



WAKE FOREST TRACK & FIELD/CROSS COUNTRY MEN'S HONORS

CROSS COUNTRY ALL-AMERICANS

John Hume	1989
Ben Schoonover	1989
Jon Russell	1996
Nolan Swanson	1997

ACC CHAMPIONS

Individual	
Nolan Swanson	1996
Nathan Sisco	2001

Team

Wake Forest	1989
Wake Forest	1990
Wake Forest	1993
Wake Forest	1994

ALL-ACC

Ron Rick	1985
Bill Babcock	1988, 1989
Scott Hayward	1988
Jon Hume	1988, 1989
Ben Schoonover	1989, 1990
John Sence	1989, 1991
Kyle Armentrout	1990, 1993
Stuart Burnham	1990, 1992, 1993
Eric Lorenz	1991
Brant Armentrout	1992, 1993
Pat Phillips	1992, 1993
Dennis Hearst	1993
Craig Longhurst	1994
Eric Dunn	1994, 1996
Ben Boyd	1994, 1996
Paul Kinser	1995
Jon Russell	1995, 1996
Nolan Swanson	1995, 1996, 1997
Stephan Pro	1998
Ted DeVos	2000
Chris Estwanik	2001
Garick Hill	2001
Nathan Sisco	2001
Sean Stevens	2003, 2005
Garret Drogosch	2011

INDOOR TRACK & FIELD NATIONAL CHAMPIONS

Michael Bingham	400m	2009
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ALL-AMERICANS

Michael Bingham	400m	2009
Brent LaRue	Heptathlon	2009
Robert Heppenstall	800m	2016, 2017

ACC CHAMPIONS

Steve Brown	55m Hurdles	1990
Andy Bloom	Shot Put	1993
		1994
		1996
	Weight Throw (35 lb.)	1996
Kyle Armentrout	5,000m	1995
Jon Russell	3,000m	1997
Nolan Swanson	5,000m	1997
	3,000m	1999
Nathan Sisco	Mile	2001
		2002
Chris Estwanik	3,000m	2002
Brent LaRue	Heptathlon	2007
Michael Bingham	400 m	2009
Robert Heppenstall	800m	2016

ACC CHAMPION RELAY TEAMS

Clarke, Guegan, Sherman, Weik (4x800m Relay)	1991
Kinser, Armentrout, Sherman, Putman (DMR)	1995
Knowles, Russell, Boyd, Putman (DMR)	1997
Sisco, Hamilton, Singleton, Estwanik (DMR)	2001
	2002
Bingham, LaRue, Idlette, Seely (4x400m)	2006
Bingham, Reid, Dodds, Lunkenheimer (4x400m)	2009

ALL-ACC

Steve Brown	1989, 1990, 1991
Jon Hume	1989
Ben Schoonover	1990, 1992
Jim Clarke	1991
Mike Guegan	1991
Warren Sherman	1991
Terry Weik	1991
Andy Bloom	1992, 1993, 1994, 1996
Brant Armentrout	1994, 1995
Kyle Armentrout	1995
Paul Kinser	1995
Pat Phillips	1995
Garrett Putman	1995, 1997
Jon Russell	1995, 1997
Warren Sherman	1995
Ben Boyd	1997
Nathan Knowles	1997
Nolan Swanson	1997, 1999
Reggie Austin	1999
Stephan Pro	2000
Chris Estwanik	2000, 2001, 2002
Cliff Neal	2000
John Stone	2000
Paul Singleton	2001, 2002
Nathan Sisco	2001, 2002
Ryan Hamilton	2001, 2002
Garick Hill	2001
Mike Altieri	2002
Mike Loyd	2004
Michael Bingham	2005, 2006 (2), 2007, 2009 (2)
Eric Seely	2005, 2006 (2)
Sean Stevens	2006 (2)
Brent LaRue	2006, 2007, 2009 (2)
Willie Idlette	2006
Brad Wharton	2007
Allen Lunkenheimer	2008, 2009
Kevin Marion	2008
Jon Reid	2008 (2), 2009, 2010
Phillip Warsaw	2008
Tyler Dodds	2009
Thomas Bojanowski	2013, 2014
Steve Michaelson	2014
Simon Holden	2015, 2016
John Maurins	2015, 2016
Kyle Graves	2015
Michael Cyphers	2015
Robert Heppenstall	2016, 2017
Alexander Krall	2016

ACC CHAMPIONSHIPS MOST OUTSTANDING PERFORMER

Andy Bloom	1996
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ACC FRESHMAN OF THE YEAR

Robert Heppenstall	2016
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WAKE FOREST TRACK & FIELD/CROSS COUNTRY MEN'S HONORS

OUTDOOR TRACK & FIELD

NATIONAL CHAMPIONS

Andy Bloom	Shot Put	1996
	Discus Throw	1996

ALL-AMERICANS

Nolan Swanson	10,000m	1999
Steve Brown	110m Hurdles	1989
		1990
Ben Schoonover	10,000m	1991
John Sence	10,000m	1992
		1993
Andy Bloom	Shot Put	1995
		1996
	Discus	1995
		1996
Warren Sherman	800m	1995
Kyle Armentrout	10,000m	1995
Michael Bingham	400m	2007
		2009
Kyle Graves	1,500m	2015
Robert Heppenstall	800m	2016, 2017

ACC CHAMPIONS

Jack Ladner	Javelin	1955
		1956
Jerome White	High Jump	1972
		1973
Tom Rae	3,000m Steeplechase	1974
Bill Babcock	5,000m	1989
Steve Brown	110m Hurdles	1989
		1990
Andy Bloom	Shot Put	1993
		1995
		1996
Discus		1993
		1995
		1996
Warren Sherman	800m	1995
Kyle Armentrout	5,000m	1995
Kyle Armentrout	10,000m	1995
Steve Guerrini	3,000 Steeplechase	1995
Jon Russell	5,000m	1997
	10,000m	1997
Nolan Swanson	5,000m	1997
		1999
	3,000 Steeplechase	1998
		1999
John Stone	100m	1999
	200m	1999
John Bull	Decathlon	1999
Garick Hill	10,000m	2001
Nathan Sisco	1,500m	2001
Cliff Neal	Hammer Throw	2002
Michael Bingham	Decathlon	2005
	200m	2006
	400m	2009
Brent LaRue	400 Hurdles	2010
Robert Heppenstall	800m	2016

ACC CHAMPION RELAY TEAMS

Stone, Deese, Justice, Austin (4x100m Relay)	1999
Bingham, Loyd, Idlette, Marion (4x100m Relay)	2006
Bingham, Idlette, LaRue, Seely (4x400m Relay)	2006

ALL-ACC

Mike Guegan	1988, 1991
Steve Brown	1989, 1990
Bill Babcock	1989
Jon Hume	1990
Andy Bloom	1992, 1995, 1996
Jon Sence	1992, 1993

Paul Sklar	1993
Kyle Armentrout	1995
Eric Dunn	1995, 1997
Steve Guerrini	1995
Craig Longhurst	1995
Pat Phillips	1995
Jon Russell	1995, 1997
Warren Sherman	1995
Eric Pragle	1996
Nathan Knowles	1997
Hunter Kemper	1998
Nolan Swanson	1998, 1999
John Bull	1999
Reggie Austin	1999
Chris Justice	1999
Jammie Deese	1999
John Stone	1999, 2000
Stephan Pro	2000
Jack Bishop	2000
Chris Estwanik	2000, 2002
Garick Hill	2001
Nathan Sisco	2001
J.T. Kurelich	2001
Paul Singleton	2001
Josh Buffolino	2001
Cliff Neal	2002
Michael Eskind	2002, 2003
Alan Susi	2002
Ted DeVos	2002
Mike Altieri	2003
Mike Loyd	2004, 2006 (2)
Brad Wharton	2004
Michael Bingham	2005, 2006 (4), 2009
Kevin Marion	2006, 2007 (4)
Eric Seely	2006 (2)
Willie Idlette	2006 (3)
Brent LaRue	2006 (2), 2010
Thomas Sensing	2009
Tyler Dodds	2011
Marcus Dillon	2011
Luke Hadden	2011
Alex Hill	2011, 2012
Paul Loeser	2011, 2012
Sean Lunkenheimer	2011, 2013
Daniel Harrison	2012
Patrick Donelan	2012
Ben Lincoln	2010, 2011, 2012, 2013
Thomas Bojanowski	2013
Patrick Donelan	2013
Kyle Graves	2013, 2014
Charlie Ionata	2014, 2015, 2016
John Maurins	2015, 2016
Simon Holden	2015
Robert Heppenstall	2016, 2017
Alexander Krall	2016
Max Adams	2016
Charlie Ionata	2016
Elijah Shalaway	2016

ACC CHAMPIONSHIPS MOST OUTSTANDING PERFORMER

Andy Bloom	1995
Nolan Swanson	1999

ACC FRESHMAN OF THE YEAR

Robert Heppenstall	2016
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WAKE FOREST TRACK & FIELD/CROSS COUNTRY WOMEN'S HONORS

CROSS COUNTRY ALL-AMERICANS

Karen Dunn	1985
Jennifer Rioux	1987
Seana Arnold	1989
Nicole Stevenson	1993
Janelle Kraus	1997, 1998, 1999
Annie Bersagel	2002, 2003, 2005
Michelle Sikes	2006
Samantha Jones	2015

ACC CHAMPIONS

Seana Arnold	1989
Janelle Kraus	1997, 1998

ALL-ACC

Karen Dunn	1985, 1986
Jennifer Rioux	1985, 1986, 1987
Sue Vander Wagen	1986, 1987
Monica Magnusson	1987
Anne Letko	1988
Seana Arnold	1989
Liz Becker	1989
Mary Powell	1989, 1990
Jennifer Finnegan	1992, 1994
Cynthia Moreshead	1992, 1994, 1995
Nicole Stevenson	1992, 1993, 1994, 1995
Liz Cotter	1996
Janelle Kraus	1997, 1998, 1999
Kelly Brady	1997
Sara Day	2000
Annie Bersagel	2002, 2005
Risa Rutland	2002
Anna Sherman	2003
Michelle Sikes	2003, 2006
Allison Kieffer	2008
Anna Nosenko	2010, 2011
Nicole Irving	2011, 2012
Samantha Jones	2015, 2016

ACC FRESHMAN OF THE YEAR

Anna Nosenko	2008
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INDOOR TRACK & FIELD ALL-AMERICANS

Catrina Bindel	High Jump	1995
Janelle Kraus	5,000 m	2000
Jill Snyder	Mile	2000
		2001
Sara Day	3,000m	2001
Nikeya Green	800m	2002
Annie Bersagel	5,000m	2003
		2005
Jill Miller	5,000m	2003
Michelle Sikes	5,000m	2007
Anna Nosenko	3,000m	2011
Anna Nosenko	5,000m	2011

ALL-AMERICAN RELAY TEAMS

Snyder, Day, Merritt, Green (DMR)	2001
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ACC CHAMPIONS

Jennifer Rioux	3,000m	1988
Seana Arnold	3,000m	1989
Mia Richardson	800m	1994
Nicole Stevenson	3,000m	1995
Jill Snyder	Mile	1999
		2000
Janelle Kraus	5,000m	1999
		2000
Sara Day	3,000m	2001
	5,000m	2001
Carol Merritt	400m	2002
Nikeya Green	800m	2004
Annie Bersagel	5,000m	2005
Michelle Sikes	5,000m	2007
Anna Nosenko	3,000m	2011
Anna Nosenko	5,000m	2011
Nyki Caldwell	High Jump	2015

ACC CHAMPION RELAY TEAMS

Stevenson, Weber, Pancake, Clarke (4x800m)	1993
Snyder, Hopkins, Waldron, Brady (DMR)	1999
Lancashire, Danos, Shaw, Brady (DMR)	2001

ALL-ACC

Jennifer Rioux	1988
Seana Arnold	1989
Mary Powell	1990
Kelly Clarke	1993
Cynthia Moreshead	1993, 1995
Molly Pancake	1993
Nicole Stevenson	1993, 1995
Kate Weber	1993
Mia Richardson	1994
Catrina Bindel	1995
Janelle Kraus	1998, 1999, 2000
Jill Snyder	1999, 2000, 2001
Trista Hopkins	1999
Valerie Waldron	1999
Kelly Brady	1999, 2001
Summer Shaw	2000, 2001
Sara Day	2001
Courtney Lancashire	2001
Shauna Danos	2001, 2002
Carol Merritt	2002
Nikeya Green	2002
Jackie Muscente	2002
Tess Fath	2002
Annie Bersagel	2003, 2005
Nikeya Green	2003, 2004
Jill Miller	2003
Lindsay Neuberger	2003, 2004, 2006
Michelle Sikes	2007 (2)
Jill Ahrens	2008
Anna Nosenko	2009, 2010, 2011
Nyki Caldwell	2013, 2015
Sydney White	2013, 2014, 2015, 2016
Alyssa Thompson	2014
Samantha Jones	2016
Alva Hicks	2017

ACC INDOOR PERFORMER OF THE YEAR

Anna Nosenko	2011
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WAKE FOREST TRACK & FIELD/CROSS COUNTRY WOMEN'S HONORS

OUTDOOR TRACK & FIELD

ALL-AMERICANS

Dawn Powers	10,000m	1982
Karen Dunn	3,000m	1985
Jennifer Finnegan	1,500m	1992
		1995
Catrina Bindel	Heptathlon	1993
		1995
		1996
Liz Cotter	800m	1996
Jill Snyder	1,500m	1999
		2000
Janelle Kraus	5,000m	2000
Sara Day	10,000m	2001
Nikeya Green	800m	2002
		2003
		2004
Annie Bersagel	10,000m	2003
		2004
		2005
Michelle Sikes	5,000m	2006
		2007
Jessie Merckle	Javelin	2014
		2015
		2016
Sydney White	Pole Vault	2014
Kathleen Adair	Pole Vault	2015
Ellie Abrahamson	3,000m Steeplechase	2017

ACC CHAMPIONS

Jennifer Rioux	10,000m	1988
Liz Becker	3,000m	1988
Kelly Clarke	1,500m	1993
Mary Powell	5,000m	1993
	10,000m	1993
Trina Bindel	High Jump	1993
	Heptathlon	1995
		1996
Chrissy Person	800m	1994
Jennifer Finnegan	1,500m	1995
Cynthia Moreshead	5,000m	1995
	10,000m	1995
Nicole Stevenson	5,000m	1996
Janelle Kraus	3,000m	1998
Janelle Kraus (continued)	3,000m	2000
	5,000m	1998
		1999
		2000
Jill Snyder	1,500m	2000
Jamie Grayzer	Heptathlon	2002
Annie Bersagel	10,000m	2004
Cassy Richards	Long Jump	2004
Nikeya Green	800m	2004
Annie Bersagel	10,000m	2005
Michelle Sikes	5,000m	2007
	10,000m	2007
Anna Nosenko	5000m	2010
	10,000m	2010
Jessie Merckle	Javelin	2013
		2014
		2016
Nyki Caldwell	High Jump	2015

ALL-ACC

Cindy Goethals	1987
Sue Vander Wagen	1987
Liz Becker	1988
Jennifer Rioux	1988
Catrina Bindel	1993, 1995, 1996
Kelly Clarke	1993
Mary Powell	1993
Chrissy Person	1994, 1995, 1997, 1998
Mia Richardson	1994
Kate Weber	1994
Jennifer Finnegan	1995
Cynthia Moreshead	1995, 1996
Liz Cotter	1995
Nicole Stevenson	1996
Janelle Kraus	1998, 1999, 2000
Jill Snyder	1998, 1999, 2000
Alison Amibaldi	1999
Summer Shaw	2000
Sara Day	2001

Jamie Grayzer	2002
Annie Bersagel	2003, 2004, 2005
Nikeya Green	2003, 2004
Lindsay Neuberger	2003, 2004, 2005, 2007
Cassy Richards	2004
Anna Sherman	2004
Michelle Sikes	2006, 2007
Molly Kennedy	2008
Jill Ahrens	2008
Melissa Council	2009
Anna Nosenko	2010 (2)
Caitlin Crawford	2012
Sarah Brobeck	2012
Erika Martin	2012
Nicole Irving	2013
Erin Brooks	2013
Jessie Merckle	2013, 2014, 2015, 2016
Alyssa Thompson	2014
Sydney White	2014
Nyki Caldwell	2015
Samantha Jones	2015
Kathleen Darling	2015
Emily Campbell	2015
Casidy Callahan	2016
Kathleen Adair	2016
Alexandria Florent	2016
Alva Hicks	2016
Ellie Abrahamson	2017 (2)
Amy Collins	2016

ACC CHAMPIONSHIPS MOST OUTSTANDING PERFORMER

Cynthia Moreshead	1995
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ACC PERFORMER OF THE YEAR

Michelle Sikes	2007
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MARGE CRISP FEMALE ATHLETE OF THE YEAR

Dawn Powers	1983
Karen Dunn	1986
Tina Lane	1991
Catrina Bindel	1996
Janelle Kraus	1998, 1999, 2000

WAKE FOREST SCHOLAR-ATHLETE OF THE YEAR

Diane Swick	1984
Kim Lanane	1986
Maria Merritt	1987 (Rhodes Scholar)
Susan Crisp	1992
Heather Tumquirt	1992
Cynthia Moreshead	1995
Jill Snyder	1998
Rachel Burns	2001
Annie Bersagel	2004 (Fulbright Scholar)

ACADEMIC ALL-AMERICANS

Rachel Burns	2001
	2002
Anna Sherman	2002
Annie Bersagel	2003

USTFCCA TRACK & FIELD SCHOLAR-ATHLETE OF THE YEAR

Michelle Sikes	2007 (Rhodes Scholar)
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WAKE FOREST FEMALE ATHLETE OF THE YEAR

Jessie Merckle	2016
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