



Villanova Men's Cross Country



2011 SEASON IN REVIEW

Season's Top Stories

- Villanova reached the NCAA Championships for the fifth straight season and the 29th time in program history. The team finished in 13th place at the national meet, a spot which is 10 spots higher than where the Wildcats finished last season.
- Head coach **Marcus O'Sullivan** led Villanova to a berth in the NCAA Championships for the 10th time in his career. This is also the second time under his tutelage that the Wildcats have qualified for the championships in five consecutive years. Villanova had a stretch of five straight championship berths from 1999-03, O'Sullivan's first five years as head coach. Aside from that streak and the current one the only time the Wildcats made five straight appearances at the NCAA Championships came during a six-year run from 1966-71.
- Villanova won the fourth BIG EAST title in program history and the program's first since 2002 with a dominant performance at the conference championships. The team had a score of 43 points at the BIG EAST meet and came in 51 points ahead of Georgetown in second place. The margin of victory is the third-largest in the history of the conference championship.
- Six runners from the Wildcats finished in the top 15 at the BIG EAST Championships in order to earn All-BIG EAST recognition. The six included senior **Matthew Gibney**, senior **Keith Capecci**, senior **Ryan Sheridan**, freshman **Samuel McEntee**, junior **Matt Kane** and junior **Mathew Mildenhall**.
- One weekend after the BIG EAST Championships the Wildcats were honored with a 30-story high congratulatory ad that was displayed on the American Eagle Outfitters building in New York's famed Times Square. The ad was sponsored by American Eagle Outfitters, a BIG EAST partner, and was part of the playlist of ads on the building from November 4-6, where it was seen once an hour and could be viewed for 15 seconds each time it displayed.
- At the NCAA Mid-Atlantic Regional meet the Wildcats had five runners finish in the top 25 and the team came in second to earn an automatic bid to the NCAA Championships for the second straight season. It was also the second year in a row that all five counting runners for Villanova received all-region accolades.
- The five Wildcats who merited All-Mid Atlantic Region honors are senior **Ryan Sheridan**, senior **Matthew Gibney**, freshman **Samuel McEntee**, junior **Mathew Mildenhall** and junior **Matt Kane**.
- Seniors **Keith Capecci** and **Matthew Gibney** both had their strongest seasons for Villanova and combined to be the team's top two runners at each of the season's first three meets, including the BIG EAST Championships.
- Senior **Ryan Sheridan**, a transfer from Iona, and freshman **Samuel McEntee** both had terrific debuts for the Wildcats during the year. Sheridan came on particularly strong at the end of the season and was the top Villanova runner at both the NCAA Mid-Atlantic Regional as well as the NCAA Championships.
- Redshirt freshman **Chris O'Sullivan** finished first in the team scoring (second overall) and led Villanova to a first place finish at the Jack St. Clair Memorial Championships. Freshman **Rob Denault** was the individual champion as an unattached runner.

Villanova Media Relations

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2011 SCHEDULE AND RESULTS

<u>Date</u>	<u>Event</u>	<u>Outcome</u>
Sept. 22	Main Line Invitational (@)	no team scoring
Sept. 30	Paul Short Run (&)	4th of 45
Oct. 8	Jack St. Clair Memorial Championships (~)	1st of 6
Oct. 14	Wisconsin adidas Invitational (\$)	10th of 39
Oct. 21	Haverford Invitational (@)	no team scoring
Oct. 29	BIG EAST Championships (*)	1st of 14
Nov. 12	NCAA Mid-Atlantic Regional (!)	2nd of 25
Nov. 21	NCAA Championships (#)	13th of 31
(@)	Haverford College (Haverford, Pa.)	
(&)	Lehigh Cross Country Course (Bethlehem, Pa.)	
(~)	Belmont Plateau Liberty Course (Philadelphia, Pa.)	
(\$)	Thomas Zimmer Championship Course (Madison, Wis.)	
(*)	E.P. Tom Sawyer State Park (Louisville, Ky.)	
(!)	UMES Cross Country Course (Princess Anne, Md.)	
(^)	Van Cortlandt Park (Bronx, N.Y.)	
(#)	LaVern Gibson Championship Course (Terre Haute, Ind.)	

Villanova Athletics Official Website

Villanova.com

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Villanova Men's Cross Country



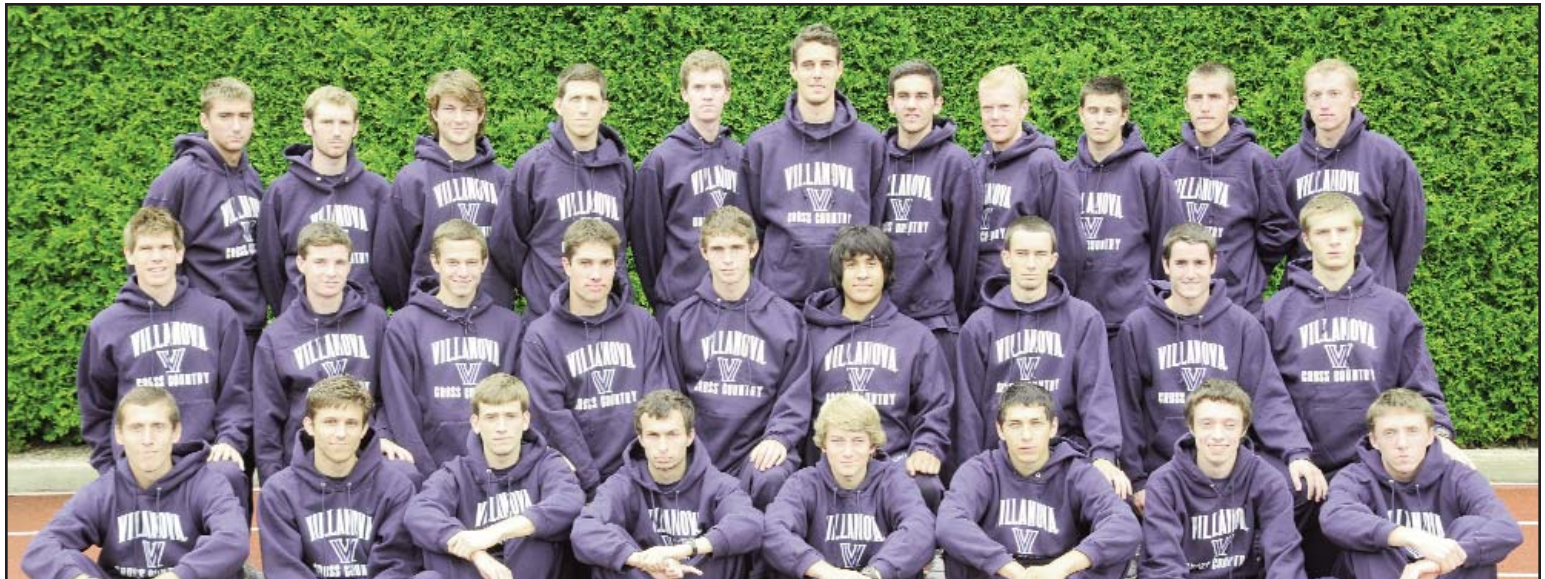
2011 SEASON IN REVIEW

Villanova Roster

<u>Name</u>	<u>Class/Eligibility</u>	<u>Hometown</u>	<u>High School</u>
Brian Basili	Sophomore/Freshman	South Orange, N.J.	Columbia
Charlie Bates	Freshman/Freshman	Hoboken, N.J.	Saint Peter's Prep
Richie Bohny	Sophomore/Freshman	Holmdel, N.J.	Christian Brothers Academy
Joseph Capecci	Senior/Junior	New Hope, Pa.	Council Rock North
Keith Capecci	Graduate Student/Senior	New Hope, Pa.	Council Rock North
John Castillo	Junior/Sophomore	Mount Laurel, N.J.	St. Joseph's Prep
Rob Denault	Freshman/Freshman	Aurora, Ont.	Aurora
Chris Fitzsimons	Sophomore/Freshman	Hamden, Conn.	Hamden
Matthew Gibney	Graduate Student/Senior	Albury, Australia	Xavier College Melbourne
Dan Harris	Sophomore/Freshman	Clifton Park, N.Y.	Shenendehowa
Robert Hurlbut	Freshman/Freshman	Rochester, N.Y.	McQuaid Jesuit
Matt Kane	Senior/Junior	Fairfield, Conn.	Fairfield Warde
Mark Lee	Sophomore/Freshman	Lincroft, N.J.	Christian Brothers Academy
Brian Long	Graduate Student/Junior	Louisville, Ky.	St. Xavier
Joseph LoRusso	Senior/Junior	Oak Hill, Va.	Oakton
Samuel McEntee	Sophomore/Freshman	Perth, Australia	Hale School
Mathew Mildenhall	Senior/Junior	Auckland, New Zealand	Auckland Grammar School
Greg Morrin	Junior/Sophomore	Hockessin, Del.	St. Mark's
Daniel Norman	Senior/Junior	Lexington, Ky.	Tates Creek
Philip O'Connell	Junior/Sophomore	Rye, N.Y.	Fordham Prep
Chris O'Sullivan	Sophomore/Freshman	Havertown, Pa.	St. Joseph's Prep
John Pickhaver	Junior/Sophomore	Drexel Hill, Pa.	St. Joseph's Prep
Chris Pietrocarlo	Sophomore/Freshman	Hampstead, N.H.	Pinkerton Academy
Ryan Sheridan	Graduate Student/Junior	Melville, N.Y.	Walt Whitman
Dusty Solis	Sophomore/Freshman	Colorado Springs, Colo.	Coronado
Brian Tetreault	Graduate Student/Senior	Cinnaminson, N.J.	Cinnaminson
Tom Trainer	Freshman/Freshman	Havertown, Pa.	La Salle College
Alex Tully	Junior/Freshman	Little Rock, Ark.	Catholic

Head Coach: Marcus O'Sullivan (Villanova '84) -- 13th Season at Villanova (13th Overall)

Assistant Coach: Adrian Blincoe (Villanova '03) -- Seventh Season at Villanova (Seventh Overall)



2011 Villanova Men's Cross Country

Front Row (Left to Right): Ryan Sheridan, Chris Pietrocarlo, Joseph Capecci, Joseph LoRusso, Tom Trainer, Dusty Solis, Charlie Bates, Robert Hurlbut
Second Row (Left to Right): Greg Morrin, Richie Bohny, Chris O'Sullivan, Rob Denault, Alex Tully, John Castillo, Brian Tetreault, Mark Lee, Daniel Norman
Back Row (Left to Right): Brian Basili, Matt Kane, Philip O'Connell, Keith Capecci, Brian Long, Mathew Mildenhall, Samuel McEntee, Matthew Gibney, Dan Harris, John Pickhaver, Chris Fitzsimons



Villanova Men's Cross Country: Four National Championships ... One Individual Champion





Villanova Men's Cross Country



2011 SEASON IN REVIEW

2011 SEASON NEWS AND NOTES

November 7: Bobby Curtis Finishes 15th in New York City Marathon

Former Villanova standout Bobby Curtis ran his first career marathon on the biggest of stages, competing in the 43rd running of the ING New York City Marathon on November 6 and finishing 15th overall in a race started by more than 47,000 competitors. Curtis was the fifth American across the finish line in a time of 2:16.44 on the five-borough New York course.

During his collegiate career Curtis was a national champion in the 5,000 meters and since then has become one of the top American runners in the 10,000 meters. He is considered a medal hopeful in the 10,000 meters at the 2012 Summer Olympics in London and had the fastest time in the 10K by an American this year (27:24.67).

Curtis was an eight-time All-American and six-time BIG EAST champion during his Villanova career and is one of only two Wildcats to win the 5,000 meter title at the NCAA Outdoor Championships. He earned All-America recognition four times indoors and twice in cross country, where he finished as high as fourth overall as a senior. Curtis is a two-time BIG EAST individual champion in cross country, bookending his collegiate career with conference titles in 2004 and 2007.

As a senior in 2007-08 Curtis was chosen as the university's Male Senior Student-Athlete of the Year in recognition of both his athletic accomplishments and his academic success.

November 3: Cross Country Teams Recognized in Times Square Display

One week after sweeping the men's and women's team titles at the BIG EAST Championships the Wildcats had congratulatory ads in their honor appear on the American Eagle Outfitters building in New York's world famous Times Square from November 4-6. The ads were seen at 1551-1555 Broadway on the corner of 46th Street in the heart of Manhattan.

American Eagle Outfitters (AEO) is a BIG EAST sponsor and for the second consecutive year will recognize each of the league's team champions during the year with congratulatory ads in Times Square. The display on the AEO building is more than 30 stories high.

Separate ads ran for both the men's and women's teams. The congratulatory banners were a part of the playlist of ads on the AEO building for 48 hours, starting on Friday, November 4 and continuing through Sunday, November 6. The ads appeared once per hour and could be viewed for 15 seconds each time they were displayed.



November 1: Following BIG EAST Title, Wildcats Ranked 13th in Nation

In the national top-30 rankings that were announced on November 1 by the United States Track & Field and Cross Country Coaches Association (USTFCCCA) Villanova moved up three spots to No. 13 in the nation, the Wildcats highest poll position of the season. Villanova won the team title at the BIG EAST Championships and are now the highest ranked conference team out of five that appear in the national rankings. In addition the Wildcats solidified their No. 2 ranking in the Mid-Atlantic Region, a spot that the team has held in every regional poll released this season.

October 18: Villanova Moves Up Three Spots To No. 16 in National Poll

Villanova reached its highest point of the season in the national poll released by the United States Cross Country and Track & Field Coaches Association (USTFCCCA) with a No. 16 national ranking in the poll released on October 18. Following a strong showing at the Wisconsin adidas Invitational the Wildcats moved up three spots in the poll. The team has been ranked in the top 20 in every poll this season.

Villanova was one of 20 nationally-ranked squads in the 39-team field at the Wisconsin adidas Invitational, with six of the country's top-10 squads included in that group. Led by seniors **Keith Capecci (New Hope, Pa.)** and **Matthew Gibney (Albury, Australia)** the Wildcats raced to a 10th place team finish at the meet.

In the current national poll Villanova is one of three BIG EAST teams to earn a spot in the top 30. Providence is just ahead of the Wildcats at No. 14, while Notre Dame comes in at No. 29. In addition, the top two teams receiving votes just outside the top 30 are Louisville and Georgetown.

October 4: Wildcats Honored at Halftime of Football Game For Academics

During halftime of the football game against William & Mary on October 1 the men's cross country team was recognized on the field for winning the Nnenna Lynch Award for the 2010-11 academic year. The award is given out by the Athletic Department each year to the team with the highest composite grade point average.

For the academic year that ended last May the men's cross country team compiled a 3.454 team GPA, the best among 24 varsity teams. This is the first time that the team has won the Nnenna Lynch Award since its inception in 1993-94. Men's cross country was also the winner of the Dr. Dan Regan Award for the Most Improved GPA during the past year.

Villanova received numerous awards for both competition and academics during and after the 2010 cross country season. Three members of the team - **Hugo Beamish (Havelock North, New Zealand)**, **Brian Long (Louisville, Ky.)** and **Mathew Mildenhall (Auckland, New Zealand)** - were named Scholar-Athletes by the United States Track & Field and Cross Country Coaches Association (USTFCCCA). In addition, the entire team was selected to the USTFCCCA list of All-Academic Teams.

Following the end of the academic year the Wildcats were named the Academic Excellence Award winner for the BIG EAST Conference, recognizing the team for having the highest GPA among the league's men's cross country squads.

As a team, Villanova finished the 2010 season on a strong note and advanced to the NCAA Championships meet for the third consecutive year. A second place finish at the NCAA Mid-Atlantic Regional guaranteed the Wildcats an automatic bid to the national championships and came on the heels of a fourth place finish at the BIG EAST Championships.

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2011 SEASON IN REVIEW

2011 SEASON NEWS AND NOTES (CONTINUED)

(continued from previous page)

En route to reaching the national meet Villanova had all five of its scoring runners earn All-Mid Atlantic Region honors at the regional meet, including Beamish, Long and Mildenhall in addition to **Matt Kane (Fairfield, Conn.)** and **Keith Capecci (New Hope, Pa.)**.

Matthew Gibney (Albury, Australia) was also a member of the Wildcats contingent at the NCAA Championships and he went on to earn Capital One Academic All-America third team honors. The academic All-America recognition combines both cross country and track & field accomplishments. Gibney is the team's first Academic All-American since 2007.

This year marks the first time that the same team was recognized for having both the highest overall GPA as well as the most improved GPA.

Nnenna Lynch is one of the most decorated student-athletes in Villanova history and as a senior was named the NCAA Woman of the Year and a recipient of the Top Eight Award by the NCAA. She became the first of only two Rhodes Scholars in Villanova history in 1992 and during her collegiate career was an Academic All-American and BIG EAST Academic All-Star. In competition, she won an individual national championship outdoors in the 3000 meters in 1992 and is a nine-time BIG EAST champion, including six times indoors and three times outdoors. She also holds a school record for running the leadoff leg of the 6,000 meter relay in 1990. As a cross country runner, Lynch helped lead the Wildcats to national championships all four years of her career and was among the team's top seven runners at the national championships race each year. Lynch was inducted into the Villanova Varsity Club Hall of Fame earlier this year.

August 30: Wildcats To Begin Season Ranked No. 17 in the Nation

As the start of the 2011 season draws near the Villanova men's cross country team has been ranked No. 17 in the nation and No. 2 in the Mid-Atlantic Region in polls released by the United States Track & Field and Cross Country Coaches Association (USTFCCCA). A veteran Wildcats squad returns almost all of the runners that enabled the team to close the 2010 season with a strong finish and will be looking to build on that momentum this fall.

Villanova has a veteran squad and also looks to be very well balanced from top to bottom this season. Seniors **Matthew Gibney (Albury, Australia)** and **Mathew Mildenhall (Auckland, New Zealand)** should lead the way at the top of the teams lineup, while seniors **Keith Capecci (New Hope, Pa.)** and **Brian Long (Louisville, Ky.)**, as well as junior **Matt Kane (Fairfield, Conn.)** all had strong seasons a year ago and are capable of running at or near the top of the lineup.

A pair of newcomers to the team who should push the returners for spots in the lineup are graduate student **Ryan Sheridan (Melville, N.Y.)** and sophomore **Sam McEntee (Perth, Australia)**, who each arrived on campus for the Spring 2011 semester. Sheridan is a transfer who graduated from Iona and has remaining eligibility. He was an All-American for the Gaels during the 2009 season and has been an All-Northeast Region and All-MAAC performer.

Other returning athletes who will have a chance to make an impact in the Villanova lineup are junior **Joseph LoRusso (Oak Hill, Va.)**, sophomore **Greg Morrin (Hockessin, Del.)** and sophomore **John Pickhaver (Drexel Hill, Pa.)**. All made steady progress last year and are poised to continue moving forward this season.



Villanova Men's Cross Country



2011 SEASON IN REVIEW

2011 MEET SUMMARIES

September 22: Main Line Invitational Haverford, Pa. 4 Miles No Team Scoring

Team Scores

None

Individual Winner

Brian Long, Villanova - 1st of 85 (19:34.60)

Villanova Individuals

- Brian Long (19:34.60)
- Mathew Mildenhall (19:35.73)
- Greg Morrin (19:37.72)
- Joseph LoRusso (19:41.39)
- Matt Kane (19:43.03)
- John Pickhaver (20:02.20)
- Alex Tully (20:04.50)
- Brian Basili (20:06.85)
- Chris O'Sullivan (20:24.40)
- Dusty Solis (20:31.61)
- Daniel Norman (20:44.96)
- Brian Tetreault (20:46.10)
- Chris Pietrocarlo (20:55.92)
- Philip O'Connell (22:14.56)
- Richie Bohny (22:45.37)

Unattached Villanova Runners

- Sam McEntee (19:35.91)
- Rob Denault (20:26.25)
- Tom Trainer (20:33.79)
- Robert Hurlbut (20:35.70)
- John Castillo (21:23.11)
- Chris Fitzsimons (21:23.48)
- Joseph Capecci (21:31.37)
- Charles Bates (21:41.11)

September 30: Paul Short Run Bethlehem, Pa. 8000 Meters 4th of 45

Team Scores

Oklahoma 34, Georgetown 143, Columbia 156, **Villanova 177**, Syracuse 229, Providence 247, Brown 255, Dartmouth 264, Harvard 279, Virginia 298, Navy 352, Cornell 355, William & Mary 359, La Salle 411, UNC-Greensboro 418, Haverford 489, Guelph 514, American 561, Yale 565, Lehigh 568, Princeton 569, Marist 588, Buffalo 606, Army 690, Duquesne 698, Saint Joseph's 716, Massachusetts 801, Maryland 877, Stony Brook 889, High Point 909, St. Lawrence 929, Mississippi State 941, Shippensburg 944, Penn 987, Richmond 995, Appalachian State 1004, Tennessee 1020, Bucknell 1069, Lock Haven 1072, UMBC 1085, Vermont 1232, Western Carolina 1246, Virginia Commonwealth 1265, Temple 1367, Winthrop 1419

Individual Winner

Paul Chelimo, UNC-Greensboro - 1st of 402 (23:55)

Paul Short Run (continued)

Villanova Individuals

- Matthew Gibney (24:41)
- Keith Capecci (24:42)
- Ryan Sheridan (25:01)
- Greg Morrin (25:07)
- John Pickhaver (25:19)
- Brian Long (25:24)
- Matt Kane (25:26)
- Joseph LoRusso (25:30)
- Alex Tully (25:43)
- Mathew Mildenhall (25:56)

Men's Open Race (452 Runners)

- Sam McEntee (Unattached Runner) (25:25)
- Chris O'Sullivan (25:42)
- Brian Basili (25:45)
- Rob Denault (Unattached Runner) (26:07)
- Dusty Solis (26:32)
- Brian Tetreault (26:39)
- Tom Trainer (Unattached Runner) (26:49)
- Robert Hurlbut (Unattached Runner) (26:56)
- Chris Pietrocarlo (27:02)
- John Castillo (Unattached Runner) (27:04)
- Daniel Norman (27:39)
- Philip O'Connell (28:20)
- Richie Bohny (28:31)

October 8: Jack St. Clair Memorial Championships Philadelphia, Pa. Five Miles 1st of 9

Team Scores

Villanova 17, Wilmington 102, Princeton Running Club 109, Philadelphia University 110, Bloomsburg 123, Georgetown Running Club 126, Penn Running Club 152, Greater Philadelphia TC 158, Chestnut Hill 229

Individual Winner

Rob Denault, Unattached (Villanova) - 1st of 85 (26:22.85)

Villanova Individuals

- Chris O'Sullivan (26:23.34)
- Joseph LoRusso (26:45.31)
- Brian Basili (26:46.08)
- Chris Pietrocarlo (27:28.98)
- Dusty Solis (27:43.97)

Villanova Unattached Entries

- Rob Denault (26:22.85)
- Tom Trainer (26:57.67)

October 14: Wisconsin adidas Invitational Madison, Wis. 8000 Meters 10th of 39

Team Scores

Wisconsin 66, BYU 120, Stanford 125, Princeton 227, Indiana 271, Texas 300, Minnesota 309, Northern Arizona 332, Providence 343, **Villanova 367**, North Carolina State 374, UCLA 410, Michigan 414, Oregon 448, Texas A&M 448, Arizona State 452, Ohio State 464, Columbia 475, Notre Dame 493, North Carolina 501, Georgia 531, Syracuse 540, Kansas 582, Georgetown 609, California 612, Illinois 619, William & Mary 626, New Mexico 629, Iowa State 638, Air Force 660, Washington 694, Florida 710, Lamar 710, Michigan State 760, Marquette 856, Arizona 890, Purdue 976, Nebraska 1093, Clemson 1167

Wisconsin adidas Invitational (continued)

Individual Winner

Lawi Lalang, Arizona - 1st of 270 (23:11)

Villanova Individuals

- Keith Capecci (24:20)
- Matthew Gibney (24:41)
- Samuel McEntee (24:44)
- Mathew Mildenhall (24:45)
- Ryan Sheridan (24:46)
- Matt Kane (25:08)
- Greg Morrin (26:14)

"B" Race (88 Runners)

- Brian Long (24:55.7)
- John Pickhaver (25:53.5)

October 21: Haverford Invitational Haverford, Pa. Four Miles No Team Scoring

Team Scores

None

Individual Winner

Alex Tully, Villanova - 1st of 110 (19:45)

Villanova Individuals

- Alex Tully (19:45)
- Brian Basili (19:56)
- Joseph LoRusso (20:02)
- Brian Tetreault (20:16)
- Dusty Solis (20:23)
- Chris Pietrocarlo (20:31)
- Phil O'Connell (20:36)
- Chris Fitzsimons (20:53)
- Daniel Norman (20:54)
- Joseph Capecci (21:15)
- Richie Bohny (21:15)

Villanova Unattached Entries

- Rob Denault (19:54)
- Tom Trainer (20:09)
- Robert Hurlbut (20:26)
- Charlie Bates (20:59)

October 29: BIG EAST Championships Louisville, Ky. 8000 Meters 1st of 14

Team Scores

Villanova 43, Georgetown 94, Louisville 96, Syracuse 97, Providence 116, Notre Dame 119, Marquette 201, Cincinnati 218, DePaul 273, Connecticut 274, Rutgers 361, South Florida 388, Pittsburgh 390, Seton Hall 437

Individual Winner

Eric Finan, Cincinnati - 1st of 123 (23:17.7)

Villanova Individuals

- Matthew Gibney (23:41.4)
- Keith Capecci (23:42.2)
- Ryan Sheridan (23:51.3)
- Samuel McEntee (23:54.1)
- Matt Kane (23:57.3)
- Mathew Mildenhall (23:58.6)
- Brian Long (24:26.3)
- Greg Morrin (24:39.3)
- John Pickhaver (25:23.9)





Villanova Men's Cross Country



2011 SEASON IN REVIEW

2011 MEET SUMMARIES

**November 12: NCAA Mid-Atlantic Regional
Princess Anne, Md.
10000 Meters
2nd of 25**

Team Scores

Georgetown 47, **Villanova 63**, Princeton 90, Penn State 117, Navy 142, La Salle 154, Saint Joseph's 205, Duquesne 227, Maryland 261, Bucknell 347, Lehigh 358, Rider 364, Penn 377, Marshall 406, New Jersey Tech 451, Temple 476, St. Francis (Pa.) 488, Rutgers 519, Monmouth 522, Robert Morris 584, Pittsburgh 620, Maryland-Eastern Shore 629, Lafayette 637, Loyola (Md.) 665, Seton Hall 753

Individual Winner

Donn Cabral, Princeton - 1st of 183 (30:30.3)

Villanova Individuals

2. Ryan Sheridan (30:38.6)
5. Matthew Gibney (30:42.9)
16. Samuel McEntee (30:59.7)
19. Mathew Mildenhall (31:06.5)
21. Matt Kane (31:07.8)
43. Brian Long (31:44.5)
53. Alex Tully (31:58.2)

**November 21: NCAA Championships
Terre Haute, Ind.
10000 Meters
13th of 31**

Team Scores

Wisconsin 97, Oklahoma State 139, Colorado 144, BYU 203, Stanford 207, Oklahoma 213, Indiana 257, Portland 259, Iona 265, North Carolina State 282, Florida State 348, **Villanova 352**, Northern Arizona 374, Syracuse 395, Minnesota 441, Georgetown 468, Texas A&M 471, Princeton 474, Michigan 511, Washington State 512, Providence 530, Ohio State 538, Notre Dame 575, Tulsa 580, Eastern Kentucky 589, Columbia 591, Cal Poly 680, Georgia 770, Florida 780, New Mexico 885

Individual Winner

Lawi Lalang, Arizona - 1st of 252 (28:44.1)

Villanova Individuals

66. Ryan Sheridan (30:31.0)
74. Mathew Mildenhall (30:36.9)
77. Samuel McEntee (30:38.1)
109. Matthew Gibney (30:52.3)
135. Keith Capecci (31:03.2)
145. Brian Long (31:09.9)
168. Matt Kane (31:24.5)





Villanova Men's Cross Country



2011 SEASON IN REVIEW

STUDENT-ATHLETE PROFILES



BRIAN BASILI

ACADEMIC CLASS: SOPHOMORE
 ATHLETIC ELIGIBILITY: FRESHMAN
 EVENTS: CROSS COUNTRY / DISTANCE
 SOUTH ORANGE, N.J. / COLUMBIA

On Basili: Part of a large and talented group of Villanova sophomores that make up a significant part of the team's distance unit.

Career Awards: BIG EAST Academic All-Star (2010).

2011 Season: Came in 15th at the Main Line Invitational to open the season, where he had a four-mile time of 20:06.85 ... Lowered his time to 19:56 on the same course at the Haverford Invitational and placed third out of 110 runners ... Ran in the Men's Open race at the Paul Short Run and came in seventh out of 452 runners with an 8K time of 25:45 ... Finished fourth at the Jack St. Clair Memorial Championships.

2010 Season: Redshirted ... Came in 23rd place as an unattached runner at the four-mile Main Line Invitational, where he registered a time of 20:54.56 ... Placed 17th in the Men's Open race at the Paul Short Run with a time of 25:52 on the 8K course ... Came in 40th at the Haverford Invitational.

Columbia High School: Indoor and outdoor track North II Group 4 sectional champion in the 1600 meters ... Outdoor track Group 4 champion in the 1600 meters ... Named the Essex County Breakout Runner of the Year in 2010.

Personal: Born 9/2/92 ... One of two children of Susan and Joseph Basili ... Has a sister, Nicole ... Majoring in Civil Engineering.

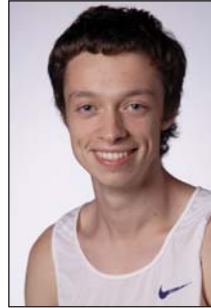
Career Results

2011 Season

Oct. 21	Haverford Invitational	4 Miles	3rd/110	19:56
Oct. 8	Jack St. Clair Memorial Championships	5 Miles	4th/85	26:46
Sept. 30	Paul Short Run	8000 Meters	7th/452	25:45
Sept. 22	Main Line Invitational	4 Miles	15th/85	20:06

2010 Season

Oct. 22	Haverford Invitational	4 Miles	40th/81	22:01
Oct. 1	Paul Short Run	8000 Meters	17th/357	25:52
Sept. 23	Main Line Invitational	4 Miles	23rd/100	20:54



CHARLIE BATES

ACADEMIC CLASS: SOPHOMORE
 ATHLETIC ELIGIBILITY: FRESHMAN
 EVENTS: CROSS COUNTRY / DISTANCE
 HOBOKEN, N.J. / SAINT PETER'S PREP

2011 Season: Competed as an unattached runner during the season ... Made his collegiate debut at the Main Line Invitational and came in 46th with a time of 21:41.11 over four miles ... Lowered that mark to 20:59 at the Haverford Invitational and came in 25th.

Saint Peter's Prep: Established personal bests in the 1600 meters and the 3200 meters during the indoor 2011 season ... Both marks are school records as well ... His time of 4:22.7 at the Hudson County Indoor Championships in 2011 is a meet record ... Received third team All-State Non-Public Group honors as a senior in cross country and indoor track (3200 meters) ... Also was first team All-Hudson County in cross country as well as indoor track (1600 meters, 3200 meters) and outdoor track (3200 meters) ... Achieved First Honors status academically as a junior and a senior ... Member of the National Honor Society ... Recipient of the National Latin Exam Gold Medal (junior and senior) and the John Adams Award (senior).

Personal: Born 7/15/93 in New York, N.Y. ... Older of two children of David Bates and Joan Allman Bates ... Has a younger sister, Sarah (15) ... Has yet to declare a major.

Career Results

2011 Season

Oct. 21	Haverford Invitational	4 Miles	25th/110	20:59
Sept. 22	Main Line Invitational	4 Miles	46th/85	21:41





Villanova Men's Cross Country



2011 SEASON IN REVIEW

STUDENT-ATHLETE PROFILES



RICHIE BOHNY

ACADEMIC CLASS: SOPHOMORE
ATHLETIC ELIGIBILITY: FRESHMAN
EVENTS: CROSS COUNTRY / DISTANCE
HOLMDEL, N.J. / CHRISTIAN BROTHERS ACADEMY

On Bohny: Part of a large sophomore class of distance runners ... Made consistent progress during the season.

Career Awards: BIG EAST Academic All-Star (2010).

2011 Season: Came in 63rd at the Main Line Invitational ... Placed 222nd in the Men's Open race at the Paul Short Run with an 8K time of 28:31 ... Finished in 36th place with a four-mile time of 21:15 at the Haverford Invitational.

2010 Season: Redshirted ... Came in 65th place as an unattached runner at the four-mile Main Line Invitational, where he registered a time of 22:26.22 ... Registered an 8K time of 28:05 in the Men's Open race at the Paul Short Run.

Christian Brothers Academy: Two-time All-American as a senior in the distance medley relay and the 4xMile relay ... Earned all-conference honors in cross country ... Member of two state championship relay squads ... Also played golf and was named to the All-Shore team.

Personal: Born 9/30/92 ... One of two children of Rich and Debbie Bohny ... Has a sister, Beth ... Majoring in Mechanical Engineering.

Career Results

2011 Season

Oct. 21	Haverford Invitational	4 Miles	36th/110	21:15
Sept. 30	Paul Short Run	8000 Meters	222nd/452	28:31
Sept. 22	Main Line Invitational	4 Miles	63rd/85	22:45

2010 Season

Oct. 1	Paul Short Run	8000 Meters	210th/357	28:05
Sept. 23	Main Line Invitational	4 Miles	65th/100	26:22



JOSEPH CAPECCI

ACADEMIC CLASS: SENIOR
ATHLETIC ELIGIBILITY: JUNIOR
EVENTS: CROSS COUNTRY / MIDDLE DISTANCE
NEW HOPE, PA. / COUNCIL ROCK NORTH

On Capecci: Steady performer for Villanova who has made progress in the middle distance events over the past year.

Career Awards: BIG EAST Academic All-Star (2008, 2010).

2011 Season: Placed 44th in the Main Line Invitational with a time of 21:31 over four miles ... Came in 35th on the same course in 21:15 at the Haverford Invitational.

2010 Season: Registered an 8K time of 27:22 at the Paul Short Run ... Placed 64th at the Main Line Invitational and 39th at the Haverford Invitational ... His better of two times at the four-mile races was 21:58.35 at the Haverford Invitational.

2009 Season: Came in 72nd place at the Haverford Invitational with a four-mile time of 22:42.28.

2008 Cross Country: Redshirted ... Posted a time of 22:36.14 as an unattached runner in the four-mile Haverford Invitational.

Council Rock North High School: School record holder in the 800 meters ... Runner-up at the state meet in 2008.

Personal: One of four sons of John and Jayn Capecci ... Older brother, Keith, is also a member of the Villanova cross country and track & field teams ... Other siblings are J.T. and Christopher ... Majoring in English.

Career Results

2011 Season

Oct. 21	Haverford Invitational	4 Miles	35th/110	21:15
Sept. 22	Main Line Invitational	4 Miles	44th/85	21:31

2010 Season

Oct. 22	Haverford Invitational	4 Miles	39th/81	21:58
Oct. 2	Paul Short Run	8000 Meters	166th/357	27:22
Sept. 23	Main Line Invitational	4 Miles	64th/100	22:25

2009 Season

Sept. 24	Haverford Invitational	4 Miles	72nd/124	22:42
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2008 Season

Sept. 23	Haverford Invitational	4 Miles	67th/97	22:36
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Villanova Men's Cross Country



2011 SEASON IN REVIEW

STUDENT-ATHLETE PROFILES



KEITH CAPECCI

ACADEMIC CLASS: GRADUATE STUDENT
 ATHLETIC ELIGIBILITY: SENIOR
 EVENTS: CROSS COUNTRY / DISTANCE
 NEW HOPE, PA. / COUNCIL ROCK NORTH

On Capecci: Began the season as one of the team's top returning runners and emerged with his best cross country season ... A key figure at the top of the Villanova lineup throughout the entire season.

Career Cross Country Awards: All-Mid Atlantic Region (2008, 2010) ... All-BIG EAST (2010, 2011) ... BIG EAST Academic All-Star (2008, 2010).

2011 Season: Top five runner on the team in every meet ... His time at NCAA Championships was best in four career races at the national meet ... Second runner on the team at the BIG EAST Championships ... Finished second on the team with a time of 24:42 at the Paul Short Run ... Led all runners on the Wildcats with a 33rd place finish at the Wisconsin adidas Invitational (24:20).

2010 Season: Was the team's second finisher at the NCAA Championships and the Notre Dame Invitational ... Came in third on the team at the BIG EAST Championships ... Placed 17th at the NCAA Mid-Atlantic Regional with a personal best 10K time of 30:40 ... Third on the team at the Penn State National ... Opened his season by placing 11th at the Main Line Invitational.

2009 Season: Redshirted.

2008 Season: Finished 18th at the NCAA Mid-Atlantic Regional ... Placed 177th overall at the national meet with a 10K time of 31:29.7 ... Came in 20th at the BIG EAST Championships with an 8K time of 25:07.7 ... Finished 18th at the Penn State National and 33rd at the Paul Short Run ... Placed fourth at the Haverford Invitational.

2007 Season: Came in 44th at the BIG EAST Championships and 52nd at the NCAA Mid-Atlantic Regional ... Made his collegiate debut at the Haverford Invitational and came in 14th out of 100 runners ... Came in eighth in the JV Race at the Paul Short Run and was 36th in the open race at the Pre-NCAA Meet.

Council Rock North High School: Anchored his school's 4xMile relay team to a national championship at the 2005 Nike Indoor Nationals ... Runner-up in both the 3200 meters and the 5000 meters at the PIAA state championships in 2005 ... Finished in ninth place at the 2005 Foot Locker Classic Cross Country Northeast Regional and advanced to the national meet, where he finished 21st overall.

Personal: Born 1/25/88 in Stamford, Conn. ... One of four sons of John and Jayn Capecci ... Younger brother, Joseph, is also a member of the Villanova cross country and track & field teams ... Other siblings are J.T. and Christopher ... Graduated from Villanova with a degree in Criminal Justice ... Also minored in Spanish ... Currently enrolled in graduate school.

Career Results

2011 Season

Nov. 21	NCAA Championships	10000 Meters	135th/252	31:03
Oct. 29	BIG EAST Championships	8000 Meters	6th/123	23:42
Oct. 14	Wisconsin adidas Invitational	8000 Meters	33rd/270	24:20
Sept. 30	Paul Short Run	8000 Meters	17th/402	24:42

2010 Season

Nov. 22	NCAA Championships	10000 Meters	104th/246	31:26
Nov. 13	NCAA Mid-Atlantic Regional	10000 Meters	17th/194	30:40
Oct. 30	BIG EAST Championships	8000 Meters	14th/118	25:35
Oct. 16	Penn State National	5.2 Miles	19th/266	25:51
Oct. 1	Notre Dame Invitational	8000 Meters	50th/160	24:52
Sept. 23	Main Line Invitational	4 Miles	11th/100	20:22

2008 Season

Nov. 19	NCAA Championships	10000 Meters	177th/252	31:29
Nov. 10	NCAA Mid-Atlantic Regional	10000 Meters	18th/171	32:52
Oct. 27	BIG EAST Championships	8000 Meters	20th/114	25:07
Oct. 13	Penn State National	5.2 Miles	15th/306	25:36
Oct. 3	Paul Short Run	8000 Meters	33rd/298	24:28
Sept. 23	Haverford Invitational	4 Miles	4th/97	19:56

2007 Season

Nov. 19	NCAA Championships	10000 Meters	241st/250	33:16
Nov. 10	NCAA Mid-Atlantic Regional	10000 Meters	52nd/201	31:31
Oct. 27	BIG EAST Championships	8000 Meters	44th/132	25:00
Oct. 13	Pre-NCAA Meet	8000 Meters	36th/147	25:24
Sept. 28	Paul Short Run	8000 Meters	8th/443	25:39
Sept. 20	Haverford Invitational	4 Miles	14th/100	20:37



JOHN CASTILLO

ACADEMIC CLASS: JUNIOR
 ATHLETIC ELIGIBILITY: SOPHOMORE
 EVENTS: CROSS COUNTRY / DISTANCE
 MOUNT LAUREL, N.J. / ST. JOSEPH'S PREP

On Castillo: Joined the team as a transfer from North Carolina State before the spring 2011 semester ... Has three seasons of eligibility remaining ... Distance runner who has great potential.

2011 Season: Came in 41st at the Main Line Invitational with a time of 21:23.11 over four miles ... Finished 74th in the Men's Open race at the Paul Short Run with an 8K time of 27:04 ... Ran as an unattached runner at each of those meets.

2010 Season: Ran in the season opener for North Carolina State and placed 36th at the Wolfpack Invitational with a time of 17:24.30 on the 5K course.

2009 Season: Redshirted ... Competed as an unattached runner at the Wolfpack Invite and the Great American Cross Country Meet.

St. Joseph's Prep: Philadelphia Catholic League champion both indoors and outdoors as a senior in 2009 ... Also earned All-Philadelphia Catholic League honors in cross country as a senior with a third place finish at the league championships ... High school teammate of current Wildcats Chris Dougherty, Chris O'Sullivan and John Pikhaver.

Personal: Born 7/26/91 in Kingsville, Texas ... One of four children of Juan and Zaida Castillo ... Siblings are Greg (21), Andres (13) and Antonio (8) ... Brother, Greg, plays college football at Iowa ... Majoring in Geography.

Career Results

2011 Season

Sept. 30	Paul Short Run	8000 Meters	74th/452	27:04
Sept. 22	Main Line Invitational	4 Miles	41st/85	21:23

2010 Season

Sept. 17	Wolfpack Invitational	5000 Meters	36th/82	17:24
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2009 Season

Oct. 2	Great American Cross Country Race	8000 Meters	68th/125	26:58
Sept. 18	Wolfpack Invite	5000 Meters	29th	16:55





Villanova Men's Cross Country



2011 SEASON IN REVIEW

STUDENT-ATHLETE PROFILES



ROB DENAULT

ACADEMIC CLASS: FRESHMAN
 ATHLETIC ELIGIBILITY: FRESHMAN
 EVENTS: CROSS COUNTRY / DISTANCE
 AURORA, ONT. / AURORA

2011 Season: Competed as an unattached runner during the season ... Came in 19th in the Main Line Invitational with a time of 20:26.25 over four miles ... Placed 28th in the Men's Open race at the Paul Short Run with an 8K time of 26:07 ... Individual winner at the Jack St. Clair Memorial Championships ... Runner-up at the Haverford Invitational.

Aurora High School: Team MVP all four years in track, as well as his junior and senior years in cross country ... Holds the Canadian Youth 1500 meters record (3:45.87) ... 2009 OFSAA Junior Boys 1500 meter record holder (3:55.38) ... 2010 Ontario Youth Distance Athlete of the Year ... Canadian Junior champion in the 1500 meters (2011) ... Previously was the Canadian Youth champion in the 1500 meters in 2009 and 2010 ... Received a bronze medal at the Canadian Junior Cross Country Championships in 2010 ... Member of the Canadian team at the 2011 World Cross and NACAC Cross Country Championships, as well as the 2011 Pan-American Track Championships ... Achieved Honor Roll stats academically all four years.

Personal: Born 4/27/93 ... Second of three children of David and Kristine Denault ... Has an older brother, Alex, and a younger sister, Carolyn.

Career Results

2011 Season

Oct. 21	Haverford Invitational	4 Miles	2nd/110	19:54
Oct. 8	Jack St. Clair Memorial Championships	5 Miles	1st/85	26:22
Sept. 30	Paul Short Run	8000 Meters	28th/452	26:07
Sept. 22	Main Line Invitational	4 Miles	19th/85	20:26



CHRIS FITZSIMONS

ACADEMIC CLASS: SOPHOMORE
 ATHLETIC ELIGIBILITY: FRESHMAN
 EVENTS: CROSS COUNTRY / DISTANCE
 HAMDEN, CONN. / HAMDEN

On Fitzsimons: Possesses a wealth of potential ... Part of a large sophomore class of distance runners for Villanova who has shown steady progress during the last year.

2011 Season: Finished in 42nd place as an unattached runner at the Main Line Invitational ... Had a time of 21:23 on the four-mile course ... Lowered that mark to 20:53 at the Haverford Invitational on the same course and came in 20th out of 110 runners.

2010 Season: Redshirted ... Ran unattached on the four-mile course at Haverford College for the Main Line Invitational and came in 44th with a time of 21:43.27 in his first collegiate race.

Hamden High School: Anchored the winning 4x800 and distance medley relay teams at the New Balance Outdoor Nationals ... Placed third in the 800 meters at the USA Junior Outdoor Track & Field Championships ... His personal best in the 800 meters is a Connecticut state record ... Connecticut Gatorade Track & Field Athlete of the Year.

Personal: Born 8/8/92 ... One of two sons of Tom and Mary Sue Fitzsimons ... Has a brother, Tom ... Undeclared major in the school of Liberal Arts.

Career Results

2011 Season

Oct. 21	Haverford Invitational	4 Miles	20th/110	20:53
Sept. 22	Main Line Invitational	4 Miles	42nd/85	21:23

2010 Season

Sept. 23	Main Line Invitational	4 Miles	44th/100	21:43
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Villanova Men's Cross Country



2011 SEASON IN REVIEW

STUDENT-ATHLETE PROFILES



MATTHEW GIBNEY

ACADEMIC CLASS: GRADUATE STUDENT

ATHLETIC ELIGIBILITY: SENIOR

EVENTS: CROSS COUNTRY / DISTANCE

ALBURY, AUSTRALIA / XAVIER COLLEGE MELBOURNE

On Gibney: One of the team's most experienced runners and a top contributor ... Had his most successful cross country season and established career-best 8K and 10K times during the year.

Career Cross Country Awards: All-Mid Atlantic Region (2009, 2011) ... All-BIG EAST (2011) ... Capital One

Academic All-District 2 First Team (2010) ... BIG EAST Academic All-Star (2009, 2010).

2011 Season: Fourth on the team at the NCAA Championships ... Was one of the team's top two runners in each of the first four meets of the year ... Came in second on the team at the NCAA Mid-Atlantic Regional ... Led the Wildcats at the BIG EAST Championships and the Paul Short Run and finished second on the squad at the Wisconsin adidas Invitational ... Established career-best 8K and 10K times at the BIG EAST Championships and the NCAA Mid-Atlantic Regional, respectively.

2010 Season: Made his season debut in late October when he won the Haverford Invitational ... Went on to be in Villanova's top seven in postseason meets at the BIG EAST Championships, NCAA Mid-Atlantic Regional and NCAA Championships ... Placed 29th at the BIG EAST meet with an 8K time of 26:10.8 and was the team's fifth finisher ... Came in sixth on the team at both the Mid-Atlantic Regional and the national championships meet ... Had a 10K time of 31:48 at the Mid-Atlantic meet.

2009 Season: Came in 22nd at the NCAA Mid-Atlantic Regional to help Villanova advance as a team to the NCAA Championships ... Earned All-Mid Atlantic Region honors for his performance ... Was a consistent scorer for the Wildcats in the post-season meets and ranked consistently among the team's top five runners ... Came in 19th overall at the BIG EAST Championships ... Ran a 10K time of 31:10 at the Mid-Atlantic Regional ... Came in 21st place at the Panorama Farms Invitational.

Xavier College Melbourne: Starred in the 800 meters and the 1500 meters while being coached by former Olympian Pat Scammell ... Won the 2007 Australian U20 championships in both events just a few months after graduating from high school ... Set what were then personal bests in both events at the IAAF Melbourne Grand Prix in 2007 and 2008 ... Won several medals in both the 800 meters and the 1500 meters at the Australian All-Schools Championships.

Personal: Born 6/16/88 in Albury, Australia ... Comes from a family of runners and he, his father Paul and his brother Daniel have all won Victorian state championships in the 1500 meters ... Represented the state of Victoria along with brothers Daniel and Tim at the 2007 Australian Cross Country Championships ... Studied in Melbourne as a boarding student during his final two years of high school ... Graduated from Villanova with a degree in English in the spring of 2011 and is currently enrolled in graduate school.

Career Results

2011 Season

Nov. 21	NCAA Championships	10000 Meters	109th/252	30:52
Nov. 12	NCAA Mid-Atlantic Regional	10000 Meters	5th/183	30:42
Oct. 29	BIG EAST Championships	8000 Meters	5th/123	23:41
Oct. 14	Wisconsin adidas Invitational	8000 Meters	73rd/270	24:41
Sept. 30	Paul Short Run	8000 Meters	15th/402	24:41

2010 Season

Nov. 22	NCAA Championships	10000 Meters	181st/246	32:31
Nov. 13	NCAA Mid-Atlantic Regional	10000 Meters	55th/194	31:48
Oct. 30	BIG EAST Championships	8000 Meters	29th/118	26:10
Oct. 22	Haverford Invitational	4 Miles	1st/81	20:06

2009 Season

Nov. 23	NCAA Championships	10000 Meters	124th/250	31:10
Nov. 14	NCAA Mid-Atlantic Regional	10000 Meters	22nd/196	32:42
Oct. 31	BIG EAST Championships	8000 Meters	19th/115	25:41
Oct. 16	Panorama Farms Invitational	8000 Meters	21st/104	24:21



DAN HARRIS

ACADEMIC CLASS: SOPHOMORE

ATHLETIC ELIGIBILITY: FRESHMAN

EVENTS: CROSS COUNTRY / DISTANCE

CLIFTON PARK, N.Y. / SHENENDEHOWA

On Harris: Part of the team's large group of sophomore distance runners ... Has good potential and showed promise during his freshman season.

2011 Season: Did not compete in any meets.

2010 Season: Redshirted ... Ran unattached in both the Main Line Invitational and in the Men's Open race at the Paul Short Run ... Posted a time of 21:29.33 and came in 38th on the four-mile course at the Main Line meet to open the season ... Registered an 8K time of 27:08 at the Paul Short Run.

Shenendehowa High School: Four-time All-American ... Three-time New York Federation team champion ... NTN New York regional champion (2007) ... Seven-time sectional champion.

Personal: Born 3/25/92 ... Oldest of three children of Jim and Lori Anne Harris ... Siblings are Brian (17) and Abby (12) ... Undeclared major in the school of Liberal Arts.

Career Results

2010 Season

Oct. 1	Paul Short Run	8000 Meters	107th/357	27:08
Sept. 23	Main Line Invitational	4 Miles	38th/100	21:29





Villanova Men's Cross Country



2011 SEASON IN REVIEW

STUDENT-ATHLETE PROFILES



ROBERT HURLBUT

ACADEMIC CLASS: FRESHMAN
 ATHLETIC ELIGIBILITY: FRESHMAN
 EVENTS: CROSS COUNTRY / DISTANCE
 ROCHESTER, N.Y. / MCQUAID JESUIT

2011 Season: Ran unattached during the season ... Placed 23rd at the Main Line Invitational (20:35.70) and 10th at the Haverford Invitational (20:26) on the four-mile course at Haverford College ... Finished 63rd in the Men's Open race at the Paul Short Run with an 8K time of 26:56.

McQuaid Jesuit High School: Varsity letterwinner in cross country as well as indoor and outdoor track ... Helped lead the cross country team to a state title along with two sectional titles ... Received All-State honors and was a first team All-Section V selection.

Personal: Born 2/23/93 in Rochester, N.Y. ... Older of two sons of Robert and Sarah Hurlbut ... Has a younger brother, Forrest (16) ... Has yet to declare a major.

Career Results

2011 Season

Oct. 21	Haverford Invitational	4 Miles	10th/110	20:26
Sept. 30	Paul Short Run	8000 Meters	63rd/452	26:56
Sept. 22	Main Line Invitational	4 Miles	23rd/85	20:35



MATT KANE

ACADEMIC CLASS: SENIOR
 ATHLETIC ELIGIBILITY: JUNIOR
 EVENTS: CROSS COUNTRY / DISTANCE
 FAIRFIELD, CONN. / FAIRFIELD WARDE

On Kane: Very good distance runner who has developed into a consistent member of the team's lineup during the past two seasons ... Still has great potential and will be one of the top returners to the team next season.

Career Cross Country Awards: All-Mid Atlantic Region (2010, 2011) ... All-BIG EAST (2010, 2011).

2011 Season: Seventh on the team at the NCAA Championships ... Was the team's fifth runner at each of the first two postseason meets, the BIG EAST Championships and the NCAA Mid-Atlantic Regional ... Recorded a career-best 8K time at the BIG EAST meet ... Finished seventh on the team at the Paul Short Run and sixth on the squad at the Wisconsin adidas Invitational ... Placed seventh overall at the season-opening Main Line Invitational.

2010 Season: Ran in six meets during the season and was among the team's top three finishers in each outing ... Top runner on the team at the Notre Dame Invitational, the Penn State National and the NCAA Mid-Atlantic Regional ... Placed seventh overall at the Mid-Atlantic Regional with a career-best 10K time of 30:20 ... Third on the team at the national championships meet (31:36) ... Earned All-BIG EAST honors at the conference championships, where his 8K time of 25:35.0 was second-best on the team ... Placed 32nd at the Notre Dame Invitational and 14th at the Penn State National ... His time of 24:32 on the 8K course at Notre Dame was a personal best ... Opened the season by finishing second at the Main Line Invitational.

2009 Season: Ran an 8K time of 26:00 in the BIG EAST Championships to come in 32nd overall ... Also had a 10K time of 33:40.1 at the NCAA Mid-Atlantic Regional, where he finished 53rd overall ... Came in 29th at the Panorama Farms Invitational ... Opened the year with a fifth-place showing out of 124 runners at the Main Line Invitational, running 20:07.61 over four miles ... Came in 48th at the Bill Dellinger Invitational.

2008 Season: Redshirted ... Competed on the four-mile course at Haverford College twice during the season, as an unattached entry in the Main Line Invitational and the JV Meet ... Came in 16th at the Main Line meet and third out of 49 runners in the JV Meet with the faster of his two times at 20:36.

Personal: Born 4/9/90 ... Majoring in Biology.

Career Results

2011 Season

Nov. 21	NCAA Championships	10000 Meters	168th/252	31:24
Nov. 12	NCAA Mid-Atlantic Regional	10000 Meters	21st/183	31:07
Oct. 29	BIG EAST Championships	8000 Meters	13th/123	23:57
Oct. 14	Wisconsin adidas Invitational	8000 Meters	150th/270	25:08
Sept. 30	Paul Short Run	8000 Meters	81st/402	25:26
Sept. 22	Main Line Invitational	4 Miles	7th/85	19:43

2010 Season

Nov. 22	NCAA Championships	10000 Meters	119th/246	31:36
Nov. 13	NCAA Mid-Atlantic Regional	10000 Meters	7th/194	30:20
Oct. 30	BIG EAST Championships	8000 Meters	13th/118	25:35
Oct. 16	Penn State National	5.2 Miles	14th/266	25:44
Oct. 1	Notre Dame Invitational	8000 Meters	32nd/160	24:32
Sept. 23	Main Line Invitational	4 Miles	2nd/100	19:53

2009 Season

Nov. 14	NCAA Mid-Atlantic Regional	10000 Meters	53rd/196	33:40
Oct. 31	BIG EAST Championships	8000 Meters	32nd/115	26:00
Oct. 16	Panorama Farms Invitational	8000 Meters	29th/104	24:35
Oct. 2	Bill Dellinger Invitational	8000 Meters	48th/96	24:49
Sept. 24	Haverford Invitational	4 Miles	5th/124	20:07

2008 Season

Oct. 24	JV Meet	4 Miles	3rd/49	20:36
Sept. 23	Haverford Invitational	4 Miles	16th/97	20:37





Villanova Men's Cross Country



2011 SEASON IN REVIEW

STUDENT-ATHLETE PROFILES



BRIAN LONG

ACADEMIC CLASS: GRADUATE STUDENT
 ATHLETIC ELIGIBILITY: JUNIOR
 EVENTS: CROSS COUNTRY / DISTANCE
 LOUISVILLE, KY. / ST. XAVIER

On Long: Great distance runner who has been one of the team's leading contributors over the past two seasons ... Consistent scorer in meets as part of the Villanova lineup.

Career Cross Country Awards: All-Mid Atlantic Region (2010) ... USTFCCA All-Academic Team (2010) ... BIG EAST Academic All-Star (2008, 2009, 2010).

2011 Season: Finished sixth on the team at the NCAA Championships and the NCAA Mid-Atlantic Regional, while placing seventh on the squad at the BIG EAST Championships ... Registered a career-best 8K time at the BIG EAST meet ... Individual winner at the Main Line Invitational for his first career victory ... Finished sixth on the team at the Paul Short Run ... Placed third in the "B" race at the Wisconsin adidas Invitational.

2010 Season: Returned from two redshirt seasons to be one of the team's most reliable runners during the season ... His top performance came at the NCAA Mid-Atlantic Regional, where he came in third on the team and 12th overall to help Villanova finish in second place and earn a team berth to the NCAA Championships ... His time of 30:33 on the 10K course at the regional meet was also a personal best ... Came in fourth on the squad at the NCAA Championships ... Was the team's third runner at the Notre Dame Invitational ... Finished in 48th place at the BIG EAST Championships and 47th place at the Penn State National, coming in sixth on the squad at both races ... Opened the season by coming in 14th place overall at the Main Line Invitational.

2009 Season: Redshirted.

2008 Season: Redshirted.

2007 Season: Was a part of Villanova's contingent at the postseason races and came in 31st at the NCAA Mid-Atlantic Regional with a 10K time of 31:15 ... Also competed at the NCAA Championships ... Finished 41st at the BIG EAST Championships with an 8K time of 24:56.7 ... Came in 166th at the Pre-NCAA Meet ... Placed 17th at the Paul Short Run with a time of 24:42 on the 8K course ... Finished third out of 100 runners at the Haverford Invitational with a time of 19:49.4 over four miles.

St. Xavier High School: Won a Penn Relays championship in the 3000 meters ... Kentucky State Cross Country champion ... Came in 15th in the junior race at the USA Cross Country Nationals.

Personal: Born 6/21/89 ... Older of two children of David and Susan Long ... Has a younger sister, Kathryn (20) ... Majoring in Finance.

Career Results

2011 Season

Nov. 21	NCAA Championships	10000 Meters	145th/252	31:09
Nov. 12	NCAA Mid-Atlantic Regional	10000 Meters	43rd/183	31:44
Oct. 29	BIG EAST Championships	8000 Meters	32nd/123	24:26
Oct. 14	Wisconsin adidas Invitational	8000 Meters	3rd/88	24:55
Sept. 30	Paul Short Run	8000 Meters	79th/402	25:24
Sept. 22	Main Line Invitational	4 Miles	1st/85	19:34

2010 Season

Nov. 22	NCAA Championships	10000 Meters	134th/246	31:45
Nov. 13	NCAA Mid-Atlantic Regional	10000 Meters	12th/194	30:33
Oct. 30	BIG EAST Championships	8000 Meters	48th/118	26:50
Oct. 16	Penn State National	5.2 Miles	47th/266	26:18
Oct. 1	Notre Dame Invitational	8000 Meters	66th/160	25:08
Sept. 23	Main Line Invitational	4 Miles	14th/100	20:37

2007 Season

Nov. 19	NCAA Championships	10000 Meters	225th/250	32:39
Nov. 10	NCAA Mid-Atlantic Regional	10000 Meters	31st/201	31:15
Oct. 27	BIG EAST Championships	8000 Meters	41st/132	24:56
Oct. 13	Pre-NCAA Meet	8000 Meters	166th/261	25:09
Sept. 28	Paul Short Run	8000 Meters	17th/270	24:42
Sept. 20	Haverford Invitational	4 Miles	3rd/100	19:49



JOSEPH LORUSSO

ACADEMIC CLASS: SENIOR
 ATHLETIC ELIGIBILITY: JUNIOR
 EVENTS: CROSS COUNTRY / MIDDLE DISTANCE
 OAK HILL, VA. / OAKTON

On LoRusso: Middle distance runner who has shown good improvement during the past year ... Strong competitor during races.

Career Awards: BIG EAST Academic All-Star (2009, 2010).

2011 Season: Came in fifth at the Main Line Invitational and fourth at the Haverford Invitational, both held on the four-mile course at Haverford College ... Had a time of 19:41.39 at the season-opening Main Line meet ... Placed 94th at the Paul Short Run (25:30) ... Finished third at the Jack St. Clair Memorial Championships.

2010 Season: Competed in four races ... Was the team's fourth runner at the Notre Dame Invitational with a time of 25:17 on the 8K course, coming in 78th overall out of 160 runners ... Finished seventh on the squad at both the Penn State National and the BIG EAST Championships ... Placed 52nd at the BIG EAST meet and 66th at Penn State ... Started his season off with a sixth place showing out of 100 entries at the Main Line Invitational, running the four-mile course in 20:13.53.

2009 Season: Finished 53rd at the BIG EAST Championships with a time of 27:01 on the 8K course ... Came in 40th at the Panorama Farms Invitational and 77th at the Bill Dellinger Invitational ... Finished sixth at the Main Line Invitational with a four-mile time of 20:11.69.

2008 Season: Redshirted ... Ran as an unattached runner in the Haverford Invitational and the JV Meet, both taking place on the four-mile course at Haverford College ... Placed eighth and second at those meets, respectively ... Posted a time of 20:19.81 in the Haverford Invitational.

Oakton High School: Captured a pair of Virginia AAA state championships in the 1600 meters to go along with multiple regional and district titles.

Personal: Born 9/19/90 ... Majoring in Humanities.

Career Results

2011 Season

Oct. 21	Haverford Invitational	4 Miles	4th/110	20:02
Oct. 8	Jack St. Clair Memorial Championships	5 Miles	3rd/85	26:45
Sept. 30	Paul Short Run	8000 Meters	94th/402	25:30
Sept. 22	Main Line Invitational	4 Miles	5th/85	19:41

2010 Season

Oct. 30	BIG EAST Championships	8000 Meters	52nd/118	26:57
Oct. 16	Penn State National	5.2 Miles	66th/266	26:39
Oct. 1	Notre Dame Invitational	8000 Meters	78th/160	25:17
Sept. 23	Main Line Invitational	4 Miles	6th/100	20:13

2009 Season

Oct. 31	BIG EAST Championships	8000 Meters	53rd/115	27:01
Oct. 16	Panorama Farms Invitational	8000 Meters	40th/104	24:51
Oct. 2	Bill Dellinger Invitational	8000 Meters	77th/96	25:48
Sept. 24	Haverford Invitational	4 Miles	6th/124	20:11

2008 Season

Oct. 24	JV Meet	4 Miles	2nd/49	20:34
Sept. 23	Haverford Invitational	4 Miles	8th/97	20:19





Villanova Men's Cross Country



2011 SEASON IN REVIEW

STUDENT-ATHLETE PROFILES



SAMUEL MCENTEE

ACADEMIC CLASS: SOPHOMORE
 ATHLETIC ELIGIBILITY: FRESHMAN
 EVENTS: CROSS COUNTRY / MIDDLE DISTANCE
 PERTH, AUSTRALIA / HALE SCHOOL

On McEntee: Joined the team for the spring 2011 semester ... Began the season with all four years of cross country eligibility remaining and had an excellent debut for the team ... Possesses outstanding potential as he continues to grow within the Villanova program.

Career Cross Country Awards: All-Mid Atlantic Region (2011) ... All-BIG EAST (2011).

2011 Season: Offered the team a boost during the postseason, finishing third on the squad at both the NCAA Championships and the NCAA Mid-Atlantic Regional, as well as fourth for the Wildcats at the BIG EAST Championships ... Lowered his time from the Mid-Atlantic Regional meet to the NCAA Championships by more than 20 seconds ... Made his debut as a part of the Villanova lineup at the Wisconsin adidas Invitational and was the team's third runner ... Competed as an unattached entry at the Main Line Invitational and the Paul Short Run ... Individual winner of the Men's Open race at the Paul Short Run ... Recorded his best 8K time of the season at the BIG EAST Championships.

Personal: Born 2/3/92 in Melbourne, Australia ... One of four children of Peter and Karen McEntee ... Siblings are Alysha (21), Maddison (17) and Chantel (13) ... Majoring in Computer Science.

Career Results

2011 Season

Nov. 21	NCAA Championships	10000 Meters	77th/252	30:38
Nov. 12	NCAA Mid-Atlantic Regional	10000 Meters	16th/183	30:59
Oct. 29	BIG EAST Championships	8000 Meters	11th/123	23:54
Oct. 14	Wisconsin adidas Invitational	8000 Meters	83rd/270	24:44
Sept. 30	Paul Short Run	8000 Meters	1st/452	25:25
Sept. 22	Main Line Invitational	4 Miles	3rd/85	19:35



MATHEW MILDENHALL

ACADEMIC CLASS: SENIOR
 ATHLETIC ELIGIBILITY: JUNIOR
 EVENTS: CROSS COUNTRY / DISTANCE
 AUCKLAND, NEW ZEALAND / AUCKLAND GRAMMAR SCHOOL

On Mildenhall: Consistent performer who was counted on heavily during the season and had his strongest results in the postseason meets ... Key contributor to the lineup in meets during the season.

Career Cross Country Awards: All-American (2009) ... All-Mid Atlantic Region (2009, 2010, 2011) ... All-BIG EAST (2009, 2010, 2011) ... USTFCCA All-Academic Team (2010) ... BIG EAST Academic All-Star (2008, 2009, 2010).

2011 Season: Had his best finish within the team as the Wildcats second runner at the NCAA Championships ... Was the team's fourth runner at the NCAA Mid-Atlantic Regional and came in sixth on the squad at the BIG EAST Championships ... Started the season with a second place finish at the Main Line Invitational ... Finished 176th at the Paul Short Run and was fourth on the team (86th overall) at the Wisconsin adidas Invitational.

2010 Season: All-Mid Atlantic Region ... All-BIG EAST ... Peaked towards the end of the season and was one of the top runners for Villanova down the stretch ... Top finisher on the team at both the BIG EAST Championships and the NCAA Championships ... Came in 46th overall at the national meet ... Placed eighth at the BIG EAST Championships ... Finished second on the team and 10th overall out of 194 runners at the NCAA Mid-Atlantic Regional to help Villanova earn its third straight berth to the NCAA Championships ... Earlier in the year came in 23rd at the Penn State National and third out of 100 runners at the Main Line Invitational.

2009 Season: All-American ... All-Mid Atlantic Region ... All-BIG EAST ... Top runner for Villanova at each of the three postseason meets ... Came in 36th individually at the NCAA Championships with a personal best 10K time of 30:20 ... Runner-up at both the NCAA Mid-Atlantic Regional and the BIG EAST Championships ... Had an 8K time of 24:47 on a muddy BIG EAST course ... Finished in second place at the Panorama Farms Invitational and in 16th place at the Bill Dellinger Invitational ... Started the season at the Main Line Invitational, where his time of 19:51.17 over four miles was third best out of 124 runners.

2008 Season: Redshirted.

Personal: Born 10/3/88 in Auckland, New Zealand ... One of two children of John and Janne ... Has a sister, Riah ... Majoring in Marketing ... In his spare time enjoys playing back yard cricket or lawn bowls.

Career Results

2011 Season

Nov. 21	NCAA Championships	10000 Meters	74th/252	30:36
Nov. 12	NCAA Mid-Atlantic Regional	10000 Meters	19th/183	31:06
Oct. 29	BIG EAST Championships	8000 Meters	14th/123	23:58
Oct. 14	Wisconsin adidas Invitational	8000 Meters	86th/270	24:45
Sept. 30	Paul Short Run	8000 Meters	176th/402	25:56
Sept. 22	Main Line Invitational	4 Miles	2nd/85	19:35

2010 Season

Nov. 22	NCAA Championships	10000 Meters	46th/246	30:41
Nov. 13	NCAA Mid-Atlantic Regional	10000 Meters	10th/194	30:23
Oct. 30	BIG EAST Championships	8000 Meters	8th/118	25:23
Oct. 16	Penn State National	5.2 Miles	23rd/266	25:57
Sept. 23	Main Line Invitational	4 Miles	3rd/100	19:54

2009 Season

Nov. 23	NCAA Championships	10000 Meters	36th/250	30:20
Nov. 14	NCAA Mid-Atlantic Regional	10000 Meters	2nd/196	31:42
Oct. 31	BIG EAST Championships	8000 Meters	2nd/115	24:47
Oct. 16	Panorama Farms Invitational	8000 Meters	2nd/104	23:36
Oct. 2	Bill Dellinger Invitational	8000 Meters	16th/96	23:59
Sept. 24	Haverford Invitational	4 Miles	3rd/124	19:51





Villanova Men's Cross Country



2011 SEASON IN REVIEW

STUDENT-ATHLETE PROFILES



GREG MORRIN

ACADEMIC CLASS: JUNIOR
 ATHLETIC ELIGIBILITY: SOPHOMORE
 EVENTS: CROSS COUNTRY / DISTANCE
 HOCKESSIN, DEL. / ST. MARK'S

On Morrin: Quickly improving distance runner who was able to make contributions for the Wildcats during the season ... Has a great deal of potential as he continues to progress within the program.

Career Awards: BIG EAST Academic All-Star (2009, 2010).

2011 Season: Came in 41st at the BIG EAST Championships in a career-best 8K time of 24:39 ... Finished in fourth place at the Main Line Invitational ... Came in fourth on the team and was 44th overall at the Paul Short Run with an 8K time of 25:07 ... Was the Wildcats seventh runner and came in 237th overall at the Wisconsin adidas Invitational.

2010 Season: Was a regular part of the Villanova lineup for most of the season ... Started the year with an eighth place finish at the Main Line Invitational with a time of 20:16.93 over four miles ... Posted a season-best 8K time of 26:03 at the Notre Dame Invitational ... Came in 90th at the Penn State National and 60th at the BIG EAST Championships.

2009 Season: Redshirted ... Recorded a season-best 8K time of 25:22 in the Men's Open race at the Paul Short Run and placed ninth individually as an unattached entry ... Ran the four-mile course at Haverford College twice during the season as an unattached runner, placing 11th out of 124 runners at the Main Line Invitational (20:24.93) and then coming in fourth in the JV Meet later in the year.

St. Mark's High School: Three-time state champion as a senior, including the 2008 cross country champion and the 2009 outdoor 1600 meters and 3200 meters champion.

Personal: Younger of two children of Thomas and Theresa Morrin ... Has an older sister, Danielle (21) ... Father ran cross country at Villanova ... Majoring in Chemical Engineering.

Career Results

2011 Season

Oct. 29	BIG EAST Championships	8000 Meters	41st/123	24:39
Oct. 14	Wisconsin adidas Invitational	8000 Meters	237th/270	26:14
Sept. 30	Paul Short Run	8000 Meters	44th/402	25:07
Sept. 22	Main Line Invitational	4 Miles	4th/85	19:37

2010 Season

Oct. 30	BIG EAST Championships	8000 Meters	60th/118	27:12
Oct. 16	Penn State National	5.2 Miles	90th/266	26:54
Oct. 1	Notre Dame Invitational	8000 Meters	120th/160	26:03
Sept. 23	Main Line Invitational	4 Miles	8th/100	20:16

2009 Season

Oct. 23	JV Meet	4 Miles	4th/95	20:43
Oct. 2	Paul Short Run	8000 Meters	9th/405	25:22
Sept. 24	Haverford Invitational	4 Miles	11th/124	20:24



DANIEL NORMAN

ACADEMIC CLASS: SENIOR
 ATHLETIC ELIGIBILITY: JUNIOR
 EVENTS: CROSS COUNTRY / MIDDLE DISTANCE
 LEXINGTON, KY. / TATES CREEK

On Norman: Solid middle distance runner who has shown steady improvement during his career.

Career Awards: BIG EAST Academic All-Star (2008, 2009, 2010).

2011 Season: In two races on the four-mile Haverford College course has come in 27th at the Main Line Invitational (20:44.96) and 22nd at the Haverford Invitational (20:54) ... Placed 123rd in the Men's Open race at the Paul Short Run with an 8K time of 27:39.

2010 Season: Ran for Villanova at the Paul Short Run and posted a time of 26:12 on the 8K course ... Came in 35th place out of 357 runners and was the top finisher out of four Wildcats competing in the race.

2008 Season: Redshirted ... Ran unattached in the JV Meet at Haverford and posted a time of 21:19 to finish 11th out of 49 runners on the four-mile course.

Tates Creek High School: As a senior was the Kentucky state champion in cross country ... Also an AAU Junior Olympics champion in the 1500 meters in 2007.

Career Results

2011 Season

Oct. 21	Haverford Invitational	4 Miles	22nd/110	20:54
Sept. 30	Paul Short Run	8000 Meters	123rd/452	27:39
Sept. 22	Main Line Invitational	4 Miles	27th/85	20:44

2010 Season

Oct. 1	Paul Short Run	8000 Meters	35th/357	26:12
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2008 Season

Oct. 24	JV Meet	4 Miles	11th/49	21:19
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Villanova Men's Cross Country



2011 SEASON IN REVIEW

STUDENT-ATHLETE PROFILES



PHILIP O'CONNELL

ACADEMIC CLASS: JUNIOR
 ATHLETIC ELIGIBILITY: SOPHOMORE
 EVENTS: CROSS COUNTRY / DISTANCE
 RYE, N.Y. / FORDHAM PREP

On O'Connell: Has made consistent progress as he gains experience within the Villanova program ... Hard worker with good potential.

Career Awards: BIG EAST Academic All-Star (2010).

2011 Season: Opened the season with a 58th place finish in the Main Line Invitational ... Also came in 17th at the Haverford Invitational with a time of 20:36 on the same four-mile course ... Placed 208th in the Men's Open race at the Paul Short Run with an 8K time of 28:20.

2010 Season: Competed in the Main Line Invitational and the Haverford Invitational, both on the four-mile course at Haverford ... Was an unattached runner at the season-opening Main Line meet and posted a time of 21:50.79 to finish in 51st place ... Finished in 25th place out of 81 runners at the Haverford Invitational with a time of 21:16.32.

2009 Season: Redshirted ... Lined up unattached twice during the season ... Posted an 8K time of 27:35 in the Men's Open race at the Paul Short Run ... Ran a four-mile time of 22:40.44 at the Main Line Invitational.

Fordham Prep: School record holder in the 4x800 meter relay ... Ran the leadoff leg of that relay at the 2009 Nike Outdoor Nationals.

Personal: Oldest of four sons of Donald and Suzanne O'Connell ... Has three younger brothers, Douglas (18), Gregory (15) and Stephen (13) ... Mother ran cross country and track at Villanova and is a 1982 graduate of the university ... Undeclared major in the school of Liberal Arts.

Career Results

2011 Season

Oct. 21	Haverford Invitational	4 Miles	17th/110	20:36
Sept. 30	Paul Short Run	8000 Meters	208th/452	28:20
Sept. 22	Main Line Invitational	4 Miles	58th/85	22:14

2010 Season

Oct. 22	Haverford Invitational	4 Miles	25th/81	21:16
Sept. 23	Main Line Invitational	4 Miles	51st/100	21:50

2009 Season

Oct. 2	Paul Short Run	8000 Meters	217th/405	27:35
Sept. 24	Haverford Invitational	4 Miles	71st/124	22:40



CHRIS O'SULLIVAN

ACADEMIC CLASS: SOPHOMORE
 ATHLETIC ELIGIBILITY: FRESHMAN
 EVENTS: CROSS COUNTRY / MIDDLE DISTANCE
 HAVERTOWN, PA. / ST. JOSEPH'S PREP

On O'Sullivan: Part of a large sophomore class of distance runners for Villanova ... Made consistent strides during the season and has great potential.

2011 Season: Individual runner-up at the Jack St. Clair Memorial Championships with a time of 26:23.34 over five miles ... Top finisher at the event who was affiliated with a team and helped lead Villanova to the team title ... Came in 18th at the Main Line Invitational (20:24.40) to open the season ... Finished sixth in the Men's Open race at the Paul Short Run with a time of 25:42 over 8,000 meters.

2010 Season: Redshirted ... Competed unattached during the season ... Ran in the Men's Open race at the Paul Short Run and came in 16th overall with an 8K time of 25:51 ... Top finisher among a group of unattached Wildcats in that race ... Also ran twice on the four-mile course at Haverford College for the Main Line Invitational and the Haverford Invitational ... Came in sixth place at the Haverford meet with a time of 20:22.91 and was 18th at the Main Line Meet (20:46.73).

St. Joseph's Prep: District 12 cross country champion ... Runner-up in the Philadelphia Catholic League championships in cross country ... Finalist at the Pennsylvania state meet in the Mile, where he ran a personal best time of 4:15.41.

Personal: Born 6/12/91 ... Younger of two children of Marcus and Mary O'Sullivan ... Undeclared major in the Villanova School of Business.

Career Results

2011 Season

Oct. 8	Jack St. Clair Memorial Championships	5 Miles	2nd/85	26:23
Sept. 30	Paul Short Run	8000 Meters	6th/452	25:42
Sept. 22	Main Line Invitational	4 Miles	18th/85	20:24

2010 Season

Oct. 22	Haverford Invitational	4 Miles	6th/81	20:22
Oct. 1	Paul Short Run	8000 Meters	16th/357	25:51
Sept. 23	Main Line Invitational	4 Miles	18th/100	20:46





Villanova Men's Cross Country



2011 SEASON IN REVIEW

STUDENT-ATHLETE PROFILES



JOHN PICKHAVER

ACADEMIC CLASS: JUNIOR
 ATHLETIC ELIGIBILITY: SOPHOMORE
 EVENTS: CROSS COUNTRY / DISTANCE
 DREXEL HILL, PA. / ST. JOSEPH'S PREP

On Pickhaver: Has developed into a strong distance runner over the past two years and continued making strides this season ... Emerged as someone who is capable of being a contributing member of the team's lineup during meets.

Career Awards: BIG EAST Academic All-Star (2009, 2010).

2011 Season: Opened the season at the Main Line Invitational and came in 11th out of 85 runners with a four-mile time of 20:02.20 ... Placed 64th overall and was fifth on the team at the Paul Short Run, covering the 8K course in 25:19 ... Finished 34th in the "B" race at the Wisconsin adidas Invitational (25:53).

2010 Season: Ran in three races during the season and was part of the team's lineup at the Notre Dame Invitational, where he came in 97th with an 8K time of 25:34 ... Was the seventh Villanova finisher in that race ... Came in 10th at the Main Line Invitational and fourth at the Haverford Invitational with nearly identical four-mile times ... Had a time of 20:21.35 in his first race and 20:21.13 in his second race.

2009 Season: Redshirted ... Finished 22nd in the Main Line Invitational and 10th in the JV Meet at Haverford College as an unattached runner ... The better of his two times on the four-mile course was 20:52.39 in his first race ... Registered an 8K time of 25:24. in the Men's Open race at the Paul Short Run and placed 11th overall.

St. Joseph's Prep: Philadelphia Catholic League champion in the outdoor 3200 meters as a senior, as well as the individual cross country champion.

Personal: Son of John (deceased) and Nancy ... Has three sisters, Caitlin, Julie and Kelly ... Julie and Kelly are both Villanova graduates ... Majoring in Political Science.

Career Results

2011 Season

Oct. 14	Wisconsin adidas Invitational	8000 Meters	34th/88	25:53
Sept. 30	Paul Short Run	8000 Meters	64th/402	25:19
Sept. 22	Main Line Invitational	4 Miles	11th/85	20:02

2010 Season

Oct. 22	Haverford Invitational	4 Miles	4th/81	20:21
Oct. 1	Notre Dame Invitational	8000 Meters	97th/160	25:34
Sept. 23	Main Line Invitational	4 Miles	10th/100	20:21

2009 Season

Oct. 23	JV Meet	4 Miles	10th/95	21:00
Oct. 2	Paul Short Run	8000 Meters	11th/405	25:24
Sept. 24	Haverford Invitational	4 Miles	22nd/124	20:52



CHRIS PIETROCARLO

ACADEMIC CLASS: SOPHOMORE
 ATHLETIC ELIGIBILITY: FRESHMAN
 EVENTS: CROSS COUNTRY / MIDDLE DISTANCE
 HAMPSTEAD, N.H. / PINKERTON ACADEMY

On Pietrocarlo: Part of the team's large group of sophomore distance runners ... Has a wealth of potential and has steadily improved in his first two seasons on the team.

Career Awards: BIG EAST Academic All-Star (2010).

2011 Season: Finished in 30th place out of 85 entries at the Main Line Invitational (20:55) ... Placed 70th in the Men's Open race at the Paul Short Run (27:02) ... Came in seventh at the Jack St. Clair Memorial Championships and helped lead Villanova to the team title ... Placed 15th at the Haverford Invitational (20:31).

2010 Season: Redshirted ... Competed unattached ... Came in 24th in the Men's Open race at the Paul Short Run with a time of 26:04 ... Clocked a four-mile time of 21:15.22 and placed 30th at the season-opening Main Line Invitational ... On the same course later in the season came in 11th at the Haverford Invitational in 20:35.43.

Personal: Born 9/5/91 ... Oldest of three children ... Has two younger brothers, Justin and Nicholas ... Majoring in Mechanical Engineering.

Career Results

2011 Season

Oct. 21	Haverford Invitational	4 Miles	15th/110	20:31
Oct. 8	Jack St. Clair Memorial Championships	5 Miles	7th/85	27:28
Sept. 30	Paul Short Run	8000 Meters	70th/452	27:02
Sept. 22	Main Line Invitational	4 Miles	30th/85	20:55

2010 Season

Oct. 22	Haverford Invitational	4 Miles	11th/81	20:35
Oct. 1	Paul Short Run	8000 Meters	24th/357	26:04
Sept. 23	Main Line Invitational	4 Miles	30th/100	21:15





Villanova Men's Cross Country

2011 SEASON IN REVIEW



STUDENT-ATHLETE PROFILES



RYAN SHERIDAN

ACADEMIC CLASS: GRADUATE STUDENT
ATHLETIC ELIGIBILITY: JUNIOR
EVENTS: CROSS COUNTRY / DISTANCE
MELVILLE, N.Y. / WALT WHITMAN

On Sheridan: Transfer from Iona who had an excellent debut for Villanova during the season ... Got better as the season went on and made his biggest contributions to the lineup during the postseason meets.

Career Cross Country Awards: All-American (2009) ... Northeast Region individual champion (2009) ... All-Mid Atlantic Region (2011) ... All-Northeast Region (2009) ... All-BIG EAST (2011) ... All-MAAC (2008, 2009) ... USTFCCA All-Academic Team (2009) ... MAAC Student-Athlete of the Year (2009) ... MAAC All-Academic Team (2008, 2009).

2011 Season: Top finisher on the team at both the NCAA Championships and the NCAA Mid-Atlantic Regional ... Finished third on the team at the BIG EAST Championships ... Debuted for Villanova at the Paul Short Run and finished third on the team (37th overall) ... Came in fifth on the squad at the Wisconsin adidas Invitational.

2010 Season: Redshirted.

2009 Season: All-American ... NCAA Northeast Region individual champion ... MAAC individual champion ... Placed 12th individually at the NCAA Championships with a 10K time of 29:47.4 ... In his two races leading up to the national meet finished as the individual champion at the MAAC Championships and the NCAA Northeast Regional ... Came in 11th place at the Paul Short Run and fourth place at the Pre-NCAA Meet ... Had a personal best 8K time of 23:46.7 at the Pre-NCAA Meet.

2008 Season: Earned All-MAAC honors with a third place finish at the conference championships ... Competed at the NCAA Championships and came in 41st with a 10K time of 30:15 ... Earlier in the year came in 18th place with an 8K time of 23:54.7 at the Pre-NCAA Meet.

2007 Season: Redshirted ... Ran in the USA Junior Cross Country Championships and the IAAF World Cross Country Championships during the year ... Was the runner-up at the USA Junior Championships with a time of 24:19 over the 8K course ... Came in 52nd overall and was the top finisher from the United States at the IAAF Championships, where he ran an 8K time of 25:03 in Edinburgh, Scotland.

Walt Whitman High School: New York Federation Cross Country individual champion in 2004 with a time of 15:44 in the championship race at Bowdoin Park ... That same year came in fourth place in the Foot Locker Northeast Championship (15:37.8) and placed 17th at the Foot Locker National Championship (15:50).

Personal: Born 9/29/89 in Oceanside, N.Y. ... One of two sons of Jimie and Sandra Sheridan ... Has a brother, Justin ... Graduated from Iona in December, 2010 with an undergraduate degree in History and is currently enrolled in graduate school at Villanova, also studying History.

Career Results

2011 Season

Nov. 21	NCAA Championships	10000 Meters	66th/252	30:31
Nov. 12	NCAA Mid-Atlantic Regional	10000 Meters	2nd/183	30:38
Oct. 29	BIG EAST Championships	8000 Meters	8th/123	23:51
Oct. 14	Wisconsin adidas Invitational	8000 Meters	92nd/270	24:46
Sept. 30	Paul Short Run	8000 Meters	37th/402	25:01

2009 Season

Nov. 23	NCAA Championships	10000 Meters	12th/250	29:47
Nov. 14	NCAA Northeast Regional	10000 Meters	1st/244	30:36
Oct. 30	MAAC Championships	8000 Meters	1st/127	25:37
Oct. 17	Pre-Nationals	8000 Meters	4th/237	23:46
Oct. 2	Paul Short Run	8000 Meters	11th/386	23:51

2008 Season

Nov. 24	NCAA Championships	10000 Meters	41st/252	30:15
Nov. 1	MAAC Championships	8000 Meters	3rd/118	24:35
Oct. 18	Pre-Nationals	8000 Meters	18th/267	23:54



DUSTY SOLIS

ACADEMIC CLASS: SOPHOMORE
ATHLETIC ELIGIBILITY: FRESHMAN
EVENTS: CROSS COUNTRY / DISTANCE
COLORADO SPRINGS, COLO. / CORONADO

On Solis: Showed great promise during the season ... Part of a large sophomore class of distance runners for Villanova ... Has the potential to develop as someone who can help the team during meets.

2011 Season: Placed 21st in the four-mile race at the Main Line Invitational with a time of 20:31.61 ... Lowered that mark to 20:23 on the same course and came in ninth at the Haverford Invitational ... Finished 43rd in the Men's Open race at the Paul Short Run with a time of 26:32 over the 8000 meters ... Finished eighth overall and helped lead Villanova to the team title at the Jack St. Clair Memorial Championships.

2010 Season: Redshirted ... Lined up unattached in three races ... Started the season with a 15th place finish over four miles at the Main Line Invitational, where he clocked a time of 20:37.30 ... Later in the year posted a time of 20:44.42 on the same course for the Haverford Invitational and finished in 13th place ... Posted an 8K time of 26:49 in the Men's Open race at the Paul Short Run.

Coronado High School: School record holder in the 800 meters ... Named the *Gazette* High School Cross Country Runner of the Year.

Personal: Son of Diana Solis ... Majoring in Civil Engineering.

Career Results

2011 Season

Oct. 21	Haverford Invitational	4 Miles	9th/110	20:23
Oct. 8	Jack St. Clair Memorial Championships	5 Miles	8th/85	27:43
Sept. 30	Paul Short Run	8000 Meters	43rd/452	26:32
Sept. 22	Main Line Invitational	4 Miles	21st/85	20:31

2010 Season

Oct. 22	Haverford Invitational	4 Miles	11th/81	20:35
Oct. 1	Paul Short Run	8000 Meters	74th/357	26:49
Sept. 23	Main Line Invitational	4 Miles	15/100	20:37





Villanova Men's Cross Country



2011 SEASON IN REVIEW

STUDENT-ATHLETE PROFILES



BRIAN TETREAUULT

ACADEMIC CLASS: GRADUATE STUDENT
 ATHLETIC ELIGIBILITY: SENIOR
 EVENTS: CROSS COUNTRY / DISTANCE
 CINNAMINSON, N.J. / CINNAMINSON

On Tetreault: Experienced runner who returned for his final season of eligibility ... Strong and steady competitor in meets who showed great improvement during the course of his career.

Career Awards: BIG EAST Academic All-Star (2007, 2008, 2009, 2010).

2011 Season: Opened the season with a 28th place individual finish at the Main Line Invitational and had a four-mile time of 20:46.10 ... Came in 48th in the Men's Open race at the Paul Short Run ... Covered the 8K Paul Short course in 26:39 ... Placed eighth at the Haverford Invitational with a four-mile mark of 20:16.

2010 Season: Came in 19th at the season-opening Main Line Invitational with a four-mile time of 20:47.13 ... Lowered that mark to 20:26.06 with a third place finish at the Haverford Invitational later in the year.

2009 Season: Individual champion of the JV Meet at Haverford with a four-mile time of 20:22.00 ... That was 30 seconds faster than his season-opening time on the same course at the Main Line Invitational, where he finished 23rd out of 124 runners ... Posted an 8K time of 28:04.60 at the BIG EAST Championships ... Competed at the Paul Short Run and had a time of 26:24 on the 8K course.

2008 Season: Came in 28th place at the Princeton Invitational ... Finished 17th overall at the Haverford Invitational with a four-mile time of 20:38.24.

2007 Season: Redshirted ... Placed 35th at the Haverford Invitational as an unattached runner with a four-mile time of 21:18.1.

Cinnaminson High School: School record holder in the 4x800 meter relay and the distance medley relay.

Personal: Born 7/24/89 ... Double major in Accounting and Management Information Systems.

Career Results

2011 Season

Oct. 21	Haverford Invitational	4 Miles	8th/110	20:16
Sept. 30	Paul Short Run	8000 Meters	48th/452	26:39
Sept. 22	Main Line Invitational	4 Miles	28th/85	20:46

2010 Season

Oct. 22	Haverford Invitational	4 Miles	3rd/81	20:20
Sept. 23	Main Line Invitational	4 Miles	19th/100	20:47

2009 Season

Oct. 31	BIG EAST Championships	8000 Meters	36th/115	28:04
Oct. 23	JV Meet	4 Miles	1st/95	20:22
Oct. 2	Paul Short Run	8000 Meters	331st/386	26:24
Sept. 24	Haverford Invitational	4 Miles	23rd/124	20:56

2008 Season

Sept. 23	Haverford Invitational	4 Miles	17th/97	20:38
Sept. 13	Princeton Invitational	6000 Meters	28th/60	20:35

2007 Season

Sept. 20	Haverford Invitational	4 Miles	35th/100	21:18
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TOM TRAINER

ACADEMIC CLASS: FRESHMAN
 ATHLETIC ELIGIBILITY: FRESHMAN
 EVENTS: CROSS COUNTRY / DISTANCE
 HAVERTOWN, PA. / LA SALLE COLLEGE

2011 Season: Competed as an unattached runner ... Made his collegiate debut at the Main Line Invitational with a time of 20:33.79 over four miles ... Placed 22nd out of 85 ... Finished in 57th place in the Men's Open race at the Paul Short Run with an 8K mark of 26:49 ... Came in fifth at the Jack St. Clair Memorial Championships ... Finished in sixth place out of 110 entries at the Haverford Invitational

(20:09).

La Salle College High School: Five-time Philadelphia Catholic League individual champion ... 10-time All-Philadelphia Catholic League performer ... Team was runners-up at the 2008 PIAA Cross Country Championships ... All-Pennsylvania selection in cross country, indoor track and outdoor track as a senior ... Individual runner-up in the 3000 meters at the 2011 indoor state championships ... Three-time PIAA District 12 individual champion in cross country and track.

Personal: Born 10/8/92 in Harrisburg, Pa. ... Oldest of two children of Jim and Mary Ellen Trainer ... Has a younger, sister, Therese.

Career Results

2011 Season

Oct. 21	Haverford Invitational	4 Miles	6th/110	20:09
Oct. 8	Jack St. Clair Memorial Championships	5 Miles	5th/85	26:57
Sept. 30	Paul Short Run	8000 Meters	57th/452	26:49
Sept. 22	Main Line Invitational	4 Miles	22nd/85	20:33





2011 SEASON IN REVIEW

STUDENT-ATHLETE PROFILES



ALEX TULLY

ACADEMIC CLASS: JUNIOR
ATHLETIC ELIGIBILITY: FRESHMAN
EVENTS: CROSS COUNTRY / DISTANCE
LITTLE ROCK, ARK. / CATHOLIC

On Tully: Steadily improving runner who had a successful season and made contributions to the Villanova lineup during the year ... Offers great potential to the team.

Career Awards: BIG EAST Academic All-Star (2009, 2010).

2011 Season: Made his first appearance at a postseason meet by finishing seventh on the team and 53rd overall at the NCAA Mid-Atlantic Regional ... Individual winner at the Haverford Invitational ... Finished 13th at the Main Line Invitational and 134th at the Paul Short Run.

2010 Season: Redshirted.

2009 Season: Redshirted ... Competed unattached ... Runner-up in the JV Meet at Haverford with a time of 20:28.85 over four miles ... Earlier in the year at the same course finished in 20:37.14 to come in 14th at the Main Line Invitational ... Came in 32nd in the JV Meet at the Paul Short Run with an 8K time of 25:47.

Catholic High School: Indoor and outdoor state champion in the 3200 meters as a senior ... Named the *Arkansas Democrat Gazette* male Academic Athlete of the Year. Also played soccer.

Personal: Oldest of three sons of Jim and Penny Tully ... Has two younger brothers, D.J. (17) and Matt (15) ... Mother was an All-American in the 3000 meters at Iowa ... Majoring in Chemical Engineering.

Career Results

2011 Season

Nov. 12	NCAA Mid-Atlantic Regional	10000 Meters	53rd/183	31:58
Oct. 21	Haverford Invitational	4 Miles	1st/110	19:45
Sept. 30	Paul Short Run	8000 Meters	134th/402	25:43
Sept. 22	Main Line Invitational	4 Miles	13th/85	20:04

2009 Season

Oct. 23	JV Meet	4 Miles	2nd/95	20:28
Oct. 2	Paul Short Run	8000 Meters	32nd/405	25:47
Sept. 24	Haverford Invitational	4 Miles	14th/124	20:37

