

# UNCG Indoor Track - 2007 Season Results

## UNC Opener (Jan. 13 - Chapel Hill, NC)

### Women's Results

Mile: 9. Kathy Oldham 5:50.76

3000 meters: 3. Jess Weber 10:54.98, 5. Tessa Dispennette 11:12.10, 7. Carly Magin 11:46.53

5000 meters: 6. Naomi Damours 19:52.75, 13. Courtney Fawcett 20:47.89

### Men's Results

Mile: 17. Nick Vaccaro 4:46.49, 21. Lincoln Bennett 4:52.84

800 Meters: 1. Jeff Williams 1:54.98, 17. TJ Wyatt 2:04.66, 31. Tim Kwak 2:11.22

3000 meters: 4. Xavier Rutz 8:48.39, 5. Ryan Rodd 8:49.10, 7. Josh Wyatt 8:54.67, 9. Keith Gruchacz 9:00.35

5000 meters: 6. Justin Ruppe 16:14.84

Long Jump: Ramon Jobson-Brown DNF (no mark)

## Niswonger Invitational (Jan. 26-27 - Johnson City, TN)

### Men's Results:

800 meters: 1. Jeff Williams 1:54.50

3000 meters (Unseeded) 4. Nick Vaccaro, 8:59.67

5000 meters 4. Xavier Rutz, 15:14.97, 12. Josh Wyatt 15:22.51, 19. Keith Gruchacz 15:34.77, 22. Ryan Rodd 15:50.82, 31. Justin Ruppe 16:19.65

Long Jump (Unseeded) 2. Ramon Jobson-Brown 6.85m

Women's Results: Mile (Unseeded) 11. Jess Weber 5:28.53

3000 meters (Unseeded) 19. Kathy Oldham 11:39.86 20. Carly Magin 11:44.63, 26. Courtney Fawcett 12:02.97

5000 meters 20. Naomi D'Amours 19:40.45, 23. Tessa Dispennette 19:48.90

## Carolina Invitational (Feb. 3 - Chapel Hill, NC)

### Women's Results

Mile run: 28. Jess Weber 5:35.45, 30. Kathy Oldham 5:36.12, 42. Carly Magnin 5:58.13

3000 Meters: 14. Tessa Dispennette 11:09.76, 17. Naomi Damours 11:29.15, 22. Courtney Fawcett 11:46.33

### Men's Results

400 meters: 11. Jeff Williams 50.31, 64. T.J. Wyatt 53.96

Mile run: 4. Nick Vaccaro 4:21.44, 6. Xavier Rutz 4:21.68, 13. Ryan Rodd 4:24.28, 22. Keith Gruchacz 4:30.12

800 meters: 47. Lincoln Bennett 2:06.85, 48. Tim Kwak 2:06.91

3000 meters: 8. Josh Wyatt 8:50.03, 20. Justin Ruppe 9:13.48

Distance Medley Relay: 2. UNCG "A" 10:28.56

## Southern Conference Championships (Feb. 17-18 - Clemson, SC)

### Men's Results

800 meters (preliminaries): 3. Jeff Williams 1:57.46 (advances to finals), 9. T.J. Wyatt 1:57.85, 19. Tim Kwak 2:05.83, 22. Lincoln Bennett 2:09.75

3000 meters: 9. Ryan Rodd 9:01.10, 10. Justin Ruppe 9:17.19

Distance Medley: 2. UNCG 10:19.91;

Long Jump: 8. Ramon Jobson-Brown 6.55 meters (21 feet, 3.5 inches)

Mile: 8. Ryan Rodd 4:26.30, 12. Nicholas Vaccaro 4:36.61

800 meters (finals): 1. Jeff Williams 1:54.05

5000 meters: 7. Xavier Rutz 15:12.11; 8. Josh Wyatt 15:20.89; 9. Keith Gruchacz 15:35.65; 13. Justin Ruppe 16:12.34

### Women's Results

Mile: 21. Kathy Oldham, 5:35.51, 23. Carly Magin 5:50.41; 5000 meters: 16. Tessa Dispennette 18:50.20; 22. Naomi D'Amours 19:30.05

## UNCG Indoor Track – Top Season Performances

Women's		Men's	
Mile		400 meters	
Jess Weber	5:28.53	Jeff Williams	50:31
Kathy Oldham	5:35.51	T.J. Wyatt	53.96
Carly Magnin	5:50.41		
		800 meters	
3000 meters		Jeff Williams	1:54.05
Jess Weber	10:54.98	T.J. Wyatt	1:57.85
Tessa Dispennette	11:09.76	Tim Kwak	2:05.83
Naomi D'Amours	11:29.15	Lincoln Bennett	2:06.85
Kathy Oldham	11:39.86		
Carly Magin	11:44.63	Mile	
Courtney Fawcett	11:46.33	Nick Vaccaro	4:21.44
		Xavier Rutz	4:21.68
5000 meters		Ryan Rodd	4:24.28
Tessa Dispennette	18:50.20	Keith Gruchaz	4:30.12
Naomi D'Amours	19:30.05	Lincoln Bennett	4:52.84
Courtney Fawcett	20:47.89		
		3000 meters	
		Xavier Rutz	8:48.39
		Ryan Rodd	8:49.10
		Josh Wyatt	8:50.03
		Nick Vaccaro	8:59.67
		Keith Gruchaz	9:00.35
		Justin Ruppe	9:13.48
		5000 Meters	
		Xavier Rutz	15:12.11
		Josh Wyatt	15:20.89
		Keith Gruchaz	15:34.77
		Ryan Rodd	15:50.82
		Justin Ruppe	16:12:34
		Long Jump	
		Ramon Jobson-Brown	6.55 meters
		Distance Medley Relay	
		UNCG	10:19.91

# UNCG Indoor Track - 2007 Season Results

## UNC Opener (Jan. 13 - Chapel Hill, NC)

### Women's Results

Mile: 9. Kathy Oldham 5:50.76

3000 meters: 3. Jess Weber 10:54.98, 5. Tessa Dispennette 11:12.10, 7. Carly Magin 11:46.53

5000 meters: 6. Naomi Damours 19:52.75, 13. Courtney Fawcett 20:47.89

### Men's Results

Mile: 17. Nick Vaccaro 4:46.49, 21. Lincoln Bennett 4:52.84

800 Meters: 1. Jeff Williams 1:54.98, 17. TJ Wyatt 2:04.66, 31. Tim Kwak 2:11.22

3000 meters: 4. Xavier Rutz 8:48.39, 5. Ryan Rodd 8:49.10, 7. Josh Wyatt 8:54.67, 9. Keith Gruchacz 9:00.35

5000 meters: 6. Justin Ruppe 16:14.84

Long Jump: Ramon Jobson-Brown DNF (no mark)

## Niswonger Invitational (Jan. 26-27 - Johnson City, TN)

### Men's Results:

800 meters: 1. Jeff Williams 1:54.50

3000 meters (Unseeded) 4. Nick Vaccaro, 8:59.67

5000 meters 4. Xavier Rutz, 15:14.97, 12. Josh Wyatt 15:22.51, 19. Keith Gruchacz 15:34.77, 22. Ryan Rodd 15:50.82, 31. Justin Ruppe 16:19.65

Long Jump (Unseeded) 2. Ramon Jobson-Brown 6.85m

Women's Results: Mile (Unseeded) 11. Jess Weber 5:28.53

3000 meters (Unseeded) 19. Kathy Oldham 11:39.86 20. Carly Magin 11:44.63, 26. Courtney Fawcett 12:02.97

5000 meters 20. Naomi D'Amours 19:40.45, 23. Tessa Dispennette 19:48.90

## Carolina Invitational (Feb. 3 - Chapel Hill, NC)

### Women's Results

Mile run: 28. Jess Weber 5:35.45, 30. Kathy Oldham 5:36.12, 42. Carly Magnin 5:58.13

3000 Meters: 14. Tessa Dispennette 11:09.76, 17. Naomi Damours 11:29.15, 22. Courtney Fawcett 11:46.33

### Men's Results

400 meters: 11. Jeff Williams 50.31, 64. T.J. Wyatt 53.96

Mile run: 4. Nick Vaccaro 4:21.44, 6. Xavier Rutz 4:21.68, 13. Ryan Rodd 4:24.28, 22. Keith Gruchacz 4:30.12

800 meters: 47. Lincoln Bennett 2:06.85, 48. Tim Kwak 2:06.91

3000 meters: 8. Josh Wyatt 8:50.03, 20. Justin Ruppe 9:13.48

Distance Medley Relay: 2. UNCG "A" 10:28.56

## Southern Conference Championships (Feb. 17-18 - Clemson, SC)

### Men's Results

800 meters (preliminaries): 3. Jeff Williams 1:57.46 (advances to finals), 9. T.J. Wyatt 1:57.85, 19. Tim Kwak 2:05.83, 22. Lincoln Bennett 2:09.75

3000 meters: 9. Ryan Rodd 9:01.10, 10. Justin Ruppe 9:17.19

Distance Medley: 2. UNCG 10:19.91;

Long Jump: 8. Ramon Jobson-Brown 6.55 meters (21 feet, 3.5 inches)

Mile: 8. Ryan Rodd 4:26.30, 12. Nicholas Vaccaro 4:36.61

800 meters (finals): 1. Jeff Williams 1:54.05

5000 meters: 7. Xavier Rutz 15:12.11; 8. Josh Wyatt 15:20.89; 9. Keith Gruchacz 15:35.65; 13. Justin Ruppe 16:12.34

### Women's Results

Mile: 21. Kathy Oldham, 5:35.51, 23. Carly Magin 5:50.41; 5000 meters: 16. Tessa Dispennette 18:50.20; 22. Naomi D'Amours 19:30.05

## UNCG Indoor Track – Top Season Performances

<p>Women's Mile</p> <p>Jess Weber 5:28.53 Kathy Oldham 5:35.51 Carly Magnin 5:50.41</p> <p>3000 meters</p> <p>Jess Weber 10:54.98 Tessa Dispennette 11:09.76 Naomi D'Amours 11:29.15 Kathy Oldham 11:39.86 Carly Magin 11:44.63 Courtney Fawcett 11:46.33</p> <p>5000 meters</p> <p>Tessa Dispennette 18:50.20 Naomi D'Amours 19:30.05 Courtney Fawcett 20:47.89</p>	<p>Men's 400 meters</p> <p>Jeff Williams 50:31 T.J. Wyatt 53.96</p> <p>800 meters</p> <p>Jeff Williams 1:54.05 T.J. Wyatt 1:57.85 Tim Kwak 2:05.83 Lincoln Bennett 2:06.85</p> <p>Mile</p> <p>Nick Vaccaro 4:21.44 Xavier Rutz 4:21.68 Ryan Rodd 4:24.28 Keith Gruchaz 4:30.12 Lincoln Bennett 4:52.84</p> <p>3000 meters</p> <p>Xavier Rutz 8:48.39 Ryan Rodd 8:49.10 Josh Wyatt 8:50.03 Nick Vaccaro 8:59.67 Keith Gruchaz 9:00.35 Justin Ruppe 9:13.48</p> <p>5000 Meters</p> <p>Xavier Rutz 15:12.11 Josh Wyatt 15:20.89 Keith Gruchaz 15:34.77 Ryan Rodd 15:50.82 Justin Ruppe 16:12:34</p> <p>Long Jump</p> <p>Ramon Jobson-Brown 6.55 meters</p> <p>Distance Medley Relay UNCG 10:19.91</p>
--	--