RECORD Book

NCAA Honors 60

Conference Honors 60

All-Americans 61

NCAA Honors

Bold/Italic indicate current runners

ALL-AMERICANS
Jillian Forsey ***2014***
Kaitlyn Gillespie 2010, 2011, 2014
Kate Harrison 2011
Marie-Louise Asselin 2007, 2008, 2009
Keri Bland 2007, 2008, 2009
Clara Grandt 2009
Megan Metcalfe 2002, 2004
Charity Wachera 1997

DIVISION I DISTRICT II COACHING STAFF OF THE YEAR
Martin Pushkin/Sean Cleary 1995, 1997, 2000

MID-ATLANTIC REGION COACH OF THE YEAR
Sean Cleary 2004, 2007, 2008

NCAA MID-ATLANTIC TEAM CHAMPIONS
2004, 2008

NCAA ALL-MID-ATLANTIC CHAMPION
Megan Metcalfe 2002

NCAA ALL-MID-ATLANTIC REGION
Maggie Drazba ***2014***
Brynn Harshbarger ***2014***
Jillian Forsey ***2013, 2014***
Sydney Scott ***2012, 2014***
Kaitlyn Gillespie 2010, 2011, 2014
Kelly Williams ***2012. 2013***
Sarah Martinelli 2013
Sarah-Anne Brault 2010, 2011, 2012
Ahna Lewis 2008, 2011
Kate Harrison 2008, 2009, 2011
Kaylyn Christopher 2008, 2009, 2011
Clara Grandt 2007, 2008, 2009
Marie-Louise Asselin 2006, 2007, 2008, 2009
Keri Bland 2006, 2007, 2008, 2009
Susan Davis 2004, 2005
Jennifer Davis 2004
Tara Struyk 2002, 2003, 2004
Megan Metcalfe 2000, 2002, 2003, 2004
Merissa Sexsmith 1999, 2000
Rebecca Stallwood 1999, 2000
Karin Lockhart 1998, 2000
Kate Vermeulen 1998
Charity Wachera 1998
Nancy Knapp 1998
Francine Darroch 1998

NCAA TEAM QUALIFIERS
1997, 2000, 2004, 2007, 2008, 2009, 2011, 2013, 2014

INDIVIDUAL NCAA QUALIFIERS
Kaitlyn Gillespie 2010
Sarah-Anne Brault 2010, 2012
Susan Davis 2005
Megan Metcalfe 2002, 2003
Tara Struyk 2003
Merissa Sexsmith 1999
Rebecca Stallwood 1999
Kate Vermeulen 1998
Charity Wachera 1995, 1997
Vicki Stum 1990

NCAA WOMAN OF THE YEAR
Rebecca Stallwood 2001

NCAA ELITE 89 AWARD
Kelly Williams **2014**
Ahna Lewis 2011

WVU AT THE NCAA CHAMPIONSHIP:
1997 ..... 20th (485 points)
2000 ..... 21st (491 points)
2004 ..... 15th (388 points)
2007 ..... 9th (375 points)
2008 ..... 4th (198 points)
2009 ..... 6th (259 points)
2010 ..... Gillespie (34th), Brault (71st)
2011 ..... 8th (297 points)
2012 ..... Brault (76th)
2013 ..... 24th (621 points)
2014 ..... 8th (277 points)

CONFERENCE Honors

ALL-BIG 12
Jillian Forsey **2014**
Maggie Drazba **2014**
Katie Gillespie 2014
Sarah Martinelli 2013
Sarah-Anne Brault 2012

ACADEMIC ALL-AMERICANS
Kelly Williams 2014
Jillian Forsey 2014
Kaitlyn Gillespie 2014

BIG EAST TEAM CHAMPIONS
2007

BIG EAST FRESHMAN OF THE YEAR
Megan Metcalfe 2000

BIG EAST WOMEN'S CROSS COUNTRY INDIVIDUAL CHAMPION
Marie-Louise Asselin 2008

BIG EAST TEAM ACADEMIC EXCELLENCE AWARD
2011

BIG EAST INSTITUTIONAL FEMALE SCHOLAR-ATHLETE OF THE YEAR
Charity Wachera 1997
Ahna Lewis 2011

ALL-BIG EAST
Kaitlyn Gillespie 2010, 2011
Sarah-Anne Brault 2011
Kate Harrison 2011
Marie-Louise Asselin 2007, 2008, 2009
Keri Bland 2007, 2008, 2009
Clara Grandt 2007, 2008, 2009
Susan Davis 2005
Tara Struyk 2002, 2003
Megan Metcalfe 2000, 2002, 2003, 2004
Rebecca Stallwood 1999, 2000
Merissa Sexsmith 1999
Charity Wachera 1997

ATLANTIC 10 TEAM CHAMPIONS
1994

ATLANTIC 10 INDIVIDUAL CHAMPIONS
Vicki Stum 1991

ATLANTIC 10 FRESHMAN OF THE YEAR
Charity Wachera 1994
Heather Bury 1993

ALL-ATLANTIC 10

1994	Charity Wachera, 2nd
	Carisa Brown, 5th
	Heather Bury, 7th
	Kerryn Davidson, 10th
1993	Kerryn Davidson 3rd
	Heather Bury, 5th
1992	Kerryn Davidson, 9th
1991	Vicki Stum, 1st
	Erin O'Reilly, 3rd
1990	Vicki Stum, 3rd

FirstnameLASTNAME

Charity Wachera
1998

Charity Wachera was one of WVU's best distance runners during her career. The Nairobi, Kenya, native earned All-America honors in the 10,000 meters with a sixth-place finish (34:29.64) at the 1998 NCAA Outdoor Championship. She also set two school records during her tenure. She ran a 16:27.27 in the 5,000 meters and a 34:24.00 in the 10,000 meters during the 1998 outdoor track season. Her mark in the 10,000m still stands today, while her mark in the 5,000 meter was broken by fellow All-American Rebecca Stallwood in 2001. In 1997, Wachera finished 11th with a time of 17:00 to become WVU's first female cross country All-American.

Megan Metcalfe
2002, 2004

Megan Metcalfe, a nine-time All-American, is the most prolific distance runner in Mountaineer women's track & field history and the first Mountaineer to achieve two All-America honors in cross country. The Edmonton, Alberta, native earned her first All-America accolade as a member of the 2001 distance medley relay team, which finished in eighth place. Metcalfe's second All-America award, and first individual, came with a third-place finish in the 3,000-meter race at the 2002 NCAA Outdoor Championship in a WVU record time of 9:09.95. Also an outstanding cross country runner, Metcalfe was named the 2000 BIG EAST Freshman of the Year. Her third All-America honor came with a ninth-place finish at the 2002 NCAA Cross Country Championship, making her just the second female cross country All-American in school history and only the fourth Mountaineer to earn All-America honors in two sports. She earned her fourth and fifth All-America accolades in 2003 by finishing fourth in the 3,000-meters at the indoor championships and was a part of the school record setting distance medley relay team in that same meet. Her sixth and seventh awards came in March 2004, when she was fifth in the 3,000-meters and again was a member of the DMR team. Metcalfe's eighth and school-record setting All-America honor came at the 2004 NCAA Cross Country Championship where she recorded a 16th place overall finish. Metcalfe capped off her brilliant career with a ninth All-America honor and a national championship when she won the 5,000-meters at the 2005 NCAA Outdoor Championship. She also competed at the World Cross Country Championship twice during her tenure at WVU and competed at the World University Games in Turkey. In 2008, Metcalfe reached the top, as she ran in the 5,000-meter race for Canada in the Beijing Olympics.

MeganMETCALFE

Marie-Louise Asselin
2007, 2008, 2009

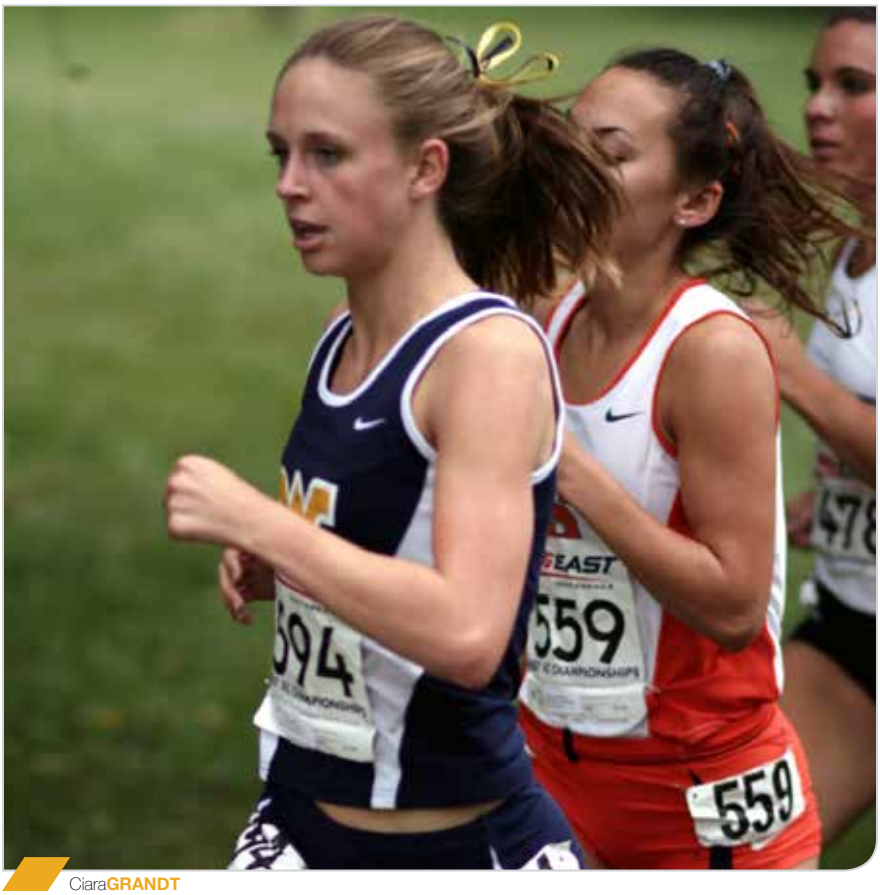
Marie-Louise Asselin capped off her cross country career as one of the most decorated runners in WVU history. As of 2010, the Sarnia, Ontario, native owns seven All-America medals, including three in cross county and four in track. Asselin's last cross country season, 2009, was one for the record books as she became one of only two WVU runners to earn three All-America honors in the sport. Along with teammate Keri Bland, Asselin achieved the honor as she finished in 31st place (20:43) at the 2009 NCAA Cross Country Championship. The Mountaineers went on to finish sixth, marking the third-consecutive year that WVU finished in the top 10 at the national championship. Asselin also earned all-region honors for the fourth time in her career and all BIG EAST honors for the third time. Her success continued into the track season as she posted a second-place finish in the 5,000-meter race at the NCAA Indoor Championship (15:50.53) and a second-place finish in the 5,000 meter at the NCAA Outdoor Championships (15:53.93). In 2008, she led WVU to its most successful season in school history, as the Mountaineers took a historic fourth-place finish at the NCAA Championship, first at the NCAA All-Mid-Atlantic Regionals and second at the BIG EAST Championship. Asselin became the first BIG EAST Women's Cross Country Individual Champion in 2008, as she took the top spot with a time of 20:10. She then placed 17th at the NCAA Championship race with a time of 20:27 to earn her second consecutive All-American honor. She earned her first All-American title in 2007 as the Mountaineers captured their first BIG EAST Championship and finished ninth in the country. Even though she was just a sophomore at the time, Asselin became WVU's third All-American in the sport when she finished 17th (14th in the team standings) with a time of 20:39 at the 2007 NCAA Championship. It was a fitting ending to an outstanding season that saw her post the team's highest finish in the final five meets. Asselin showed glimpses of her abilities just weeks earlier at the BIG EAST Championship where she took second and at the NCAA Mid-Atlantic Regional race, where she placed third in leading her team to an overall second-place finish. Asselin, an all-BIG EAST and all-Mid-Atlantic region selection, was joined by Bland as an All-American, marking the first time in program history that two teammates earned the honor in the same season. In the 2008 indoor season, Asselin went on to place seventh in the 3,000-meter to earn All-America honors and was on the All-America distance medley relay team that took fourth at nationals.

Mary-Louise**ASSELIN**

Keri Bland
2007, 2008, 2009

Keri Bland, a seven-time All-American, continued to leave her name in the WVU record books as she aided the Mountaineers to a sixth-place finish at the 2009 NCAA Cross Country Championship, marking the third-straight year WVU finished in the nation's top 10. Bland, along with teammate Marie-Louise Asselin, became the only Mountaineers in school history to earn All-America honors for three seasons in cross county, as she finished 34th (20:45). The Fairview, West Virginia, native earned two All-America honors in the 2009 indoor track season, as she placed eighth in the mile and was a part of the distance medley relay team. Bland continued to dominate in the outdoor season, as she earned her fourth honor of the year by virtue of finishing as one of the top U.S. citizens in the 1,500-meter race, marking the second time she earned honors in all three seasons (cross county, indoor track and outdoor track). Bland was an essential part of the Mountaineers team in 2008, when she led WVU to its most successful season in school history as the squad placed fourth at the NCAA Championship, first at the NCAA Mid-Atlantic Regionals and second at the BIG EAST Championship. She was the first Mountaineer to finish at the NCAA Championship, where she finished 14th with a time of 20:20. In 2007, Bland and Asselin helped guide the Mountaineers to their first conference title and the highest finish at nationals in school history (ninth) in 2007. At nationals, Bland was the second Mountaineer to cross the line in 23rd at 20:58. Bland, along with Asselin, was named a first team All-American, marking the first time WVU's cross country program had multiple All-Americans in the same year. Bland earned all-BIG EAST and all-Mid-Atlantic region accolades during the season after finishing fourth and seventh, respectively, in those races. In the 2008 indoor track season, Bland was a part of the All-America distance medley team that set a school record and placed fourth in the country. She finished the 2008 outdoor season by earning All-America honors in the 1,500-meters to become the first female in WVU history to earn All-America honors in three sports in the same year.

KeriBLAND



CiaraGRANDT

Clara Grandt
2009

Clara Grandt saved the best for last as she posted the finest season of her career and earned her first All-America honor in cross country. The West Union, West Virginia, native led the team to a sixth-place finish at the 2009 NCAA Championship, the first Mountaineer to cross the line in 13th place overall. Grandt also earned all-region and all-BIG EAST honors and was named BIG EAST Cross Country Athlete of the Week on Sept. 24, for her efforts in the Midwest Open. There she crossed the line in 17:00.1, 19 seconds before Louisville's Tarah McKay (17:19.4), for the fastest course time in over 20 years. In the track season, Grandt earned her second honor of the year by virtue of finishing as one of the top U.S. citizens in the 5,000-meter race at the 2010 NCAA Indoor Championship. She then capped off her final season as a Mountaineer with a fourth-place showing in the 10,000-meter race at the outdoor championship, giving her four total All-America honors. Grandt became WVU's 24th track and field All-American as she earned the honors with a fourth-place showing in the 10,000-meter finals at the NCAA Championship in 2009. Grandt started off the race behind the lead pack before finding her stride around the 6,000-meter mark. The junior closed the gap, and finished with a time of 33:45.16.

KaitlynGILLESPIE

Kaitlyn Gillespie
2010, 2011, 2014

The Cuyahoga Falls, Ohio, native finished her Mountaineer career with three All-American honors. As a junior, she placed seventh at the BIG EAST Championship in 20:14 and followed it with a seventh-place mark in 21:46 at the NCAA Mid-Atlantic Regional. To earn All-America status, she came in 27th place at the NCAA Championship with a 6k time of 20:17, improving in placement and time from her 2010 NCAA finish. She was also named to the USTFCCCA All-Academic team following the 2011 season.

In her first season at WVU after one year at Cedarville University, Gillespie quickly made the successful jump to Division I competition in 2010 by earning All-America, all-region and all-conference accolades. She became an All-American for the first time following her 34th-place finish at the NCAA Championship, where she finished the 6k course in 20:46. To earn all-Mid-Atlantic region and all-BIG EAST honors, Gillespie came in 10th place at the NCAA Mid-Atlantic Regional and the BIG EAST Championship, widely regarded as the most difficult regional and conference events in the nation. Before a 17th-place finish at the 2010 Penn State National, she had two first-place finishes at the BIG EAST Preview and Notre Dame Invitational.

Gillespie's final season in Morgantown saw her obtain All-America status for the third time. She garnered All-Big 12, All-Mid-Atlantic Region, All-Big 12 Scholar-Athlete, and All-America honors throughout the 2014 campaign. Gillespie was the first Mountaineer to cross the line at the Big 12 Championship, finishing in fifth-place overall in the conference. She finished third in the Mid-Atlantic Regional and followed that up with a 26th-place finish at the 2014 NCAA Championship.

Kate Harrison
2011

A native of Toronto, Ontario, Kate Harrison ended a stellar WVU cross country career with one of the most impressive single-season resumes in school history. A four-time NCAA participant, Harrison recorded the all-time program best finish at an NCAA Championship with an eighth-place mark, breaking Megan Metcalfe's 2002 finish of ninth place at the event. She also finished the race with a career-best 6k time of 19:50 as she earned All-America for the first time in cross country. During the 2011 season, she was twice named the WVU Athlete of the Week and also earned All-BIG EAST and All-Mid-Atlantic region honors. To earn all-conference, the senior placed third in 19:52, and followed it with a fifth-place finish in 21:38 at the NCAA Mid-Atlantic Regional to earn all-region marks. She also excelled in academics as she was named to the 2011 USTFCCCA All-Academic team.

KateHARRISON

JillianFORSEY

Jillian Forsey
2014

As a sophomore, Jillian Forsey made her mark as a Mountaineer, earning All-America status for the first time, doing so with a 14th-place finish at the 2014 NCAA Division I Women's Cross Country Championship in Terre Haute, Indiana. The Stephenville, Newfoundland and Labrador, native raced to a second-place overall finish in the Mid-Atlantic Region to earn All-Mid-Atlantic Region recognition. She also received All-Big 12 distinctions after placing 12th at the 2014 Big 12 Cross Country Championship in Lawrence, Kansas.