



TENNESSEE 2009 CROSS COUNTRY



2009 TENNESSEE CROSS COUNTRY SCHEDULES

LADY VOLS' SCHEDULE

Date	Meet	Site	Time
9/4	Belmont-VU Opener (4K)	Nashville, Tenn.	5:30 p.m. CT
	<i>(Team: 5th; Top UT Individual: Jackie Areson, 1st, 14:04.18!)</i>		
9/18	Crimson Classic (5K)	Tuscaloosa, Ala.	5:00 p.m. CT
	<i>(Team: 3rd; Top UT Individual: Jackie Areson, 4th, 17:42.20!)</i>		
10/2	Brooks Paul Short Run (6K)	Bethlehem, Pa.	11:45 a.m. ET
	<i>(Team: 9th; Top UT Individual: Jackie Areson, 3rd, 20:02!)</i>		
10/16	Panorama Farms Inv. (6K)	Charlottesville, Va.	4 p.m. ET
	<i>(Team: 3rd; Top UT Individual: Jackie Areson, 9th, 20:53.50)</i>		
10/31	SEC Championships (6K)	Oxford, Miss.	11 a.m. CT
	<i>(Team: 2nd; Top UT Individual: Jackie Areson, 3rd, 21:12.13)</i>		
11/14	NCAA South Regional (6K)	Tuscaloosa, Ala.	11:15 a.m. CT
	<i>(Team: 3rd; Top UT Individual: Jackie Areson, 3rd, 20:20.06)</i>		
11/23	NCAA Championships (6K)	Terre Haute, Ind.	12:58 p.m. ET

VOLS' SCHEDULE

Date	Meet	Site	Time
9/18	Crimson Classic (8K)	Tuscaloosa, Ala.	5:30 p.m. CT
	<i>(Team: 2nd; Top UT Individual: Peter Sigilai, 8th, 25:22.80!)</i>		
9/26	Colonial Inter-Reg. Chall. (8K)	Williamsburg, Va.	10:00 a.m. ET
	<i>(Team: 1st; Top UT Individual: Michael Spooner, 2nd, 25:37.8)</i>		
10/3	Greater Louisville Classic (8K)	Louisville, Ky.	9:30 a.m. ET
	<i>(Team: 3rd; Top UT Individual: Peter Sigilai, 11th, 24:22.15!)</i>		
10/16	Panorama Farms Inv. (8K)	Charlottesville, Va.	4:45 p.m. ET
	<i>(Team: 6th; Top UT Individual: Michael Spooner, 17th, 24:09.86)</i>		
10/31	SEC Championships (8K)	Oxford, Miss.	10 a.m. CT
	<i>(Team: 6th; Top UT Individual: Michael Spooner, 11th, 25:07.60)</i>		
11/14	NCAA South Regional (10K)	Tuscaloosa, Ala.	10 a.m. CT
	<i>(Team: 6th; Top UT Individual: Michael Spooner, 17th, 30:49.27!)</i>		
11/23	NCAA Championships (10K)	Terre Haute, Ind.	12:08 p.m. ET

HOW TO FOLLOW TENNESSEE CROSS COUNTRY THIS SEASON...

LADY VOLS

Internet: www.utladyvols.com
Twitter: www.twitter.com/UTLadyVols

VOLS

Internet: www.utsports.com
Twitter: www.twitter.com/UTAthletics

A LOOK AT THIS WEEK'S MEET(S)...

Lady Vols...

Two Individuals At NCAA Championships
Monday, Nov. 23 * 12:58 p.m. ET * Terre Haute, Ind.
LaVern Gibson Championship XC Course (6K)
TV: Versus Network; Live Streaming: ncaa.com

Vols...

No NCAA qualifiers

TWO LADY VOLS AT NCAA MEET: For the second year in a row, the University of Tennessee will be represented by two women at the NCAA Cross Country Championships. Seniors Jackie Areson and Katie Van Horn will be in Terre Haute, Ind., on Nov. 23 to compete in the national meet at the LaVern Gibson Championship Cross Country Course at the Wabash Valley Family Sports Center.

HOW TO WATCH THE RACES: The women's 6,000-meter race is slated to begin at 12:58 p.m. Eastern Time on Monday, following the men's 10K competition at 12:08 p.m. Versus Network will carry both races live, while NCAA.com will feature live streaming video from Terre Haute.

INSIDE THE NUMBERS: Jackie Areson and Katie Van Horn will be running in a field that includes 255 runners, with 31 schools competing for the team title.

HOW THEY GOT THERE: Jackie Areson and Katie Van Horn earned their tickets to Terre Haute in different ways. Areson made the field as an automatic qualifier as one of the top four individual finishers at the South Regional meet who was not on one of the two automatic qualifying teams. Van Horn, meanwhile, was an at-large selection as the No. 5 individual finisher not on the two auto squads at the regional meet.

HOW THE UT GALS FINISHED AT REGIONALS: Jackie Areson carded a time of 20:20.06 at the NCAA South Regional on Nov. 14 to place third out of 170 runners. Van Horn was 10th in a career-best 20:34.69.

NO STRANGERS TO TERRE HAUTE: Jackie Areson and Katie Van Horn won't be strangers to the ways of Terre Haute or the NCAA Championships. Areson is making her third appearance at the meet and second straight trip. She also made it as an individual qualifier a year ago, finishing 104th in 21:14.7, and went as a member of the UT squad in 2006, placing 161st in 22:35.6. Van Horn qualified for the second time in her career after also making the trip with the Lady Vols in 2006. That season, she was Tennessee's second finisher and crossed the line 113th overall in 22:14.6.

A LADY VOL PRESENCE ONCE AGAIN: After having no one in the 2007 NCAA Cross Country Championships, Tennessee has representation at the national meet for the second straight season and the seventh time in J.J. Clark's eight years in Knoxville. All-time, Tennessee has been represented in 16 of the 29 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 six occasions (1981, 1986, 2000,

2001, 2008, 2009).

UT LOOKING FOR BACK-TO-BACK ALL-AMERICANS:

It's been since 1982 and 1983 that Tennessee has boasted back-to-back seasons of All-America individual finishes at the NCAA Championships. With Sarah Bowman finishing 36th last season and garnering All-America status, it will be up to Jackie Areson and/or Katie Van Horn to step up and join the ranks in 2009.

ALL-TIME BIG ORANGE ALL-AMERICANS: Eight Lady Vols have earned nine 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), Sharon Dickie (29th, 2000) and Sarah Bowman (36th, 2008). To earn A-A honors now, one must finish among the top 40 runners.

DEPENDABILITY: Lady Vol Jackie Areson has factored into the scoring in all 22 races she's run where UT had a team. Brittany Sheffey's streak is at 18. Katie Van Horn, meanwhile, is 17 out of 18 in her UT career, with a 16-race streak to conclude her career.

BIG ORANGE IN THE SEC RANKINGS: As of Nov. 17, Jackie Areson (20:02), Katie Van Horn (20:34.69) and Brittany Sheffey (20:39) had the first, sixth and seventh women's 6K times in the SEC.

CURRENT USTFCCA RANKINGS: The Pre-NCAA USTFCCA Rankings of the season came out on Nov. 17, and the Tennessee women stand third and the men sixth in the NCAA South Region. The women broke into the national rankings for the first time in 2009 at 29th on Nov. 10 but dropped out after the regional meet.

2009 REGION HONORS FOR BIG ORANGE: Three UT women and one man earned All-South Region honors on Nov. 14 at the NCAA South Regional in Tuscaloosa, Ala. Jackie Areson (3rd), Katie Van Horn (10th) and Brittany Sheffey (20th) garnered all-region accolades. It was the third time for Areson and Van Horn, and the second occasion for Sheffey. For the men, Michael Spooner (17th) made the squad for the second straight season.

2009 SEC HONORS FOR UT: Three Tennessee women and two men earned honors from the conference at the SEC Championships on Oct. 31. Jackie Areson (3rd) earned first-team All-SEC status, while Brittany Sheffey (12th) and Katie Van Horn (13th) garnered second-team acclaim. For the men, Michael Spooner (11th) was a second-team honoree, while Leoule Degfae (33rd) made the SEC All-Freshman Team.

2009 UT WEEKLY HONORS: Jackie Areson was voted SEC Cross Country Female Athlete of the Week on Oct. 6 and was chosen Lady Vol Athlete of the Week on Sept. 21, Oct. 5 and Nov. 3. Leoule Degfae was selected as the SEC Cross Country Male Freshman Athlete of the Week on Oct. 20.

BIG ORANGE IN THE PRESEASON RANKINGS: The United States Track & Field and Cross Country Coaches Association (USTFCCA) Preseason Rankings were released on Sept. 14-15. Tennessee's women were picked third in the South Region, while the men were sixth. The Lady Vols also garnered votes in the national rankings.

SEC PRESEASON PREDICTIONS: The Tennessee women were picked third and the men fifth in the SEC Cross Country Coaches Preseason Polls. Those also happened to be their 2008 finishes at the league meets.

2009 TENNESSEE LADY VOLS CROSS COUNTRY ROSTER

Name	Yr.	Ht.	Exp.	Hometown/High School (Previous School)
Elizabeth Altizer	So.	5-10	1L	Bartlett, Tenn./St. Benedict at Auburndale
Jackie Areson	Sr.	5-4	3L	Delray Beach, Fla./Atlantic Community
Ally Colvin	So.	5-8	1L	Maryville, Tenn./Maryville
Andrea Ferri	R-Fr.	5-5	HS	Falls Church, Va./J.E.B. Stuart
Ramzee Fondren	R-Fr.	5-7	SQ	Detroit, Mich./Detroit Renaissance
Charity Honeycutt	So.	6-0	SQ	Burnsville, N.C./Mountain Heritage
Kelsey Kane	R-Fr.	5-5	SQ	Knoxville, Tenn./West
Chelsea Knotts	R-Fr.	5-5	SQ	Ripley, W. Va./Ripley
Michele Levy	Sr.	5-2	HS	Rockville, Md./Wootton
Jená Murphy	Sr.	5-5	SQ	Memphis, Tenn./Germantown
Chanelle Price	So.	5-6	SQ	Easton, Pa./Easton Area
Brittany Sheffey	Jr.	5-5	2L	Bellport, N.Y./Bellport
Elizabeth Tiller	So.	5-7	1L	Tuscaloosa, Ala./American Christian Acad.
Katie Van Horn	Sr.	5-6	3L	Glendora, N.J./Triton Regional/Richmond
Kim White	Jr.	5-5	SQ	Memphis, Tenn./White Station
Phoebe Wright	Sr.	5-7	3L	Signal Mountain, Tenn./Red Bank

Women's Cross Country Coach: J.J. Clark (Villanova '86)

Managers: Emme Bronson, Brittany Cooper, Camille Crumpton, Deena Mentonin

PRONUNCIATION GUIDE

Elizabeth Altizer	ALL-tie-zer	Michele Levy	LEE-vee
Jackie Areson	AIR-uh-son	Jená Murphy	juh-NAY
Andrea Ferri	FERRY	Chanelle Price	Sha-NELL
Ramzee Fondren	FAWN-dren	Brittany Sheffey	SHEFF-ee

2009 TENNESSEE VOLS CROSS COUNTRY ROSTER

Name	Yr.	Ht.	Wt.	Exp.	Hometown/H.S. (Previous School)
Chris Bodary	SO	5-9	137	1L	Downington, Pa./Bishop Shanahan
Michael Brodsky	SR	6-0	145	2L	West Chester, Pa./Unionville
Jordan Chaney	FR	5-11	145	HS	Maryville, Tenn./Maryville
David Clabo	JR	6-4	160	1L	Gatlinburg, Tenn./Gatlinburg-Pittman
Leoule Degfae	FR	5-5	135	HS	Alexandria, Va./Edison
Steve Fassino	JR	5-10	152	2L	Signal Mountain, Tenn./Red Bank
Joe Franklin	SO	5-11	135	1L	Tallahassee, Fla./Godby
Tom Gilmartin	SO	5-9	130	SQ	Knoxville, Tenn./Farragut
Chris Kane	SR	5-10	148	2L	Knoxville, Tenn./Karns
Terrance Livingston	FR	6-0	170	HS	Great Neck, N.Y./Great Neck South
Alex Macri	FR	6-1	165	HS	Allentown, Pa./Parkland
Carmelo Mannino	R-FR	5-9	145	SQ	Germantown, Tenn./Houston
Emerson Peacock	R-FR	6-3	170	SQ	Oak Ridge, Tenn./Oak Ridge
Daniel Porter	R-FR	6-3	175	SQ	Fredericksburg, Va./Mountain View
Chris Rapp	SR	6-0	155	2L	Mason, Ohio/Mason
Eric Ryan	SR	6-0	160	TR	Kingwood, W.Va./Central Preston/Cornell
Peter Sigilai	JR	5-9	125	TR	Longisa, Kenya/Mulot/Rend Lake C.C.
Michael Spooner	JR	6-1	145	2L	Springfield, Va./West Springfield
Spenser Tipton	R-FR	5-9	132	SQ	Maryville, Tenn./Maryville
Daniel Tobin	FR	5-9	130	HS	Springfield, Va./West Springfield

Men's Cross Country Coach: George Watts (Tennessee '83)

Graduate Manager: Jeff Day

PRONUNCIATION GUIDE

Chris Bodary	BODE-uh-ree	Alex Macri	MACK-ree
David Clabo	CLAY-bo	Carmelo Mannino	car-MELL-o muh-NEE-no
Leoule Degfae	lee-OOL deg-FAY	Peter Sigilai	SIG-lie
Steve Fassino	fuh-SEE-no	Daniel Tobin	TOE-bin

TOP DRAWER TRIO: In 2009, the Lady Volunteers featured a strong top three. Senior Jackie Areson led Tennessee in all six team races, junior Brittany Sheffey was the squad's No. 2 runner on four occasions and senior Katie Van Horn has held down the No. 3 spot three times and swapped places with Sheffey at the Panorama Farms Invitational and NCAA South Regional.

UT WOMEN'S SEASON ARCHIVES

TENNESSEE WOMEN THIRD AT REGIONALS: For the second straight season, the Lady Vols managed a third-place finish at the NCAA South Regional. The No. 29 Big Orange scored 102 points to finish behind No. 3 Florida (33) and No. 9 Florida State (54).

THREE ALL-REGION RUNNERS LEAD UT: Jackie Areson (3rd, 20:20.06), Katie Van Horn (10th, 20:34.69) and Brittany Sheffey (20th, 20:59.93) turned in All-South Region Team performances to lead UT at the NCAA South meet. They got scoring help once again from Chanelle Price (32nd, 21:32.27) and Phoebe Wright (46th, 21:56.11). Areson earned an auto bid to the NCAA meet, while Van Horn waited for, and received, an at-large invitation.

NO NCAA BID FOR TEAM: UT's third-place region finish once again was bypassed for NCAA at-large consideration. The NCAA Selection Committee also made the same decision a year ago.

LADY VOLS RISE TO SECOND AT SECs: The Lady Vols surprised some folks at the SEC Championships, jumping No. 29 Arkansas to stake a claim for second place at the 2009 conference meet. On a swampy course soaked by unceasing rains the day before, unranked UT scored 80 points to finish behind fifth-ranked and victorious Florida's 24 on Halloween. The Razorbacks wound up third with 87. The rest of the standings included Georgia (118), Alabama (141), Vanderbilt (142), Auburn (151), Kentucky (175), South Carolina (246), Mississippi State (276), LSU (335) and Ole Miss (338).

SCORING FIVE LOOKS FAMILIAR: For the second straight meet, Tennessee's scoring five included the same five runners. Senior Jackie Areson posted a career-best third-place SEC finish at 21:12.13. She got help from Brittany Sheffey (12th, 21:49.62), Katie Van Horn (13th, 21:50.75), Chanelle Price (18th, 22:14.42) and Phoebe Wright (34th, 22:39.57).

SEC PRESEASON COACHES' POLL - WOMEN

Pl.	Team (1st-Place Votes)	Pts.
1.	Florida (8)	15
2.	Arkansas (4)	18
3.	Tennessee	38
4.	Auburn	45
5.	Georgia	56
6.	Kentucky	63
7.	Alabama	67
8.	Vanderbilt	75
9.	Mississippi State	88
10.	South Carolina	101
11.	Ole Miss	112
12.	LSU	117

SEC PRESEASON COACHES' POLL - MEN

Pl.	Team (1st-Place Votes)	Pts.
1.	Alabama (9)	11
2.	Auburn (2)	23
3.	Arkansas	26
4.	Florida	37
5.	Tennessee	51
6.	Mississippi State	58
7.	Kentucky	62
8.	Georgia	64
9.	LSU	86
10.	Ole Miss	89
11.	Vanderbilt	98

ALL-LEAGUE ACCLAIM: Jackie Areson earned first-team All-SEC status, while Brittany Sheffey and Katie Van Horn were second-team honorees. It was the first league award for Areson, while Sheffey (2008, 2009) and Van Horn (2007, 2009) were accorded distinction for the second time in their careers.

NO AWARDS, BUT CRUCIAL: Chanelle Price and Phoebe Wright didn't earn All-SEC honors, but their finishes at the league meet were worthy of mention. The 800m specialists stepped up to the 6K distance and helped boost UT to second place with their gutsy 18th-and 34th-place outcomes.

LADY VOL ATHLETE OF THE WEEK AGAIN: For her third-place league finish and for helping UT take second, Jackie Areson was voted as the Lady Vol Athlete of the Week for the third time in 2009 on Nov. 3. She also drew the award on Sept. 21 and Oct. 5.

LADY VOLS THIRD AT UVA MEET: The Lady Vols ground out a third-place finish on Oct. 16, as Tennessee competed in chilly Charlottesville, Va., at the Panorama Farms Invitational. There were two ranked squads in the six-team women's field, including No. 2 Villanova and No. 10 Virginia, who scored 17 and 52 points, respectively, to finish ahead of the Big Orange (69).

ARESON AGAIN SETS TONE: For the fourth time this season, the Lady Vols were led by Jackie Areson. The senior placed ninth in 20:53.50. Katie Van Horn posted her best team finish, running second and placing 14th overall in 21:21.35. Brittany Sheffey was UT's No. 3 finisher, clocking in 16th in 21:31.17.

PRICE, WRIGHT MAKE DIFFERENCE: Chanelle Price and Phoebe Wright ran for the first time all season at the Panorama Farms Invitational. The result was a season-best 50.79 spread for UT and a third-place finish. Price finished 17th in a career-best 21:37.12, while Wright was 18th in 21:44.29. The previous best spread had been 2:01 at the Crimson Classic.

TENNESSEE NINTH AT BROOKS PAUL SHORT RUN: The Lady Vols competed in the Brooks Paul Short Run on Oct. 2, scoring

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

USTFCCCA RANKINGS (SOUTH REGION)	USTFCCCA RANKINGS NCAA DIVISION I
(Preseason)Sept. 14 (3rd)	(Preseason)Sept. 15 (RV)
Week 1Sept. 29 (5th)	Week 1Sept. 30 (RV)
Week 2Oct. 5 (5th)	Week 2Oct. 6 (RV)
Week 3Oct. 12 (5th)	Week 3Oct. 13 (RV)
Week 4Oct. 19 (3rd)	Week 4Oct. 20 (RV)
Week 5N/A	Week 5N/A
Week 6Nov. 3 (3rd)	Week 6Nov. 4 (29th)
Week 7Same As Week 6	Week 7Same As Week 6
Week 8Nov. 17 (3rd)	Week 8Nov. 18 (NR)

VOLS -- WEEK-BY-WEEK IN THE POLLS

USTFCCCA RANKINGS (SOUTH REGION)	USTFCCCA RANKINGS NCAA DIVISION I
PreseasonSept. 14 (6th)	(Preseason)Sept. 15 (NR)
Week 1Sept. 29 (5th)	Week 1Sept. 30 (NR)
Week 2Oct. 5 (3rd)	Week 2Oct. 6 (NR)
Week 3Oct. 12 (3rd)	Week 3Oct. 13 (NR)
Week 4Oct. 19 (5th)	Week 4Oct. 20 (NR)
Week 5N/A	Week 5N/A
Week 6Nov. 3 (6th)	Week 6Nov. 4 (NR)
Week 7Same As Week 6	Week 7Same As Week 6
Week 8Nov. 17 (6th)	Week 8Nov. 18 (NR)

414 points and charting a ninth-place team finish out of 40 schools. No. 4 West Virginia took the team crown with 105 points.

HOO-RAY, JACKIE-AI: Jackie Areson posted her third consecutive personal-record time in 2009 and paced the Lady Vols for the third time as well, placing third out of 363 runners on the 6K Goodman Campus Course at Lehigh University in 20:02. She improved upon her previous PR of 20:42.65 and ran the course 26 seconds faster than four-time All-SEC Lady Vol Sarah Bowman ever did in her career.

SEC, LADY VOL HONORS FOR ARESON: Jackie Areson picked up Lady Vol Athlete of the Week acclaim and landed SEC Cross Country Female Athlete of the Week honors for her third-place finish and SEC-leading time of 20:02 at the Brooks Paul Short Run.

OTHER CONTRIBUTORS AT PAUL SHORT: In addition to Jackie Areson's third-place effort at the Brooks Paul Short Run, Tennessee got scoring help from Brittany Sheffey (14th, 20:39), Katie Van Horn (18th, 20:50), Michele Levy (154th, 22:22) and Ramzee Fondren (269th, 23:14). It marked the first time in her career Fondren, a redshirt freshman, had placed in UT's top five.

FROM LADY VOL WALK-ON TO SCORER: A year ago at this time, Michele Levy was training for a marathon and trying her hand at a student sports talk show on the campus radio station. After J.J. Clark discovered her training at UT's Tom Black Track, one year later she found herself factoring into Tennessee's scoring in her first three meets this season. She was the Big Orange's third, fourth and fourth finisher, respectively, at those meets.

LADY VOLS THIRD AT CRIMSON CLASSIC: On the strength of three runners finishing among the top 10, UT's women placed third of 15 schools at the Crimson Classic on Sept. 18. UT tallied 88 points to come in behind Alabama (43) and Auburn (75).

ARESON'S EFFORT AT BAMA EARNS LVAOW DISTINCTION: For the second meet in a row, Jackie Areson led UT to the finish line. As a result, she picked up Lady Vol Athlete of the Week honors on Sept. 21. Areson placed fourth at the Crimson Classic in a 5K career-best readout of 17:42.20 to pace her squad.

SHEFFEY, VAN HORN RUN WELL AT BAMA: Junior Brittany Sheffey and senior Katie Van Horn joined Jackie Areson with top-10 finishes at the Crimson Classic. Sheffey came in fifth, right behind Areson, in 17:44.10. Van Horn, meanwhile, appeared in her first cross country race since 2007 and placed ninth in 18:02.90.

LEVY, TILLER FACTOR IN AGAIN: For the second straight meet, senior Michele Levy and sophomore Elizabeth Tiller factored into UT's scoring. At the Crimson Classic,

Levy was 30th in 19:06.30, while Tiller was 46th in 19:43.20 in a homecoming race in her native Tuscaloosa.

LADY VOLS OPEN SEASON IN NASHVILLE: The Tennessee women began their 2009 season on Sept. 4 with a fifth-place finish out of nine teams at the Belmont-VU Opener in Nashville. Vanderbilt took top honors with 42 points, followed by Alabama (57), UAB (109), Middle Tennessee State (124) and UT (129).

ARESON RACES TO FIRST XC VICTORY: Lady Vol senior Jackie Areson picked up the first cross country victory of her career, logging a career-best 4,000-meter time of 14:04.18 to cross the finish line first at the Belmont-VU Opener.

FIRST-TIME CONTRIBUTORS IN OPENER: Senior Michele Levy and sophomore Elizabeth Tiller ran third and fourth, respectively, for the Lady Vols at the Belmont-VU Opener. It marked the first time in their collegiate careers they had contributed to the scoring tally. Levy wound up 29th overall in a career-best 15:24.47, while Tiller was 42nd in a personal-record time of 15:59.86.

UT MEN'S SEASON ARCHIVES

UT MEN END SEASON: The Volunteers closed out their season at the NCAA South Regional, finishing sixth in Tuscaloosa, Ala. UT scored 178 points to finish behind No. 6 Alabama (45), No. 21 Florida State (80), No. 25 Auburn (110), Georgia (125) and Florida (143).

ALL-REGION FOR SPOONER: Michael Spooner paced the Big Orange for the third straight meet and the fourth time this season, placing 17th overall in a career-best 30:49.27 and earning All-South Region accolades for the second year in a row. Other point contributors were Leoule Degfae (36th, 31:43.96), Peter Sigilai (37th, 31:45.09), Mike Brodsky (39th, 31:48.83) and Chris Bodary (55th, 32:27.88).

VOLS SIXTH AT SECS: The Tennessee men came away from the SEC Championships with a sixth-place tally of 142 points on a soggy Ole Miss Golf Course on Oct. 31. Alabama claimed victory with 56, followed by Arkansas (61), Auburn (86), Florida (120) and Georgia (133). Trailing the Vols were Kentucky (152), Mississippi State (220), Ole Miss (249), Vanderbilt (282) and LSU (321).

SPOONER LEADS THE WAY: For the third occasion this season, Michael Spooner led the way in a race for Tennessee, finishing 11th at the SEC Championships in 25:07.60. Also contributing to the scoring total were Peter Sigilai (22nd, 25:44.72), Leoule Degfae (33rd, 26:06.12), Mike Brodsky (34th, 26:06.62) and Steve Fassino (43rd, 26:36.79).

SEC HONORS FOR TWO: UT had two men recognized with conference honors. Michael Spooner earned second-team

All-SEC acclaim for the second straight season, while Leoule Degfae made the SEC All-Freshman Team.

FAMILIAR TRIO LEADS UT AT UVA MEET: Michael Spooner (17th), Peter Sigilai (23rd) and Leoule Degfae (31st) have consistently filled UT's top three spots, and they did so again at the Panorama Farms Inv. The trio helped the Vols finish sixth of 10 teams in a field with four ranked schools. UT tallied 158 points to finish behind No. 15 Virginia (30), No. 11 Syracuse (41), No. 24 Villanova (70), No. 26 Duke (109) and Texas A&M (155).

DEGFAE HONORS: For his 31st-place finish and No. 3 team role at the Panorama Farms Invitational, UT's Leoule Degfae was named the SEC Cross Country Male Freshman Athlete of the Week on Oct. 20. It was the first league honor a Vol had garnered in 2009.

RISING KANE: For the first time this season, senior Chris Kane ran his way into Tennessee's scoring five. The Knoxville product ran fourth for UT and was 50th overall at the Panorama Farms Invitational. It was the fourth time in his career he had factored into the team tally.

THIRD TOP-THREE OUTING FOR UT: The UT men carded their third top-three finish of the season at the Greater Louisville Classic on Oct. 3. The Vols scored 188 points to finish behind Louisville (68) and Kentucky (153).

IT'S SIGILAI IN FRONT FOR TENNESSEE: Junior Peter Sigilai set the pace for UT at the Greater Louisville Classic, covering the 8K course in 24:22.15 to place 11th and lead the Big Orange to the finish line for the second time this season. A year earlier, Sigilai turned in a 17th-place finish for Rend Lake Community College.

SPOONER SECOND FOR TEAM ORANGE: After leading the charge for the Vols a week earlier at the Colonial Inter-Regional Challenge, Michael Spooner ran second behind Sigilai in Louisville. He checked in 22nd in 24:39.17.

YOUTHFUL CONSISTENCY: Through five collegiate meets as a freshman, Leoule Degfae managed to find himself in Tennessee's scoring five on all five occasions. He ran third for UT and placed 51st out of 334 runners in 25:13.35 at the Greater Louisville Classic on Oct. 3, was fifth (14th overall) at the Colonial Inter-Regional Challenge, finished third (15th overall) at the season-opening Crimson Classic and took third (31st overall) at the Panorama Farms Invitational in a career-best 24:38.61. He added 33rd-place SEC finish to his list as well in running third once more.

AND THE REST...: Besides Sigilai, Spooner and Degfae, UT's scoring runners in Louisville included Chris Bodary (52nd, 25:14.45) and Steve Fassino (70th, 25:25.72), who scored in both previous meets in 2009.

COLONIAL CHAMPIONS: The Tennessee men claimed the team title at the Colonial Inter-Regional Challenge on Sept. 26. The Volunteers tallied 41 points to hold off No. 15 William & Mary, which had 48 on its home course in the eight-team 8,000-meter race at Eastern State Hospital.

STRONG SPOONER DEBUT: Junior Michael Spooner made a strong debut at the Colonial Inter-Regional Challenge, finishing second out of 87 runners by eight seconds in 25:37.8. It marked the third time in his career he led UT to the finish line.

THE OTHER UT SCORERS: Spooner got scoring help at the Colonial meet from junior Steve Fassino (8th, 26:07.2), sophomore Chris Bodary (12th, 26:14.6), senior Mike Brodsky (13th, 26:15.9) and freshman Leoule Degfae (26:15.9).

SOLID OPENER IN ALABAMA: The UT men entered the Colonial Inter-Regional Challenge with momentum after placing second behind No. 10 Alabama and ahead of No. 13 Auburn at the 16-team Crimson Classic in Tuscaloosa, Ala., on Sept. 18. Tennessee had a 28.90-second spread between its first and fifth runners and was the only school to place all five of its scoring runners among the top 20 runners.

NICE BIG ORANGE DEBUT FOR SIGILAI: Running in his first NCAA Division I race and donning the orange of Tennessee for the initial time, Peter Sigilai led the Volunteers to the finish line at the Crimson Classic. He rolled to an eighth-place showing in a time of 25:22.80 to help spur his squad to a second-place outcome. Sigilai is a transfer from Rend Lake (Ill.) Community College who hails from Longisa, Kenya.

ROOKIE DEGFAE IN SCORING MIX AT BAMA: Like Peter Sigilai, freshman Leoule Degfae wasted little time making a difference for Tennessee. Degfae was his team's third scorer at the Crimson Classic, running 8000m in 25:41.90 to place 15th.

VETERANS LEND A HAND: In addition to Peter Sigilai and Leoule Degfae, the Vols got scoring efforts from senior Mike Brodsky (12th, 25:34.90), junior Steve Fassino (16th, 25:48.60) and sophomore Chris Bodary (17th, 25:51.70) at the Crimson Classic.

2008 WOMEN'S RECAP

HOW THE TENNESSEE WOMEN FARED A YEAR AGO: The 2008 Lady Volunteers fashioned a 101-14 overall record and were 17-4 vs. schools from the Southeastern Conference. Tennessee charted third-place finishes at both the SEC Championships and NCAA South Regional. The Lady Vols, who appeared in the USTFCCCA National Rankings in week two at 29th position, came up just short of making the NCAA field as a team.

RECENT LADY VOL HISTORY: In J.J. Clark's first seven seasons at Tennessee, the Lady

Vols won four NCAA South Region titles (2002-06) and three SEC Championships (2003-05), and they made the NCAA Championship meet from 2002 to 2006.

J.J. CLARK'S ACCOLADES: Lady Volunteer Head Coach J.J. Clark has guided his teams at Tennessee (2002-present) and Florida (1991-2001) to six NCAA South Region titles (2002-06 / 1997-98), five SEC Championships (2003-05 / 1996-97) and 10 NCAA appearances (2002-06 / 1994-95, 1997-99). He has been named NCAA South Region Coach of the Year five times (1997, 2002, 2003, 2004, 2005) and SEC Coach of the Year on five occasions (1996, 1997, 2003, 2004, 2005). He entered the 2009 campaign with the all-time winningest record in Tennessee women's cross country history at 723-195-1 (.787).

TOP RETURNEES FOR THE LADY VOLS: Top returning runners this season for the UT women include seniors Jackie Areson and Katie Van Horn, and junior Brittany Sheffey. Areson is a two-time All-South Region honoree (2006, 2008) who qualified individually for the NCAA Championships last season, while Van Horn was All-SEC in 2006 and All-South Region in 2006 and 2007 before redshirting last season. Sheffey earned both All-SEC and All-South accolades a year ago.

DON'T FORGET ABOUT WRIGHT: Senior Phoebe Wright has received no postseason accolades in cross country, but she steadily scored in all six races for Tennessee last season. On the oval, she swept SEC Indoor and Outdoor titles in the 800 meters last year and was the NCAA Indoor and Outdoor runner-up, as well, helping the Big Orange women win 2009 NCAA and SEC Indoor Championships.

LADY VOLS WHO MOVED ON: Tennessee will try to replace graduated seniors Sarah Bowman and Rolanda Bell. Bowman became UT's first All-American since 2000, finishing 36th at the 2008 NCAA meet. She also concluded her career as a four-time All-SEC and three-time All-South Region honoree. Bell, meanwhile, scored in all six meets as a senior and in nine of her final 11 career starts.

2008 MEN'S RECAP

HOW TENNESSEE'S MEN DID A YEAR AGO: The 2008 Vols are coming off a season in which they finished fifth at the SEC Championships and NCAA South Regional. Other highlights included winding up 22nd at the Indiana State University Pre-Nationals meet and carding a fifth-place finish out of 33 teams at the Greater Louisville Classic.

VOL HISTORY: Tennessee has made five NCAA Championship meet team appearances during the first 14 years of the George Watts era, with the most recent visit coming in 2005. All-time, UT has made 31 NCAA appearances and won 25 SEC cross country titles during its history.

GEORGE WATTS' ACCOLADES: During his tenure, George Watts has earned district or region coach of the year distinction in cross country on three occasions. He guided Tennessee to NCAA berths in 1995, 1998, 2001, 2002 and 2005, piloting UT to the NCAA District III title in 1995. As an athlete, Watts was a three-time SEC Champion and a two-time All-American for the Vols.

TOP RETURNEES FOR THE VOLS: Top returning runners this season for the Tennessee men include junior Michael Spooner and sophomore Chris Bodary. Spooner earned All-South Region (25th) and All-SEC (13th) acclaim as a sophomore in 2008 and made the SEC All-Freshman Team in 2007. Bodary, meanwhile, made the 2008 SEC All-Freshman Team by virtue of his 43rd-place finish at the league meet.

OTHER KEY RETURNEES FOR THE VOLS: Senior Chris Rapp and junior Steve Fassino are two returnees who didn't receive post-season accolades in 2008, but they had an impact on the team nonetheless. Rapp contributed to the scoring tally in five of six meets and was UT's fourth runner at the SEC and South Region meets. Fassino, meanwhile, came through as Tennessee's No. 5 scorer at the South Region meet.

VOLS WHO MOVED ON: UT lost two key contributors in Andrew Press and Steve Tobin. Press, who alternated as UT's No. 1 or 2 runner in 2008, was a two-time all-region performer (2007-08) and 2007 All-Southeastern Conference honoree. Tobin made the All-SEC Team in 2007 and was the Big Orange's No. 3 runner in both postseason races a year ago.

LOTS OF NEWCOMERS FOR THE VOLS: The Tennessee men welcome seven newcomers. Among that group are Foot Locker finalist Leoule Degfae, Rend Lake Community College transfer Peter Sigilai and local product Jordan Chaney from Maryville.

NCAA CHAMPIONSHIPS MEDIA INFO.

ON-SITE MEDIA RELATIONS CONTACT: Indiana State's Ace Hunt will be the on-site media coordinator for the NCAA Championships. To reach him, please call 812-237-4161 or e-mail him at ace.hunt@indstate.edu.

UT CONTACT: For anything pertaining to UT, please contact Associate Director of Media Relations Eric Trainer at 865-603-2916.

RESULTS VIA THE WEB: Final results from the 2009 NCAA Championships will be available most quickly via www.ncaa.com. For a Tennessee recap, please go to utladyvols.com.





TENNESSEE STANDOUTS - BIOS AT A GLANCE



LADY VOLS

Jackie Areson - Sr. Delray Beach, Fla.

* Is making her third trip to the NCAA Championships after automatically qualifying at the NCAA South Regional

* Finished third out of 170 runners at that meet in 20:20.06

* Qualified for NCAAAs as an individual in 2008 (104th, 21:14.7) and as a member of UT's team in 2006 (161st, 22:35.6)

* Owns the No. 1 6K time in the SEC this season (20:02)

* Led UT in all six races during the 2009 campaign

* Five top-five finishes this season, including victory at Belmont-VU Opener and third-place finishes at NCAA South Regional, SEC Championships and Brooks Paul Short Run

* Scored for Tennessee in 22 consecutive meets

* Ran 6K career best of 20:02 at Paul Short meet

* Three-time All-South Region performer (20th, 2006; 11th, 2008; 3rd, 2009)

* Earned her first All-SEC honor in 2009, placing third at the SEC meet in 21:12.13 to rate first-team status

* Previous best SEC finish was 15th in 2006, and she was 29th in 2008

* Two-time USTFCCCA All-Academic Team member in XC

* Three-time member of SEC Academic Honor Roll

Katie Van Horn - Sr. Glendora, N.J.

* Is making her second trip to the NCAA Championships after earning an at-large bid via her performance at the NCAA South Regional

* Finished 10th out of 170 runners at that meet in a career-best 20:34.69

* That ranked her fifth of the individual finishers who weren't on the automatic qualifying teams

* She ranks No. 6 in the SEC at 6K this season

* Ran second twice and third three times for UT in 2009

* Scored for Tennessee in 16 consecutive meets

* Had 5K career best of 18:02.90 at Crimson Classic

* All-SEC in 2007 and 2009 with a seventh-place readout of 21:09.20 in '07 and a 21:50.75, 13th-place effort in '09

* Redshirted in 2008 and placed 16th at 2006 SEC meet

* All-South Region in 2006 (8th), 2007 (11th) and 2009 (10th)

* All-Atlantic 10 in 2005 while at Richmond

* Two-time USTFCCCA All-Academic Team member in XC

* Three-time member of SEC Academic Honor Roll

Brittany Sheffey - Jr. Bellport, N.Y.

* Concluded her season with a 20th-place finish at the NCAA South Regional in 20:59.93

* Garnered All-South Region status for the second straight season

* Made All-South Region Team in 2008 with a 23rd-place effort of 21:42.91

* Has No. 7 6K clocking in the SEC this season at 20:39.00

* All-SEC in 2008 and 2009 with a 12th-place readout of 21:02.25 in 2008 and a 12th-place outcome of

21:49.62 in 2009

* Finished 28th at SEC meet as a freshman in 2007

* Ran second four times and third twice for UT in 2009

* Had career-best fifth-place finish at Crimson Classic on Sept. 18

* Posted 6K career best of 20:39 at the Brooks Paul Short Run

* Scored for Tennessee in 18 consecutive meets

Chanelle Price - So. Easton, Pa.

* Competed in three races for the Lady Vols in 2009

* Helped team by running fourth for UT and placing 18th at the SEC Championships in 22:14.42

* Filled No. 4 slot at the NCAA South Regional, as well, finishing 32nd in a career-best 21:32.27

* Ran fourth for the team and placed 17th overall at Panorama Farms Invitational

* Did not compete in SEC Championships or NCAA South Regional in 2008

* Led team and placed eighth at the Belmont-VU Opener as a freshman in 2008 in her first collegiate race

* 2008-09 Gatorade Female High School Athlete of the Year for all sports

Phoebe Wright - Sr. Signal Mountain, Tenn.

* Competed in three races for UT in 2009

* Scored in fifth for UT at the SEC Championships, placing 34th in 22:39.57

* Did the same for her squad at the NCAA South Regional, finishing 46th at the NCAA South Regional in 21:56.11

* Ran fifth for the team and placed 18th overall at Panorama Farms Invitational

* Posted a time of 21:44.29 at that meet

* Has contributed toward the team score in her last 10 starts

* Finished 23rd overall and third on the team at the 2008 SEC Championships in a career-best 21:39.26

* Placed 93rd as a freshman and 60th as a sophomore at the SEC Championships

* Placed 42nd and ran fifth for UT at the 2008 NCAA South Regional

* 2009 SEC indoor and outdoor 800m champion

Michele Levy - Sr. Rockville, Md.

* Contributed to team's scoring in three of six meets in 2009

* Posted her 6K career best of 21:59.72 at the NCAA South Regional to place 54th of 170 runners

* Placed 46th and ran sixth for UT at the SEC meet

* Ran third on the squad once and fourth twice to aid UT in '09

* In her first season of college cross country after walking on to the team last spring

Elizabeth Tiller - So. Tuscaloosa, Ala.

* Ran fourth and fifth, respectively, for the Lady Vols in their first two meets of the season

* Logged a career-best time of 23:35 at the Brooks Paul Short Run as the squad's sixth runner

* Was 93rd at 2008 SEC meet and 78th in 2009

* Competed in the NCAA South Regional, where she was 104th in a 6K career-best 23:13.99

* Ran in all six meets for UT in 2009

Ramzee Fondren - R-Fr. Detroit, Mich.

* Ran fifth for the team at the Brooks Paul Short Run in her first-ever 6K race

* Logged a time of 23:14 at that meet

* Finished 83rd at SEC meet

* Competed in four meets for the Lady Vols as a redshirt freshman

VOLUNTEERS

Michael Spooner - Jr. Springfield, Va.

* Contributed to the team's scoring in all five of his meets in '09

* Has a perfect 16-meet streak of contributing to the scoring cause during his career

* Earned the second All-South Region nod of his career, finishing 17th overall in a 10K career best of 30:49.27 at the 2009 region meet

* All-South Region performer in 2008, as well, crossing the line 25th in 32:22.07

* Led Vols at the NCAA South Regional, SEC Championships, Panorama Farms Inv. and Crimson Classic, and was No. 2 man at Greater Louisville Classic in 2009

* All-SEC performer in 2008 and 2009, finishing 13th in a career-best 24:05.5 in '08 and 11th in 25:07.60 in '09

* Made All-SEC Freshman Team in 2007, placing 29th in 25:19.15

* Finished second out of 87 runners in 25:37.8 at the Colonial Inter-Regional Challenge on Sept. 26

* Was just shy of a career best at the Panorama Farms Inv., placing 17th in 24:09.86

Peter Sigilai - Jr. Longisa, Kenya

* Contributed to the UT scoring total in all five of his races in 2009

* Finished third on the team and 37th overall at the NCAA South Regional in a career-best 31:45.09

* Led squad in his first two meets as a Vol after transferring from Rend Lake Community College

* Placed eighth at the Crimson Classic and 11th at the Greater Louisville Classic, recording a career best of 24:22.15 in Louisville

* Ran second for UT in two other races and third in another

* Placed 23rd overall at the Panorama Farms Invitational in 24:25.66 and 22nd at SECs in 25:44.72 while running second for his team

Leoule Degfae - Fr. Alexandria, Va.

* Contributed to the team's scoring tally in all six meets in 2009

* Ran second for the team once, third for the team on four occasions and fifth on the other

* Was team's second finisher and was 36th overall in a 10K career-best 31:43.96 at the NCAA South Regional

* Finished 33rd overall and was Tennessee's No. 3 finisher at SECs in 26:06.12

* Logged 8K career best of 24:36.61 to place 31st at the Panorama Farms Invitational

* That effort earned him SEC XC Male Freshman of the Week accolades on Oct. 20

* Placed 14th at the Colonial Inter-Regional Challenge and 15th at the Crimson Classic

Mike Brodsky - Sr. West Chester, Pa.

* Contributed to the team's scoring total in five of six meets in 2009

* Closed out his career by finishing 39th and running fourth for UT in a 10K career-best 31:48.83 at the NCAA South Regional

* Placed 75th at the 2008 NCAA South Regional

* Finished 34th at the 2009 SEC meet and was 46th in 2008 and 60th in 2007

* Ran second for the squad at the Crimson Classic, placing 12th in 25:34.90

* Scored in fifth position and placed 51st overall in 25:05.73 at the Panorama Farms Invitational

* That effort was just five seconds off his personal record

Chris Bodary - So. Downington, Pa.

* Contributed to the team's scoring in four of six meets in '09

* Was Vols' No. 5 guy and placed 55th overall at the NCAA South Regional in a 10K best of 32:27.88

* Finished 106th (7th, UT) at the 2008 NCAA South Regional in a 10K read-out of 35:24.57

* Placed 51st at SECs in 27:00.54

* Ran third for UT and 12th overall at the Colonial Inter-Regional Challenge with a time of 26:14.6

* Scored in fourth position and placed 52nd in a season-best 25:14.45 at the Greater Louisville Classic

* Named to the SEC All-Freshman Team after placing 43rd and running fifth for Tennessee at the 2008 SEC meet

Steve Fassino - Sr. Signal Mountain, Tenn.

* Contributed to the team's scoring in four of six meets in 2009

* Ran 60th overall and sixth for UT at NCAA South Regional

* Placed second on the team and eighth overall at the Colonial Inter-Regional Challenge in 26:07.2

* Had an 8K PR of 25:25.72 at the Greater Louisville Classic, running fifth for his team and 70th overall

* Finished 43rd at 2009 SECs and was 85th in 2007

* Wound up 61st and was fifth for UT at the 2008 NCAA South Regional in a 10K time of 33:44.13

Chris Kane - Sr. Knoxville, Tenn.

* Has seen action in five of six meets in 2009, missing only the season-opening Crimson Classic* Aided the team's scoring for the first time this season at the Panorama Farms Invitational

* Logged a time of 25:05.19 to run fourth on the team and 50th overall at Panorama Farms

* It marked the fourth time in his career he had contributed to the scoring total

* Has SEC finishes of 46th in 2009, 49th in 2008 and 58th in 2007

* Ran in his first NCAA South Regional in 2009, placing 85th overall and seventh on the team in a 10K career best of 33:11.64.

2009 TENNESSEE LADY VOL CROSS COUNTRY INDIVIDUAL RESULTS

Overall Record: 70-19; Record vs. SEC Opponents: 17-6

NAME OF MEET/ DATE	Belmont-VU Opener Sept. 5	Crimson Classic Sept. 18	Brooks Paul Short Run Oct. 2	Panorama Farms Invitational Oct. 16	SEC Champs. Oct. 31	NCAA South Regional Nov. 14	NCAA Champs. Nov. 23
DISTANCE	4K	5K	6K	6K	6K	6K	6K
UT TEAM FINISH	5th of 9	3rd of 15	9th of 40	3rd of 6	2nd of 12	3rd of 23	
# OF RUNNERS	85	116	363	69	101	170	
SPREAD (1-5)	2:12.07	2:01.00	3:12.00	50.79	1:27.44	1:36.05	
ELIZABETH ALTIZER <i>So., Bartlett, Tenn.</i>	16:16.25 49th/5th	----	24:05 325th/7th	25:21.52 67th/9th	----	----	
JACKIE ARESON <i>Sr., Delray Beach, Fla.</i>	14:04.18! 1st/1st	17:42.20! 4th/1st	20:02! 3rd/1st	20:53.50 9th/1st	21:12.13 3rd/1st	20:20.06 3rd/1st	
ALLY COLVIN <i>So., Maryville, Tenn.</i>	----	----	----	----	----	----	
ANDREA FERRI <i>R-Fr., Falls Church, Va.</i>	----	----	----	----	----	----	
RAMZEE FONDREN <i>R-Fr., Detroit, Mich.</i>	16:45.71! 62nd/6th	----	23:14! 269th/5th	24:32.72 61st/8th	24:42.04 83rd/8th	----	
CHARITY HONEYCUTT <i>So., Burnsville, N.C.</i>	----	----	----	----	----	----	
KELSEY KANE <i>R-Fr., Knoxville, Tenn.</i>	16:52.92! 66th/7th	----	----	----	----	----	
CHELSEA KNOTTS <i>R-Fr., Ripley, W.Va.</i>	17:18.01! 71st/8th	----	----	----	----	----	
MICHELE LEVY <i>Sr., Rockville, Md.</i>	15:24.47! 29th/3rd	19:06.30! 30th/4th	22:22! 154th/4th	23:06.50 46th/6th	23:10.74 46th/6th	21:59.72! 54th/6th	
JENÁ MURPHY <i>Sr., Memphis, Tenn.</i>	----	----	----	----	----	----	
CHANELLE PRICE <i>So., Easton, Pa.</i>	----	----	----	21:37.12! 17th/4th	22:14.42 18th/4th	21:32.27! 32nd/4th	
BRITTANY SHEFFEY <i>Jr., Bellport, N.Y.</i>	15:02.12! 19th/2nd	17:44.10 5th/2nd	20:39! 14th/2nd	21:31.17 16th/3rd	21:49.62 12th/2nd	20:59.93 20th/3rd	
ELIZABETH TILLER <i>So., Tuscaloosa, Ala.</i>	15:59.86! 42nd/4th	19:43.20! 46th/5th	23:35! 299th/6th	23:54.73 57th/7th	24:20.56 78th/7th	23:13.99! 104th/7th	
KATIE VAN HORN <i>Sr., Glendora, N.J.</i>	----	18:02.90! 9th/3rd	20:50 18th/3rd	21:21.35 14th/2nd	21:50.75 13th/3rd	20:34.69! 10th/2nd	
KIM WHITE <i>Jr., Memphis, Tenn.</i>	18:51.43! 83rd/9th	----	----	----	----	----	
PHOEBE WRIGHT <i>Sr., Signal Mountain, Tenn.</i>	----	----	----	21:44.29 18th/5th	22:39.57 34th/5th	21:56.11 46th/5th	

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

2009 LADY VOL MEET-BY-MEET RESULTS

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

Team Standings (9 teams)

1. Vanderbilt	42
2. Alabama	57
3. UAB	109
4. Middle Tennessee St.	124
5. Tennessee	129
6. Belmont	142
7. Murray St.	164
8. Lipscomb	170
9. UT Martin	271

Individuals (85 runners)

1. Jackie Areson, Tennessee	14:04.18
2. Zamzam Sangau, Middle Tenn. St.	14:17.00
3. Kelsey Johnson, Alabama	14:25.61
4. Kristabel Doebel-Hickok, Vanderbilt	14:34.20
5. Rhiannon Johns, UAB	14:37.01
6. Allie Scalf, Vanderbilt	14:39.82
7. Haley Moody, Alabama	14:43.66
8. Rita Jorgensen, Vanderbilt	14:45.94
9. Katlyn Will, Alabama	14:46.56
10. Brittany Thune, Belmont	14:47.32
19. Brittany Sheffey, Tennessee	15:02.12
29. Michele Levy, Tennessee	15:24.47
42. Elizabeth Tiller, Tennessee	15:59.86
49. Elizabeth Altizer, Tennessee	16:16.25
62. Ramzee Fondren, Tennessee	16:45.71
66. Kelsey Kane, Tennessee	16:52.92
71. Chelsea Knotts, Tennessee	17:18.01
83. Kim White, Tennessee	18:51.43

CRIMSON CLASSIC – 5K 5:00 p.m. CT * Sept. 18 * Tuscaloosa, Ala.

Team Standings (15 teams)

1. Alabama	43
2. Auburn	75
3. Tennessee	88
4. Georgia Tech	115
5. Samford	137
6. Chattanooga	153
7. Kennesaw St.	164
8. LSU	167
9. Belmont	254
10. Alabama St.	259
11. Jackson St.	297
12. North Alabama	360
13. Huntingdon	374
14. Alabama A&M	389
15. Stillman	418

Individuals (116 runners)

1. MacKenzie Howe, Kennesaw St.	17:13.40
2. Holly Knight, Auburn	17:16.90
3. Kelsey Johnson, Alabama	17:37.00
4. Jackie Areson, Tennessee	17:42.20
5. Brittany Sheffey, Tennessee	17:44.10
6. Haley Moody, Alabama	17:48.50
7. Katlyn Will, Alabama	17:49.00
8. Laurel Pritchard, Auburn	17:58.10
9. Katie Van Horn, Tennessee	18:02.90
10. Stephanie Barnes, Auburn	18:04.70
30. Michele Levy, Tennessee	19:06.30
46. Elizabeth Tiller, Tennessee	19:43.20

BROOKS PAUL SHORT RUN – 6K 11:45 a.m. ET * Oct. 2 * Bethlehem, Pa.

Team Standings (40 teams)

1. #4 West Virginia	105
2. Guelph	127
3. Indiana	143
4. North Carolina St.	153
5. Cornell	183
6. Wake Forest	313
7. Penn	321
8. James Madison	353
9. Tennessee	414
10. Richmond	422
11. Iona	432
12. Navy	450
13. Bucknell	465
14. LaSalle	478
15. Johns Hopkins	502
16. Quinnipiac	503
17. Vermont	516
18. Dartmouth	518
19. New Hampshire	529
20. Duquesne	555
21. St. Lawrence	572
22. Marist	577
23. Shippensburg	581

24. Appalachian St.	607
25. George Washington	707
26. Colgate	708
27. St. Joseph	709
28. South Florida	713
29. Delaware	737
30. Lehigh	750
31. Army	751
32. VMI	814
33. Towson	844
34. Maryland	854
35. Lafayette	875
36. Massachusetts	879
37. Coastal Carolina	909
38. Loyola	924
39. Coll. of New Jersey	941
40. Adelphi	1087

Individuals (363 runners)

1. Neely Spence, Shippensburg	19:58
2. Lindsay Carson, Guelph	20:00
3. Jackie Areson, Tennessee	20:02
4. Wendi Robinson, Indiana	20:04
5. Megan Hogan, George Washington	20:05
6. Emily Pritt, North Carolina St.	20:07
7. Brittany Tinsley, North Carolina St.	20:08
8. Anna Nosenko, Wake Forest	20:12
9. Dina Nosenko, Wake Forest	20:21
10. Jessica O'Connell, West Virginia	20:24
14. Brittany Sheffey, Tennessee	20:39
18. Katie Van Horn, Tennessee	20:50
154. Michele Levy, Tennessee	22:22
269. Ramzee Fondren, Tennessee	23:14
299. Elizabeth Tiller, Tennessee	23:35
325. Elizabeth Altizer, Tennessee	24:05

PANORAMA FARMS INVITATIONAL – 6K 4 p.m. ET * Oct. 16 * Charlottesville, Va.

Team Standings (6 teams)

1. #2 Villanova	17
2. #10 Virginia	52
3. Tennessee	69
4. Texas A&M	117
5. Maryland	126
6. Richmond	157

Individuals (69 runners)

1. Sheila Reid, Villanova	20:13.43
2. Nicole Shappert, Villanova	20:15.86
3. Amanda Marino, Villanova	20:18.88
4. Bogdana Mimic, Villanova	20:19.96
5. Catherine White, Virginia	20:28.27
6. Morgane Gay, Virginia	20:37.16
7. Kaitlyn Tallman, Villanova	20:40.87
8. Sarah Bowman, unattached	20:46.08
9. Jackie Areson, Tennessee	20:53.50
10. Ali Smith, Villanova	21:00.40
14. Katie Van Horn, Tennessee	21:21.35
16. Brittany Sheffey, Tennessee	21:31.17
17. Chanelle Price, Tennessee	21:37.12
18. Phoebe Wright, Tennessee	21:44.29
46. Michele Levy, Tennessee	23:06.50
57. Elizabeth Tiller, Tennessee	23:54.73
61. Ramzee Fondren, Tennessee	24:32.72
67. Elizabeth Altizer, Tennessee	25:21.52

SEC CHAMPIONSHIPS – 6K 11 a.m. CT * Oct. 31 * Oxford, Miss.

Team Standings (12 teams)

1. #5 Villanova	24
2. Tennessee	80
3. #29 Arkansas	87
4. Georgia	118
5. Alabama	141
6. Vanderbilt	142
7. Auburn	151
8. Kentucky	175
9. South Carolina	246
10. Mississippi State	276
11. LSU	335
12. Ole Miss	338

Individuals (101 runners)

1. Rebecca Lowe, Florida	20:57.35
2. Charlotte Browning, Florida	21:02.48
3. Jackie Areson, Tennessee	21:12.13
4. Kristie Krueger, Georgia	21:17.80
5. Stacey Johnson, Florida	21:18.79
6. Hollie Knight, Auburn	21:26.58
7. Genevieve LaCaze, Florida	21:33.25
8. Stephanie Barnes, Auburn	21:34.30
9. Julie Northrup, Florida	21:36.55
10. Miranda Walker, Arkansas	21:41.07
12. Brittany Sheffey, Tennessee	21:49.62

13. Katie Van Horn, Tennessee	21:50.75
18. Chanelle Price, Tennessee	22:14.42
34. Phoebe Wright, Tennessee	22:39.57
46. Michele Levy, Tennessee	23:10.74
78. Elizabeth Tiller, Tennessee	24:20.56
83. Ramzee Fondren, Tennessee	24:42.04

NCAA SOUTH REGIONAL – 6K 11:15 a.m. CT * Nov. 14 * Tuscaloosa, Ala.

Team Standings (23 teams)

1. #3 Florida	33
2. #9 Florida State	54
3. #29 Tennessee	102
4. Georgia	114
5. Vanderbilt	164
6. Auburn	197
7. Alabama	208
8. UAB	297
9. Jacksonville	311
10. Georgia Tech	323
11. North Florida	335
12. South Florida	337
13. Mississippi State	340
14. Belmont	359
15. Samford	367
16. Chattanooga	415
17. Georgia State	439
18. Southern Miss	457
19. Lipscomb	487
20. Miami	543
21. Ole Miss	577
22. Troy	586
23. Jacksonville State	637

Individuals (170 runners)

1. Rebecca Lowe, Florida	20:03.29
2. Charlotte Browning, Florida	20:12.49
3. Jackie Areson, Tennessee	20:20.06
4. Stacey Johnson, Florida	20:28.21
5. Zamzam Sangau, Middle Tenn. St.	20:30.22
6. Pilar McShine, Florida St.	20:31.15
7. Pasca Cheruyot, Florida St.	20:31.28
8. Kristie Krueger, Georgia	20:32.88
9. Janel Blancett, Georgia State	20:33.42
10. Katie Van Horn, Tennessee	20:34.69
20. Brittany Sheffey, Tennessee	20:59.93
32. Chanelle Price, Tennessee	21:32.27
46. Phoebe Wright, Tennessee	21:56.11
54. Michele Levy, Tennessee	21:59.72
104. Elizabeth Tiller, Tennessee	23:13.99

LADY VOL CAREER INDIVIDUAL RESULTS (11/16/09)

ELIZABETH ALTIZER

Date	Meet	Dist.	All/UT	Time
9/05/08	Belmont-VU Opener	4K	34 th /5 th	<u>15:41.76!</u>
9/19/08	Tennessee Invitational	5K	15 th /8 th	19:45
10/3/08	Brooks Paul Short Run	6K	232 nd /7 th	23:36!
10/17/08	Penn State National	6K	136 th /7 th	23:06!
11/3/08	SEC Championships	6K	56 th /6 th	<u>22:58.02!</u>
11/15/08	NCAA South Regional	6K	109 th /7 th	<u>24:02.91!</u>
9/4/09	Belmont-VU Opener	4K	49 th /5 th	16:16.25
10/2/09	Brooks Paul Short Run	6K	325 th /7 th	24:05
10/16/09	Panorama Farms Invitational	6K	67 th /9 th	25:21.52

JACKIE ARESON

Date	Meet	Dist.	All/UT	Time
9/1/06	Belmont Opener	4K	12 th /4 th	14:32.81!
9/15/06	Tennessee Invitational	5K	9 th /5 th	18:49
9/29/06	Brooks Paul Short Run	6K	16 th /2 nd	21:19!
10/14/06	ISU Pre-Nationals Invitational	6K	55 th /3 rd	21:16.2!
10/28/06	SEC Championships	6K	15 th /3 rd	20:42.65!
11/11/06	NCAA South Regional	6K	10 th /2 nd	<u>21:35.4!</u>
11/20/06	NCAA Championships	6K	161 st /4 th	22:35.6
8/31/07	Belmont Opener	4K	5 th /3 rd	14:33.73
9/28/07	Brooks Paul Short Run	6K	77 th /4 th	22:15
10/12/07	Penn State National Invitational	6K	13 th /2 nd	21:31
10/27/07	SEC Championships	6K	38 th /5 th	22:01.58
9/19/08	Tennessee Invitational	5K	4 th /3 rd	18:40
10/3/08	Brooks Paul Short Run	6K	27 th /2 nd	21:07
10/17/08	Penn State National	6K	31 st /2 nd	21:22
11/3/08	SEC Championships	6K	29 th /4 th	21:51.29
11/15/08	NCAA South Regional	6K	11 th /2 nd	<u>21:15.52!</u>
11/24/08	NCAA Championships	6K	104 th /NA	21:14.7
9/4/09	Belmont-VU Opener	4K	1 st /1 st	<u>14:04.18!</u>
9/18/09	Crimson Classic	5K	4 th /1 st	<u>17:42.20!</u>
10/2/09	Brooks Paul Short Run	6K	3 rd /1 st	<u>20:02!</u>
10/16/09	Panorama Farms Invitational	6K	9 th /1 st	20:53.50
10/31/09	SEC Championships	6K	3 rd /1 st	21:12.13
11/14/09	NCAA South Regional	6K	3 rd /1 st	20:20.06

ALLY COLVIN

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

ANDREA FERRI

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

RAMZEE FONDREN

Date	Meet	Dist.	All/UT	Time
9/4/09	Belmont-VU Opener	4K	62 nd /6 th	<u>16:45.71!</u>
10/2/09	Brooks Paul Short Run	6K	269 th /5 th	<u>23:14!</u>
10/16/09	Panorama Farms Invitational	6K	61 st /8 th	24:32.72
10/31/09	SEC Championships	6K	83 rd /8 th	24:42.04

CHARITY HONEYCUTT

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

KELSEY KANE

Date	Meet	Dist.	All/UT	Time
9/4/09	Belmont-VU Opener	4K	66 th /7 th	<u>16:52.92!</u>

CHELSEA KNOTTS

Date	Meet	Dist.	All/UT	Time
9/4/09	Belmont-VU Opener	4K	71 st /8 th	<u>17:18.01!</u>

MICHELE LEVY

Date	Meet	Dist.	All/UT	Time
9/4/09	Belmont-VU Opener	4K	29 th /3 rd	<u>15:24.47!</u>
9/18/09	Crimson Classic	5K	30 th /4 th	<u>19:06.30!</u>
10/2/09	Brooks Paul Short Run	6K	154 th /4 th	22:21
10/16/09	Panorama Farms Invitational	6K	46 th /6 th	23:06.50
10/31/09	SEC Championships	6K	46 th /6 th	23:10.74
11/14/09	NCAA South Regional	6K	54 th /6 th	<u>21:59.72!</u>

JENÁ MURPHY

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

CHANELLE PRICE

Date	Meet	Dist.	All/UT	Time
9/05/08	Belmont-VU Opener	4K	8 th /1 st	<u>14:52.67!</u>
9/19/08	Tennessee Invitational	5K	7 th /6 th	<u>19:04!</u>
10/3/08	Brooks Paul Short Run	6K	94 th /6 th	22:04!
10/16/09	Panorama Farms Invitational	6K	17 th /4 th	21:37.12!
10/31/09	SEC Championships	6K	18 th /4 th	22:14.42
11/14/09	NCAA South Regional	6K	32 nd /4 th	<u>21:32.27!</u>

BRITANY SHEFFEY

Date	Meet	Dist.	All/UT	Time
8/31/07	Belmont Opener	4K	16 th /4 th	15:07.33!
9/22/07	Bulldog Stampede	5K	15 th /3 rd	18:36.65
9/28/07	Brooks Paul Short Run	6K	66 th /3 rd	22:03!
10/12/07	Penn State National Invitational	6K	61 th /4 th	22:23
10/27/07	SEC Championships	6K	28 th /4 th	21:46.03!
11/10/07	NCAA South Regional	6K	33 rd /4 th	22:01.87
9/05/08	Belmont-VU Opener	4K	15 th /4 th	15:15.18
9/19/08	Tennessee Invitational	5K	6 th /5 th	<u>18:56!</u>
10/3/08	Brooks Paul Short Run	6K	33 rd /3 rd	21:17!
10/17/08	Penn State National	6K	37 th /3 rd	21:27
11/3/08	SEC Championships	6K	12 th /2 nd	21:02.25!
11/15/08	NCAA South Regional	6K	23 rd /3 rd	<u>21:42.91!</u>
9/4/09	Belmont-VU Opener	4K	29 th /2 nd	<u>15:02.12!</u>
9/18/09	Crimson Classic	5K	5 th /2 nd	17:44.10
10/2/09	Brooks Paul Short Run	6K	14 th /2 nd	<u>20:39!</u>
10/16/09	Panorama Farms Invitational	6K	16 th /3 rd	21:31.17
10/31/09	SEC Championships	6K	12 th /2 nd	21:49.62
11/14/09	NCAA South Regional	6K	20 th /3 rd	20:59.93

ELIZABETH TILLER

Date	Meet	Dist.	All/UT	Time
9/05/08	Belmont-VU Opener	4K	81 st /8 th	17:51.22!
9/19/08	Tennessee Invitational	5K	21 st /10 th	21:32
10/3/08	Brooks Paul Short Run	6K	*218 th (Ranin JV race)	25:11!
10/17/08	Penn State National	6K	271 st /9 th	25:17
11/3/08	SEC Championships	6K	93 rd /8 th	25:20.72
9/4/09	Belmont-VU Opener	4K	42 nd /4 th	<u>15:59.86!</u>
9/18/09	Crimson Classic	5K	46 th /5 th	<u>19:43.20!</u>
10/2/09	Brooks Paul Short Run	6K	299 th /6 th	23:35!
10/16/09	Panorama Farms Invitational	6K	57 th /7 th	23:54.73
10/31/09	SEC Championships	6K	78 th /7 th	24:20.56
11/14/09	NCAA South Regional	6K	104 th /7 th	<u>23:13.99!</u>

KATIE VAN HORN

Date	Meet	Dist.	All/UT	Time
9/1/06	Belmont Opener	4K	29 th /5 th	15:08.48!
9/15/06	Tennessee Invitational	5K	10 th /6 th	18:51
9/29/06	Brooks Paul Short Run	6K	21 st /3 rd	21:24
10/14/06	ISU Pre-Nationals Invitational	6K	86 th /4 th	21:36.2
10/28/06	SEC Championships	6K	16 th /4 th	20:43.71
11/11/06	NCAA South Regional	6K	8 th /1 st	<u>21:33.0!</u>
11/20/06	NCAA Championships	6K	113 th /2 nd	22:14.6
8/31/07	Belmont-VU Opener	4K	3 rd /2 nd	<u>14:24.32!</u>
9/22/07	Bulldog Stampede	5K	11 th /2 nd	18:31.33
9/28/07	Brooks Paul Short Run	6K	16 th /2 nd	21:03
10/12/07	Penn State National Invitational	6K	17 th /3 rd	21:36
10/27/07	SEC Championships	6K	7 th /2 nd	21:09.20
11/10/07	NCAA South Regional	6K	11 th /1 st	21:06.48
9/18/09	Crimson Classic	5K	9 th /3 rd	<u>18:02.90!</u>
10/2/09	Brooks Paul Short Run	6K	18 th /3 rd	20:50
10/16/09	Panorama Farms Invitational	6K	14 th /2 nd	21:21.35
10/31/09	SEC Championships	6K	13 th /3 rd	21:50.75
11/14/09	NCAA South Regional	6K	10 th /2 nd	<u>20:34.69!</u>

KIM WHITE

Date	Meet	Dist.	All/UT	Time
9/4/09	Belmont-VU Opener	4K	83 rd /9 th	<u>18:51.43!</u>

PHOEBE WRIGHT

Date	Meet	Dist.	All/UT	Time
9/1/06	Belmont Opener	4K	44 th /7 th	15:37.65!
9/15/06	Tennessee Invitational	5K	35 th /9 th	<u>20:13!</u>
9/29/06	Brooks Paul Short Run	6K	39 th (Open Race)	23:03!
10/14/06	ISU Pre-Nationals Invitational	6K	178 th (Open Race)	23:55.4
10/28/06	SEC Championships	6K	93 rd /10 th	23:57.33
8/31/07	Belmont Opener	4K	28 th /5 th	15:31.71!
9/22/07	Bulldog Stampede	5K	29 th /5 th	19:51.69!
9/28/07	Brooks Paul Short Run	6K	137 th /6 th	22:55!
10/12/07	Penn State National Invitational	6K	120 th /6 th	23:23
10/27/07	SEC Championships	6K	60 th /7 th	23:04.17
11/10/07	NCAA South Regional	6K	87 th /5 th	23:57.91
9/05/08	Belmont-VU Opener	4K	12 th /2 nd	15:10.78!
9/19/08	Tennessee Invitational	5K	3 rd /2 nd	<u>18:33!</u>
10/3/08	Brooks Paul Short Run	6K	59 th /4 th	21:43!
10/17/08	Penn State National	6K	47 th /5 th	21:46
11/3/08	SEC Championships	6K	23 rd /3 rd	<u>21:39.26!</u>
11/15/08	NCAA South Regional	6K	42 nd /5 th	<u>22:25.16!</u>
10/16/09	Panorama Farms Invitational	6K	18 th /5 th	21:44.29
10/31/09	SEC Championships	6K	34 th /5 th	22:39.57
11/14/09	NCAA South Regional	6K	46 th /5 th	21:56.11

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