



VIRGINIA CROSS COUNTRY SCHEDULE

Aug. 21	Spider Alumni Open Richmond, Va.
Sept. 14	Virginia Invitational Charlottesville, Va.
Sept. 27	Nuttycombe Invitational Madison, Wiso.
Oct. 19	Panorama Farms Invitational Charlottesville, Va.
Nov. 1	ACC Cross Country Championships Cary, N.C.
Nov. 15	NCAA Southeast Regional Rock Hill, S.C.
Nov. 23	NCAA Cross Country Championships Madison, Wisco.

VIRGINIA COACHING STAFF

Vin Lananna	Director of Track and Field & XC Associate AD for Administration
Trevor Dunbar	Asst. Men's & Women's Track & Field Coach (Distance)
Joelle Amaral	Asst. Men's & Women's Track & Field Coach (Distance)

MEDIA INFORMATION

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ACC Cross Country Championships Friday, November 1

WakeMed Soccer Park • Cary, N.C.



The Virginia men's and women's cross country teams begin the championship season at the ACC Cross Country Championships on Friday, November 1 at the WakeMed Soccer Park in Cary, N.C.

How to Follow

The ACC Cross Country Championships will be live streamed on ESPN+ on the day of competition. Links to the ESPN+ live stream, live stats and the overall meet schedule are available at VirginiaSports.com. Updates will also be posted to the team's official Twitter account (@UVAtfcc).

Hoos in the USTFCCA Rankings (Regular Season)

Men

Preseason: Southeast Region #5, National #23
 Week #1: Southeast Region #2, National #15
 Week #2: Southeast Region #4, National #21
 Week #3: Southeast Region #4, National #21
 Week #4: Southeast Region #3, National #16
 Week #5:

Women

Preseason: Southeast Region #2, National #17
 Week #1: Southeast Region #3, National #16
 Week #2: Southeast Region #4, National #20
 Week #3: Southeast Region #4, National #20
 Week #4: Southeast Region #4, National #21
 Week #5:

Schedule of Events

**Times are all Central Time*

Friday:

9:30 a.m. | Men's 8k race
 10:30 a.m. | Women's 6k race
 11:15 a.m. approx. | Awards

Virginia ACC Cross Country Championships Notes

- Last season, the Virginia men finished 3rd with 77 points
- Virginia's top finishers include Will Anthony and Gary Martin achieving top 10 finishes in seventh and eighth place
- The Virginia men finished four in the top 20 including Will Anthony (7th), Gary Martin (8th), Yasin Sado (13th) and Nate Mountain (14th)
- The men have won the ACC Cross Country Championships to date including 1984, 2005, 2007 and 2008
- Last season, the Virginia women finished 3rd with 82 points
- Virginia's top finishers include Margot Appleton and Jenny Schilling with top 10 finishes in fifth and 10th place
- The Virginia men finished four athlete in the top 20 including Margot Appleton (5th), Jenny Schilling (10th), Caroline Timm (15th) and Anna Workman (20th)
- The Women have won the ACC Cross Country Championship three times to date including 1981, 1982 and 2015
- Eight Cavaliers earned All-ACC honors in 2023



Will Anthony

Junior • Whitby, Poriu, New Zealand
8k PB: 23:19.6

Highlights

- Ran personal-best 23:19.6 for 8k to finish fourth at the 2024 Panorama Farms Invitational
- His time of 23:19.6 is the 22nd fastest for the 8k course at Panorama Farms ever
- Recorded top 15 finishes at the Nuttycombe Invitational (23:45.7, 15th) and the Virginia Invitational (24:02.9, 3rd)
- Finished 7th at the 2023 ACC Cross Country Championships (23:21.5)



Adam Balewicz

Freshman • Bolton, Mass.
8k PB: 24:02.9

Highlights

- Recorded a personal-best 24:02.9 for 8k at the 2024 Panorama Farms Invitational
- Opened his season at the 2024 Nuttycombe Invitational in the 8k (24:38.9)



Jack Eliason

Senior • Crozet, Va.
8k PB: 23:47.7

Highlights

- Recorded a personal-best 23:47.7 for 8k to finish inside the top 20 finishers (18th) at the 2024 Panorama Farms Invitational
- Opened his season with a 3rd place finish at the 2024 Spider Alumni Open clocking 18:02.9 for 6k
- Finished 7th at the 2024 Virginia Invitational with his time of 24:15.5
- Set to compete in his fourth conference cross country championship, Eliason finished 36th at the 2023 ACC Cross Country

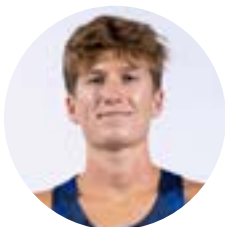


Jacob Hunter

Senior • Leesburg, Va.
8k PB: 23:54.1

Highlights

- Recorded a personal-best 23:54.1 for 8k at the 2024 Panorama Farms Invitational
- Opened his season with a 4th place finish at the 2024 Spider Alumni Open clocking 18:20.2 for 6k
- Recorded a top 10 finish (10th) at the 2024 Virginia Invitational in the 8k (24:23.9)
- Set to compete in his fourth conference cross country championships, Hunter finished 39th at the 2023 ACC Cross Country Championships in a personal-best 30:17.3 for 10k



Andrew Jones

Senior • Gainesville, Ga.
8k PB: 23:48.8

Highlights

- Recorded personal-best 23:48.8 for 8k at the 2024 Panorama Farms Invitational
- Opened his season with a personal-best 17:59.0 for 6k to finish 2nd at the 2024 Spider Alumni Open
- Finished in the top 20 (18th) at the 2024 Virginia Invitational (24:48.1)

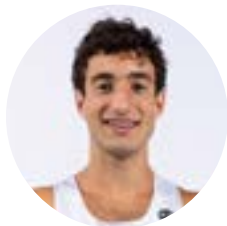


Gary Martin

Junior • Warminster, Pa.
8k PB: 22:58.9

Highlights

- Ran personal-best 22:58.9 to win the 2024 Panorama Farms Invitational
- His time of 22:58.9 is the fifth fastest for the 8k course at Panorama Farms ever
- Finished 18th in his season opener at the 2024 Nuttycombe Invitational clocking 23:49.8 for 8k
- Finished 8th at the 2023 ACC Cross Country Championships (23:24.7)



Nate Mountain

Senior • Cincinnati, Ohio
8k PB: 23:29.4

Highlights

- Opened his season with a personal-best 23:29.4 for 8k to finish 4th at the 2024 Panorama Farms Invitational
- Finished 14th at the 2023 ACC Cross Country Championships (23:36.9)



Wes Porter

Senior • Kansas City, Mo.
8k PB: 23:24.6

Highlights

- Finished 9th at the 2024 Virginia Invitational in the 8k (24:23.1)
- Recorded a top 20 (17th) finish at the 2024 Panorama Farms Invitational (23:47.6)
- Finished 41st at the 2023 ACC Cross Country Championships (24:10.7)
- Porter's personal-best 23:24.6 for 8k was set at the 2022 ACC Cross Country Championships



Justin Wachtel

Senior • Forsyth, Ga.
8k PB: 23:19.9

Highlights

- Won his season opener clocking 17:56.2 for 6k at the 2024 Spider Alumni Open
- Earned ACC Performer of the Week for his performance at the 2024 Spider Alumni Open
- Finished second at the 2024 Virginia Invitational crossing the line in 24:02.3 for 8k
- Finished 25th at the 2024 Panorama Farms Invitational with his time of 23:57.8 for 8k
- Wachtel's personal-best 23:19.9 for 8k was set at the 2022 ACC Cross Country Championships where he finished 13th

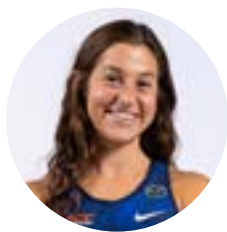


Jimmy Wischusen

Freshman • Cranford, N.J.
8k PB: 24:15.8

Highlights

- Recorded personal-best 24:15.8 for 8k at the 2024 Panorama Farms Invitational
- Opened his season with a top 30 finish (29th) at the 2024 Nuttycombe Invitational (26:06.0)

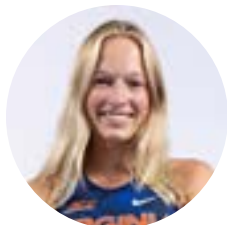


Sophie Atkinson

Senior • Katy, Tx.
6k PB: 20:15.9

Highlights

- Finished second at the 2024 Panorama Farms Invitational clocking 20:27.9 for 6k
- Recorded a top 5 finish in her season opener at the 2024 Spider Alumni Open in the 4k (13:49.4, 5th)
- Finished 6th at the 2024 Virginia Invitational clocking 17:08.7 for 5k
- Atkinson's personal-best 20:15.9 for 6k was set at the 2022 NCAA Cross Country Championships



Margot Appleton

Senior • Mattapoisett, Mass.
6k PB: 19:44.5

Highlights

- Set to open her season at the 2024 ACC Cross Country Championships
- Recorded her 6k personal best of 19:44.6 to finish 5th at the 2023 ACC Championships
- Appleton returns to the course after finishing 3rd at the 2023 Southeast Regional (19:48.9) and nearly a top 50 finish at the NCAA Cross Country Championships on her home course (20:13.2, 51st)

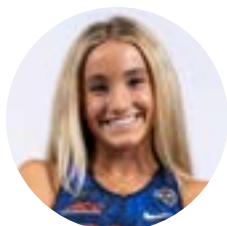


Tatum David

Freshman • Olney, Ill.
6k PB: 20:38.2

Highlights

- Recorded a new personal-best 20:38.2 for 6k at the 2024 Panorama Farms Invitational to finish fourth
- Earned ACC Freshman of the Week for her performance at the 2024 Panorama Farms Invitational
- Finished 3rd in her season opener clocking personal-best 13:36.7 for 4k at the 2024 Spider Alumni Open



Cate DeSousa

Sophomore • Oceanport, N.J.
6k PB: 20:50.5

Highlights

- Recorded personal-best 20:50.5 for 6k to finish 8th at the 2024 Panorama Farms Invitational
- Opened her season with a 4k personal-best 13:45.7 to finish 4th at the 2024 Spider Alumni Open
- Finished 9th in the 5k in personal-best 17:15.9 at the 2024 Virginia Invitational
- Set to compete at her second ACC Cross Country Championships



Mary Ellen Eudaly

Junior • Tampa, Fla.
6k PB: 20:22.5

Highlights

- Opened her season with a 12th place finish in the 5k at the 2024 Virginia Invitational (17:19.8)
- A transfer from Arkansas, Eudaly finished 20th at the 2023 SEC Cross Country Championships (20:29.5)
- Eudaly's personal-best 20:22.5 was set at the NCAA South Central Regional where she finished 6th



Luci Innicki-Lambert

Senior • Redwood City, Calif.
6k PB: 21:24.0

Highlights

- Recorded personal-best 21:24.0 to finish 21st at the 2024 Panorama Farms Invitational
- Finished 17th at the 2024 Virginia Invitational in personal-best 17:42.5 for 5k
- Set to compete at her third conference cross country championship



Stella Kermes

Freshman • Waxhaw, N.C.
6k PB: 21:30.7

Highlights

- Recorded personal-best 21:30.7 in the 6k at the 2024 Panorama Farms Invitational
- Finished 8th in her season opener at the 2024 Spider Alumni Open in personal-best 13:56.9 for 4k
- Ran personal-best 17:36.6 for 5k at the 2024 Virginia Invitational to finish 16th



Camryn Menninger

Senior • Winchester, Mass.
6k PB: 19:59.7

Highlights

- Finished 5th at the 2024 Panorama Farms Invitational clocking 20:44.5 for 6k
- Opened her season at the 2024 Nuttycimbe Invitational (21:18.9)
- Recorded her personal-best 19:59.7 at the 2023 ACC Cross Country Championships to finish 12th



Sarah Peer

Freshman • Westlake, Ohio
6k PB: 20:50.6

Highlights

- Recorded personal-best 20:50.6 for 6k to finish 9th at the 2024 Panorama Farms Invitational
- Opened her season with 4k personal-best 13:54.2 to finish 6th at the 2024 Spider Alumni Open
- Finished 11th at the 2024 Virginia Invitational in personal-best 17:19.7 for 5k



Jenny Schilling

Junior • Leesburg, Va.
6k PB: 19:56.5

Highlights

- Won the 2024 Panorama Farms Invitational by nearly 20 seconds crossing the line in 20:09.7
- Recorded a new personal-best 16:44.3 for 5k to finish fourth in her season opener at the 2024 Virginia Invitational
- Finished 20th at the 2024 Nuttycombe Invitational with her time of 20:33.4 for 6k
- Schilling finished 10th at last year's ACC Championships before going on to earn All-American honors with her 39th place finish at the NCAA Cross Country Championships (20:06.4)