

2012-13 VMI Track and Field/XC Recruiting Class



Aron Long
Manassas, Va./Stonewall Jackson
Men's Sprints/Relays

Finished fifth at the AAA State meet (indoors) in the 300-meters...ranked fourth in the state in that event...currently fourth in the state in the 200-meters...placed second in the region at NW Region Outdoor meet...finished seventh at the state meet in the 200-meters...Personal bests: 55-meters - 6.53, 100-meters - 10.95, 200-meters - 21.73, 300-meters - 34.65, 400-meters - 48.66, 500-meters - 1:06.94.



Avion Jones
Virginia Beach, Va./First Colonial
Men's Jumps/Relays

Finished fourth in the high jump at the indoor state meet...currently ranks second in that event outdoors in the state...Personal bests: high jump - 6'10", triple jump - 46'6 1/2".



Avery Martin
Fork Union, Va./Fork Union
Men's Mid-Distance/Relays

Currently third in the state in 800-meters...took first at the Prep League/LIJ Champs...ran a 1600-meter PR at the VISAA Track and Field Championships, finishing first...Personal bests: 800 - 1:53.54, 1,000-meters - 2:30.88, 1,600-meters - 4:16.58, 5K (XC) - 16:14.



Staton Mayfield
Blanco, Texas/Fork Union
Men's Pole Vault

Finished first at the 2012 VISAA State Indoor meet...Personal bests: 300-hurdles - 43.14, pole vault - 15'.



Jordan White
Owensboro, Ky./Owensboro Catholic
Men's Throws

Finished seventh in the shot put at the USATF Youth Outdoor Nationals (2011)...also seventh at the 2011 AAU National Junior Olympics...broke a 23-year-old record at the Mason-Dixon Invitational...won the Kentucky 1A state title in the discus and finished second in the shot...Region 2A shot and discus champion...Personal bests: Shot put - 54'10 1/2", discus - 152'7".



Lamaris "Pete" Reed
Stafford, Va./Colonial Forge
Sprints/Jumps/Relays

District champion (indoors) in long jump and triple jump...won the triple jump with a personal best effort at the Northwest Region meet (outdoors)...also finished third in the long jump at that event...Personal bests: 55-meters - 6.43, 100-meters - 10.88, 200-meters: 22.26, long jump - 22'11", triple jump - 46'7".



Sean Helmke
Virginia Beach, Va./Kellam
Men's Mid-Distance/Distance

First in 3,200-meters, third in 1,600-meters at 2012 indoor Eastern Regional...finished ninth at AAA States in 3,200-meters...Personal bests: 1,600-meters - 4:16.68, 3,200-meters - 9:32.06, 5K (XC) - 15:54.



Brandyn Laury
Midlothian, Va./Cosby
Men's Jumps/Sprints/Relays

Finished seventh in the 55-meter dash at the 2012 Central Regional indoor meet...was ninth in the triple jump as well...fifth in the long jump at Central Region outdoor meet...Personal bests: 55-meters - 6.62, 100-meters - 11.23, 200-meters - 22.88, long jump - 22'3 3/4".



Guy Shelby
Richmond, Va./Trinity Episcopal
Men's Mid-Distance/Distance

First place in the 3200-meter run at the Prep League meet...state champion at VISAA in the 3200...third in the 1600 at that same event...third at states in the indoor 3200-meters...member of the 4X800-meter relay state champions (2011 indoor)...part of the two-time team state champions in XC...Personal bests: 1,600-meters - 4:25.28, 3,200-meters - 9:27.26, 5K (XC) - 15:40.97.



Daniel DeNijs
Henrico, Va./Mills Godwin
Men's Mid-Distance/Distance

10th place indoor state in the 3K...Personal bests: 1,600-meters - 4:23.41, 3,200-meters - 9:28.23, 5K (XC) - 15:54.



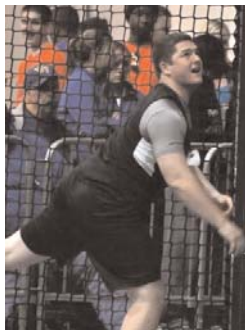
Patrick Spahn
Fairfax, Va./James W. Robinson
Men's Mid-Distance/Distance

Finished sixth in the Central Region in the 1,600-meters...Personal bests: 1,600-meters - 4:23.39, 3,200-meters - 9:28.87, 5K (XC) - 16:01.



Andrew Benfer
Henrico, Va./Mills Godwin
Men's Mid-Distance/Distance

Sixth place at Central Regionals in 1,600-meters...Personal bests: 1,600-meters - 4:29.33, 3,200-meters 9:34.27.



Blake Condrey
Midlothian, Va./Cosby
Men's Throws

Third place at Central Region Championships in shot put...Personal bests: shot put - 51'5", discus - 137'8 1/2".



Ben Lynde
Henrico, Va./Mills Godwin
Men's Distance

Finished eighth in the Central Region at 3,200-meters...Personal bests: 1,600-meters - 4:31.96, 3,200-meters - 9:51.28, 5K (XC) - 16:20.



Brandon Hinton
Fredericksburg, Va./Stafford
Men's Distance

Third in Northwest Regionals in 1K...eighth at states in 1K...Personal bests: 1,000-meters - 2:34.64, 5K (XC) - 16:27.



Conor Hogan
Daleville, Va./Lord Botetourt
Men's Distance

Fourth at Region III indoor championships in 3,200-meters...intends to major in Biology...took first place in the Bank of Fincastle 10K this past summer...also third in his age group in the Star City Half Marathon in 2010...Personal bests: 3,200-meters - 9:54.52, 5K (XC) - 16:26.



Kelsey Newcomb
Dinwiddie, Va./Dinwiddie
Women's Mid-Distance/Distance/Relays

District champion in 1K and 1,600-meters...10th in the Central Region in the 1K...Personal bests: 400-meters - 59.12, 800-meters - 2:16.76, 1,000-meters - 3:05.86, 1,600-meters - 5:17.94, 5K (XC) - 19:40.



Natalie Young
Woodbridge, Va./Forest Park
Women's Mid-Distance/Distance

Won the 3,200-meters at the Northwest Regional meet...also fourth in the 1,600 at that meet...11th in the AAA state meet in the 3,200...two-time All-State...state champion in the 3,200 both freshman and sophomore year...Personal bests: 1,600-meters - 5:07.77, 3,200-meters - 10:53.53, 5K (XC) - 18.15.43.



Logan Edwards
Midlothian, Va./Cosby
Women's Throws

Sixth at AAA State meet in shot...third in Central Region in shot...ranks sixth in the state in discus...finished second in both the shot and discus at Central Region meet...Field Event Athlete of the Year (2010 Dominion District)...All-District, All-Metro and All-State...Personal bests: shot put - 38'7", discus - 125'6".



Amanda Okani
Stafford, Va./Colonial Forge
Women's Multis

Multi event athlete finished in the Northwest Region's top 12 in four different events, including the triple jump (sixth), long jump (seventh), 55-meter hurdles (eighth) and high jump (12th)...Personal bests: 55-meter hurdles - 7.76, 100-meter hurdles - 15.80, high jump - 4'8", long jump - 16'11", pole vault - 7", triple jump - 35'10".

Rebekah Miller
Moneta, Va./Staunton River
Women's Throws

Third place in the shot put at AA State meet...finished fourth in the shot put in Region III...currently ranks 12th in the state in the shot put...Personal best: Shot put - 38'7", discus - 93'1".