

2010 LADY VOL INDIVIDUAL RESULTS

2010 TENNESSEE LADY VOL CROSS COUNTRY INDIVIDUAL RESULTS

OVERALL RECORD: 38-79; RECORD VS. SEC OPPONENTS: 0-19

NAME OF MEET	Belmont-VU Opener	Commodore Classic	Brooks Paul Short Run	Front Runner Invitational	SEC Champs.	NCAA South Regional	NCAA Champs.
DISTANCE	4K	5K	6K	2M	6K	6K	6K
UT TEAM FINISH	7th of 12	6th of 16	38th of 41	4th of 7	12th of 12	18th of 25	
# OF RUNNERS	120	127	367	59	100	186	
SPREAD (1-5)	2:38.49	1:12.30	2:05	:35	1:32.43	1:43.00	
ELIZABETH ALTIZER Jr., Bartlett, Tenn.	----- -----	20:10.14 59th/5th	24:58 342nd/6th	11:57! 22nd/4th	23:45.07 87th/4th	23:15.61 137th/5th	
ALLY COLVIN So., Maryville, Tenn.	15:57.55 62nd/4th	20:07.57 57th/4th	23:24 246th/2nd	12:27! 32nd/7th	23:38.20 86th/3rd	23:04.21 129th/4th	
ANDREA FERRI So., Falls Church, Va.	16:23.85! 80th/5th	20:24.06 65th/6th	23:58! 303rd/4th	12:14! 30th/6th	24:12.06 93rd/6th	23:33.84! 147th/6th	
RAMZEE FONDREN So, Detroit, Mich.	15:41.45! 48th/3rd	19:40.86 37th/2nd	24:41 336th/5th	11:46! 19th/3rd	24:22.49 95th/7th	23:37.62 152nd/7th	
CHARITY HONEYCUTT Jr., Burnsville, N.C.	DNF -----	----- -----	----- -----	13:30! 40th/10th	----- -----	----- -----	
BRITTNEY JACKSON Fr., Maplewood, N.J.	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	
TY-VONNA JOHNSON Fr., Newark, N.J.	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	
KELSEY KANE So., Knoxville, Tenn.	----- -----	----- -----	----- -----	12:29! 36th/8th	24:28.20! 96th/8th	----- -----	
CHELSEA KNOTTS So., Ripley, W.Va.	18:11.41 101st/7th	----- -----	----- -----	----- -----	----- -----	----- -----	
ERICA MOORE Sr., Sullivan, Ind.	----- -----	----- -----	----- -----	12:43! 37th/9th	----- -----	----- -----	
CHANELLE PRICE Jr., Easton, Pa..	----- -----	----- -----	----- -----	11:37! 10th/1st	23:07.35 72nd/2nd	22:24.36 91st/2nd	
KIANNA RUFF Fr., St. Louis, Mo.	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	
BRITTANY SHEFFEY Sr., Bellport, N.Y.	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	
ELIZABETH TILLER Jr., Tuscaloosa, Ala.	15:37.09! 44th/2nd	19:42.54! 38th/3rd	23:46 286th/3rd	12:12! 26th/5th	23:49.14 89th/5th	22:59.39! 124th/3rd	
KIM WHITE Sr., Memphis, Tenn.	18:03.96! 100th/6th	----- -----	----- -----	----- -----	----- -----	----- -----	
AMBER ZIMMERMAN Fr., Knoxville, Tenn.	15:25.47 35th/1st	18:57.44! 17th/1st	22:36! 152nd/1st	11:37! 11th/2nd	22:15.91! 42nd/1st	21:33.01! 46th/1st	

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

2010 LADY VOL MEET RESULTS

BELMONT-VU OPENER * 4K 5:30 P.M. CT * SEPT. 3 * NASHVILLE, TENN.

Team Standings (12 teams)

1. Vanderbilt.....	27
2. Western Kentucky.....	59
3. Alabama.....	65
4. Lipscomb.....	87
5. Belmont.....	139
6. Middle Tennessee.....	139
7. Tennessee.....	201
8. Memphis.....	245
9. Austin Peay.....	268
10. UT Martin.....	297
11. Bethel.....	350
12. Trevecca Nazarene.....	310

Individuals (120 runners)

1. Marion Kandie, W. Kentucky.....	14:13.87
2. Jordan White, Vanderbilt.....	14:20.83
3. Michelle Finn, W. Kentucky.....	14:24.82
4. Alexa Rogers, Vanderbilt.....	14:25.76
5. Andrea Torske, Alabama.....	14:32.43
6. Melissa Begin, Unattached.....	14:34.13
7. Allie Scafi, Vanderbilt.....	14:34.72
8. Kara Slavoski, Vanderbilt.....	14:35.71
9. Liz Anderson, Vanderbilt.....	14:36.18
10. Katlyn Will, Alabama.....	14:41.59
35. Amber Zimmerman, Tennessee.....	15:25.47
44. Elizabeth Tiller, Tennessee.....	15:37.09
48. Ramzee Fondren, Tennessee.....	15:41.45
62. Ally Colvin, Tennessee.....	15:57.55
80. Andrea Ferri, Tennessee.....	16:23.85
100. Kim White, Tennessee.....	18:03.96
101. Chelsea Knotts, Tennessee.....	18:11.41

COMMODORE CLASSIC * 5K 10 A.M. CT * SEPT. 18 * NASHVILLE, TENN.

Team Standings (16 teams)

1. Vanderbilt.....	21
2. Lipscomb.....	54
3. Chattanooga.....	97
4. Belmont.....	113
5. Middle Tennessee.....	136
6. Tennessee.....	177
7. Rhodes.....	192
8. Union.....	233
9. Murray State.....	241
10. Southeast Missouri.....	281
11. Blue Mountain.....	318
12. University of the South.....	323
13. Tennessee State.....	389
14. Bethel.....	442
15. Freed-Hardeman.....	458
16. Trevecca Nazarene.....	480

Individuals (127 runners)

1. Rita Jorgensen, Vanderbilt.....	18:01.95
2. Jordan White, Vanderbilt.....	18:02.16
3. Allie Scafi, Vanderbilt.....	18:11.13
4. Deanna Brasz, Middle Tennessee.....	18:20.19
5. Anneli Uys, Chattanooga.....	18:20.42
6. Adrienne DiRaddo, Vanderbilt.....	18:28.01
7. Nicole Muldowney, Belmont.....	18:29.29
8. Alex Newby, Lipscomb.....	18:30.78
9. Kara Slavoski, Vanderbilt.....	18:31.51
10. Tessa Hoefle, Lipscomb.....	18:34.23
17. Amber Zimmerman, Tennessee.....	18:57.44
37. Ramzee Fondren, Tennessee.....	19:40.86
38. Elizabeth Tiller, Tennessee.....	19:42.54
57. Ally Colvin, Tennessee.....	20:07.57
59. Elizabeth Altizer, Tennessee.....	20:10.14
65. Andrea Ferri, Tennessee.....	20:24.06

BROOKS PAUL SHORT RUN * 6K 11:45 A.M. ET * OCT. 1 * BETHLEHEM, PA.

Team Standings (41 teams)

1. #6 Georgetown.....	34
2. #16 Virginia.....	98
3. James Madison.....	169
4. Cornell.....	198
5. Columbia.....	205
6. Guelph.....	207
7. Richmond.....	222
8. LaSalle.....	315
9. New Hampshire.....	352
10. Colgate.....	377
11. William & Mary.....	381
12. Brown.....	389

13. Liberty.....	411
14. Bucknell.....	451
15. Penn.....	493
16. Dartmouth.....	497
17. Appalachian State.....	501
18. Maryland.....	504
19. New Mexico State.....	505
20. Iona.....	596
20. Vermont.....	596
22. Towson.....	597
23. St. Joseph's.....	628
24. Lehigh.....	652
25. Quinnipiac.....	668
26. Kent State.....	680
27. St. Lawrence.....	700
28. Army.....	719
29. Binghamton.....	749
30. High Point.....	792
31. Duquesne.....	804
32. UMass.....	814
33. Marist.....	857
34. University of the South.....	993
35. Maryland-Baltimore County.....	1,003
36. Queen's.....	1,045
37. Virginia Commonwealth.....	1,109
38. Tennessee.....	1,127
39. #1 Villanova.....	1,143
40. Delaware.....	1,190
41. Mt. St. Mary's.....	1,216

Individuals (367 runners)

1. Emily Infield, Georgetown.....	20:04
2. Elise DeRoo, Colgate.....	20:10
3. Alison Parris, James Madison.....	20:15
4. Emily Jones, Georgetown.....	20:20
5. Barbara Strehler, Virginia.....	20:26
6. Maddie Chambers, Georgetown.....	20:27
7. Stephanie Garcia, Virginia.....	20:28
8. Amy Van Alstine, Richmond.....	20:28
9. Rachel Cliff, Guelph.....	20:29
10. Morgane Gay, Virginia.....	20:31
152. Amber Zimmerman, Tennessee.....	22:36
246. Ally Colvin, Tennessee.....	23:24
286. Elizabeth Tiller, Tennessee.....	23:46
303. Andrea Ferri, Tennessee.....	23:58
336. Ramzee Fondren, Tennessee.....	24:41
342. Elizabeth Altizer, Tennessee.....	24:58

FRONT RUNNER INVITATIONAL * 2 MILE 3:30 P.M. ET * OCT. 16 * CHATTANOOGA, TENN.

Team Standings (7 teams)

1. Samford.....	34
2. Chattanooga.....	46
3. Middle Tennessee.....	72
4. Tennessee.....	83
5. Kennesaw State.....	142
6. West Georgia.....	175
7. Tennessee State.....	191

Individuals (59 runners)

1. Lauren D'Alessio, Samford.....	10:56
2. Mackenzie Howe, Kennesaw State.....	10:58
3. Anneli Uys, Chattanooga.....	11:04
4. Deanna Brasz, Middle Tennessee.....	11:13
5. Hillary Neal, Samford.....	11:16
6. Phoebe Wright, Unattached.....	11:19
7. Tara Gietema, Chattanooga.....	11:26
8. Ina Ables, Samford.....	11:32
9. Deanna Zidar, Samford.....	11:36
10. Chanelle Price, Tennessee.....	11:37
11. Amber Zimmerman, Tennessee.....	11:37
19. Ramzee Fondren, Tennessee.....	11:46
22. Elizabeth Altizer, Tennessee.....	11:57
26. Elizabeth Tiller, Tennessee.....	12:12
30. Andrea Ferri, Tennessee.....	12:14
32. Ally Colvin, Tennessee.....	12:27
36. Kelsey Kane, Tennessee.....	12:29
37. Erica Moore, Tennessee.....	12:43
40. Charity Honeycutt, Tennessee.....	13:30

SEC CHAMPIONSHIPS * 6K 10 A.M. ET * NOV. 1 * COLUMBIA, S.C.

Team Standings 12 teams)

1. Florida.....	60
2. Arkansas.....	61
3. Vanderbilt.....	76
4. Georgia.....	130
5. Mississippi State.....	156
6. Alabama.....	177
7. Auburn.....	190

8. Kentucky.....	207
9. Ole Miss.....	209
10. South Carolina.....	251
11. LSU.....	279
12. Tennessee.....	326

Individuals (100 runners)

1. Kristie Krueger, Georgia.....	20:41.25
2. Hollie Knight, Auburn.....	20:49.39
3. Charlotte Browning, Florida.....	21:11.13
4. Miranda Walker, Arkansas.....	21:12.25
5. Stephanie Brown, Arkansas.....	21:12.84
6. Rebecca Lowe, Florida.....	21:15.47
7. Stephanie Barnes, Auburn.....	21:15.86
8. Genevieve LaCaze, Florida.....	21:16.10
9. Haley Greenwell, Mississippi State.....	21:16.71
10. Jordan White, Vanderbilt.....	21:18.46
42. Amber Zimmerman, Tennessee.....	22:15.91
72. Chanelle Price, Tennessee.....	23:07.35
86. Ally Colvin, Tennessee.....	23:38.20
87. Elizabeth Altizer, Tennessee.....	23:45.07
89. Elizabeth Tiller, Tennessee.....	23:49.14
93. Andrea Ferri, Tennessee.....	24:12.06
95. Ramzee Fondren, Tennessee.....	24:22.49
96. Kelsey Kane, Tennessee.....	24:28.20

NCAA SOUTH REGIONAL * 6K 9:45 A.M. CT * NOV. 13 * HOOVER, ALA.

Team Standings (25 teams)

1. #2 Florida State.....	24
2. Florida.....	67
3. Vanderbilt.....	102
4. Georgia.....	137
5. Mississippi State.....	196
6. UAB.....	206
7. Alabama.....	239
8. Mississippi.....	270
9. Lipscomb.....	283
10. Samford.....	294
11. North Florida.....	302
12. Chattanooga.....	330
13. Florida Atlantic.....	337
14. South Florida.....	352
15. Georgia Tech.....	353
16. Belmont.....	423
17. Miami (Fla.).....	476
18. Tennessee.....	489
19. Georgia State.....	503
20. Jacksonville State.....	534
21. Mercer.....	580
22. Memphis.....	600
23. South Alabama.....	674
24. Central Florida.....	729
25. Tennessee Tech.....	735

Individuals (186 runners)

1. Kristie Krueger, Georgia.....	19:52.93
----------------------------------	----------

2010 LADY VOL CROSS COUNTRY TEAM



First Row (L-R): Ally Colvin, Andrea Ferri, Ty-Vonna Johnson, Kelsey Kane, Chelsea Knotts, Kianna Ruff, Amber Zimmerman, Kim White. **Second Row (L-R):** Elizabeth Tiller, Ramzee Fondren, Elizabeth Altizer, Chanelle Price, Women's Coach J.J. Clark, Brittany Jackson, Erica Moore, Charity Honeycutt, Brittany Sheffy.

LADY VOL CAREER RESULTS

ELIZABETH ALTIZER

Date	Meet	Dist.	All/UT	Time
9/05/08	Belmont-VU Opener	4K	34th/5th	15:41.76!
9/19/08	Tennessee Invitational	5K	15th/8th	19:45
10/3/08	Brooks Paul Short Run	6K	232nd/7th	23:36!
10/17/08	Penn State National	6K	136th/7th	23:06!
11/3/08	SEC Championships	6K	56th/6th	22:58.02!
11/15/08	NCAA South Regional	6K	109th/7th	24:02.91
9/4/09	Belmont-VU Opener	4K	49th/5th	16:16.25
10/2/09	Brooks Paul Short Run	6K	325th/7th	24:05
10/16/09	Panorama Farms Invitational	6K	67th/9th	25:21.52
9/18/10	Commodore Classic	5K	59th/5th	20:10.14
10/1/10	Brooks Paul Short Run	6K	342nd/6th	24:58
10/16/10	Front Runner Invitational	2M	22nd/4th	11:57!
11/1/10	SEC Championships	6K	87th/4th	23:45.07
11/13/10	NCAA South Regional	6K	137th/5th	23:15.61

ALLY COLVIN

Date	Meet	Dist.	All/UT	Time
9/05/08	Belmont-VU Opener	4K	42nd/6th	15:54.08!
9/19/08	Tennessee Invitational	5K	13th/7th	19:32!
10/3/08	Brooks Paul Short Run	6K	*32nd (Ran in JV race)	22:38!
10/17/08	Penn State National	6K	111th/6th	22:48
11/3/08	SEC Championships	6K	78th/7th	23:39.38
11/15/08	NCAA South Regional	6K	59th/6th	22:58.45
9/3/10	Belmont-VU Opener	4K	62nd/4th	15:57.55
9/18/10	Commodore Classic	5K	57th/4th	20:07.57
10/1/10	Brooks Paul Short Run	6K	246th/2nd	23:24
10/16/10	Front Runner Invitational	2M	32nd/7th	12:27!
11/1/10	SEC Championships	6K	86th/3rd	23:38.20
11/13/10	NCAA South Regional	6K	129th/4th	23:04.21

ANDREA FERRI

Date	Meet	Dist.	All/UT	Time
9/3/10	Belmont-VU Opener	4K	80th/5th	16:23.85!
9/18/10	Commodore Classic	5K	65th/6th	20:24.06
10/1/10	Brooks Paul Short Run	6K	303rd/4th	23:58!
10/16/10	Front Runner Invitational	2M	30th/6th	12:14!
11/1/10	SEC Championships	6K	93rd/6th	24:12.06
11/13/10	NCAA South Regional	6K	147th/6th	23:33.84!

RAMZEE FONDREN

Date	Meet	Dist.	All/UT	Time
9/4/09	Belmont-VU Opener	4K	62nd/6th	16:45.71!
10/2/09	Brooks Paul Short Run	6K	269th/5th	23:14!
10/16/09	Panorama Farms Invitational	6K	61st/8th	24:32.72
10/31/09	SEC Championships	6K	83rd/8th	24:42.04
9/3/10	Belmont-VU Opener	4K	48th/3rd	15:41.45!
9/18/10	Commodore Classic	5K	37th/2nd	19:40.86
10/1/10	Brooks Paul Short Run	6K	336th/5th	24:41
10/16/10	Front Runner Invitational	2M	19th/3rd	11:46!
11/1/10	SEC Championships	6K	95th/7th	24:22.49
11/13/10	NCAA South Regional	6K	152nd/7th	23:37.62!

CHARITY HONEYCUTT

Date	Meet	Dist.	All/UT	Time
9/05/08	Belmont-VU Opener	4K	93rd/9th	20:02.91!
9/3/10	Belmont-VU Opener	4K	DNF	-----
10/16/10	Front Runner Invitational	2M	40th/10th	13:30!

BRITTNEY JACKSON

Date	Meet	Dist.	All/UT	Time
Has not competed				

TY-VONNA JOHNSON

Date	Meet	Dist.	All/UT	Time
Has not competed				

KELSEY KANE

Date	Meet	Dist.	All/UT	Time
9/4/09	Belmont-VU Opener	4K	66th/7th	16:52.92!
10/16/10	Front Runner Invitational	2M	36th/8th	12:29!
11/1/10	SEC Championships	6K	96th/8th	24:28.20!

CHELSEA KNOTTS

Date	Meet	Dist.	All/UT	Time
9/4/09	Belmont-VU Opener	4K	71st/8th	17:18.01!
9/3/10	Belmont-VU Opener	4K	101st/7th	18:11.41

ERICA MOORE

Date	Meet	Dist.	All/UT	Time
10/16/10	Front Runner Invitational	2M	37th/9th	12:43!

CHANELLE PRICE

Date	Meet	Dist.	All/UT	Time
9/05/08	Belmont-VU Opener	4K	8th/1st	14:52.67!
9/19/08	Tennessee Invitational	5K	7th/6th	19:04!
10/3/08	Brooks Paul Short Run	6K	94th/6th	22:04!
10/16/09	Panorama Farms Invitational	6K	17th/4th	21:37.12!

10/31/09	SEC Championships	6K	18th/4th	22:14.42
11/14/09	NCAA South Regional	6K	32nd/4th	21:32.27!
10/16/10	Front Runner Invitational	2M	10th/1st	11:37!
11/1/10	SEC Championships	6K	72nd/2nd	23:07.35
11/13/10	NCAA South Regional	6K	91st/2nd	22:24.36

KIANNA RUFF

Date	Meet	Dist.	All/UT	Time
Has not competed				

BRITTANY SHEFFEY

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

NIJGIA SNAPP

Date	Meet	Dist.	All/UT	Time
Has not competed				

ELIZABETH TILLER

Date	Meet	Dist.	All/UT	Time
9/05/08	Belmont-VU Opener	4K	81st/8th	17:51.22!
9/19/08	Tennessee Invitational	5K	21st/10th	21:32
10/3/08	Brooks Paul Short Run	6K	*218th (Ran in JV race)	25:11!
10/17/08	Penn State National	6K	271st/9th	25:17
11/3/08	SEC Championships	6K	93rd/8th	25:20.72
9/4/09	Belmont-VU Opener	4K	42nd/4th	15:59.86!
9/18/09	Crimson Classic	5K	46th/5th	19:43.20!
10/2/09	Brooks Paul Short Run	6K	299th/6th	23:35!
10/16/09	Panorama Farms Invitational	6K	57th/7th	23:54.73
10/31/09	SEC Championships	6K	78th/7th	24:20.56
11/14/09	NCAA South Regional	6K	104th/7th	23:13.99!
9/3/10	Belmont-VU Opener	4K	44th/2nd	15:37.09!
9/18/10	Commodore Classic	5K	38th/3rd	19:42.54!
10/1/10	Brooks Paul Short Run	6K	286th/3rd	23:46
10/16/10	Front Runner Invitational	2M	26th/5th	12:12!
11/1/10	SEC Championships	6K	89th/5th	23:49.14
11/13/10	NCAA South Regional	6K	124th/3rd	22:59.39!

KIM WHITE

Date	Meet	Dist.	All/UT	Time
9/4/09	Belmont-VU Opener	4K	83rd/9th	18:51.43!
9/3/10	Belmont-VU Opener	4K	100th/6th	18:03.96!

AMBER ZIMMERMAN

Date	Meet	Dist.	All/UT	Time
9/3/10	Belmont-VU Opener	4K	35th/1st	15:25.47!
9/18/10	Commodore Classic	5K	17th/1st	18:57.44
10/1/10	Brooks Paul Short Run	6K	152nd/1st	22:36!
10/16/10	Front Runner Invitational	2M	11th/2nd	11:37!
11/1/10	SEC Championships	6K	42nd/1st	22:15.91!
11/13/10	NCAA South Regional	6K	46th/1st	21:33.01!

Personal Record (PR)/Current PRs Are Bold

2010 HONORS

LIST OF VOL HONORS

HONORS BY AWARD

ALL-SOUTH REGION: Chris Bodary, Michael Spooner (Nov. 13)

ALL-SEC SECOND TEAM: Michael Spooner (Nov. 1)

SEC ALL-FRESHMAN TEAM: Jake Rainey, Daniel Tobin (Nov. 1)

UT DAILY BEACON ATHLETE OF THE WEEK: Michael Spooner (Sept. 21)

HONORS BY ATHLETE

CHRIS BODARY: All-South Region (Nov. 13)

JAKE RAINEY: SEC All-Freshman Team (Nov. 1)

MICHAEL SPOONER: All-South Region (Nov. 13), All-SEC Second Team (Nov. 1), UT Daily Beacon Athlete of the Week (Sept. 21)

DANIEL TOBIN: SEC All-Freshman Team (Nov. 1)

HONORS BY TEAM

N/A

LIST OF LADY VOL HONORS

HONORS BY AWARD

N/A

HONORS BY ATHLETE

N/A

HONORS BY TEAM

N/A