



# TENNESSEE LADY VOLS 2008 CROSS COUNTRY

## 2008 TENNESSEE LADY VOLS CROSS COUNTRY QUICK FACTS

### The University

Location .....Knoxville, Tenn. 37996  
 Founded..... 1794 as Blount College  
 Enrollment .....26,400  
 Nickname.....Lady Volunteers (Lady Vols)  
 Colors.....Orange and White  
 Affiliation.....NCAA Division I  
 Conference.....Southeastern (SEC)  
 NCAA Region.....South  
 Home Course.....Lambert Acres G.C. (Maryville, Tenn.)  
 President.....Dr. John Petersen  
 Faculty Athletics Rep.....Dr. Todd A. Diacon

### Women's Athletics Department

Athletics Director.....Joan Cronan  
 Sr. Associate A.D. ....Donna Thomas  
 Assoc. A.D. - Media Relations .....Debby Jennings  
 Assoc. A.D. - Marketing & Promotions .....Chris Fuller  
 Assoc. A.D. - Development.....Dara Worrell  
 Assoc. A.D. - Sports Medicine .....Jenny Moshak  
 Asst. A.D. - Ticket Operations.....Joe Arnone  
 Asst. A.D. - Facilities & Operations.....Angie Boyd Keck  
 Asst. A.D. - Compliance & Operations.....Todd Dooley  
 Asst. A.D. - Strength & Conditioning.....Heather Mason  
 Internet Comm. Director.....Rick Starratt  
 Athletics Dept. Web Page .....www.utladyvols.com

### Coaching Staff

Head Cross Country Coach .....J.J. Clark (Villanova '86)  
 Clark's Record at UT .....703-193-1 (.784)/7th Year  
 Cross Country Office Phone .....(865) 974-4275  
 Asst. T&F Coach.....Pauline Davis-Thompson (Alabama '89)  
 Asst. T&F Coach.....John Frazier (UCLA '86)  
 Director of Operations .....Amy Ranker (Tennessee '05)  
 Athletic Trainer For XC .....Abe Kiggins  
 G.A. Athletic Trainer For XC .....Casi Dailey  
 Assoc. Str. & Cond. Coach For XC.....Collin Schlosser  
 Mgrs. ....Chelsea Boling, Emerald Bronson, Brittiny Cooper

### Media Relations

Mailing Address .....117 Stokely Athletics Center  
 .....Knoxville, Tenn. 37996-3110  
 Cross Country Contact.....Eric Trainer (Arkansas '88)  
 E-Mail Address .....etrainer@tennessee.edu  
 Media Relations Office Phone.....(865) 974-8173  
 Media Relations Cell Phone.....(865) 603-2916  
 Media Relations Home Phone.....(865) 531-1767  
 Media Relations Fax.....(865) 974-8875

### Team Information

2008 USTFCCCA Nat'l./South Region.....NR/3rd  
 2008 Overall Record .....101-14 (.878)  
 2008 SEC Record .....17-4  
 2008 SEC Championships Finish.....3rd  
 2008 NCAA South Region Finish.....3rd  
 2007 NCAA Championships Finish.....N/A  
 Letterwinners Returning/Lost.....8/1  
 Newcomers.....11

## NCAA CHAMPIONSHIPS NOV. 24 \* TERRE HAUTE, IND.

**TWO LADY VOLS HEADED TO NCAA MEET:** The University of Tennessee won't be competing as a team at the 2008 NCAA Cross Country Championships in Terre Haute, Ind., but two Lady Vols will be running as individuals in the meet on Nov. 24 at the La-Vern Gibson Championship Cross Country Course. Start time for the 6,000-meter women's race is 12:08 p.m. Eastern Time.

**BOWMAN, ARESON TO REPRESENT UT:** Representing the Big Orange will be senior Sarah Bowman (Warrenton, Va.) and junior Jackie Areson (Delray Beach, Fla.), who automatically qualified for the national meet at the NCAA South Regional in Maryville, Tenn., on Nov. 15. Bowman finished second at that meet in 20:50.29, while Areson was 11th in 21:15.52.

**HOW THEY MADE IT:** Sarah Bowman and Jackie Areson made the field as automatic qualifiers out of the South Region, finishing among the top four individuals not on automatic qualifying teams from that region. Joining them in that quartet were Auburn's Hollie Knight, the South Region winner, and Alabama's Sara Vaughn, who finished seventh.

**LIVE COVERAGE OF THE MEET:** Those wanting to watch the NCAA Cross Country Championships may do so live on television or via the Internet. CBS College Sports Network will televise the action, beginning at noon on Nov. 24. The event also will be streamed live at [www.ncaa.com](http://www.ncaa.com).

**INSIDE THE NUMBERS:** A total of 31 schools will compete for the women's NCAA team title, while 255 individuals will vie for the individual crown.

**RETURN NCAA TRIPS FOR BOWMAN, ARESON:** Sarah Bowman and Jackie Areson aren't rookies when it comes to NCAA participation in cross country. Bowman was 97th at the 2006 meet in 22:08.1 and 231st as a freshman in 2006 in 22:40.5. Areson, meanwhile, finished 161st as a freshman in 2006 with a time of 22:35.6.

**A LADY VOL PRESENCE ONCE AGAIN:** After having no one in last year's NCAA Cross Country Championships, Tennessee has representation at the national meet for the sixth time in J.J. Clark's seven years in Knoxville. All-time, Tennessee has been represented in 15 of the 28 NCAA Cross Country Championship meets. Ten of those have been team appearances (1982, 1983, 1989, 1990, 1998, 2002, 2003, 2004, 2005, 2006) with individuals carrying the torch on five occasions (1981, 1986, 2000, 2001, 2008).

**UT LOOKING FOR FIRST ALL-AMERICAN SINCE Y2K:** Sarah Bowman and Jackie Areson will be attempting to become UT's first All-Americans in cross country since 2000. Sharon Dickie was the last to accomplish that feat, placing 29th of 215 runners in the brutal cold and howling winds of Ames, Iowa, in Y2K.

**ALL-TIME BIG ORANGE ALL-AMERICANS:** Seven Lady Vols have earned eight NCAA All-America certificates all-time. Those student-athletes include Kathy Bryant Hadler (9th, 1981; 8th, 1982), Liz Natale (4th, 1983), Alison Quelch (16th, 1983), Patty Wiegand (5th, 1989), Jasmin Jones (32nd, 1989), Valerie Bertrand (33rd, 1989) and Sharon Dickie (29th, 2000). To earn A-A honors now, one must finish among the top 40 runners.

**THE LAST TIME...:** The last time a Lady Vol finished in the top 50 at the NCAA meet was in 2002, when Sharon Dickie placed 50th as a senior during J.J. Clark's first year at Rocky Top. Top 30? That would be Dickie's 29th-place finish in 2000. Top 25, 10 or 5? You'd have to go back to Patty Wiegand's fifth-place outcome in 1989. Best-ever finish at NCAAAs by a Lady Vol? That would be Liz Natale taking fourth in 1983.

**ALL THAT GLITTERS...:** Behind Sharon Dickie, Sarah Bowman is the second-most decorated cross country runner in Lady Vol history. Bowman is a four-time All-SEC honoree, a three-time All-South Region recipient and a three-time NCAA Championships qualifier. On top of that, she's a stellar student who's been named an ESPN The Magazine Academic All-American, the USTFCCA NCAA Division I National Indoor Scholar-Athlete of the Year and the SEC Track & Field/Cross Country Scholar-Athlete of the Year.

**BOWMAN ON POINT:** In five races this season, Sarah Bowman led Tennessee to the finish line each time. Her career-best second-place finish at the NCAA South Regional meet on Nov. 15 marked the 14th time in her career and the 12th occasion in her last 14 races she had set the tone for Team Orange. Bowman won the meet for the second time in her career at the Tennessee Invitational on Sept. 19, was 11th at the Brooks Paul Short Run on Oct. 3, placed fifth at the Penn State National on Oct.

## TENNESSEE LADY VOLUNTEERS CROSS COUNTRY SCHEDULE/RESULTS

### BELMONT OPENER (4K)

Fri., Sept. 5 \* Nashville, Tenn. \* 5:30 p.m. CT  
Team: 2nd of 12 Individual: C. Price, 8th, 14:52.67

### TENNESSEE INVITATIONAL (5K)

Fri., Sept. 19 \* Maryville, Tenn. \* 5:30 p.m. ET  
Team: 1st of 3 Individual: Bowman, 1st, 17:21

### BROOKS PAUL SHORT RUN (6K)

Fri., Oct. 3 \* Bethlehem, Pa. \* 11:45 a.m. ET  
Team: 6th of 43 Individual: Bowman, 11th, 20:28

### PENN STATE NATIONAL (6K)

Fri., Oct. 17 \* University Park, Pa. \* 11 a.m. ET  
Team: 5th of 28 Individual: Bowman, 5th, 20:24

### SEC CHAMPIONSHIPS (6K)

Mon., Nov. 3 \* Starkville, Miss. \* 10 a.m. CT  
Team: 3rd of 12 Individual: Bowman, 3rd, 20:27.26

### NCAA SOUTH REGIONAL (6K)

Sat., Nov. 15 \* Maryville, Tenn. \* 10 a.m. ET  
Team: 3rd of 23 Individual: Bowman, 2nd, 20:50.29

### NCAA CHAMPIONSHIPS (6K)

Mon., Nov. 24 \* Terre Haute, Ind. \* 12:08 p.m. ET  
Team: N/A Individual: TBA

## USTFCCA NCAA DIVISION I WOMEN'S CROSS COUNTRY RANKINGS (NOV. 18, 2008)

Rk.	Team (First-place votes)	Points
1.	Washington (12)	360
2.	Oregon	343
3.	Florida State	337
4.	Princeton	324
5.	West Virginia	308
6.	Minnesota	296
7.	Villanova	280
8.	Michigan	265
9.	Texas Tech	260
10.	Wisconsin	243
11.	Arkansas	237
12.	Stanford	232
13.	Michigan State	222
14.	Illinois	212
15.	Arizona State	178
16.	Florida	176
17.	Georgetown	170
18.	Baylor	156
19.	Rice	153
20.	Providence	144
21.	New Mexico	115
22.	Nebraska	101
23.	Iowa	84
24.	SMU	79
25.	Syracuse	72
26.	Northern Arizona	54
27.	Boston College	48
28.	Virginia	44
29.	Stony Brook	33
30.	Notre Dame	23

**Others Receiving Votes:** Penn State (20), Kentucky (11).

## 2008 TENNESSEE LADY VOL CROSS COUNTRY ROSTER

Name	Yr.	Ht.	Exp.	Hometown/High School
Elizabeth Altizer	Fr.	5-10	HS	Bartlett, Tenn./St. Benedict at Auburndale
Jackie Areson	Jr.	5-4	2L	Delray Beach, Fla./Atlantic Community
Tyler Barnes	So.	5-3	HS	Ewing, N.J./Ewing
Rolanda Bell	Sr.	5-5	3L	Laurelton, N.Y./Sacred Heart Academy
Sarah Bowman	Sr.	5-7	3L	Warrenton, Va./Fauquier
Alyssa Bryant	Jr.	5-7	SQ	Andersonville, Tenn./Anderson Co.
Ally Colvin	Fr.	5-8	HS	Maryville, Tenn./Maryville
Ramzee Fondren	Fr.	5-7	HS	Detroit, Mich./Detroit Renaissance
Charity Honeycutt	Fr.	6-0	HS	Burnsville, N.C./Mountain Heritage
Kelsey Kane	Fr.	5-5	HS	Knoxville, Tenn./West
Chelsea Knotts	Fr.	5-5	HS	Ripley, W. Va./Ripley
Kimarra McDonald	Sr.	5-9	3L	Lumberton, N.J./Rancocas Valley Reg.
Jená Murphy	Jr.	5-5	HS	Memphis, Tenn./Germantown
Chanelle Price	Fr.	5-6	HS	Easton, Pa./Easton Area
Brittany Sheffey	So.	5-5	1L	Bellport, N.Y./Bellport
Leah Soro	Sr.	5-4	2L	Knoxville, Tenn./West
Elizabeth Tiller	Fr.	5-7	HS	Tuscaloosa, Ala./American Christ. Acad.
Katie Van Horn	Sr.	5-6	3L	Glendora, N.J./Triton Reg./Richmond
Kim White	So.	5-5	HS	Memphis, Tenn./White Station
Phoebe Wright	Jr.	5-7	2L	Signal Mountain, Tenn./Red Bank

**Head Cross Country and Track & Field Coach:** J.J. Clark (Villanova '86)

**Assistant Track & Field Coach:** Pauline Davis-Thompson (Alabama '89)

**Assistant Track & Field Coach:** John Frazier (UCLA '86)

**Director of Operations:** Amy Ranker (Tennessee, '05)

**Managers:** Chelsea Boling, Emerald Bronson, Brittney Cooper

## PRONUNCIATION GUIDE

Jackie Areson	AI-R-uh-son	Jená Murphy	juh-NAY
Rolanda Bell	ro-LAWN-duh	Brittany Sheffey	SHEFF-ee
Kimarra McDonald	kuh-MARE-uh		

17 and charted a career-topping conference outing of third on Nov. 3 at the SEC Championships.

**THE BOWMAN EFFECT:** In all 23 cross country races she's run as a Lady Volunteer, Sarah Bowman has contributed to the team point total in all of them. Additionally, she has charted individual top-five finishes in 11 of those races, including eight of her last 11 outings.

**RECAPPING BO'S SEASON:** After missing the Belmont Opener, Sarah Bowman paced UT in the next five meets. She won the Tennessee Invitational in a 5K career best of 17:21, was 11th at the 6K Brooks Paul Short Run in 20:28, took fifth at the 6K Penn State National Invitational in a season-best 20:24, placed third at the SEC Championships in 20:27.26 and crossed the line second at the NCAA South Regional in 20:50.29.

**FOUR CAREER WINS FOR SARAH:** The Tennessee Invitational victory this season was the fourth win of Sarah Bowman's career. She also won that meet in 2005 and claimed the Belmont Opener in 2005 and 2007.

**BOWMAN STRONG IN FINAL HOME APPEARANCE:** Sarah Bowman made her fifth career appearance at Lambert Acres one to remember. Running on her home course as a Lady Vol for the final time, she rolled to a runner-up outcome at the NCAA South Regional in 20:50.29. That mark ranks as the second fastest 6K clocking ever logged there, behind only the victorious 20:29.67 of Auburn's Hollie Knight. Bowman won bookend Tennessee Invitational titles as a freshman in 2005 and as a senior in 2008 and notched a 23rd-place effort at the NCAA South Regional at Lambert Acres in 2006. She also placed fifth there at the 2006 Tennessee Invitational.

## LADY VOLS WEEK-BY-WEEK IN THE POLLS IN 2008

### USTFCCCA SOUTH REGION RANKINGS

Week 1 .....	3rd on 9/15
Week 2 .....	2nd on 9/29
Week 3 .....	4th on 10/6
Week 4 .....	4th on 10/13
Week 5.....	3rd on 10/20
Week 6 .....	3rd on 10/27
Week 7 .....	3rd on 11/3
Week 8 .....	3rd on 11/10

### USTFCCCA DIVISION I RANKINGS

Week 1 .....	Rec. Votes (31st) on 9/16
Week 2 .....	29th on 9/30
Week 3 .....	NR on 10/7
Week 4 .....	Rec. Votes (39th) on 10/14
Week 5.....	Rec. Votes (35th) on 10/21
Week 6 .....	Rec. Votes (35th) on 10/28
Week 7 .....	Rec. Votes (37th) on 11/4
Week 8 .....	Rec. Votes (37th) on 11/11
Week 9.....	NR on 11/18

**DEPT. HONORS FOR "BO":** For the third time this season, Sarah Bowman was named Lady Vol Athlete of the Week. Most recently, she earned it for taking second at the NCAA South Regional. She previously garnered distinction in 2008 after her win at the Tennessee Invitational and her fifth-place finish at the Penn State National.

**AUTOMATIC ARESON:** Jackie Areson has quietly built a streak of 16 straight starts where she contributed to Tennessee's scoring cause. Since arriving on the Knoxville campus in 2006, she has not failed to factor into the Lady Vols' team total.

**ARESON PICKS UP THE PACE:** After sitting out the Belmont Opener, junior Jackie Areson gave J.J. Clark scoring performances during UT's last five meets. She ran third for her squad and fourth overall in 18:40 at the 5K Tennessee Invitational on Sept. 19 and came back on Oct. 3 to run second for the Lady Vols and finish 27th overall in 21:07 at the Brooks Paul Short Run. That mark was a minute and eight seconds faster than she ran the course in 2007. At the Penn State National on Oct. 17, Areson was UT's No. 2 runner once again, taking 31st overall in 21:22. She dipped to the No. 4 spot for UT at the SEC meet, finishing 29th in 21:51.29, but bounced back to finish 11th overall and second on the

team in 21:15.52 at the NCAA South Regional.

**THERE'S NO PLACE LIKE HOME:** Jackie Areson's best races seem to come at home, in NCAA South Region competitions. Areson has been sharp in each of the NCAA South Regional meets contested at UT's own Lambert Acres Golf Club in Maryville. She was 10th in 21:35.4 at the meet as a freshman in 2006 and finished 11th on the course last weekend in 21:15.52.

**ALL-STAR LADY VOLS:** Sarah Bowman and Jackie Areson, joined by sophomore teammate Brittany Sheffey, earned All-South Region acclaim at the NCAA South Regional. Bowman was second, Areson 11th and Sheffey 23rd. Bowman and Sheffey earned All-SEC distinction as well, placing third and 12th, respectively, at the league meet.

**2008 LADY VOL RESET:** UT has competed in six meets thus far in 2008. The Lady Vols began the season by taking second at the Belmont Opener on Sept. 5, won the Tennessee Invitational on Sept. 19, took sixth in the Brooks Paul Short Run on Oct. 3, finished fifth at the Penn State National on Oct. 17, grabbed third at the SEC Championships on Nov. 3 and came in third at the NCAA South Regional on Nov. 15. UT's leaders in those races were freshman Chanelle Price in the first race and senior Sarah Bowman in the other five.

**TENNESSEE SEASON RECORD:** Through six meets, Tennessee has posted a 101-14 overall won-lost record, with a 17-4 mark vs. the Southeastern Conference and a 38-4 slate against NCAA South Region schools. The only South squads to finish ahead of the Big Orange this season were Vandy in the Belmont Opener, when the Lady Vols ran without their full lineup, Florida in the SEC Championships, and Florida State and UF in the NCAA South Regional.

## NCAA CHAMPIONSHIPS MEDIA INFORMATION

**NCAA MEET INFORMATION:** For complete meet info., paste or copy the following address into your browser window: [http://www.nmnathletics.com/ViewArticle.dbml?DB\\_OEM\\_ID=15200&ATCLID=1149753&DB\\_OEM\\_ID=15200&DB\\_LANG=&IN\\_SUBSCRIBER\\_CONTENT=&KEY=&DB\\_OEM\\_ID=15200&DB\\_LANG=&IN\\_SUBSCRIBER\\_CONTENT=](http://www.nmnathletics.com/ViewArticle.dbml?DB_OEM_ID=15200&ATCLID=1149753&DB_OEM_ID=15200&DB_LANG=&IN_SUBSCRIBER_CONTENT=&KEY=&DB_OEM_ID=15200&DB_LANG=&IN_SUBSCRIBER_CONTENT=)

**BROADCAST INFO.:** CBS College Sports Network will televise live at noon ET on Nov. 24, and [www.ncaa.com](http://www.ncaa.com) will have a live stream.

**NCAA RESULTS:** The address mentioned previously will have a link to [ncaa.com](http://ncaa.com) for results, while [utladyvols.com](http://utladyvols.com) will have UT's recap.

**NCAA MEDIA RELATIONS CONTACT:** In Terre Haute, ISU's Mike Williams is the local media contact. He can be reached via e-mail at [mwilliams73@isugw.indstate.edu](mailto:mwilliams73@isugw.indstate.edu) or by telephone at 812-237-4161.

**UT MEDIA RELATIONS:** Contact Eric Trainer at 865-603-2916 or [etrainer@utk.edu](mailto:etrainer@utk.edu) for UT info.

# ALL-TIME LADY VOL CROSS COUNTRY AIAW & NCAA CHAMPIONSHIP RESULTS

## AIAW CHAMPIONSHIPS

**Nov. 19, 1977 (8th of 23)  
UT finishers (218 runners)**

2	*Brenda Webb	17:24
20	Lynn Lashley	18:16
41	Barb Tieperman	18:42
117	Lynn Emery	19:33
142	Cathy Kirchner	19:52
155	Betty Shell	20:06
170	Lori Bertelkamp	20:29

**Nov. 18, 1978  
UT finisher (233 runners)**

5	*Brenda Webb	17:20
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**Nov. 17, 1979 (14th of 24)  
UT finishers (# of runners n/a)**

50	Shannon Cline	17:47
60	Linda Portasik	n/a
71	Miriam Boyd	n/a
109	Lynn Lashley	n/a
120	Ellen McCallister	n/a
145	Sally Thomas	n/a
193	Joanne Soldano	n/a

**Nov. 15, 1980 (6th of 25)  
UT finishers (214 runners)**

8	*Kathy Bryant	17:16
15	*Linda Portasik	17:31
64	Donna McLain	18:15
83	Eileen Hornberger	18:27
175	Ellen McCallister	19:12
189	Beth Huff	19:22

## NCAA CHAMPIONSHIPS

**Nov. 21, 1981  
UT finisher (# runners n/a)**

9	*Kathy Bryant-Hadler	16:41
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**Nov. 22, 1982 (12th of 15)  
UT finishers (132 runners)**

7	*Kathy Bryant-Hadler	17:14
63	Susan Baxter	18:13
81	Donna McLain	18:36
87	Liz Natale	18:42
106	Monica O' Reilly	19:18
114	Eileen Hornberger	19:35
118	Joetta Clark	19:42

**Nov. 22, 1983 (4th of 16)  
UT finishers (133 runners)**

4	*Liz Natale	16:42
16	*Alison Quelch	17:05
33	Monica O' Reilly	17:28
45	Susan Baxter	17:40
53	Alisa Harvey	17:51
129	Pam Fillmore	19:59

**Nov. 24, 1986  
UT finisher (129 runners)**

71	Alisa Harvey	18:25
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**Nov. 20, 1989 (6th of 22)  
UT finishers (183 runners)**

5	*Patty Wiegand	16:47
32	*Jasmin Jones	17:23
33	*Valerie Bertrand	17:23
71	Michelle Strothers	17:57
160	Christy Cupp	19:02
176	Lynne Collazo	19:38
183	Lisa Richardson	21:03

**Nov. 19, 1990 (12th of 22)  
UT finishers (179 runners)**

44	Patty Wiegand	17:12
55	Megan Thompson	17:17
62	Jasmin Jones	17:24
108	Celeste Susnis	17:47
130	Michelle Strothers	18:10
172	Lynne Collazo	19:20
179	Dina Spagnoli	20:35

**Nov. 23, 1998 (31st of 31)  
UT finishers (255 runners)**

74	Sharon Dickie	18:02.65
153	Mindy Watkins	18:41.18
176	Angie Pothier	18:56.20
196	Kristen Ritter	19:09.10
205	Dorothy Denko	19:12.98
228	Meghan Mantlo	19:39.05
239	Maureen Ferris	20:06.30

**Nov. 20, 2000  
UT finisher (215 runners)**

29	*Sharon Dickie	21:21.8
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**Nov. 19, 2001  
UT finisher (6K race, 249 runners)**

136	Sharon Dickie	22:27
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**Nov. 25, 2002 (128th of 31)  
UT finishers (6K race, 254 runners)**

50	Sharon Dickie	20:48.8
103	Brooke Novak	21:19.8
164	Megan Cauble	21:48.3
238	Jessica Southers	22:39.7
246	Felicia Guliford	23:00.4
250	Elizabeth McCalley	23:27.9
253	Erin Anderson	23:51.3

**Nov. 24, 2003 (24th of 31)  
UT finishers (6K race, 252 runners)**

58	Brooke Novak	20:56.7
100	Lindsay Hyatt	21:15.9
155	Elizabeth McCalley	21:34.9
166	Megan Cauble	21:41.8
178	Katie Flaute	21:50.0
200	Mindy Sullivan	22:03.0
249	Nicole Cook	23:24.1

**Nov. 22, 2004 (21st of 31)  
UT finishers (6K race, 248 runners)**

81	Felicia Guliford	21:45.5
97	Katie Flaute	21:53.7
125	Elizabeth McCalley	22:12.3
169	Carly Matthews	22:34.4
175	Brooke Novak	22:38.8
192	Mindy Sullivan	22:53.8
-----	Megan Cauble	DNF

**Nov. 21, 2005 (28th of 31)  
UT finishers (6K race, 253 runners)**

58	Felicia Guliford	20:45.9
113	Katie Flaute	21:14.9
197	Carly Matthews	22:03.7
199	Leah Soro	22:04.9
231	Sarah Bowman	22:40.4
235	Mindy Sullivan	22:48.8
243	Rolanda Bell	23:09.8

**Nov. 20, 2006 (28th of 31)  
UT finishers (6K race, 255 runners)**

97	Sarah Bowman	22:08.1
113	Katie Van Horn	22:14.6
158	Katie Flaute	22:34.1
161	Jackie Areson	22:35.6
188	Felicia Guliford	22:53.1
238	Leah Soro	24:00.9
DNF	Rose-Anne Galligan	N/A

\* - Denotes All-American

## ALL-TIME LADY VOL ALL-AMERICANS

### AIAW CHAMPIONSHIPS

1977: Brenda Webb (2nd)  
1978: Brenda Webb (5th)  
1980: Kathy Bryant (8th)  
1980: Linda Portasik (15th)

### NCAA CHAMPIONSHIPS

1981: Kathy Bryant-Hadler (9th)  
1982: Kathy Bryant-Hadler (7th)  
1983: Liz Natale (4th)  
1983: Alison Quelch (16th)  
1989: Patty Wiegand (5th)  
1989: Jasmin Jones (32nd)  
1989: Valerie Bertrand (33rd)  
2000: Sharon Dickie (29th)

# 2008 LADY VOL CROSS COUNTRY BIOS



**J.J. CLARK**  
HEAD COACH  
SEVENTH YEAR

## 2008 RECORD

- \* 101-14 vs. all teams
- \* 17-4 vs. SEC teams
- \* 38-4 vs. NCAA South Region teams
- \* 1-11 vs. ranked teams

## 2008 HIGHLIGHTS

- \* UT finished third at NCAA South Regional and SEC Championships
- \* Sarah Bowman and Jackie Areson qualified individually for the NCAA Champs.
- \* Team won Tennessee Invitational, and Sarah Bowman was the individual winner
- \* Despite holding his top three runners out at the Belmont Opener, his squad began the season with a runner-up finish

## SEC/NCAA HIGHLIGHTS

### At Tennessee

- \* Won 2003, 2004 & 2005 SEC trophies
- \* Won 2002, 2003, 2004 & 2005 NCAA South Region Championships
- \* NCAA Championship participants in 2002 (128th), 2003 (24th), 2004 (21st), 2005 (28th) and 2006 (28th)

### At Florida

- \* Won 1996 & 1997 SEC Championships
- \* Won 1997 & 1998 NCAA South Region Championships
- \* NCAA Championship participants in 1994 (school's first appearance), 1995, 1997 (16th), 1998, 1999

## CAREER NOTES/HONORS

### At Tennessee

- \* 723-195-1 record (.787 winning pct.)
- \* 133-22 (.858) vs. SEC foes, including 70-7 (.909) in SEC Championship meets
- \* Including a 92-18 (.836) SEC meet record at Florida, he is 162-25 (.866) in 17 conference championship meets
- \* Winningest XC coach in school history
- \* UT season-best win total (125 in 2005)
- \* 18 team victories in 47 races
- \* 2003, 2004 & 2005 SEC Coach of Year
- \* 2002, 2003, 2004 & 2005 USTCA South Region Coach of the Year
- \* Five NCAA Championships berths

### At Florida

- \* 1996 & 1997 SEC Coach of the Year
- \* 1997 USTCA South Region Coach of the Year
- \* Five NCAA Championships berths



**JACKIE ARESON**  
JUNIOR  
DELRAY BEACH, FLA.  
ATLANTIC COMMUNITY H.S.

## CAREER BESTS

- 4K: 14:32.81 at Belmont Op., 9/1/06
- 5K: 18:23.04 at flrunners.com Inv., 9/30/05
- 6K: 20:42.65 at SEC Champs., 10/28/06

## SEASON BESTS

- 4K: N/A
- 5K: 18:40 at Tennessee Inv., 9/19/08
- 6K: 21:07 at Brooks Paul Short Run, 10/3/08

## TOP RESULTS THIS SEASON

- \* 4th at Tennessee Inv., 18:40
- \* 11th at NCAA South Regional, 21:15.52
- \* 27th at Brooks Paul Short Run, 21:07
- \* 29th at SEC Champs., 21:51.29
- \* 31st at Penn State Nat'l., 21:22

## 2008 NOTES

- \* Earned her second career NCAA berth
- \* Scored in third, second, second, fourth and second positions for UT in her five outings in 2008
- \* Made All-South squad for second time
- \* Was a last-minute addition to the lineup at the Tennessee Invitational, and responded by running fourth overall and third on the team in her season debut
- \* Ran course 1:08.00 faster at the Brooks Paul Short Run in 2008 than she did in 2007

## CAREER SEC/NCAA AWARDS

- \* 2006 & 2008 All-South Region

## SEC RESULTS

- \* 2008: 29th All/4th UT, 21:51.29
- \* 2007: 38th All/5th UT, 22:01.58
- \* 2006: 15th All/3rd UT, 20:42.65

## NCAA SOUTH RESULTS

- \* 2008: 11th All/2nd UT, 21:15.52
- \* 2006: 10th All/2nd UT, 21:35.4

## NCAA CHAMPIONSHIPS RESULTS

- \* 2008:
- \* 2006: 161st All/4th UT, 22:35.6

## MISCELLANEOUS

- \* Member of SEC Academic Honor Roll in 2007 and 2008
- \* Earned a spot on the 2006 USTFCCCA All-Academic Team



**SARAH BOWMAN**  
SENIOR  
WARRENTON, VA.  
FAUQUIER H.S.

## CAREER BESTS

- 4K: 14:00.58 at Belmont Op., 8/31/07
- 5K: 17:21 at Tennessee Inv., 9/19/08
- 6K: 20:02.47 at SEC Champs., 10/29/05

## SEASON BESTS

- 4K: N/A
- 5K: 17:21 at Tennessee Inv., 9/19/08
- 6K: 20:24 at Penn State Nat'l., 10/17/08

## TOP RESULTS THIS SEASON

- \* 1st at Tennessee Inv., 17:21
- \* 2nd at NCAA South Regional, 20:50.29
- \* 3rd at SEC Champs., 20:27.26
- \* 5th at Penn State Nat'l., 20:24

## 2008 NOTES

- \* Became second Lady Vol ever to earn All-SEC honors four times in a career, placing third at the SEC Championships
- \* Three times named All-South Region
- \* Logged a career-best time of 17:21 to win at the Tennessee Invitational for the second time (2005, 2008)
- \* Posted 11 career top-five finishes, including in eight of her past 11 starts
- \* Scored for UT in all 23 of her career races
- \* Led Tennessee to the finish line in 14 of her past 14 starts and all five this season

## CAREER SEC/NCAA AWARDS

- \* 2005, 2006, 2007 & 2008 All-SEC
- \* 2006, 2007 & 2008 All-South Region

## SEC RESULTS

- \* 2008: 3rd All/1st UT, 20:27.26
- \* 2007: 4th All/1st UT, 20:58.13
- \* 2006: 7th All/1st UT, 20:23.09
- \* 2005: 6th All/2nd UT, 20:02.47

## NCAA SOUTH RESULTS

- \* 2008: 2nd All/1st UT, 20:50.29
- \* 2007: 14th All/2nd UT, 21:12.19
- \* 2006: 23rd All/4th UT, 22:06.4
- \* 2005: 35th All/5th UT, 22:12.22

## NCAA CHAMPIONSHIPS RESULTS

- \* 2008:
- \* 2006: 97th All/1st UT, 22:08.1
- \* 2005: 231st All/5th UT, 22:40.4

## 2008 TENNESSEE LADY VOL CROSS COUNTRY INDIVIDUAL RESULTS

*Overall Record: 101-14; Record Vs. SEC Opponents: 17-4*

NAME OF MEET/ DATE	Belmont Opener Sept. 5	Tennessee Invitational Sept. 19	Brooks Paul Short Run Oct. 3	Penn State Nat'l. Invitational Oct. 17	SEC Champs. Nov. 3	NCAA South Regional Nov. 15	NCAA Champs. Nov. 24
DISTANCE	4K	5K	6K	6K	6K	6K	6K
<b>UT TEAM FINISH</b>	2nd of 12	1st of 3	6th of 43	5th of 28	3rd of 12	3rd of 23	----
<b># OF RUNNERS</b>	103	25	301	300	98	156	----
<b>ELIZABETH ALTIZER</b> <i>Fr., Bartlett, Tenn.</i>	15:41.76! 34th/5th	19:45 15th/8th	23:36! 232nd/7th	23:06! 136th/7th	22:58.02! 56th/6th	24:02.91 109th/7th	----
<b>JACKIE ARESON</b> <i>Jr., Delray Beach, Fla.</i>	----	18:40 4th/3rd	21:07 27th/2nd	21:22 31st/2nd	21:51.29 29th/4th	21:15.52 11th/2nd	----
<b>TYLER BARNES</b> <i>So., Ewing, N.J.</i>	----	----	----	----	----	----	----
<b>ROLANDA BELL</b> <i>Sr., Laurelton, N.Y.</i>	15:14.94 14th/3rd	18:53! 5th/4th	21:49 68th/5th	21:45 46th/4th	22:09.75 40th/5th	22:19.39 38th/4th	----
<b>SARAH BOWMAN</b> <i>Sr., Warrenton, Va.</i>	----	17:21! 1st/1st	20:28 11th/1st	20:24 5th/1st	20:27.26 3rd/1st	20:50.29 2nd/1st	----
<b>ALYSSA BRYANT</b> <i>Jr., Andersonville, Tenn.</i>	----	----	----	----	----	----	----
<b>ALLY COLVIN</b> <i>Fr., Maryville, Tenn.</i>	15:54.08! 42nd/6th	19:32! 13th/7th	22:38! 32nd*	22:48 111th/6th	23:39.38 78th/7th	22:58.45 59th/6th	----
<b>RAMZEE FONDREN</b> <i>Fr., Detroit, Mich.</i>	----	----	----	----	----	----	----
<b>CHARITY HONEYCUTT</b> <i>Fr., Burnsville, N.C.</i>	20:02.91! 93rd/9th	----	----	----	----	----	----
<b>KELSEY KANE</b> <i>Fr., Knoxville, Tenn.</i>	----	----	----	----	----	----	----
<b>CHELSEA KNOTTS</b> <i>Fr., Ripley, W.Va.</i>	----	----	----	----	----	----	----
<b>KIMARRA McDONALD</b> <i>Sr., Lumberton, N.J.</i>	----	----	----	----	----	----	----
<b>JENÁ MURPHY</b> <i>Jr., Memphis, Tenn.</i>	----	----	----	----	----	----	----
<b>CHANELLE PRICE</b> <i>Fr., Easton, Pa.</i>	14:52.67! 8th/1st	19:04! 7th/6th	22:04! 94th/6th	----	----	----	----
<b>BRITTANY SHEFFEY</b> <i>So., Bellport, N.Y.</i>	15:15.18 15th/4th	18:56 6th/5th	21:17! 33rd/3rd	21:27 37th/3rd	21:02.25! 12th/2nd	21:42.91 23rd/3rd	----
<b>LEAH SORO</b> <i>Sr., Knoxville, Tenn.</i>	16:06.08 52nd/7th	19:49 16th/9th	----	23:54 197th/8th	----	----	----
<b>ELIZABETH TILLER</b> <i>Fr., Tuscaloosa, Ala.</i>	17:51.22! 81st/8th	21:32 21st/10th	25:11! 218th*	25:17 271st/9th	25:20.72 93rd/8th	----	----
<b>KATIE VAN HORN</b> <i>Sr., Glendora, N.J.</i>	----	----	----	----	----	----	----
<b>KIM WHITE</b> <i>So., Memphis, Tenn.</i>	----	----	----	----	----	----	----
<b>PHOEBE WRIGHT</b> <i>Jr., Signal Mountain, Tenn.</i>	15:10.78! 12th/2nd	18:33! 3rd/2nd	21:43! 59th/4th	21:46 47th/5th	21:39.26! 23rd/3rd	22:25.16 42nd/5th	----

*Individual finishes reflect overall/team places; ! – Denotes career-best time at that distance \* – Ran in JV race*

# 2008 LADY VOL MEET-BY-MEET RESULTS

## BELMONT OPENER – 4K 5:30 p.m. CT \* Sept. 5 \* Nashville, Tenn.

### Team Standings (12 teams)

1. Vanderbilt	44
2. Tennessee	83
3. UAB	94
4. Samford	98
4. Alabama	98
6. Middle Tennessee	149
7. Belmont	180
8. Lipscomb	196
9. Austin Peay	214
10. Tennessee-Martin	296
11. Bethel	349
12. Crichton	372

### Individuals (103 runners)

1. Rita Jorgensen, Vanderbilt	14:23.32
2. Sara Vaughn, Alabama	14:28.81
3. Kristabel Doebel-Hickok, Vanderbilt	14:40.11
4. Stephanie Gammon, UAB	14:41.55
5. Kristina Olsen, UAB	14:45.34
6. Kelsey Johnson, Alabama	14:48.07
7. Zamzam Sangau, Middle Tennessee	14:50.81
8. <b>Chanelle Price, Tennessee</b>	<b>14:52.67</b>
9. Bertha Castillo, Austin Peay	15:00.95
10. Amanda Scott, Vanderbilt	15:03.77
12. <b>Phoebe Wright, Tennessee</b>	<b>15:10.78</b>
14. <b>Rolanda Bell, Tennessee</b>	<b>15:14.94</b>
15. <b>Brittany Sheffey, Tennessee</b>	<b>15:15.18</b>
34. <b>Elizabeth Altizer, Tennessee</b>	<b>15:41.76</b>
42. <b>Ally Colvin, Tennessee</b>	<b>15:54.08</b>
52. <b>Leah Soro, Tennessee</b>	<b>16:06.08</b>
81. <b>Elizabeth Tiller, Tennessee</b>	<b>17:51.22</b>
93. <b>Charity Honeycutt, Tennessee</b>	<b>20:02.91</b>

## TENNESSEE INVITATIONAL – 5K 5:30 p.m. ET \* Sept. 19 \* Maryville, Tenn.

### Team Standings (3 teams)

1. Tennessee	19
2. Chattanooga	40
3. Georgia Tech	75

### Individuals (25 runners)

1. Sarah Bowman, Tennessee	17:21
2. Tara Gietema, Chattanooga	18:25
3. <b>Phoebe Wright, Tennessee</b>	<b>18:33</b>
4. Jackie Areson, Tennessee	18:40
5. Rolanda Bell, Tennessee	18:53
6. Brittany Sheffey, Tennessee	18:56
7. <b>Chanelle Price, Tennessee</b>	<b>19:04</b>
8. Sabrina Lefort, Chattanooga	19:06
9. Anneli Uys, Unattached	19:07
10. Katie Williams, Chattanooga	19:17
13. <b>Ally Colvin, Tennessee</b>	<b>19:32</b>
15. Elizabeth Altizer, Tennessee	19:45
16. Leah Soro, Tennessee	19:49
21. Elizabeth Tiller, Tennessee	21:32

## BROOKS PAUL SHORT RUN – 6K 11:45 a.m. ET \* Oct. 3 \* Bethlehem, Pa.

### Team Standings (43 teams)

1. #9 West Virginia	47
2. Villanova	78
3. #16 Baylor	94
4. #12 Wisconsin	105
5. Syracuse	150
6. <b>#29 Tennessee</b>	<b>198</b>
7. Guelph	246
8. Richmond	261
9. Cornell	278
10. Navy	292
11. Charlotte	421
12. Bucknell	430
13. Shippensburg	444
14. South Florida	465
15. Penn	475
16. Delaware	529
17. Lehigh	590
18. Duquesne	620
19. Coastal Carolina	633
20. Liberty	650
21. Appalachian State	682
22. Rutgers	698
23. Army	709
24. The College of New Jersey	738
25. Kutztown	746
26. Buffalo	755
27. UMass	778
28. Marist	784
29. Ithaca	798
29. LaSalle	798
31. Binghamton	801
32. Loyola (Md.)	806
33. Rider	896
34. Lafayette	907
35. George Washington	910
36. Monmouth	913
37. Pittsburgh	923
38. Canisius	1020
39. Colgate	1031
40. St. Joseph's	1089
41. Temple	1396
42. Niagara	1414
43. St. Bonaventure	1451

### Individuals (301 runners)

1. Marie-Louise Asselin, W.Va.	19:38
--------------------------------	-------

2. Neely Spence, Shippensburg	19:57
3. Lindsay Carson, Guelph	19:59
4. Erin Bedell, Baylor	20:07
5. Clara Grandt, W.Va.	20:09
6. Nichole Jones, Baylor	20:13
7. Frances Koons, Villanova	20:15
8. Bogdana Mimic, Villanova	20:16
9. Kerl Bland, W.Va.	20:22
10. Gwen Jorgensen, Wisconsin	20:27
11. <b>Sarah Bowman, Tennessee</b>	<b>20:28</b>
27. Jackie Areson, Tennessee	21:07
33. <b>Brittany Sheffey, Tennessee</b>	<b>21:17</b>
59. <b>Phoebe Wright, Tennessee</b>	<b>21:43</b>
68. <b>Rolanda Bell, Tennessee</b>	<b>21:49</b>
94. <b>Chanelle Price, Tennessee</b>	<b>22:04</b>
232. <b>Elizabeth Altizer, Tennessee</b>	<b>23:36</b>
32.* <b>Ally Colvin, Tennessee</b>	<b>22:38</b>
218.* <b>Elizabeth Tiller, Tennessee</b>	<b>25:11</b>

\* Ran in junior varsity race

## PENN STATE NATIONAL – 6K 11 a.m. ET \* Oct. 17 \* University Park, Pa.

### Team Standings (28 teams)

1. #7 West Virginia	40
2. #20 Penn State	83
3. #25 Wake Forest	136
4. #28 Duke	154
5. <b>Tennessee</b>	<b>162</b>
6. Kentucky	167
7. Richmond	182
8. Guelph	189
9. James Madison	264
10. Shippensburg	353
11. Georgia State	354
12. Quinnipiac	360
13. Kent State	391
13. Yale	391
15. LaSalle	440
16. Slippery Rock	453
17. Cortland State	499
18. Bloomsburg	501
19. Lock Haven	538
20. St. Francis	555
21. Rider	571
22. Connecticut	573
23. #13 Villanova	612
24. George Washington	621
25. Messiah	646
26. Hofstra	841
27. Mount Saint Mary's	867
28. Robert Morris	874

### Individuals (300 runners)

1. Lindsay Carson, Guelph	20:07
2. Kerl Bland, West Virginia	20:11
3. Clara Grandt, West Virginia	20:17
4. Bridget Franek, Penn State	20:20
5. <b>Sarah Bowman, Tennessee</b>	<b>20:24</b>
6. Neely Spence, Shippensburg	20:36
7. Allie Kieffer, Wake Forest	20:51
8. Anna Lewis, West Virginia	20:56
9. Kara McKenna, Unattached	20:56
10. Kaylyn Christopher, West Virginia	20:59
31. Jackie Areson, Tennessee	21:22
37. <b>Brittany Sheffey, Tennessee</b>	<b>21:27</b>
46. <b>Rolanda Bell, Tennessee</b>	<b>21:45</b>
47. <b>Phoebe Wright, Tennessee</b>	<b>21:46</b>
111. <b>Ally Colvin, Tennessee</b>	<b>22:48</b>
136. <b>Elizabeth Altizer, Tennessee</b>	<b>23:06</b>
197. <b>Leah Soro, Tennessee</b>	<b>23:54</b>
271. <b>Elizabeth Tiller, Tennessee</b>	<b>25:17</b>

## SEC CHAMPIONSHIPS – 6K 10 a.m. CT \* Nov. 3 \* Starkville, Miss.

### Team Standings (12 teams)

1. #13 Arkansas	46
2. #14 Florida	53
3. <b>Tennessee</b>	<b>107</b>
4. Georgia	117
5. Auburn	127
6. Kentucky	134
7. Alabama	170
8. Vanderbilt	177
9. Mississippi State	252
10. South Carolina	262
11. Ole Miss	333
12. LSU	341

### Individuals (98 runners)

1. Catherine White, Arkansas	20:07.26
2. Hollie Knight, Auburn	20:18.52
3. <b>Sarah Bowman, Tennessee</b>	<b>20:27.26</b>
4. Denise Bargiachi, Arkansas	20:38.36
5. Ali Crabb, Florida	20:42.57
6. Genevieve LaCaze, Florida	20:49.73
7. Charlotte Browning, Florida	20:51.29
8. Christine Kalmer, Arkansas	20:54.74
9. Jacy Krugel, Florida	20:58.02
10. Sara Vaughn, Alabama	20:59.06
12. <b>Brittany Sheffey, Tennessee</b>	<b>21:02.25</b>
23. <b>Phoebe Wright, Tennessee</b>	<b>21:39.26</b>
29. Jackie Areson, Tennessee	21:51.29
40. <b>Rolanda Bell, Tennessee</b>	<b>22:09.75</b>
56. <b>Elizabeth Altizer, Tennessee</b>	<b>22:58.02</b>
78. <b>Ally Colvin, Tennessee</b>	<b>23:39.38</b>
93. <b>Elizabeth Tiller, Tennessee</b>	<b>25:20.72</b>

## NCAA SOUTH REGIONAL – 6K 10 a.m. ET \* Nov. 15 \* Maryville, Tenn.

### Team Standings (23 teams)

1. #3 Florida State	41
2. #15 Florida	64
3. <b>Tennessee</b>	<b>116</b>
4. Georgia	154
5. Auburn	156
6. UAB	198
7. Vanderbilt	200
8. Alabama	219
9. Belmont	309
10. Jacksonville	348
11. Georgia State	349
12. Samford	359
13. Chattanooga	367
14. South Florida	376
15. Georgia Tech	379
16. Mississippi State	380
17. Middle Tennessee	396
18. Central Florida	438
19. Tennessee Tech	480
20. Lipscomb	516
21. Mississippi	540
22. Austin Peay	600
23. Troy	698

### Individuals (156 runners)

1. Hollie Knight, Auburn	20:29.67
2. <b>Sarah Bowman, Tennessee</b>	<b>20:50.29</b>
3. Susan Kujken, Florida State	21:05.74
4. Pilar McShine, Florida State	21:06.06
5. Genevieve LaCaze, Florida	21:06.89
6. Jacy Krugel, Florida	21:08.18
7. Sara Vaughn, Alabama	21:09.38
8. Linzi Snow, Florida State	21:11.75
9. Lydia Willems, Florida State	21:13.07
10. Ali Crabb, Florida	21:13.24
11. <b>Jackie Areson, Tennessee</b>	<b>21:15.52</b>
23. <b>Brittany Sheffey, Tennessee</b>	<b>21:42.91</b>
38. <b>Rolanda Bell, Tennessee</b>	<b>22:19.39</b>
42. <b>Phoebe Wright, Tennessee</b>	<b>22:25.16</b>
59. <b>Ally Colvin, Tennessee</b>	<b>22:58.45</b>
109. <b>Elizabeth Altizer, Tennessee</b>	<b>24:02.91</b>

# LADY VOL CAREER INDIVIDUAL RESULTS (THROUGH 11/15/08)

## ELIZABETH ALTIZER

Date	Meet	Dist.	All/UT	Time
9/05/08	Belmont Opener	4K	34 <sup>th</sup> /5 <sup>th</sup>	15:41.76!
<b>9/19/08</b>	<b>Tennessee Invitational</b>	<b>5K</b>	<b>15<sup>th</sup>/8<sup>th</sup></b>	<b>19:45</b>
10/3/08	Brooks Paul Short Run	6K	232 <sup>nd</sup> /7 <sup>th</sup>	23:36!
10/17/08	Penn State National	6K	136 <sup>th</sup> /7 <sup>th</sup>	23:06!
11/3/08	SEC Championships	6K	56 <sup>th</sup> /6 <sup>th</sup>	22:58.02!
<b>11/15/08</b>	<b>NCAA South Regional</b>	<b>6K</b>	<b>109<sup>th</sup>/7<sup>th</sup></b>	<b>24:02.91</b>

## JACKIE ARESON

Date	Meet	Dist.	All/UT	Time
9/1/06	Belmont Opener	4K	12 <sup>th</sup> /4 <sup>th</sup>	14:32.81!
<b>9/15/06</b>	<b>Tennessee Invitational</b>	<b>5K</b>	<b>9<sup>th</sup>/5<sup>th</sup></b>	<b>18:49</b>
9/29/06	Brooks Paul Short Run	6K	16 <sup>th</sup> /2 <sup>nd</sup>	21:19!
10/14/06	ISU Pre-Nationals Invitational	6K	55 <sup>th</sup> /3 <sup>rd</sup>	21:16.2!
10/28/06	SEC Championships	6K	15 <sup>th</sup> /3 <sup>rd</sup>	20:42.65!
<b>11/11/06</b>	<b>NCAA South Regional</b>	<b>6K</b>	<b>10<sup>th</sup>/2<sup>nd</sup></b>	<b>21:35.4</b>
11/20/06	NCAA Championships	6K	161 <sup>st</sup> /4 <sup>th</sup>	22:35.6
8/31/07	Belmont Opener	4K	5 <sup>th</sup> /3 <sup>rd</sup>	14:33.73
9/28/07	Brooks Paul Short Run	6K	77 <sup>th</sup> /4 <sup>th</sup>	22:15
10/12/07	Penn State National Invitational	6K	13 <sup>th</sup> /2 <sup>nd</sup>	21:31
10/27/07	SEC Championships	6K	38 <sup>th</sup> /5 <sup>th</sup>	22:01.58
<b>9/19/08</b>	<b>Tennessee Invitational</b>	<b>5K</b>	<b>4<sup>th</sup>/3<sup>rd</sup></b>	<b>18:40</b>
10/3/08	Brooks Paul Short Run	6K	27 <sup>th</sup> /2 <sup>nd</sup>	21:07
10/17/08	Penn State National	6K	31 <sup>st</sup> /2 <sup>nd</sup>	21:22
11/3/08	SEC Championships	6K	29 <sup>th</sup> /4 <sup>th</sup>	21:51.29
<b>11/15/08</b>	<b>NCAA South Regional</b>	<b>6K</b>	<b>11<sup>th</sup>/2<sup>nd</sup></b>	<b>21:15.52</b>

## TYLER BARNES

Date	Meet	Dist.	All/UT	Time
No Races To Date				

## ROLANDA BELL

Date	Meet	Dist.	All/UT	Time
9/2/05	Belmont Opener	4K	45 <sup>th</sup> /6 <sup>th</sup>	15:57.56!
<b>9/16/05</b>	<b>Tennessee Invitational</b>	<b>5K</b>	<b>10<sup>th</sup>/6<sup>th</sup></b>	<b>20:26!</b>
10/1/05	Brooks Paul Short Run	6K	165 <sup>th</sup> /6 <sup>th</sup>	22:56.6!
10/15/05	Penn State National Invitational	6K	107 <sup>th</sup> /6 <sup>th</sup>	23:03
10/29/05	SEC Championships	6K	51 <sup>st</sup> /7 <sup>th</sup>	21:52.76!
11/12/05	NCAA South Regional	6K	56 <sup>th</sup> /6 <sup>th</sup>	22:41.08
11/21/05	NCAA Championships	6K	243 <sup>rd</sup> /7 <sup>th</sup>	23:09.8
9/1/06	Belmont Opener	4K	31 <sup>st</sup> /6 <sup>th</sup>	15:09.79!
<b>9/15/06</b>	<b>Tennessee Invitational</b>	<b>5K</b>	<b>27<sup>th</sup>/8<sup>th</sup></b>	<b>19:38!</b>
9/29/06	Brooks Paul Short Run	6K	16 <sup>th</sup> (Open Race)	22:26
10/14/06	ISU Pre-Nationals Invitational	6K	48 <sup>th</sup> (Open Race)	22:25.1
10/28/06	SEC Championships	6K	36 <sup>th</sup> /8 <sup>th</sup>	21:41.34!
8/31/07	Belmont Opener	4K	39 <sup>th</sup> /6 <sup>th</sup>	16:03.24
9/22/07	Bulldog Stampede	5K	25 <sup>th</sup> /4 <sup>th</sup>	19:35.36!
9/28/07	Brooks Paul Short Run	6K	113 <sup>th</sup> /5 <sup>th</sup>	22:41
10/12/07	Penn State National Invitational	6K	118 <sup>th</sup> /5 <sup>th</sup>	23:21
10/27/07	SEC Championships	6K	54 <sup>th</sup> /6 <sup>th</sup>	22:56.21
11/10/07	NCAA South Regional	6K	N/A	DQ
9/05/08	Belmont Opener	4K	14 <sup>th</sup> /3 <sup>rd</sup>	15:14.94
<b>9/19/08</b>	<b>Tennessee Invitational</b>	<b>5K</b>	<b>5<sup>th</sup>/4<sup>th</sup></b>	<b>18:53!</b>
10/3/08	Brooks Paul Short Run	6K	68 <sup>th</sup> /5 <sup>th</sup>	21:49
10/17/08	Penn State National	6K	46 <sup>th</sup> /4 <sup>th</sup>	21:45
11/3/08	SEC Championships	6K	40 <sup>th</sup> /5 <sup>th</sup>	22:09.75
<b>11/15/08</b>	<b>NCAA South Regional</b>	<b>6K</b>	<b>38<sup>th</sup>/4<sup>th</sup></b>	<b>22:19.39</b>

## SARAH BOWMAN

Date	Meet	Dist.	All/UT	Time
9/2/05	Belmont Opener	4K	1 <sup>st</sup> /1 <sup>st</sup>	14:09.82!
<b>9/16/05</b>	<b>Tennessee Invitational</b>	<b>5K</b>	<b>1<sup>st</sup>/1<sup>st</sup></b>	<b>17:50!</b>
10/15/05	Penn State National Invitational	6K	46 <sup>th</sup> /5 <sup>th</sup>	22:11!
10/29/05	SEC Championships	6K	6 <sup>th</sup> /2 <sup>nd</sup>	20:02.47!
11/12/05	NCAA South Regional	6K	35 <sup>th</sup> /5 <sup>th</sup>	22:12.22
11/21/05	NCAA Championships	6K	231 <sup>st</sup> /5 <sup>th</sup>	22:40.4
<b>9/15/06</b>	<b>Tennessee Invitational</b>	<b>5K</b>	<b>5<sup>th</sup>/3<sup>rd</sup></b>	<b>18:27</b>

9/29/06	Brooks Paul Short Run	6K	34 <sup>th</sup> /4 <sup>th</sup>	21:37
10/14/06	ISU Pre-Nationals Invitational	6K	34 <sup>th</sup> /2 <sup>nd</sup>	20:55.9
10/28/06	SEC Championships	6K	7 <sup>th</sup> /1 <sup>st</sup>	20:23.09
<b>11/11/06</b>	<b>NCAA South Regional</b>	<b>6K</b>	<b>23<sup>rd</sup>/4<sup>th</sup></b>	<b>22:06.4</b>
11/20/06	NCAA Championships	6K	97 <sup>th</sup> /1 <sup>st</sup>	22:08.1
8/31/07	Belmont Opener	4K	1 <sup>st</sup> /1 <sup>st</sup>	14:00.58!
9/22/07	Bulldog Stampede	5K	2 <sup>nd</sup> /1 <sup>st</sup>	17:37.45!
9/28/07	Brooks Paul Short Run	6K	9 <sup>th</sup> /1 <sup>st</sup>	20:51
10/12/07	Penn State National Invitational	6K	5 <sup>th</sup> /1 <sup>st</sup>	21:07
10/27/07	SEC Championships	6K	4 <sup>th</sup> /1 <sup>st</sup>	20:58.13
11/10/07	NCAA South Regional	6K	14 <sup>th</sup> /2 <sup>nd</sup>	21:12.19
<b>9/19/08</b>	<b>Tennessee Invitational</b>	<b>5K</b>	<b>1<sup>st</sup>/1<sup>st</sup></b>	<b>17:21!</b>
10/3/08	Brooks Paul Short Run	6K	11 <sup>th</sup> /1 <sup>st</sup>	20:28
10/17/08	Penn State National	6K	5 <sup>th</sup> /1 <sup>st</sup>	20:24
11/3/08	SEC Championships	6K	3 <sup>rd</sup> /1 <sup>st</sup>	20:27.26
<b>11/15/08</b>	<b>NCAA South Regional</b>	<b>6K</b>	<b>2<sup>nd</sup>/1<sup>st</sup></b>	<b>20:50.29</b>

## ALYSSA BRYANT

Date	Meet	Dist.	All/UT	Time
No Races To Date				

## ALLY COLVIN

Date	Meet	Dist.	All/UT	Time
9/05/08	Belmont Opener	4K	42 <sup>nd</sup> /6 <sup>th</sup>	15:54.08!
<b>9/19/08</b>	<b>Tennessee Invitational</b>	<b>5K</b>	<b>13<sup>th</sup>/7<sup>th</sup></b>	<b>19:32!</b>
10/3/08	Brooks Paul Short Run	6K	*32 <sup>nd</sup> (Rain In U/Race)	22:38!
10/17/08	Penn State National	6K	111 <sup>th</sup> /6 <sup>th</sup>	22:48
11/3/08	SEC Championships	6K	78 <sup>th</sup> /7 <sup>th</sup>	23:39.38
<b>11/15/08</b>	<b>NCAA South Regional</b>	<b>6K</b>	<b>59<sup>th</sup>/6<sup>th</sup></b>	<b>22:58.45</b>

## RAMZEE FONDREN

Date	Meet	Dist.	All/UT	Time
No Races To Date				

## CHARITY HONEYCUTT

Date	Meet	Dist.	All/UT	Time
9/05/08	Belmont Opener	4K	93 <sup>rd</sup> /9 <sup>th</sup>	20:02.91!

## KELSEY KANE

Date	Meet	Dist.	All/UT	Time
No Races To Date				

## CHELSEA KNOTS

Date	Meet	Dist.	All/UT	Time
No Races To Date				

## KIMARRA McDONALD

Date	Meet	Dist.	All/UT	Time
9/2/05	Belmont Opener	4K	74 <sup>th</sup> /7 <sup>th</sup>	17:00.14!
<b>9/16/05</b>	<b>Tennessee Invitational</b>	<b>5K</b>	<b>12<sup>th</sup>/7<sup>th</sup></b>	<b>21:04!</b>
10/1/05	Brooks Paul Short Run	6K	158 <sup>th</sup> (Open Race)	24:51.9!
10/15/05	Penn State National Invitational	6K	274 <sup>th</sup> /8 <sup>th</sup>	26:30
10/29/05	SEC Championships	6K	98 <sup>th</sup> /8 <sup>th</sup>	24:37.78!
9/1/06	Belmont Opener	4K	53 <sup>rd</sup> /8 <sup>th</sup>	16:09.62!
<b>9/15/06</b>	<b>Tennessee Invitational</b>	<b>5K</b>	<b>61<sup>st</sup>/10<sup>th</sup></b>	<b>22:46</b>
8/31/07	Belmont Opener	4K	63 <sup>rd</sup> /7 <sup>th</sup>	16:56.14

## JENÁ MURPHY

Date	Meet	Dist.	All/UT	Time
No Races To Date				

## CHANELLE PRICE

Date	Meet	Dist.	All/UT	Time
9/05/08	Belmont Opener	4K	8 <sup>th</sup> /1 <sup>st</sup>	14:52.67!
<b>9/19/08</b>	<b>Tennessee Invitational</b>	<b>5K</b>	<b>7<sup>th</sup>/6<sup>th</sup></b>	<b>19:04!</b>
10/3/08	Brooks Paul Short Run	6K	94 <sup>th</sup> /6 <sup>th</sup>	22:04!

# LADY VOL CAREER INDIVIDUAL RESULTS (THROUGH 11/15/08)

## BRITTANY SHEFFEY

Date	Meet	Dist.	All/UT	Time
8/31/07	Belmont Opener	<u>4K</u>	16 <sup>th</sup> /4 <sup>th</sup>	<u>15:07.33!</u>
9/22/07	Bulldog Stampede	5K	15 <sup>th</sup> /3 <sup>rd</sup>	18:36.65
9/28/07	Brooks Paul Short Run	6K	66 <sup>th</sup> /3 <sup>rd</sup>	22:03!
10/12/07	Penn State National Invitational	6K	61 <sup>st</sup> /4 <sup>th</sup>	22:23
10/27/07	SEC Championships	6K	28 <sup>th</sup> /4 <sup>th</sup>	21:46.03!
11/10/07	NCAA South Regional	6K	33 <sup>rd</sup> /4 <sup>th</sup>	22:01.87
9/05/08	Belmont Opener	4K	15 <sup>th</sup> /4 <sup>th</sup>	15:15.18
<b>9/19/08</b>	<b>Tennessee Invitational</b>	<b>5K</b>	<b>6<sup>th</sup>/5<sup>th</sup></b>	<b>18:56</b>
10/3/08	Brooks Paul Short Run	6K	33 <sup>rd</sup> /3 <sup>rd</sup>	21:17!
10/17/08	Penn State National	6K	37 <sup>th</sup> /3 <sup>rd</sup>	21:27
11/3/08	SEC Championships	<u>6K</u>	12 <sup>th</sup> /2 <sup>nd</sup>	<u>21:02.25!</u>
11/15/08	NCAA South Regional	6K	23 <sup>rd</sup> /3 <sup>rd</sup>	21:42.91

9/22/07	Bulldog Stampede	5K	29 <sup>th</sup> /5 <sup>th</sup>	19:51.69!
9/28/07	Brooks Paul Short Run	6K	137 <sup>th</sup> /6 <sup>th</sup>	22:55!
10/12/07	Penn State National Invitational	6K	120 <sup>th</sup> /7 <sup>th</sup>	23:23
10/27/07	SEC Championships	6K	60 <sup>th</sup> /7 <sup>th</sup>	23:04.17
11/10/07	NCAA South Regional	6K	87 <sup>th</sup> /5 <sup>th</sup>	23:57.91
9/05/08	Belmont Opener	<u>4K</u>	12 <sup>th</sup> /2 <sup>nd</sup>	15:10.78!
<b>9/19/08</b>	<b>Tennessee Invitational</b>	<b>5K</b>	<b>3<sup>rd</sup>/2<sup>nd</sup></b>	<b>18:33!</b>
10/3/08	Brooks Paul Short Run	6K	59 <sup>th</sup> /4 <sup>th</sup>	21:43!
10/17/08	Penn State National	6K	47 <sup>th</sup> /5 <sup>th</sup>	21:46
11/3/08	SEC Championships	<u>6K</u>	23 <sup>rd</sup> /3 <sup>rd</sup>	<u>21:39.26!</u>
11/15/08	NCAA South Regional	6K	42 <sup>nd</sup> /5 <sup>th</sup>	22:25.16

Home Meets Are In Bold! - Personal Record (PR)/Current PRs Are Underlined

## LEAH SORO

Date	Meet	Dist.	All/UT	Time
9/2/05	Belmont Opener	<u>4K</u>	3 <sup>rd</sup> /2 <sup>nd</sup>	<u>14:28.92!</u>
<b>9/16/05</b>	<b>Tennessee Invitational</b>	<b>5K</b>	<b>3<sup>rd</sup>/3<sup>rd</sup></b>	<b>18:21!</b>
10/1/05	Brooks Paul Short Run	6K	21 <sup>st</sup> /2 <sup>nd</sup>	21:10.5!
10/15/05	Penn State National Invitational	6K	26 <sup>th</sup> /3 <sup>rd</sup>	21:40
10/29/05	SEC Championships	<u>6K</u>	11 <sup>th</sup> /4 <sup>th</sup>	<u>20:20.22!</u>
11/12/05	NCAA South Regional	6K	9 <sup>th</sup> /2 <sup>nd</sup>	21:01.54
11/21/05	NCAA Championships	6K	199 <sup>th</sup> /4 <sup>th</sup>	22:04.9
10/14/06	ISU Pre-Nationals Invitational	6K	8 <sup>th</sup> (Open Race)	21:45.0
10/28/06	SEC Championships	6K	21 <sup>st</sup> /5 <sup>th</sup>	21:06.05
<b>11/11/06</b>	<b>NCAA South Regional</b>	<b>6K</b>	<b>43<sup>rd</sup>/7<sup>th</sup></b>	<b>22:38.6</b>
11/20/06	NCAA Championships	6K	238 <sup>th</sup> /6 <sup>th</sup>	24:00.9
9/05/08	Belmont Opener	4K	52 <sup>nd</sup> /7 <sup>th</sup>	16:06.08
<b>9/19/08</b>	<b>Tennessee Invitational</b>	<b>5K</b>	<b>16<sup>th</sup>/9<sup>th</sup></b>	<b>19:49</b>
10/17/08	Penn State National	6K	197 <sup>th</sup> /8 <sup>th</sup>	23:54

## ELIZABETH TILLER

Date	Meet	Dist.	All/UT	Time
9/05/08	Belmont Opener	<u>4K</u>	81 <sup>st</sup> /8 <sup>th</sup>	<u>17:51.22!</u>
<b>9/19/08</b>	<b>Tennessee Invitational</b>	<b>5K</b>	<b>21<sup>st</sup>/10<sup>th</sup></b>	<b>21:32</b>
10/3/08	Brooks Paul Short Run	<u>6K</u>	*218 <sup>th</sup> (Ran in Race)	<u>25:11!</u>
10/17/08	Penn State National	6K	271 <sup>st</sup> /9 <sup>th</sup>	25:17
11/3/08	SEC Championships	6K	93 <sup>rd</sup> /8 <sup>th</sup>	25:20.72

## KATIE VAN HORN

Date	Meet	Dist.	All/UT	Time
9/1/06	Belmont Opener	4K	29 <sup>th</sup> /5 <sup>th</sup>	15:08.48!
<b>9/15/06</b>	<b>Tennessee Invitational</b>	<b>5K</b>	<b>10<sup>th</sup>/6<sup>th</sup></b>	<b>18:51</b>
9/29/06	Brooks Paul Short Run	6K	21 <sup>st</sup> /3 <sup>rd</sup>	21:24
10/14/06	ISU Pre-Nationals Invitational	6K	86 <sup>th</sup> /4 <sup>th</sup>	21:36.2
10/28/06	SEC Championships	<u>6K</u>	16 <sup>th</sup> /4 <sup>th</sup>	<u>20:43.71!</u>
<b>11/11/06</b>	<b>NCAA South Regional</b>	<b>6K</b>	<b>8<sup>th</sup>/1<sup>st</sup></b>	<b>21:33.0</b>
11/20/06	NCAA Championships	6K	113 <sup>th</sup> /2 <sup>nd</sup>	22:14.6
8/31/07	Belmont Opener	<u>4K</u>	3 <sup>rd</sup> /2 <sup>nd</sup>	<u>14:24.32!</u>
9/22/07	Bulldog Stampede	5K	11 <sup>th</sup> /2 <sup>nd</sup>	18:31.33
9/28/07	Brooks Paul Short Run	6K	16 <sup>th</sup> /2 <sup>nd</sup>	21:03
10/12/07	Penn State National Invitational	6K	17 <sup>th</sup> /3 <sup>rd</sup>	21:36
10/27/07	SEC Championships	6K	7 <sup>th</sup> /2 <sup>nd</sup>	21:09.20
11/10/07	NCAA South Regional	6K	11 <sup>th</sup> /1 <sup>st</sup>	21:06.48

## KIM WHITE

Date	Meet	Dist.	All/UT	Time
No Races To Date				

## PHOEBE WRIGHT

Date	Meet	Dist.	All/UT	Time
9/1/06	Belmont Opener	4K	44 <sup>th</sup> /7 <sup>th</sup>	15:37.65!
<b>9/15/06</b>	<b>Tennessee Invitational</b>	<b>5K</b>	<b>35<sup>th</sup>/9<sup>th</sup></b>	<b>20:13!</b>
9/29/06	Brooks Paul Short Run	6K	39 <sup>th</sup> (Open Race)	23:03!
10/14/06	ISU Pre-Nationals Invitational	6K	178 <sup>th</sup> (Open Race)	23:55.4
10/28/06	SEC Championships	6K	93 <sup>rd</sup> /10 <sup>th</sup>	23:57.33
8/31/07	Belmont Opener	4K	28 <sup>th</sup> /5 <sup>th</sup>	15:31.71!