 60-yard dash (indoors) in 1974, and on the 4x100 meter relay team in 1975.

Collins played a key role on one of TCU's early great relay quartets that ran a conference record 3:18.9 in the 1975 indoor mile relay. He also aided the 1973 sprint relay that set a then-school record of 40.9.

Collins still has not given up running and has remained active in age-group track and field and has held several national age-group sprint marks. In 2006, Collins was named the USATF Masters Athlete of the Year.

In 2003 he was inducted into the USA Track & Field Masters Hall of Fame.

Collins owns more than 80 masters national titles, 17 world masters crowns and has set nearly 20 world records during his remarkable Masters career, and in November of 2006 he was recognized as the IAAF Male Masters Athlete of the Year at the annual IAAF Gala in Monaco.

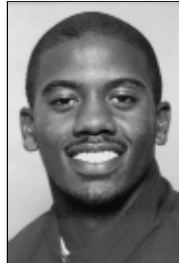


### Johnny L. Collins 1997-2000 2000 NCAA Champion Outdoor 4x400 Relay

Johnny L. Collins II made a name for himself as both an outstanding leader and as the Western Athletic Conference's top quarter-miler. His duties included the open quarter and as anchor leg for the prolific 4x400 meter relay team during his four-year collegiate career.

Collins was an outstanding dual sport athlete before stepping foot on the TCU campus. He played football and ran track at Fort Worth's Wyatt High School. He made an immediate impact for the Flyin' Frogs when he ran the anchor leg on TCU's 4x400 meter relay unit in both the indoor and outdoor seasons as a true freshman.

Collins was awarded many honors before his Horned Frog career was over. He won back-to-back WAC Outdoor 400-meter titles, was on seven WAC championship relay teams, earned all-America honors all four years and anchored the Frogs' 4x400 relay unit to the 2000 NCAA Indoor Title. He also established the WAC 400-meter dash record with a time of 46.26.



# All-Time Greats

## Kim Collins

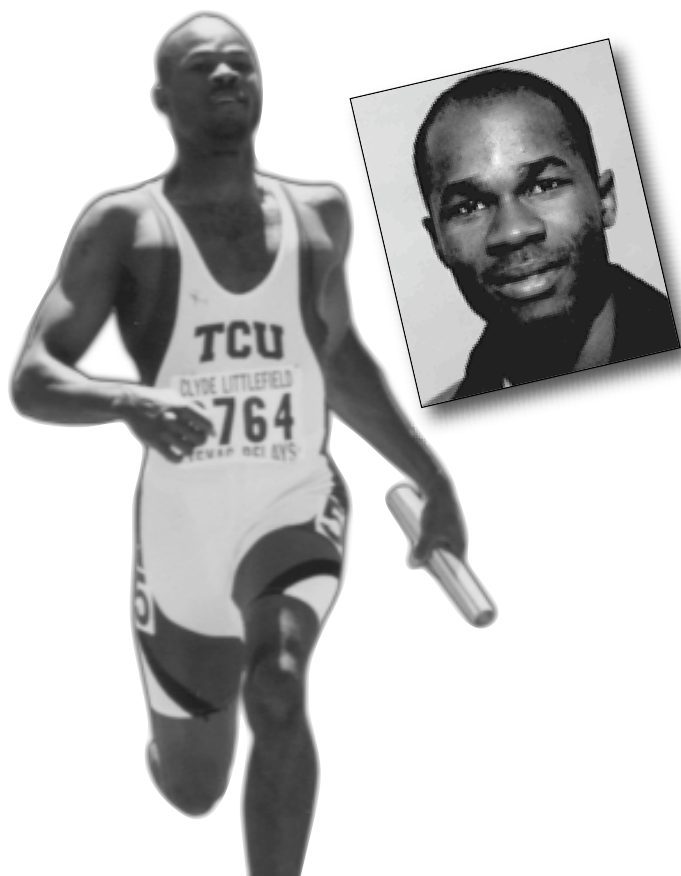
2000-2001 2000 NCAA Champion  
Indoor 60m/Indoor 200m

Kim Collins was able to establish himself as one of the top sprinters in TCU history in just two short years. The St. Kitts native took the long way to Fort Worth with a stop at Central Arizona College for two years before joining the Horned Frog sprinting stable.

Collins received six all-America certificates during his stint at TCU and won three NCAA titles (the 2001 indoor 60 and 200 meters and the 2001 outdoor 4x100 meter relay). He joined Raymond Stewart as the only Horned Frog athletes to capture two individual NCAA titles. He was a two-time recipient of the Outstanding Performer award at the Texas Relays. He finished the 2001 season on the world stage, ranked eighth in the 200 meters and 10th in the 100 meters.

Collins' defining moment as a Frog came in the finals of the 2001 NCAA 4x100 meter relay in Eugene, Oregon, where he took the final handoff trailing Leonard Scott by about two steps, but caught the Tennessee standout with about 50 meters to go and pulled away to give TCU the victory in a Hayward Field record time of 38.58. The win was even more impressive given that Scott posted a 10.05 100 meters just a day earlier, the second fastest time in the world during the season.

Collins recently represented St. Kitts in the 2004 Olympics in Athens and placed sixth in the 100 meter final. He has also made appearances at the 1996 and 2000 Olympics and in five World Track and Field Championships, including the 2003 meet held in Paris, France, where he captured the gold medal. He was a quarterfinalist in the 100 meters at the 1996 Olympic games in Atlanta and finished seventh in the 100 meters at the Sydney Olympics in 2000. He won the 100-meter dash at the 2002 Commonwealth Games and continues to be one of the world's top sprinters while training regularly in Fort Worth.



## Cleavon Dillon

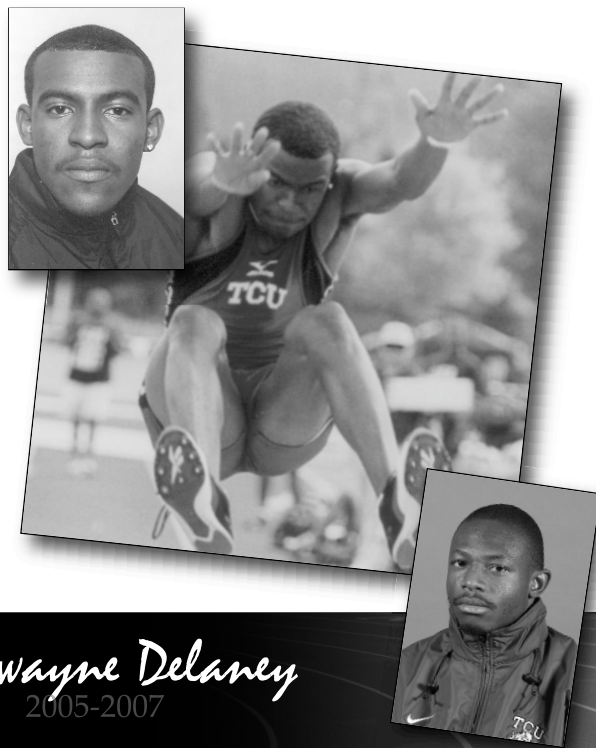
2002-2005

Cleavon Dillon earned three All-America honors and was TCU's top long jumper and sprinter. Dillon earned All-America honors in 2003 and 2004 by running a leg on TCU's 4x100 team. His first All-America certificate came in the long jump in 2002.

He set the then-school record in the long jump during the indoor season of 2002 with a leap of 7.86m (25-09.50).

In addition to competing in the long jump and running relays, Dillon also ran the 60 meters, 100 meters and 200 meters.

A native of St. Clair, Trinidad, Dillon earned All-America honors by placing fourth in the long jump in 2002, sixth in the 4x100 relay in 2003 and fourth in the 4x100 in 2004.



## Delwayne Delaney

2005-2007

A Mountain West Conference Champion in both indoors and outdoors in three seasons at TCU, Delaney had an impressive list of honors during his Horned Frog career.

Delaney, a St. Kitts native and All-American, earned the Male High-Point Award at the MWC Outdoor Championships after winning the 100 and 200 meters and running a leg on the 4x100 and 4x400 relay teams that also finished first in 2007. During the indoor season, Delaney was the only member of the men's team to win a MWC Indoor title with a victory in the 60 meters.

Delaney was also a valuable member of the TCU relay teams in both the 4x100 and 4x400. In 2007, he was part of a 4x100 team that placed third at the Midwest Regional.

Delaney will be remembered though as being a member of a 4x400 team that placed season at the NCAA Championships with a time of 3:02.12 in 2005.



# All-Time Greats

**Jon Drummond** 1989-1991  
2000 Olympics/1991 NCAA Champion  
4x100 Relay Gold Medalist/Outdoor 4x100

More than a decade after he completed his eligibility at TCU, Jon Drummond is still a world-class force on the international track & field circuit.

Drummond is one of the better-known sprinters in U.S. track history. The former TCU great was a standout at the 1997 World Championships before a recurrence of spinal meningitis sidelined him for much of the 1999 season. He remarkably recovered to earn a spot on the gold medal winning 4x100 meter relay at the 1999 World Championships and captured Gold at the 2000 Olympic games in the 4x100 meter relay. He was also an entry for the USA in the 100 meters at the 1996 Olympic Games in addition to running a leg on the silver medalist 4x100-meter relay.

A three-time all-American at TCU, Drummond still ranks as one of the fastest TCU sprinters ever. He posted a 10.03 clocking in the 100 meters in the 1991 NCAA Championships. He also blazed a 6.12 effort in the indoor 55 meters during his junior season of 1990, a time that still ranks third on TCU's all-time list. Drummond not only captured Southwest Conference and Penn Relays 100-meter titles in 1991 and also finished second in the 100 at the NCAA Outdoor Championships in Eugene, Oregon. He anchored TCU's 4x100 meter relay to another NCAA title.

Drummond's story is one of the most unique in TCU track history. Drummond was born with spina bifi da and doctors told his parents that he was never expected to walk and would be mentally retarded. At age two, Drummond reportedly stood on a chair to preach a sermon at Philadelphia's City of David Church of God and Christ. His father, a minister, said he touched a bump on a girl's face and it went away.

As a young man growing up in the Philadelphia area, Drummond had run a 10.5 and a 21.24 in high school. As a freshman at Odessa Junior College, he sparked attention at the Junior College Indoor Championships by winning the 60-yard dash in 6.20 (after a 6.19 semi) and zipping through 300 yards in 29.75 seconds, a national JC record.

Drummond fought recurring injuries while at TCU, but he ran a few times that pegged him as a real possibility. In 1990, he clocked a 10.10 100 meters, that mark put him in the top 10 in the world list that season.



**Aundre Edwards**  
2001-2004

A four-time all-American, Aundre Edwards was one of the nation's top long jumpers during his four-year career, finishing in the top five in the nation in four NCAA events.

A native of Kingston, Jamaica, Edwards showed signs of good things to come as a sophomore. He jumped 8.00 meters at the TCU Invitational, took home the bronze medal at the C-USA outdoor Championship with a jump of 7.64 meters and earned all-America honors with a fifth place finish in the long jump at the NCAA Outdoor National Championships, recording a mark of 7.85 meters.

As a junior, Edwards established the school indoor record with a leap of 7.87 meters, a mark he would later shatter. He swept both the Conference USA indoor and outdoor titles, placed 11th at the NCAA Indoor meet and fourth at the NCAA Outdoor Championships in the long jump competition.

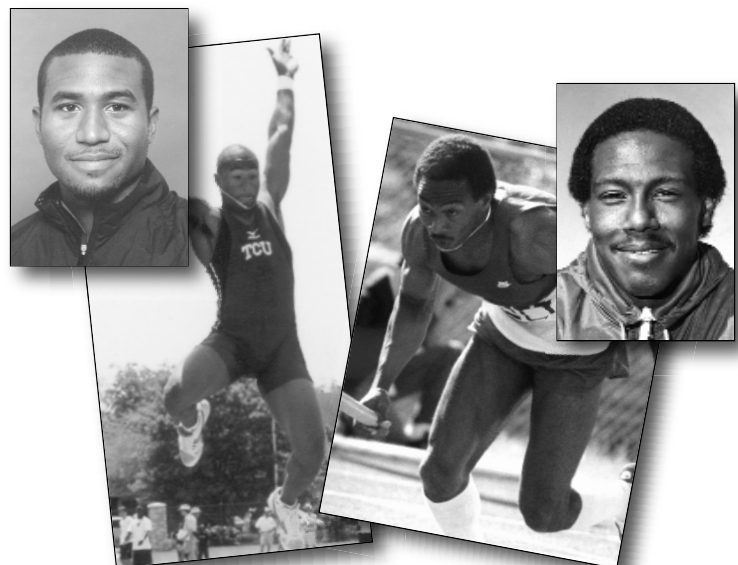
He returned for his senior campaign in 2004 and swept the Conference USA long jump indoor and outdoor titles for the second straight year. He took a personal-best bronze medal at the national level in the 2004 NCAA Indoor Championships with a school record jump of 7.97 meters, then took fourth place at the NCAA Outdoor Track & Field meet in June.

**Phillip Epps**  
1980-1983

Phillip Epps came to TCU as a football player and performed eight years in the NFL for the Green Bay Packers and the Buffalo Bills as a wide receiver and return specialist before retiring from the sport in 1988.

Epps made a name for himself at TCU in the short indoor events and the outdoor 200 meters. His 20.19 effort in the 200 was retired as the sixth fastest ever in that event for a SWC athlete.

The Atlanta, Texas native raced to Southwest Conference 200-meter crowns in both 1982 and 1983, plus he claimed the 60-yard crown in 1983 (he recorded the six fastest times ever for a Horned Frog in that event). He ran the leadoff leg on the 1983 4x100 unit that won the SWC title. He was a three-time all-America honoree.



## All-Time Greats

### Michael Frater

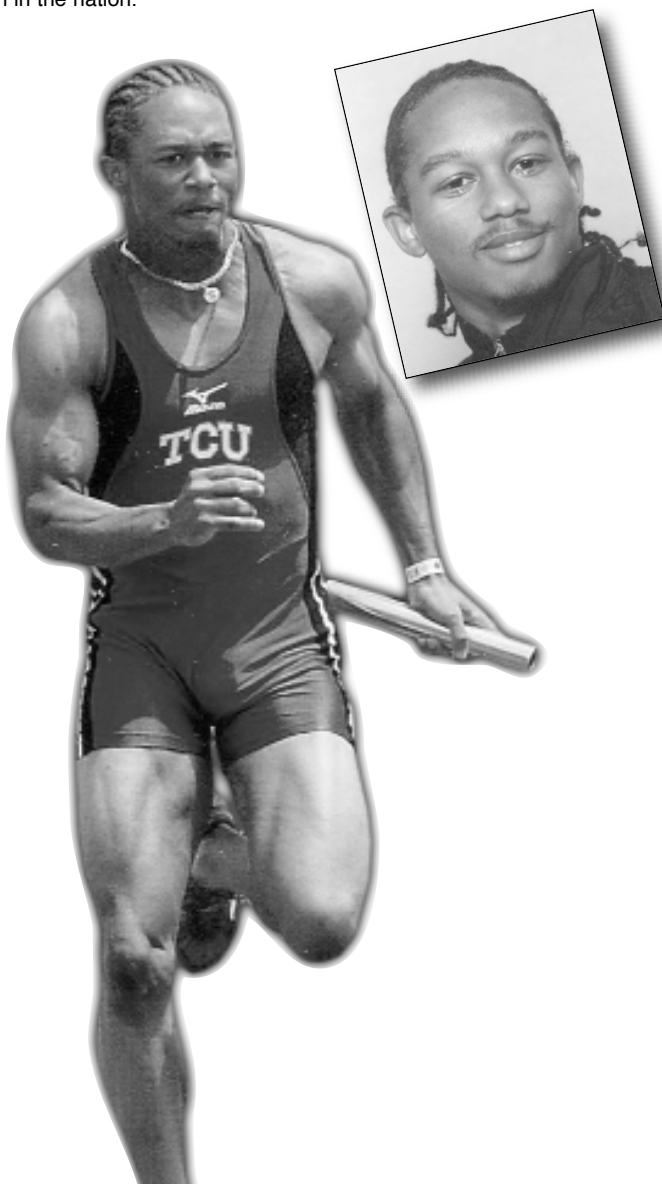
2001-2004

A seven-time all-American with a unique running style, Michael Frater followed in the footsteps of his brother, Lindel, and left as one of the top sprinters in school history.

Michael earned his first all-America certificate as a sophomore in the indoor 60-meter dash and placed fourth at nationals in the 100-meters during the outdoor season.

As a junior, Frater placed fifth at the NCAA Indoor meet in the 60, took the bronze medal in the 100 during the outdoor season and ran the anchor leg on the 4x1 relay unit that placed sixth. He posted a career-best time of 10.05 seconds at the TCU Invitational.

Despite being hampered by a toe injury which caused him to miss his final indoor season, Frater earned the silver medal at the 2004 NCAA Championships in the 100 meter dash, missing the gold by just eight-thousandths of a second. He anchored the Frogs' 4x1 relay unit which finished fourth in the nation.



### Jarmiene Holloway

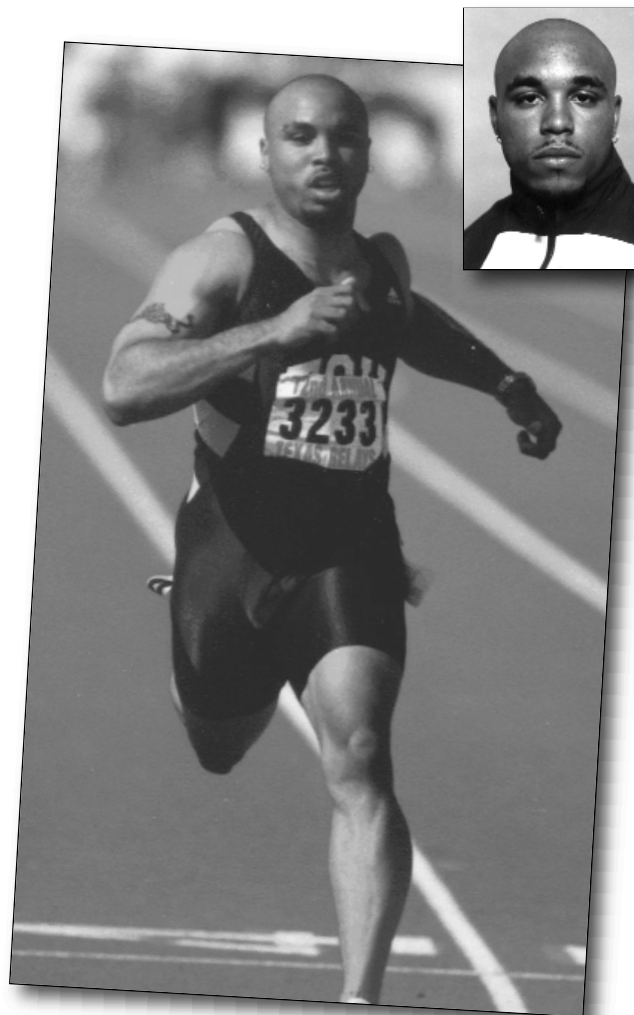
1998-1999

Jarmiene Holloway only showed glimpses of his potential while in Fort Worth, he was relatively unheralded at TCU despite producing some of the finest performances in school history during an injury-ridden two seasons as a Horned Frog.

Holloway finished second in the 100-meter dash at the 1998 NCAA Outdoor Championship. He followed that with an impressive leg on the Frogs' record-shattering 4x100 meter relay.

Jarmiene captured the WAC title in the 200 in 1998 and placed third in the same meet in the 100. He also participated on relay units which seven times ran sub-39 4x100s.

Holloway continues to run on the professional circuit today and placed third at the USA Indoor Championships at 60 meters during the 2002 season.





# All-Time Greats

## Bryan Howard

1998-1999

Few sprinters have entered TCU with the credentials Bryan Howard brought to the Flyin' Frogs when he chose to transfer from Auburn during the winter of 1997. He was an NCAA indoor 55-meter champion for the Tigers. He came to TCU to be a part of the Horned Frogs' stable of sprinters and immediately became one of the finest in school history.

Howard's legacy at TCU does not include a bevy of individual victories, but he did leave a mark on the program. He is arguably one of the finest leadoff men in TCU's incredibly rich history in the 4x100 meter relay. Howard led off TCU in seven different sub-39 second 4x100 performances over a two-year span, including the collegiate record setting 1998 NCAA Championship squad that exploded to a 38.04 performance in Buffalo, New York. He teamed up with Jermaine Holloway to lead TCU's 1999 unit to some startling early-season performances and clocked the nation's fastest time (38.64) by a collegiate team at the Texas Relays in April. Injuries nagged Howard during his final season and he pulled his hamstring during the final stretch of the 200 meters at the NCAA Championships in Boise, Idaho.

Howard's times of 10.13 in the 100 and 19.1 best performances in Horned Frog history.

## Kip Kangogo

2005-2006

One of TCU's most prolific distance runners, Kip Kangogo won seven conference titles in just two years after transferring from BYU.

In addition to his six conference titles, the Kabarnet, Kenya, native owns the school record in the 3000 meters (9:39.09), outdoor 5000 meters (13:47.11) and was a member of the distance medley relay team that set the outdoor school record with a time of 9:36.14.

Kangogo's first four conference titles came at one meet, as he was named Athlete of the Meet at the 2005 Conference USA Indoor Championships. At the meet, he captured gold in the mile, 3000 meters, 5000 meters and as the anchor of the distance medley relay team.

After sitting out the 2004 cross country and track seasons due to NCAA transfer rules, Kangogo qualified for the 2005 NCAA Cross Country Championships where he finished 33rd - just 2.8 seconds shy of All-America status.

He also won the 2006 Mountain West Conference Indoor title in the 3000 meters and 2005 C-USA outdoor titles in the 1500 meters and 5000 meters.



## Jackson Langat

2003-2006 2006 NCAA Champion  
Indoor 800 Meters

A highly-decorated middle-distance runner, Jackson Langat was an NCAA indoor 800-meter champion for TCU and earned seven All-America certificates in three years for the Horned Frogs after transferring from Tarleton State after his freshman campaign.

Langat became TCU's first indoor champion in the 800 meters in 2006 when he set a TCU indoor record with a time 1:47.02.

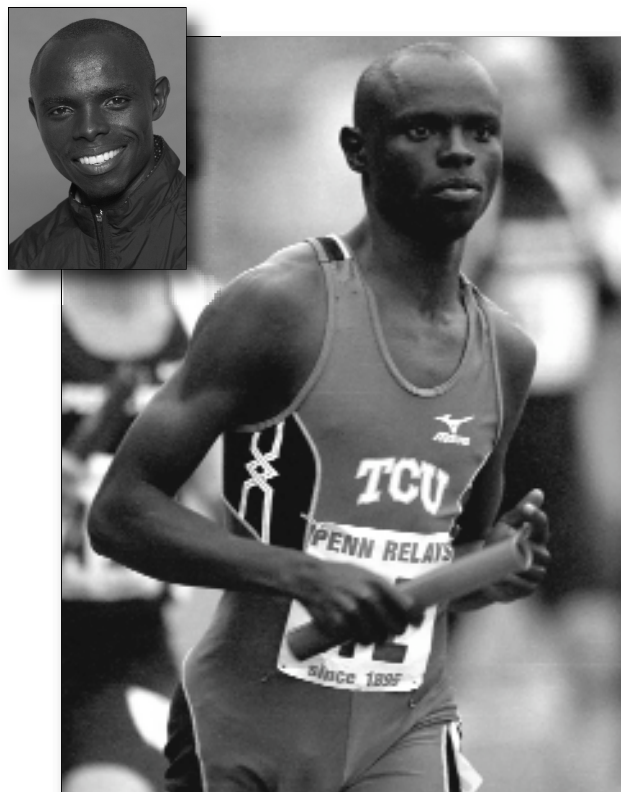
In addition to his NCAA title in the 800, Langat earned All-America honors in the event three additional times - 2004 indoor, 2003 outdoor and 2003 indoor.

A native of Kericho, Kenya, Langat earned his other All-America certificates as a member of TCU's 4x400 relay team. In 2003, Langat was a member of the 4x400 team that earned a silver medal at the NCAA Indoor Championships. In 2006, Langat helped the 4x400 team earn a silver medal at the NCAA Outdoor Championships and finish eighth at the NCAA Indoor Championships.

En route to earning a silver medal in the 4x400 relay in 2006, Langat and the Frogs posted a season-best time of 3:02.12 and came within 0.03 second of breaking the school's 4x400 outdoor record that was set in 1983.

In 2005, Langat was selected to the Conference USA All-Decade team. Langat was the 2003 C-USA Indoor Athlete of the Year. Langat won both the 800 meters and mile run at the 2003 C-USA meet and finished second the mile run at the 2004 C-USA meet. In 2005, Langat was a member of the distance medley relay unit that took home the conference title at the indoor meet. At the 2005 outdoor championships, Langat won the 800 meters with a meet-record time of 1:47.38 and was a part of the 4x400 relay team that also finished first.

In addition to his NCAA title during his senior year, Langat was also the indoor and outdoor Mountain West Conference Champion in the 800 meters.



## All-Time Greats

### Cy Leland

1928-1930

The man who started TCU's sprinting tradition long ago was Texas native Cy Leland. Leland was a TCU immortal when he graduated in 1931 — largely because of his exploits on the football field.

Leland was an all-Southwest Conference halfback on the Horned Frogs' 1929 unbeaten Southwest Conference championship team. His shining athletic moment probably came at the 1930 Kansas Relays when he tied the world record in the 100-yard dash in 9.4 seconds. Some 70 years later, Leland's record stands among the most successful in TCU records.

Leland's 1930 track season was filled with record-breaking performances. He started the season by setting TCU marks in the 100 (9.6) and 220-yard dash (21.5) at the Fat Stock Show Meet at TCU on March 15. Leland then gained regional notoriety by winning the 100 at the Drake Relays. He capped the year by breaking the 220-yard dash conference record at the Southwest Conference Championships in 20.9. He closed the season with a fourth-place 100 finish at the NCAA meet.

In football, Cy rushed for 100 yards four times during his career and three times during the 1929 season. A 173-yard outing against Abilene Christian in 1930, setting a TCU single-game rushing mark at the time, highlighted his career. Leland's 13 rushing touchdowns in 1929 stood as a TCU record for 26 years. His 17 career rushing touchdowns stood at the top of the TCU list until 1956. A three-year football letterman from 1928-30, Leland rushed for 680 yards in 1929 and 583 in 1930. He rushed for 1,352 yards in his TCU career and averaged 5.7 yards per carry throughout his career (a mark that still ranks third in TCU history). In 1929, Leland led the nation while averaging 7.2 yards per attempt. His 93-yard punt return for a touchdown against Baylor in 1929 remains a TCU record.

The most famous moment of his TCU athletic career came in Austin, Texas in 1929, when Leland took a kickoff at the south of end of Memorial Stadium and raced down the west sideline for a 95-yard touchdown that led to a 15-12 TCU win and the Frogs' first SWC football championship.

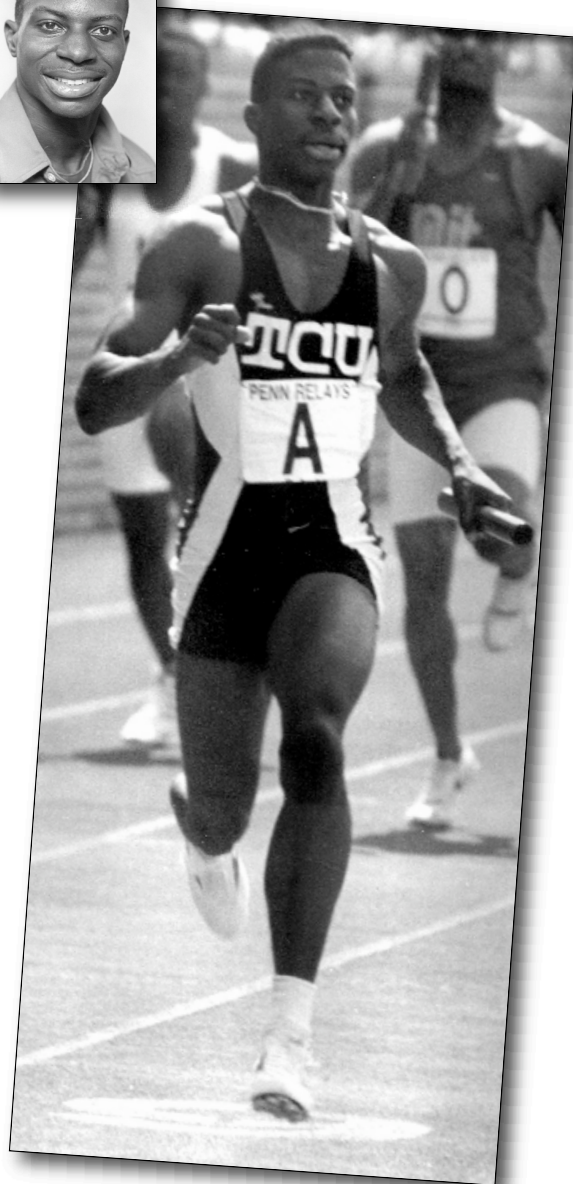
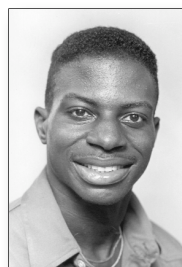


### Horatio Porter

1989-1992 NCAA Champion  
1989 & 1991 Outdoor 4x100

Yet another local product from Fort Worth Polytechnic High School, Horatio Porter was a five-time all-America sprinter at TCU. En route, he ran the leadoff carry on the fastest NCAA 4x100 relay to that point — 38.23 seconds at the NCAA Championships in Indianapolis. Porter again handled the leadoff leg as the Flyin' Frogs won in 38.80 seconds.

A two-time NCAA Outdoor qualifier in the 200 meters (he had a career PR of 20.40 in that event), Horatio captured both the 55 meters and the 200 at the 1992 SWC Indoor meet.





# All-Time Greats

## Donovan Powell 1994-1995

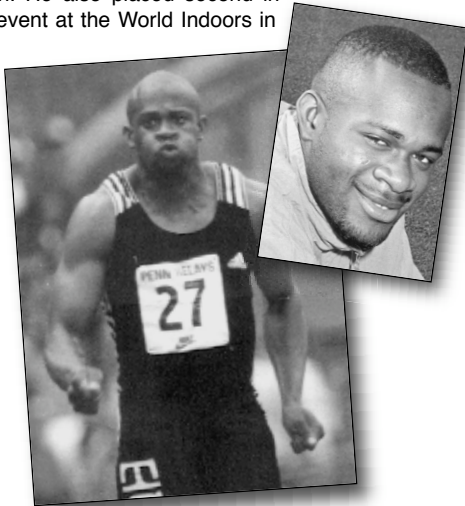
1995 NCAA Champion  
Outdoor 4x100 Relay

In just two seasons at TCU, the powerful Donovan Powell made a monumental impact on TCU's sprinting scene.

A junior college all-American, he was perfect four-for-four in SWC championships, capturing the indoor 55 meter and outdoor 100 meter titles both his junior and senior years. His 10.07 clocking at the 1995 Southwest Conference meet ranked No. 8 all-time among the swiftest efforts by conference sprinters.

Powell anchored the Frogs' to back-to-back 4x100 meter NCAA relay crowns in 1994 and 1995, and he finished third and second, respectively, in the 100-meter events at those national meets. Powell finished with five all-America awards at TCU.

Powell continued his track career by competing professionally. He captured the gold medal at the U.S. Indoor Championships in the 60-meter dash. He also placed second in the same event at the World Indoors in 1999.



## Khadevis Robinson

1995-1998 1998 NCAA Champion  
Outdoor 800 Meters

A broken wrist his junior year of high school is what prompted Khadevis Robinson's track career.

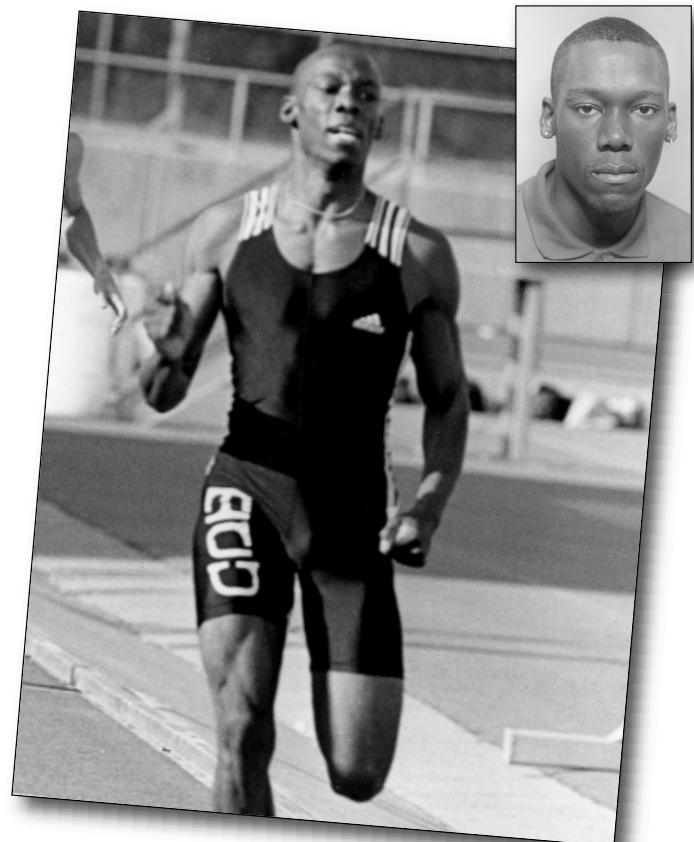
He was a standout football player until the injury, but he felt he needed another sport to list on his college application-so he tried track.

Bothered by only making the NCAA Indoor meet once in college, he made the most of his outdoor NCAA opportunities as he won the 1998 NCAA Outdoor 800 to close his college career.

Robinson earned a degree in social work at TCU and planned to do volunteering in social work when his busy schedule allowed. Robinson moved to Santa Monica in December 1998 to be coached by Joe Douglas of the Santa Monica Track Club. He trained with greats Johnny Gray and Steve Lewis. The training paid immediate dividends as Robinson won the 1999 USA Indoor Championships and was a finalist at the World Championships, both indoors and outdoors. In July of 2002, Robinson ran the fourth fastest time in the world in the 800 meter in Finland, shattering his personal record with a time of 1:44.41. He continues to perform on the professional circuit and is one of the nation's top 800-meter runners, earning a trip to Athens, Greece for the 2004 Summer Olympics.

In August of 2006, Robinson helped shatter the American and world record in the 4x800 meters at the Memorial Van Damme meet with a time of 7:02.82. Despite shattering the previous world mark, the U.S. squad finished second to Kenya's time of 7:02.43.

Robinson concluded 2006 ranked No. 1 in the U.S. and No. 7 in the world in the 800 meters.



## Jordan Reynolds

1988-1992

A two-time All-American in the shot put, Jordan Reynolds solidified himself as TCU's greatest male thrower despite competing at TCU when the program was largely just known for its sprints and relays.



Reynolds owns the school record in the discus and both the indoor and outdoor records in the shot put. A native of Houston, Texas, Reynolds set the outdoor and indoor shot put record in 1992 with tosses of 64-9 3/4 (19.75m) and 61-9 1/2 (18.83m), respectively. He set the discus record in 1990 with a toss of 190-8 (58.12m).

Reynolds earned All-America honors in 1992 for placing second in the shot at the NCAA Outdoor Championships. His other All-America honor came in the shot at the 1990 NCAA Outdoor Championships. He also won the outdoor title in the shot put at the Southwest Conference Championships in 1990 and 1992. At the Texas Relays, Reynolds was a three-time champion in the shot put with titles. He also was a two-time champion in the shot put at the Penn Relays (1991, 1992).

## All-Time Greats

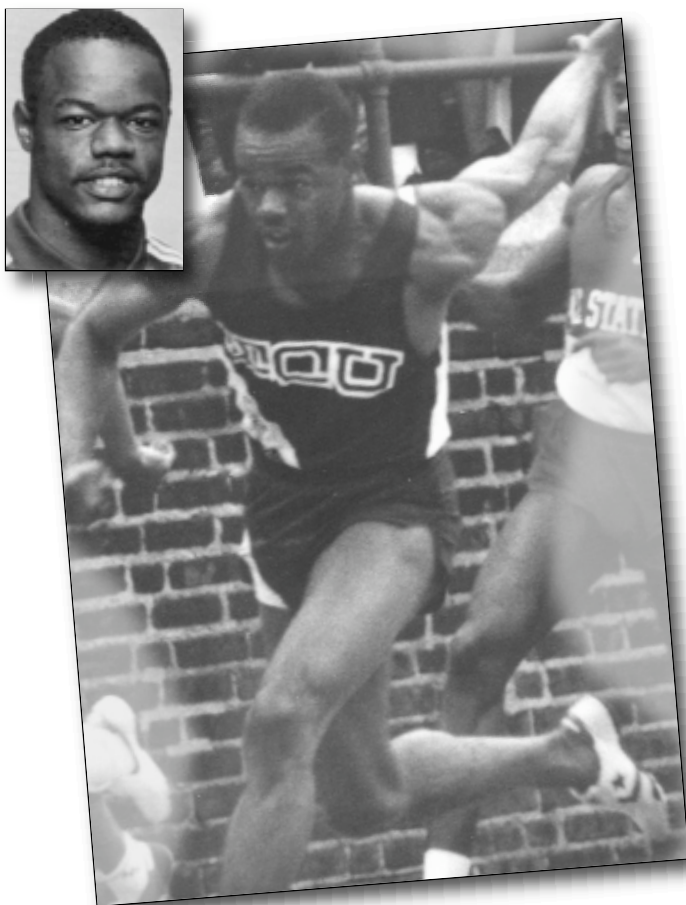
### Greg Sholars

1986-1989 NCAA Champion  
1986, 1987 & 1989 Outdoor 4x100

One of the most intense competitors ever to don TCU's track and field colors, Greg Sholars is best remembered as being only one of two Horned Frogs to be a member of three NCAA 4x100-meter relay title units (1986, '87 and '89).

Another local product from Fort Worth's Southwest High School, Sholars anchored both the fastest 4x100-meter relay (38.23) and 4x200 relay (1:20.20) combos in NCAA history. Along the way, he garnered five NCAA All-American honors.

Though he owned a career personal record of 10.12 seconds in the 100 meters, Sholars often was willing to unselfishly forego individual races in order for the Flyin' Frogs to concentrate on the prowess in the short stick events.

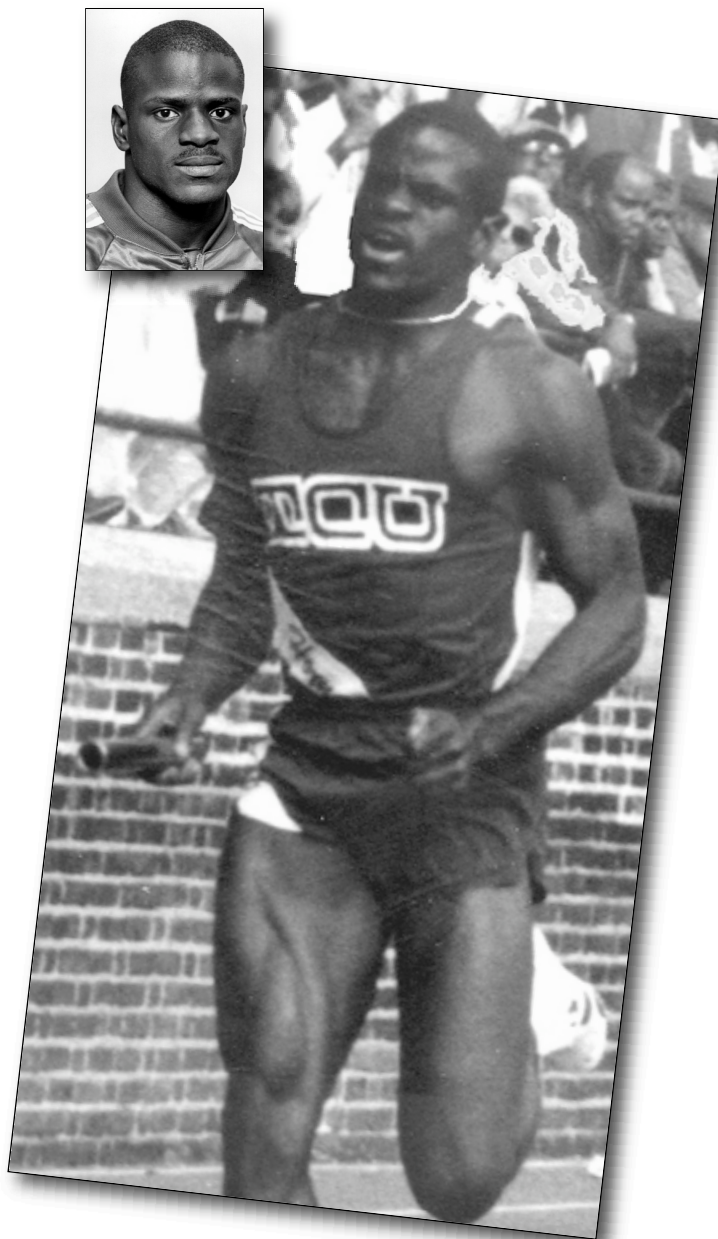


### Andrew Smith

1986-1989 NCAA Champion  
1986, 1987 & 1989 Outdoor 4x100

Though he performed extensively in the shadows of TCU great Raymond Stewart through much of his career, Andrew Smith certainly earned a place of his own in TCU's sprinting hall of honor.

Not only did the Kingston, Jamaica, native own a personal best of 10.10 seconds in the 100 meters, en route to garnering all-American honors four straight years — 1986 to 89 — the powerful Smith was a key member of the fastest collegiate 4x100 and 4x200-meter relay units in history to that point. In fact, Smith, a premier stick man — along with his purple-clad 4x100 mates — claimed gold at the 1986, 1987 and 1989 NCAA Championships in addition to many other major relay titles over that stretch. He was a major contributor to TCU's incredible 25-race win streak on the sprint relay.





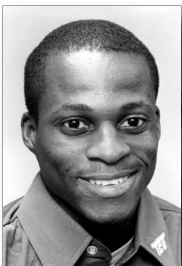
# All-Time Greats

## Raymond Stewart 1986-1989

NCAA Champion/1989 55m  
1987 & 1989/Outdoor 4x100/Outdoor 100m

Considered to be the greatest of TCU's legion of sprinting stars, Raymond Stewart still holds the school record in the 100-meter dash of 9.89 seconds, in addition to anchoring the second-fastest relay unit in NCAA history (bettered only by TCU's 1998 unit) that ran 38.23 in 1990.

The first of many Jamaican sprinters to reach superstar status while at TCU, Stewart was a seven-time all-American. Stewart was at his best at the marquee events, winning 100-meter titles at the Penn Relays, Florida Relays, Texas Relays and SWC Championships. But it was at the NCAA Championships of 1987 and 1989 where Stewart asserted himself as a force in collegiate track with victories in the 100 those two years, in addition to taking the 1989 NCAA Indoor Championships 55-meter title. To cap it off, Stewart added NCAA titles as a member of the 4x100-meter relay units in 1987 and 1989. Stewart was a 100-meter finalist in the 1984, 1988 and 1992 Olympic games, placing sixth in 1984 as the youngest man (age 19) to race in the finals. Stewart won a silver medal in the 1988 Olympics in the 4x1 relay. Stewart won three consecutive SWC 100-meter crowns, one of just six men to accomplish that feat in conference history.



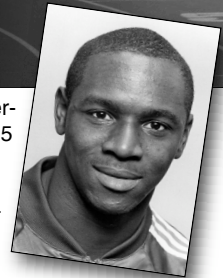
## Roscoe Tatum

1985-1988 NCAA Champion  
1986 & 1987 Outdoor 4x100

Roscoe Tatum a Carthage, Texas native, provided power-driven speed to the Horned Frog sprint units from 1985 through 1988.

Tatum's track offerings included a 10.08-second clocking in the 100 meters in 1986 and a 6.15 effort in the 60-yard dash (indoor) in 1985.

Tatum was a member of TCU's first two NCAA Championship 4x100-meter relay units (1986 and 1987), as well as the fastest 4x200 relay time ever by a collegiate squad (1:20.20 seconds) and was a five-time NCAA all-American.



## All-Time Greats

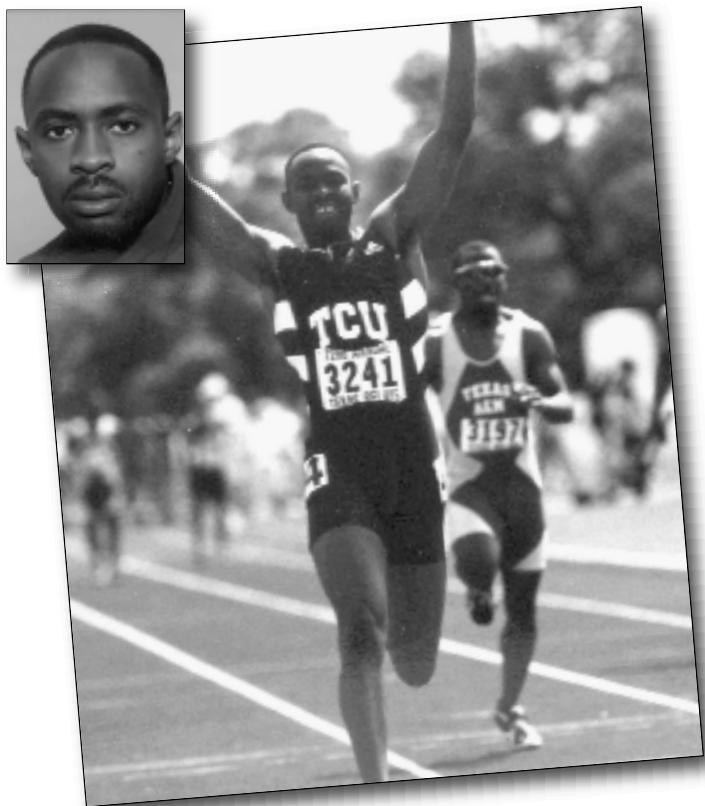
### Ricardo Williams

1999-2000

Although he was only on the TCU campus for two short years, Ricardo "Flash" Williams left an indelible mark on the program.

One of the top junior sprinters in his native country of Jamaica, Williams came to TCU after a two-year stint at Southwestern Christian Community College. "Flash" earned Indoor All-America honors as a junior by placing eighth in the 200 meters and ran the anchor leg on TCU's outdoor 4x100 meter relay squad that qualified for the national meet.

He came back as a senior to finish fifth in the outdoor open 200 and run on the 4x100 meter relay team that produced the nation's fastest time. He also ran on the winning 4x100 and 4x200 relay teams at the Penn Relays and the winning 4x100 relay at the Texas Relays.



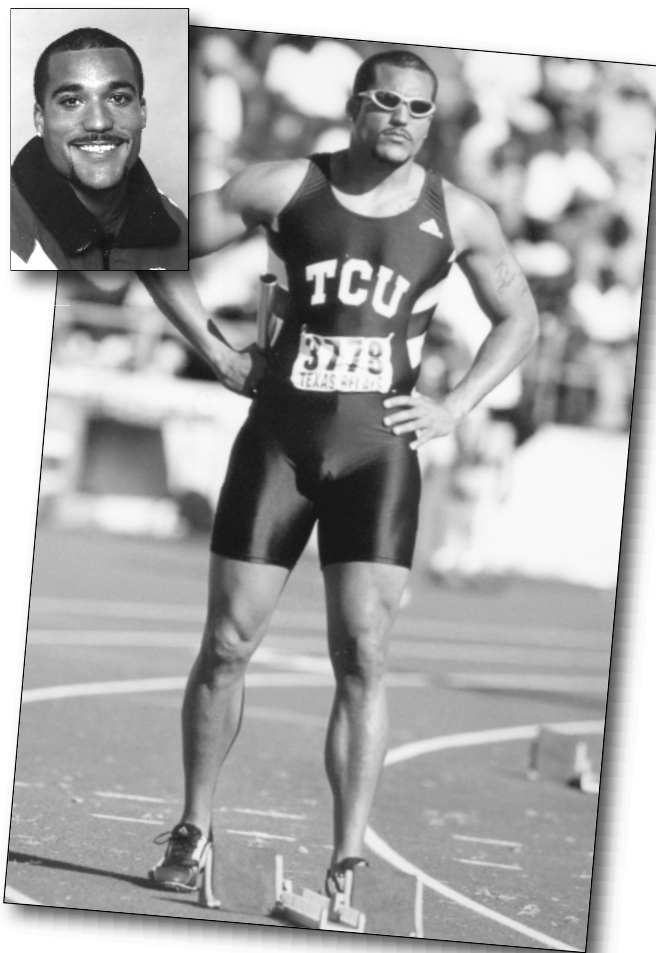
### Roy Williams

1998-2001 2000 NCAA Champion  
Indoor 4x400 Relay

One of the nation's top quarter-milers, Roy Williams' solid career was cut short by back problems during his senior campaign.

During his four-year tenure, Williams was a three-time NCAA all-American and a 10-time All-WAC performer.

Williams immediately carved a niche as a freshman, running the lead leg on TCU's 4x400 meter relay unit. The quartet earned a second place finish at the NCAA Outdoor Meet. The unit, again with Williams running the first leg, captured the 2000 NCAA Indoor title, then placed fourth in the national outdoor meet. Despite back ailments that limited his performances during his senior campaign, Williams had one last hurrah as he claimed victory in the 400-meter dash at the WAC Indoor Championships, defending his 2000 title.





## All-Time Greats

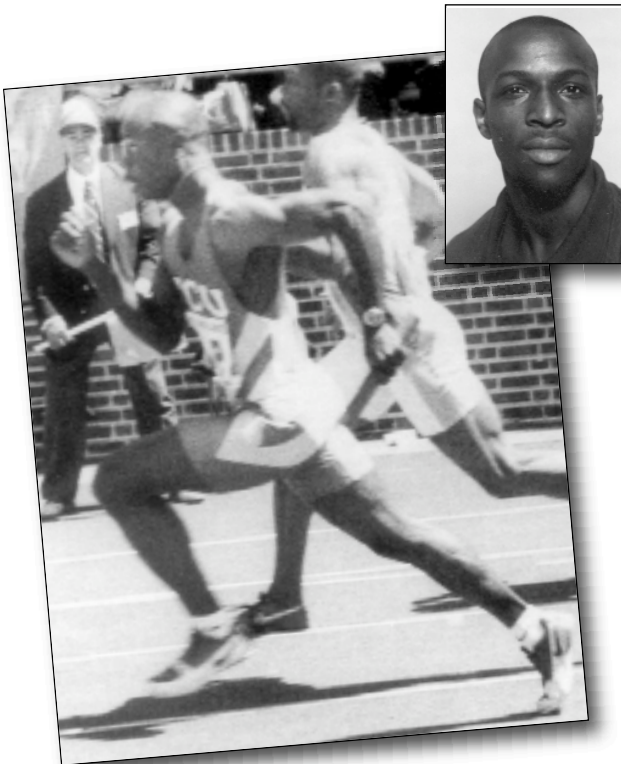
### Syan Williams 1997-1998

A versatile performer both indoors and outdoors in two seasons at TCU was Syan Williams.

This Jamaican speedster — a transfer from Central Ohio University — burned up the indoor circuits in his two years.

The TCU record holder in the 55-meter dash indoors, Williams won WAC indoor titles in the 55 and 200 meters in 1998.

Williams was also a valuable member of the TCU relay teams in both the 4x100 and 4x400. Running the third leg in the 4x100-meter relay, Williams served a pivotal member of the TCU team that broke a collegiate record on the way to a national title at the 1998 NCAA Championships in Buffalo, New York, and paved the way to TCU's third place team finish.



### Rebecca Allison 1984-1988

Rebecca Allison was a two-time All-American in the 1,500 meters, where she finished fourth at both the 1986 and 1987 NCAA Outdoor Championships.

Allison still owns school records in both the indoor and outdoor 800 as well as the 1,500 meters and mile run. In the 800, Allison set both the top indoor time of 2:10.69 and the top outdoor time of 2:05.48 in 1986.

In the 1,500 meters, Allison set the record in 1987 with a time of 4:14.85. In the mile run, Allison posted a record time of 4:47.49 in 1986.



### Dywana Crudup 1997-2000

The Flyin' Frogs boasted a recruiting coup when Fort Worth native Dywana Crudup decided to stay close to home and attend TCU. The Dunbar High School product quickly earned the reputation as the top female quartermiler in school history.

Crudup showed her versatility by competing in sprint distances ranging from 60 to 400 meters. She earned All-America honors when she ran the second leg on the 1998 4x100 meter relay team that won the Western Athletic Conference championship and finished third in the nation.

Crudup capped off her senior season by capturing the WAC indoor 60-meter and the WAC outdoor 400-meter titles. She left TCU as the school record holder in the indoor 60 and 400 meters and in the outdoor 400, and was a member of the record-setting outdoor 4x100 meter relay team.



## All-Time Greats

### Lisa Ford

1985-1988

Like many TCU stars, Lisa Ford was a local product who reached collegiate stardom without leaving her hometown.

A graduate of Fort Worth's Polytechnic High School, Ford established the TCU women's record in the indoor 55-meter dash with a time of 6.91 seconds.

Ford had garnered NCAA Qualifying marks over four consecutive seasons in both the 100-and 200-meter dashes before her TCU career was completed. Additionally, Ford consistently ranked among the best in the tough Southwest Conference as she garnered nine second place finishes in sprint races at SWC meets. Ford remained the school indoor 200-meter record holder 10 years after running with the purple and white and she held the TCU 200-meter outdoor record for a short time also.



### Donita Harmon

2003-2005

Donita Harmon was one of the most decorated runners on the women's squad in her three years at TCU. The four-time All-American earned three certificates as part of both 4x100 and 4x400 relay teams, and garnered a fourth honor with an eighth-place finish in the 200 meters at the 2003 NCAA Outdoor Championships.

Harmon was a member of the first women's 4x400 relay unit TCU sent to the national meet in school history, placing eighth at the 2005 NCAA Outdoor Championships. She was also a part of the 4x100 squad that placed sixth in 2003 and seventh in 2004 at the NCAA.

The native of Albuquerque, N.M., made a sweep of the 2004 Conference USA 200 meter titles in both indoor and outdoor, and almost accomplished the feat in the 100 meters. She took gold in the C-USA indoor 60 meters.

Harmon, who owns a share of the school's indoor record in the 200 meters, was named to the C-USA All-Decade Team in 2005. She was also a member of the school record 4x100, 4x200 and 4x400 relay teams.





## All-Time Greats

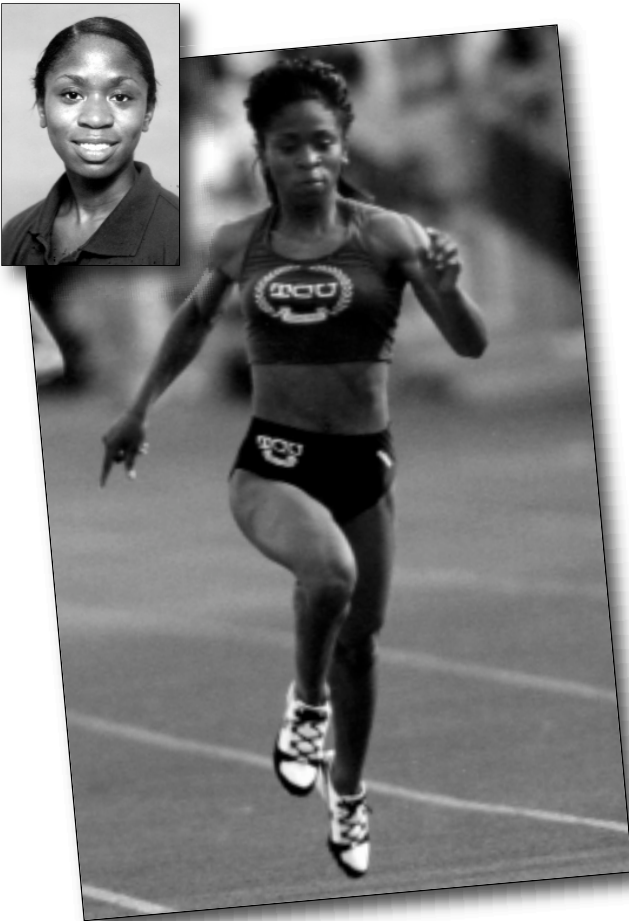
### Giesla Jackson

1995-1998

As a member of TCU's fastest women's relay unit in history, Giesla Jackson qualified twice for the NCAA Outdoor Championships on her own in the 100 and 200-meter dashes.

Teamed with Dywana Crudup, Catoshia Lewis and Tinesha Jackson-Hackney, Jackson ran the lead leg of TCU's record-setting 400-meter relay at the 1998 NCAA Outdoor Championships and the quartet took TCU to a third-place finish. She also competed in the 100-meter dash and reached the semifinal round at that NCAA meet.

Jackson collected numerous all-WAC accolades (both indoors and outdoors) throughout her career at TCU. She earned her distinction by leading off 11 of TCU's fastest 4x100 units in women's history.



### Tinesha Jackson-Hackney

1995-1998

A Fort Worth native from Arlington Heights High School, Tinesha Jackson-Hackney blossomed into one of the nation's finest sprinters during her four years at TCU.

Jackson-Hackney set the TCU women's records for the indoor 55-meter dash (6.71) and the indoor 200 (23.57), both at altitude in Colorado Springs, Colorado, in 1998. That senior season was a fitting cap to a career in which she improved each year, culminating in the Western Athletic Conference Outdoor Championships 100-meter crown. That victory permanently etched her name in the TCU history books.

She went on to earn a pair of all-America honors at the 1998 NCAA Outdoor Championships by placing seventh in the 100 with a time of 11.32 and running the anchor leg on TCU's record-setting 400-meter relay (43.69) that placed third. Hackney ran on relay squads that posted the 11 fastest times in the 4x100 relay in TCU history.



# All-Time Greats

## Nathandra John

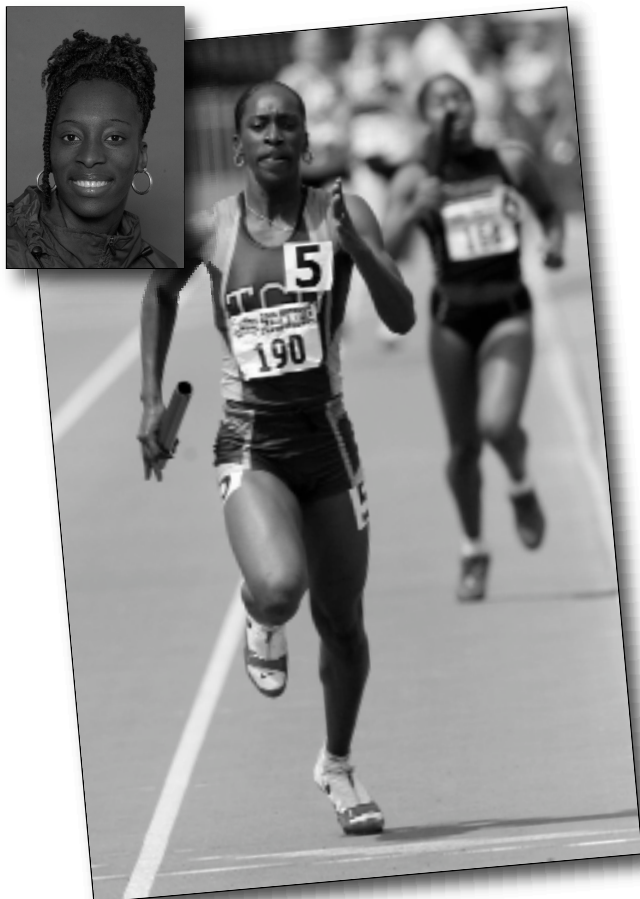
2005-2007

Nathandra John closed out her career at TCU rewriting the school record books in the Indoor 400 meters with a time of 53.80 at the MWC Indoor Championships. She also earned her third All-America honor of her career by running the anchor leg on the 4x400 relay team that placed sixth at the NCAA Indoor Championships. Their mark of 3:34.75 set a new school record.

A member of the All-MWC Indoor and Outdoor teams in the 400 meters and 4x400 relay, John holds the school record in the outdoor 400 meters with a time of 52.31 at the MWC Outdoor Championships in 2006.

John, a St. Kitts native, returned in 2006 as an All-American from a 4x400 relay team that placed seventh at the NCAA Outdoor Championships with a school record 3:30.00 and won the 400 meters and the 4x400 relay titles at the indoor and outdoor Mountain West Conference Championships.

After transferring to TCU from Paul Quinn College in Dallas, John became a key member on both the 4x400 meter relay and distance medley relay quartets by running the opening leg of the gold medal winning 4x400 unit and second leg of the third-place DMR squad at the conference indoor meet. She saved her best performance for the Conference USA Outdoor Championships where she set a new school record with a clocking of 52.92 seconds in the 400 and helped both relay units to gold medals. John later competed at the Midwest Regional where she finished sixth in the 400 and also anchored a 4x400 team which set a school record with a time of 3:31.49, enabling the foursome to advance to the NCAA Championships where they earned All-America honors as the 4x400 relay group placed eighth.



## Deborah Jones

2004-2007

Deborah Jones, a four-time All-American, was a versatile performer in both indoors and outdoors in four seasons at TCU.

Jones closed out her individual career by running 52.50 in the 400 meters to place first overall at the MWC Outdoor Championships. She also recorded a personal best mark of 23.75 in the 200 meters at the MWC Championships.

During the indoor season in 2007, John posted a personal record of 53.92 in the 400 meters at the MWC Championships.

A constant in the Flyin' Frogs relay units as well, she ran the third leg on a 4x100 relay team that placed fourth at the NCAA Outdoor Championships and the opening leg on the 4x400 relay team that placed sixth at the NCAA Indoor Championships with a school record time of 3:34.75 in 2007.

Jones was a member of a 4x200 relay team that set a school record with a time of 1:33.21 at the Penn Relays in 2007. She earned all-conference honors by being a member of the 4x100 and 4x400 team that won the MWC Outdoor title for a second consecutive year in 2007.

In 2005, she won gold at the C-USA Championships with the 4x400 relay team and later that season claimed fourth in the 400 and a pair of golds with the 4x100 and 4x400 relay units at the conference outdoor competition.

Jones ran the second leg on a 2005 mile relay team that placed third at the Midwest Regional with a school-record time of 3:31.49. That unit went on to advance to the NCAA Championships where they earned All-America honors.





## All-Time Greats

### Glady's Keitany

1998-2001

Glady's Keitany won back-to-back conference titles in cross country in 2000 and 2001. In 2000, Keitany won the Western Athletic Conference Championship and in 2001 she won the Conference USA Championship.

Keitany owns school records in the outdoor 3000 meters and as a member of the distance medley relay team. She set the school mark in the 3000 meters at the Penn Relays on April 28, 2001 with a time of 9:35.54.

A native of Iten, Kenya, Keitany's distance medley relay team owns the school mark of 11:50.15, which was set on Feb. 10, 2001 in Fayetteville, Ark.

Keitany was also the 1998 WAC Cross Country Freshman of the Year.



### Mary Kinyanjui

2003-2004

One of the most prolific female distance runners at TCU, Kinyanjui was one of three cross country athletes to represent the Frogs on the 2005 Conference USA All-Decade Team. A two-time C-USA and South Central Region cross country champion, she joined Gladys Keitany as the only TCU female runners to win two league cross country individual titles.

Kinyanjui earned first team all-conference honors for winning the 2003 C-USA Cross Country Championships. She was later named the 2003 South Central Region Female Athlete of the Year after winning the regional meet in 20:44, and earned a trip to the NCAA meet where she placed 45th at the NCAA Championships.

The Kiambu, Kenya, native holds three school records on the track – the indoors 3000m and 5000m, and the 5000 meters outdoors.



### Beverly McDonald

1992-1993

In 1993, this former Jamaican Olympian raced to victories in both the 100 and 200-meter races at the Southwest Conference Championships.

The engaging McDonald, still active in international track and field competition, held the Lady Frogs' sprint marks in both of those events with times of 11.08 and 22.67 seconds, respectively. McDonald became a two-time all-American in 1993 when she placed runner-up in both the 100 and 200-meter events at the NCAA Outdoor Championships in New Orleans, Louisiana.

McDonald has been one of Jamaica's most consistent performers on the international circuit since leaving TCU. She was ranked among the top 10 sprinters in the world in the 200 in 1999 and took a silver medal in that event at the 1999 World Championships. She ran the qualifying leg of the Jamaican 4x100 team that won gold at the 2004 Olympics in Athens, Greece. She also ran in the 100 and 200-meter individual races. McDonald also won a silver medal at the 2000 Olympics as a member of the 4x100 relay team. She was also a member of the Jamaican national team at the 2003 World Championships.

Beverly was coached by former TCU track great Raymond Stewart after she finished at TCU.





## All-Time Greats

### Ella Smith

1984-1985

Ella Smith transferred from North Texas in 1984 and quickly established herself as one of the top women's sprinters in the NCAA ranks.

At one point in her remarkable career, Smith held every women's sprint mark at TCU — the 60-yard dash (indoors), the 100 meters (11.31), the 200 meters (23.14) and the 400 meters (55.14) — plus she was a member of both school record relay units.

In 1985, the ever-smiling Smith, a product of Groesbeck, Texas, earned All-American recognition for the Frogs when she placed sixth in the 100 meter at the NCAA Outdoor Championships in Austin, Texas.



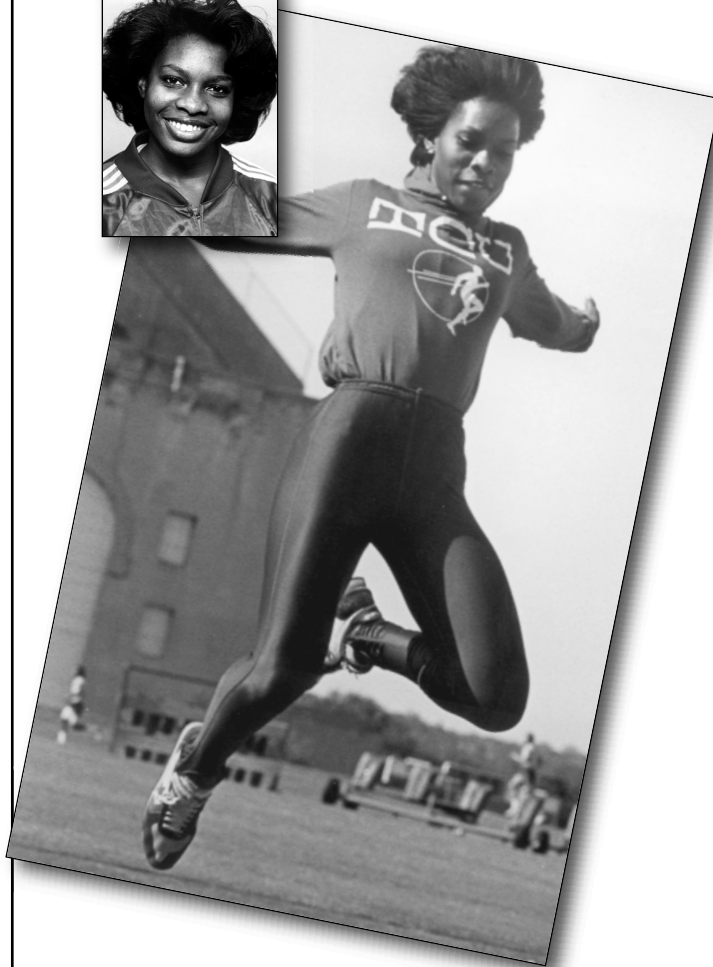
### Donna Thomas

1984-1985

The TCU record holder in the long jump (21-51/2) and the triple jump (42-4), Donna Thomas rewrote the Horned Frogs record book during the 1985 season.

A Fort Worth native who transferred to TCU from North Texas State, Thomas was a graduate of Trimble Tech High School where she was a three-time state champion. With the start of NCAA-sanctioned women's athletics at TCU, Thomas transferred before the 1984 season and earned numerous all-American honors as a relay sprinter and in the jumps.

TCU's 1985 Female Athlete of the Year, Donna was an all-American in the triple jump (seventh place finish) and the long jump (eighth place) at that year's NCAA Outdoor Championships.



## All-Time Greats

### Monica Twum 2003-2004

The top TCU female sprinter of the 21st century, Monica Twum was a four-time All-American during her three-year career at TCU.

A native of Tema, Ghana, Twum transferred to TCU after one year at Life University. She made an immediate impact, placing sixth in the 60-meters during the 2001 indoor season and seventh in the 100-meter dash during the outdoor season at the NCAA Championships as a sophomore.

Twum ran the anchor leg on both TCU 4x100 meter relay units that earned All-America distinction in 2002 and again in 2003. She ran the final leg on the 2003 quartet that established a new school record with a time of 43.37 seconds in the semifinal round of the NCAA Championships.

In addition to her success on the national level, Twum won four individual conference indoor titles and three individual conference outdoor titles.



### Stevanie Wadsworth-Ferguson 1992-1994

When Stevanie Wadsworth decided to transfer back to a school in her home state after an unfulfilled year at Ohio University, many track and field observers were skeptical of her choice to attend a school with no previous history in women's throwing events.

Three years later, Wadsworth, now Wadsworth-Ferguson, had clearly made the right choice.

By the time her collegiate career had ended, she owned every TCU throws record, had won a pair of SWC shot put titles and had earned all-America honors in 1992 and 1993.

