



UNC ASHEVILLE

CROSS COUNTRY

RECORD BOOK
Updated Through 2022



TABLE OF CONTENTS

Big South Championship Results.....	2-3
Women’s Top Times.....	4
Men’s Top Times.....	5
Honors and Awards (Women).....	6
Honors and Awards (Men).....	7





BIG SOUTH CHAMPIONSHIPS



S **BIG** UTH

Big South Championship Results (Women)

Year	Location	Score	Place
1986	Rock Hill, S.C.	153 points	6th
1987	Radford, Va.	127 points	6th
1988	Rock Hill, S.C.	162 points	6th
1989	Charleston, S.C.	127 points	5th
1990	Charleston, S.C.	139 points	6th
1991	Charleston, S.C.	109 points	5th
1992	Baltimore, Md.	137 points	6th
1993	Radford, Va.	63 points	2nd
1994	Towson, Md.	36 points	1st
1995	Rock Hill, S.C.	38 points	T-1st
1996	Rock Hill, S.C.	62 points	2nd
1997	Rock Hill, S.C.	60 points	2nd
1998	Radford, Va.	41 points	1st
1999	Rock Hill, S.C.	47 points	1st
2000	Charleston, S.C.	59 points	2nd
2001	Rock Hill, S.C.	79 points	3rd
2002	Rock Hill, S.C.	59 points	2nd
2003	Myrtle Beach, S.C.	47 points	2nd
2004	Rock Hill, S.C.	47 points	2nd
2005	Lexington, Va.	82 points	4th
2006	Summerville, S.C.	122 points	4th
2007	Hendersonville, N.C.	146 points	6th
2008	Lynchburg, Va.	193 points	8th
2009	High Point, N.C.	148 points	6th
2010	Blacksburg, Va.	141 points	5th
2011	Conway, S.C.	238 points	9th
2012	Rock Hill, S.C.	140 points	5th
2013	Buena Vista, Va.	78 points	3rd
2014	Boiling Springs, N.C.	109 points	6th
2015	Spartanburg, S.C.	108 points	4th
2016	Asheville, N.C.	110 points	5th
2017	Lynchburg, Va.	109 points	4th
2018	Kernersville, N.C.	106 points	4th
2019	Buies Creek, N.C.	178 points	5th
Spring 2021	Rock Hill, S.C.	99 points	3rd
Fall 2021	Kernersville, N.C.	119 points	4th
2022	Farmville, Va.	174 points	7th

Conference Championships: 4: (1994, 1995, 1998, 1999)



BIG SOUTH CHAMPIONSHIPS



SBIGOUTH

Big South Championship Results (Men)

Year	Location	Score	Place
1984	Charleston, S.C.	136 points	5th
1985	Rock Hill, S.C.	101 points	4th
1986	Rock Hill, S.C.	142 points	7th
1987	Radford, Va.	67 points	3rd
1988	Rock Hill, S.C.	72 points	4th
1989	Charleston, S.C.	120 points	5th
1990	Charleston, S.C.	153 points	6th
1991	Charleston, S.C.	161 points	7th
1992	Baltimore, Md.	200 points	7th
1993	Radford, Va.	93 points	3rd
1994	Towson, Md.	112 points	4th
1995	Rock Hill, S.C.	56 points	3rd
1996	Rock Hill, S.C.	55 points	3rd
1997	Rock Hill, S.C.	55 points	2nd
1998	Radford, Va.	53 points	2nd
1999	Rock Hill, S.C.	76 points	3rd
2000	Charleston, S.C.	70 points	2nd
2001	Rock Hill, S.C.	146 points	6th
2002	Rock Hill, S.C.	112 points	4th
2003	Myrtle Beach, S.C.	107 points	4th
2004	Rock Hill, S.C.	107 points	5th
2005	Lexington, Va.	110 points	5th
2006	Summerville, S.C.	202 points	8th
2007	Hendersonville, N.C.	205 points	7th
2008	Lynchburg, Va.	147 points	5th
2009	High Point, N.C.	133 points	5th
2010	Blacksburg, Va.	162 points	6th
2011	Conway, S.C.	223 points	8th
2012	Rock Hill, S.C.	158 points	5th
2013	Buena Vista, Va.	189 points	6th
2014	Boiling Springs, N.C.	156 points	5th
2015	Spartanburg, S.C.	137 points	5th
2016	Asheville, N.C.	145 points	6th
2017	Lynchburg, Va.	105 points	4th
2018	Kernersville, N.C.	114 points	4th
2019	Buies Creek, N.C.	107 points	4th
Spring 2021	Rock Hill, S.C.	106 points	4th
Fall 2021	Kernersville, N.C.	98 points	3rd
2022	Farmville, Va.	83 points	3rd



WOMEN'S TOP TIMES



5K TOP TIMES

#	RUNNER	TIME	YEAR
1 -	Clara Wincheski	17:36	2021
2 -	Emma Bussard	17:47	2012
	Zola Davis	17:47	1999
3 -	India Appleton	17:48	2021
4 -	Mandy Becker	17:55	1998
5 -	Katie Harmuth	18:03	1998
6 -	Sarah Heisner	18:08	2015
	Birka Wicke	18:08	1998
7 -	Devon Nemire-Pepe	18:14	2003
	Julie Wilhelm	18:14	1998
	Siobhan Keenan	18:14	1994
8 -	Emily Mase	18:17	2007
9 -	Becky Vonderhaar	18:18	1996
10 -	Loring Watkins	18:19	2003
11 -	Erin Dalton	18:20	2014
12	Micki Logue	18:21	2003
	Emily Olinger	18:21	1996
	Melanie Kulesz	18:21	2013
13 -	Casey Greenwalt	18:32	2014
14 -	Laura Todd	18:35	2001
	Tiffany Carberry	18:35	2002
15 -	Kasey Briggs	18:39	2015
16 -	Madeline Nichols	18:41	2019
17 -	Marlen Silva	18:42	1994
18 -	Keelin Mooney	18:44	1999
19 -	Dawn Stanford	18:48	1999
20 -	Joyce Cacka	18:49	1996
21 -	Kylie Smith	18:51	2013
22 -	Macey Little	18:53	2002
23 -	Ingrid Allstaedt	18:56	2007
24 -	Emma Kennett	18:57	2022
25 -	Adrian Etheridge	18:59	2013

6K TOP TIMES

#	RUNNER	TIME	YEAR
1 -	Clara Wincheski	21:09	2018
2 -	Devon Nemire-Pepe	21:12	2003
3 -	Loring Watkins	21:47	2003
4 -	Emma Bussard	21:52	2012
5 -	Melanie Kulesz	21:54	2013
6 -	Macey Little	22:00	2002
7 -	Emily Mase	22:08	2007
8 -	Tiffany Carerry	22:17	2003
9 -	Sarah Heisner	22:24	2015
10 -	Erin Dalton	22:26	2014
11 -	Kelsie Rubino	22:30	2015
12 -	Phoebe Schneider	22:31	2017
13 -	Kelly Coleman	22:37	2017
14 -	Ingrid Allstaedt	22:39	2007
	Micki Logue	22:39	2003
15 -	Kasey Briggs	22:48	2015
16 -	Kim Worlund	22:53	2002
17 -	Clair Powell	22:58	2009
18 -	India Appleton	23:03	2021
19 -	Laura Todd	23:10	2001
20 -	Adrian Etheridge	23:12	2014
21 -	Zola Davis	23:20	2000
22 -	Megan Brewer	23:21	2018
23 -	Krystle Short	23:23	2002
24 -	Rachel Carson	23:25	2010
25 -	Kamyrn DeCarmo	23:34	2017
	Scarlett Beamon	23:34	2015
	Ashley Tysiac	23:34	2022



MEN'S TOP TIMES



8K TOP TIMES

#	RUNNER	TIME	YEAR
1 -	John Ciprich	24:16	2022
2 -	Adam Hessler	24:22	2021
3 -	Thomas Little	24:49	2019
4 -	Chad Pearson	25:05	1999
5 -	Daniel Hopkins	25:08	2022
6 -	Martin Morales	25:16	1993
7 -	Brendan McGrane	25:19	2000
	Yates Hockaday	25:19	2022
8 -	Jackson Core	25:24	2022
9 -	Phil Latter	25:25	2004
10 -	Tim Gautrea	25:26	1998
	Eddie Legair	25:26	1997
11 -	Dominic Collichio	25:28	2016
12 -	Graham Parker	25:30	2019
13 -	Brock Newsome	25:32	2022
14 -	John Harmon	25:34	2006
	Brandon Trollip	25:34	1997
15 -	Dave Bell	25:35	2004
16 -	Andrew Burnette	25:36	2008
17 -	Travis Rudnick	25:38	1994
	Jay Curwen	25:38	1988
18 -	Kevin Paradise	25:39	2012
19 -	James Rogers	25:40	1996
20 -	Sage Turner	25:41	2019
21 -	Jax Ledford	25:42	2022
22 -	Carmen Mazzotta	25:43	2002
23 -	Adam Hessler	25:44	S-2021
24 -	Zach Boone	25:46	2019
25 -	Andrew Okon	25:49	2022

10K TOP TIMES

#	RUNNER	TIME	YEAR
1 -	Adam Hessler	30:59	2022
2 -	Dominic Collichio	31:18	2016
3 -	Phil Latter	31:24	2004
	Chad Pearson	31:24	1999
4 -	John Ciprich	31:40	2021
5 -	Tim Gautreau	31:44	1998
6 -	Jon Harmon	32:04	2006
	Kevin Paradise	32:04	2013
	David Hager	32:04	2017
	David Hopkins	32:04	2021
7 -	James Rogers	32:08	1996
	David Bell	32:08	2004
8 -	Andy Thornburg	32:11	2013
9 -	Zach Boone	32:13	2017
10 -	Joel Collier	32:15	2002
11 -	Thomas Little	32:16	2019
	Carmin Mazzotta	32:16	2004
12 -	Brendan McGrane	32:17	2000
	Jax Ledford	32:17	2021
13 -	Pat Spence	32:18	1996
14 -	Patrick Osborne	32:20	2013
15 -	Root Kirbach	32:26	2003
16 -	Brandon Trollip	32:43	1999
17 -	Martin Morales	32:45	1993
	Daniel Hopkins	32:45	2022
18 -	Caleb Smith	32:46	2014
19 -	Jackson Core	32:48	2022
20 -	Yates Hockaday	32:54	2022
21 -	Travis Rudnick	32:56	1994
22 -	Blanton Gillespie	33:02	2017
23 -	Brent Schouler	33:06	2013
24 -	Eddie Legair	33:10	1997
25 -	Brock Newsome	33:18	2021



AWARDS & HONORS (WOMEN)



Big South All-Conference Runners

Michelle Selby	1990	19:46 (8th)
Michelle Selby	1991	19:41 (9th)
Michelle Selby	1992	20:15 (4th)
Wendy Trehern	1992	20:33 (10th)
Marlene Gardner	1993	19:42 (6th)
Becky Vonderhaar	1993	19:49 (7th)
Courtney Keenan	1994	18:14 (3rd)
Marlene Silva	1994	18:42 (5th)
Becky Vonderhaar	1994	18:58 (7th)
Andrea Jernigan	1994	19:05 (8th)
Siobhan Keenan	1995	18:54 (2nd)
Emily Olinger	1995	19:14 (4th)
Becky Vonderhaar	1996	18:39 (6th)
Emily Olinger	1996	18:49 (9th)
Mandy Becker	1997	18:37 (5th)
Katie Harmuth	1997	18:40 (7th)
Mandy Becker	1998	18:15 (2nd)
Katie Harmuth	1998	18:40 (3rd)
Julie Wilhelm	1998	18:51 (7th)
Zola Davis	1999	18:19 (2nd)
Mandy Becker	1999	18:36 (7th)
Zola Davis	2000	18:20 (2nd)
Loring Watkins	2002	18:32 (6th)
Micki Logue	2002	18:41 (10th)
Loring Watkins	2003	18:44 (5th)
Devon Nemire-Pepe	2003	18:45 (6th)
Tiffany Carberry	2003	19:07 (9th)
Devon Nemire-Pepe	2004	18:25 (5th)
Emily Mase	2006	18:28 (9th)
Melanie Kulesz	2009	19:18 (10th)
Melanie Kulesz	2010	18:33 (9th)
Emma Bussard	2012	17:47 (3rd)
Erin Dalton	2013	18:40 (6th)
Sarah Heisner	2013	19:07 (12th)
Erin Dalton	2014	18:53 (11th)
Sarah Heisner	2014	18:55 (12th)
Sarah Heisner	2015	18:08 (8th)
Kelly Coleman	2017	19:11 (11th)
Clara Wincheski	2018	18:36 (5th)
Clara Wincheski	S-2021	18:05 (8th)
Clara Wincheski	F-2021	18:00 (5th)

Big South Freshman of the Year

Julie Wilhelm	1998
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Big South Coach of the Year

Stan Rosenthal	1994
Stan Rosenthal	1995
Stan Rosenthal	1998
Stan Rosenthal	1999

Big South Scholar Athlete of the Year

Siobhan Keenan	1995
Micki Logue	2003

Big South Team Sportsmanship Award

2015, 2016, 2018

Big South All-Decade Team

Mandy Becker	1990-99
Becky Vonderhaar	1990-99
Stan Rosenthal (Coach)	1990-99
Sarah Heisner	2010-19

Big South Runners of the Week

Emily Mase	Sept. 14, 2005
Emily Mase	Oct. 12, 2006
Emily Mase	Oct. 10, 2007
Sarah Heisner	Sept. 22, 2015
Clara Wincheski	Sept. 5, 2018
Clara Wincheski	Sept. 26, 2018
Clara Wincheski	Oct. 17, 2018
Clara Wincheski	Sept. 9, 2021

Big South All-Academic

Becky Vonderhaar	1996
Keelin Mooney	1997
Katie Harmuth	1998
Mandy Becker	1999
Zola Davis	2000
Micki Logue	2001, 2002, 2003
Devon Nemire-Pepe	2004
Ingrid Allstaedt	2005
Emily Mase	2006, 2007
Katherine Clark	2008
Katie Olert	2009
Emma Bussard	2010, 2012
Kylie Smith	2011
Melanie Kulesz	2013
Adiran Etheridge	2014
Sarah Heisner	2015, 2016
Phoebe Schneider	2017
Kelley Coleman	2018
India Appleton	2019, S-2021, F-2021
Madeline Wittschen	2022

USTFCCCA Cross Country All-Academic Team

1991, 1996, 2000, 2002, 2010, 2013, 2014, 2015, 2017, 2019, 2020, 2021

NCAA Public Recognition Award for High Academic Achievement

2012, 2013



BIG SOUTH AWARDS (MEN)



Big South All-Conference Runners

Roger Keesee	1985	27:19 (8th)
Jay Curwen	1987	26:50 (3rd)
Roger Keesee	1987	27:36 (7th)
Jay Curwen	1988	26:57 (3rd)
James Allen	1988	27:54 (10th)
Tommy Trehern	1993	26:34 (4th)
Martin Morales	1993	27:11 (8th)
Travis Rudnick	1994	25:38 (8th)
Pat Spencer	1995	26:22 (6th)
Robby Cochran	1995	26:49 (9th)
James Rogers	1996	25:57 (6th)
Pat Spencer	1996	26:04 (9th)
Tim Gautreau	1996	26:09 (10th)
Eddie Legair	1997	26:18 (7th)
Tim Gautreau	1997	26:31 (9th)
James Rogers	1997	26:32 (10th)
Tim Gautreau	1998	25:26 (4th)
Brandon Trollip	1998	25:53 (10th)
Chad Pearson	1999	25:16 (3rd)
Brandon Trollip	1999	25:45 (6th)
Brandon McGrane	2000	25:26 (2nd)
Brandon Trollip	2000	26:12 (7th)
Joel Collier	2002	25:50 (8th)
Phil Latter	2004	25:41 (8th)
Dave Bell	2004	25:43 (9th)
Root Kirbach	2005	25:57.80 (9th)
Jon Harmon	2006	25:34 (10th)
Dominic Collichio	2016	25:43.40 (7th)
Zach Boone	2018	26:47 (12th)
Thomas Little	2019	25:34 (9th)
Adam Hessler	S-2021	24:22 (5th)
John Ciprich	F-2021	25:33 (12th)
Adam Hessler	2022	24:50 (6th)
John Ciprich	2022	25:29 (12th)

Big South Freshman of the Year

Brandon Trollip	1997
Chad Pearson	1999

Big South Scholar Athlete of the Year

Pat Spencer	1995
Brandon Trollip	1999
Blanton Gillespie	2018

Big South Team Sportsmanship Award

2016

Big South All-Decade Team

Jay Curwen	1984-89
Tim Gautreau	1990-99

Big South Runners of the Week

Jon Harmon	Sept. 14, 2005
Jon Harmon	Oct. 12, 2006
Andrew Burnette	Oct. 10, 2007
Andy Thornburg	Sept. 23, 2014
Dominic Collichio	Sept. 22, 2015
Dominic Collichio	Sept. 7, 2016
Dominic Collichio	Sept. 14, 2016
Thomas Little	Sept. 5, 2018
John Ciprich	Sept. 21, 2022
Adam Hessler	Oct. 19, 2022

Big South All-Academic

Pat Spencer	1996
James Rogers	1997
Brandon McGrane	1998, 2000
Brandon Trollip	1999
David McGlothlin	2001
Carmin Mazzota	2002, 2003, 2004
David Bell	2005
Joel Quirk	2006, 2007
Andrew Burnette	2008
Adam Schnapp	2010
Elliot Pahel-Short	2012
Patrick Osborne	2013
Caleb Smith	2014, 2015, 2016
Zach Boone	2017, 2019
Blanton Gillespie	2018
Nathaniel Edwards	S-2021, F-2021
Dylan Major	2022

USTFCCCA Cross Country All-Academic Team

1994, 1995, 1996, 1997, 1998, 1999, 2000, 2017, 2019, 2020, 2021

NCAA Postgraduate Scholarship Recipients

Blanton Gillespie	2019
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National Team Qualifiers

Chad Pearson	2000	USA Jr. National Team
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World Cross Country Championships Participants

Chad Pearson	2000
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