

MEN'S RECORD BOOK

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, '89
Scott Hayward	1988
Jon Hume	1988, '89
Ben Schoonover	1989, '90
John Sence	1989, '91
Kyle Armentrout	1990, '93
Stuart Burnham	1990, '92, '93
Eric Lorenz	1991
Brant Armentrout	1992, '93
Pat Phillips	1992, '93
Dennis Hearst	1993
Craig Longhurst	1994
Eric Dunn	1994, '96
Ben Boyd	1994, '96
Paul Kinser	1995
Jon Russell	1995, '96
Nolan Swanson	1995, '96, '97
Stephan Pro	1998
Ted DeVos	2000
Chris Estwanik	2001
Garick Hill	2001
Nathan Sisco	2001
Sean Stevens	2003, '05



Nick Lepley, Tom Morrison, Greg Billington

Indoor Track

National Champions

Michael Bingham	400m	2009
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All-Americans

Michael Bingham	400m	2009
Brent LaRue	Heptathlon	2009

ACC-Champions

Steve Brown	55 h	1990
Clarke, Guegan, Sherman, Weik	4x800 Relay	1991

Andy Bloom	Shot Put	1993
		1994
		1996

35lb WT

		1996
Kyle Armentrout	5,000 m	1995
Kinser, Armentrout, Sherman, Putman	DMR	1995

Jon Russell	3,000 m	1997
Knowles, Russell	DMR	1997

Boyd, Putman		
Nolan Swanson	5,000 m	1997
	3,000 m	1999

Nathan Sisco	Mile	2001
		2002

Sisco, Hamilton	DMR	2001
Singleton, Estwanik		2002

Chris Estwanik	3,000 m	2002
Bingham, LaRue, Idlette, Seely	4x400 m	2006

Brent LaRue	Heptathlon	2007
Michael Bingham	400 m	2009

Bingham, Reid, Dodds, Lunkenheimer	4x400 m	2009
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All-ACC

Steve Brown	1989, '90, '91
Jon Hume	1989

Ben Schoonover	1990, 1992
Jim Clarke	1991

Mike Guegan	1991
Warren Sherman	1991

Terry Weik	1991
Andy Bloom	1992, '93, '94, '96

Brant Armentrout	1994, '95
Kyle Armentrout	1995

Paul Kinser	1995
Pat Phillips	1995

Garrett Putman	1995, '97
Jon Russell	1995, '97

Warren Sherman	1995
Ben Boyd	1997

Nathan Knowles	1997
Nolan Swanson	1997, '99

Reggie Austin	1999
Stephan Pro	2000

Chris Estwanik	2000, '01, '02
Cliff Neal	2000

John Stone	2000
Paul Singleton	2001, '02

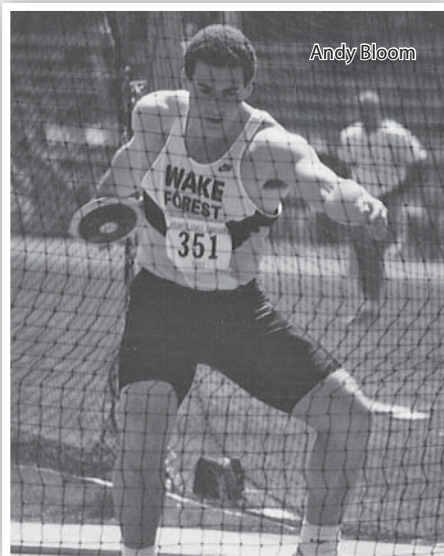
Nathan Sisco	2001, '02
Ryan Hamilton	2001, '02

Garick Hill	2001
Mike Altieri	2002
Mike Loyd	2004
Michael Bingham	2005, '06 (2), '07, 2009 (2)

Eric Seely	2005, '06 (2)
Sean Stevens	2006 (2)
Brent LaRue	2006, '07, '09 (2)
Willie Idlette	2006
Brad Wharton	2007
Allen Lunkenheimer	2008, '09
Kevin Marion	2008
Jon Reid	2008 (2), '09, '10
Phillip Warsaw	2008
Tyler Dodds	2009

ACC Championship Meet -- Most Outstanding Performer

Andy Bloom	1996
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Andy Bloom



Michael Bingham

MEN'S RECORD BOOK

Outdoor Track

National Champions

Andy Bloom	Shot Put	1996
	Discus Throw	1996

All-Americans

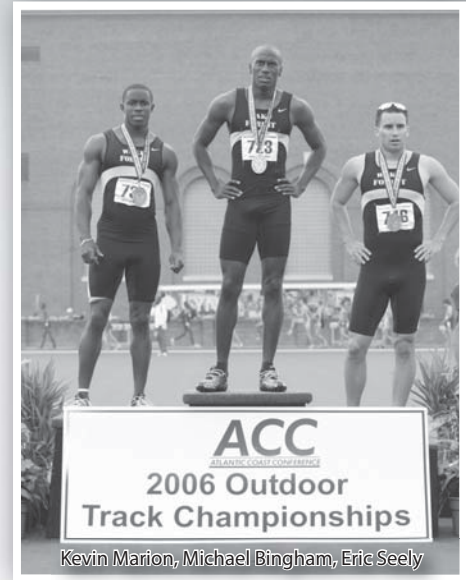
Nolan Swanson	10,000 m	1999
Steve Brown	110 h	1989 1990
Ben Schoonover	10,000 m	1991
John Sence	10,000 m	1992 1993
Andy Bloom	Shot Put	1995 1996
	Discus	1995 1996
Warren Sherman	800 m	1995
Kyle Armentrout	10,000 m	1995
Michael Bingham	400 m	2007 2009

ACC Champions

Jack Ladner	Javelin	1955 1956
Jerome White	High Jump	1972 1973
Tom Rae	Steeplechase	1974
Bill Babcock	5,000 m	1989
Steve Brown	110 h	1989 1990
Andy Bloom	Shot Put	1993 1995 1996
	Discus	1993 1995 1996
Warren Sherman	800 m	1995
Kyle Armentrout	5,000 m	1995
Kyle Armentrout	10,000 m	1995
Steve Guerrini	3,000 sc	1995
Jon Russell	5,000 m	1997 10,000 m 1997
Nolan Swanson	5,000 m	1997 1999 3,000 sc 1998 1999
John Stone	100 m	1999
	200 m	1999
John Bull	Decathlon	1999
Stone, Deese, Justice, Austin	4x100 Relay	1999
Garick Hill	10,000 m	2001
Nathan Sisco	1,500 m	2001
Cliff Neal	Hammer	2002
Michael Bingham	Decathlon	2005
	200m	2006
	400m	2009
Bingham, Loyd, Idlette, Marion	4x100 Relay	2006
Bingham, Idlette, LaRue, Seely	4x400 Relay	2006
Brent LaRue	400 Hurdles	2010

All-ACC

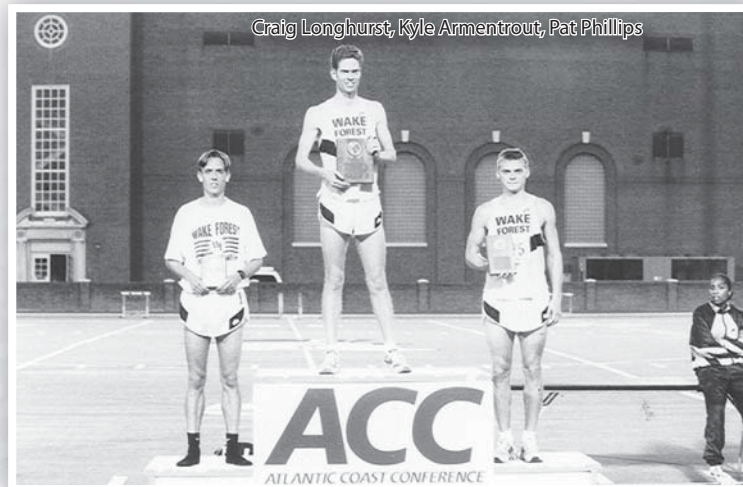
Mike Guegan	1988, '91
Steve Brown	1989, '90
Bill Babcock	1989
Jon Hume	1990
Andy Bloom	1992, '95, '96
Jon Sence	1992, '93
Paul Sklar	1993
Kyle Armentrout	1995
Eric Dunn	1995, '97
Steve Guerrini	1995
Craig Longhurst	1995
Pat Phillips	1995
Jon Russell	1995, '97
Warren Sherman	1995
Eric Pragle	1996
Nathan Knowles	1997
Hunter Kemper	1998
Nolan Swanson	1998, '99
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, '02
Garick Hill	2001
Nathan Sisco	2001
J.T. Kuretich	2001
Paul Singleton	2001
Josh Buffolino	2001
Cliff Neal	2002
Michael Eskind	2002, '03
Alan Susi	2002
Ted DeVos	2002
Mike Altieri	2003
Mike Loyd	2004, '06 (2)
Brad Wharton	2004
Michael Bingham	2005, '06 (4), '09
Kevin Marion	2006, '07 (4)
Eric Seely	2006 (2)
Willie Idlette	2006 (3)
Brent LaRue	2006 (2), 2010
Thomas Sensing	2009
Ben Lincoln	2010, '11



Kevin Marion, Michael Bingham, Eric Seely

ACC Championship Meet -- Most Outstanding Performer

Andy Bloom	1995
Nolan Swanson	1999



Craig Longhurst, Kyle Armentrout, Pat Phillips