



2006-07 Women's Season Outlook

With the departure of just two seniors from last season, the coaching staff turned its attention this season to building depth for the upcoming season. Seven fresh faces were brought in for the 2006-07 season, looking to build on a talented group of mostly sophomores and juniors. This year's team should head into the Big South Championships with the ability to score quality points in much need areas, and will rely on a few of the seasoned veterans to lead the charge.

Sprints, Relays & Hurdles:

One of the two seniors lost due to graduation was sprinter Shelly Mackall, who was a staple for the Keydets over the past four seasons on the women's side. However, the team's top scorer, junior **Ashley West**, is back and poised for another stellar season. West, the current holder of six school indoor and outdoor records, will once again be the Keydets top performer in the Hurdles, an event in which she holds three of her records (55m, 60m HH and 100m HH). Also look for West to contribute in the sprints and relay teams. Following behind West is freshman **Chandale Williams**, a highly-touted recruit from Northwestern HS in Miami, the same school that teammates West and Ketra Alexander came from. Williams' specialty lies in the 400m, but the coaching staff will look to utilize her in the 4x100m and 4x400m relay teams. Sophomore **Shannon Seller** rounds out the sprinting unit, where she has competed in the 55m, 60m, 100m, and 200m events.

Distance/Middle Distance:

The distance corps will be spearheaded by junior **Ania Najda**, who holds five school records. Najda, also a key member of the VMI cross country team, was a top scorer last year for the Keydets by placing in the 800m (indoor & outdoor) and 4x400m relay, and also has experience in the steeplechase. Following behind Najda is sophomore **Kelsey Stafford**, who had an impressive opening campaign last year. Stafford became the first female cross country member to receive all-conference honors, and followed that up by breaking the school record in the 5,000m at the Big South Indoor Championships. Stafford also gives the coaching staff another proven competitor in the steeplechase. Senior **Abby Ward** also provides depth in the mid-distance events, as well as transitioning to the mile and 1,500m.

The long-distance group has a pair of good athletes in senior **Hatley Clifford** (10,000m) and sophomore **Christina Mowatt-Larssen**

(1,500m). Clifford is the current school record-holder in the 10,000m while Mowatt-Larssen is coming off an impressive cross country season. The Keydets also have other options with newcomers **Emily Fritts** and **Cathi Eckland**.

Jumps & Throws:

The Keydets will turn to West again in the jumps this season. West also holds records in the long jump and triple jump, and looks to remain healthy to provide VMI scoring chances in both events. The throws will be led this season by senior **Ketra Alexander** for another season. Alexander continued to improve as last season progressed, and will look to score points in the shot put, weight throw and hammer throw. The Keydets also welcome a trio of newcomers; **Andrea Walton**, **Michelle Feole** and **Kate Lamneck**, that will vie for spots in the throwing events and in the javelin.



2006-07 Women's Roster

Name:	Event(s):	Class:	Hometown/Previous School:
Ketra Alexander	Throws	Sr.	Miami, Fla./Northwestern
Hatley Clifford	Distance	Sr.	Plano, Texas/Carrollton Christian
Cathi Eckland	Mid-Distance	Fr.	Aiken, S.C./South Aiken HS
Michelle Feole	Throws/Javelin	Fr.	Raleigh, N.C./Farragut HS
Emily Fritts	Distance	Fr.	Fishersville, Va./Stuarts Draft
Kate Lamneck	Throws/Javelin	Fr.	Swoope, Va./Buffalo Gap HS
Christina Mowatt-Larssen	Distance	So.	Chantilly, Va./Westfield
Ania Najda	Mid-Distance, Steeple	Jr.	Olsztyn, Poland/Common Europe V
Shannon Sellers	Sprints	So.	Riverdale, Ga./Our Lady Mercy Cath.
Kelsey Stafford	Distance, Steeple	So.	Charlottesville, Va./Western Albermarle
Andrea Walton	Throws	Jr.	Hollister, Calif./San Benito
Abby Ward	Distance	Sr.	Fairfax, Va./Robinson Secondary
Ashley West	Sprints, Relays, Hurdles	Jr.	Miami, Fla./Northwestern
Chandale Williams	Sprints, Relays	Fr.	Miami, Fla./Northwestern
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Sara Hanson	Team Manager	Fr.	Stoneville, N.C./Dalton McMichaels

Director of Track & Field: Mike Bozeman (The Citadel '67)

Associate Head Coach: Darrin Webb, Syracuse '94)

Head Cross Country Coach: Paul Spangler (Alabama '98)

Assistant Coach: Zack Scott (VMI '89)

Assistant Coach: Jackie Tugman (VMI '02)

Volunteer Assistant Coach: Tim Sykes (Ohio '05)

Volunteer Assistant Coach: Michael Decker (Liberty '01)



Jr. Ashley West

Roster Breakdown

Keydets by Class:

- Senior (1st Classman): 3
- Junior (2nd Classman): 3
- Sophomore: (3rd Classman): 3
- Freshman (4th Classman): 6

Keydets by State:

- Virginia: 5
- Florida: 3
- North Carolina: 2
- California: 1
- Georgia: 1
- South Carolina: 1
- Texas: 1
- Poland: 1

Keydets by Position:

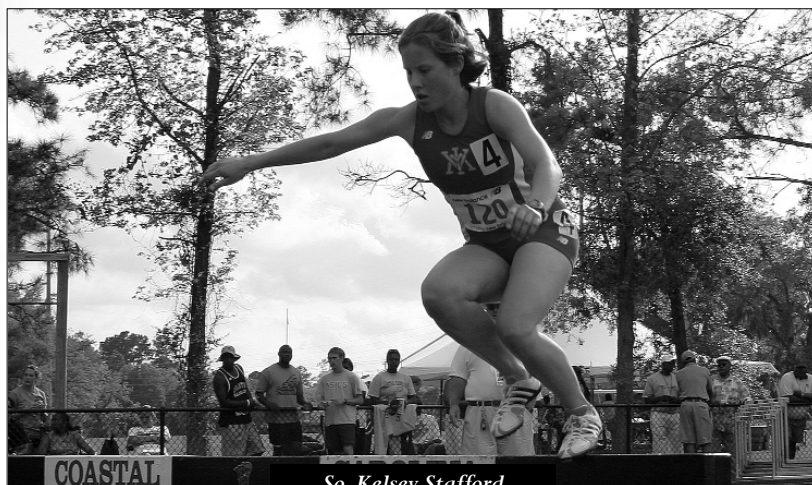
- Distance: 7
- Throws: 4
- Sprints/Relays: 3
- Mid-Distance: 1
- Jumps: 1
- Hurdles: 1
- Pole Vault/Multis: 0

Pronunciations:

Feole	Fee-OL-EEE
Ketra	Key-TRA
Lamneck	LAMM-neck
Mowatt-Larssen	Moe-WATT-larr-SUN
Najda	N-eye-DUH



Jr. Ania Najda



So. Kelsey Stafford

To obtain more information on the 2006-07 VMI track and field program, including updated rosters, schedules, results and meet recaps & features, please visit the VMI Athletics website at www.vmikeydets.com.



This Season: The team's top thrower, will compete in the shot put, hammer & weight throw for the women. **2005-06:** Posted the ninth best indoor weight throw distance (15.19m) and outdoor hammer throw distance (43.44m) in the conference...Scored at the 2006 Big South Outdoor Championships. **2004-05:** Took 9th place and 16th in the weight throw and shot put, respectively, at the Big South Indoor Championships...Placed 10th in the discus and 14th in the hammer throw at the 2005 Big South Outdoor Championships. **2003-04:** Placed ninth in the conference outdoor championships in the discus (120' 0"). **High School/Personal:** Came to VMI after a very successful high school career in Miami, Fla...2003 district champion in the discus throw...Had a personal record of 39' in the shot put and 127' 7" in the discus throw...Full name is Ketra Jamia Alexander.

ALEXANDER'S PERSONAL BESTS

Indoor:		Outdoor:	
Shot Put	12.14m	Shot Put	11.37m
Weight Throw	15.79m	Discus	37.09m
		Hammer Throw	43.44m



This Season: Will look to be a major contributor in the in the distance events...Also a four-year member of the VMI soccer team. **2005-06:** Posted a mark of 10:44.63 in the 3,000m prelims at the Big South Indoor Championships...Named to the Big South Presidential Honor Roll. **2004-05:** Set outdoor school records in 5,000m (18:39.13) and

10,000m (39:48.66)... Finished 12th in the 800m at the Big South Indoor Championships...Took 7th in the 5,000m and 8th in the 10,000m at the Outdoor Championships. **High School/Personal:** Has three sisters; Jordan, Erin and Catherine, who ran track and cross country at Oklahoma State...Lettered in soccer, softball, basketball, track and cross country...Full name is Hatley Teter Clifford.

CLIFFORD'S PERSONAL BESTS

Indoor:		Outdoor:	
3,000m	10:44.63	5,000m	18:39.13
5,000m	18:50.45	10,000m	39:48.66



This Season: Will look to add depth for the team in the distance events...Also runs on the VMI cross country team...Best finish came at Paul Short Invitational with a team-best time of 24:33. **2005-06:** Finished 15th in the 1,500m at the Big South Outdoor Championships (5:10.86)...Was the Keydet's second finisher in all six cross country meets...**High School/Personal:** Lettered all four years in cross country, indoor and outdoor track...a two-time MVP of the Westfield cross country team...school records in the 3200m (indoor) and 4x800 (outdoor)...posted personal bests in the 3200m indoor (11:52), 1600m (5:19) and the 3200 outdoor (11:42)...Full name is Christina Rosi Mowatt-Larssen...daughter of Rolf and Rosi Mowatt-Larssen.

MOWATT-LARSSEN'S PERSONAL BESTS

Cross Country:		Outdoor:	
5k	20:18	1,500m	5:10.86
6k	24:09		





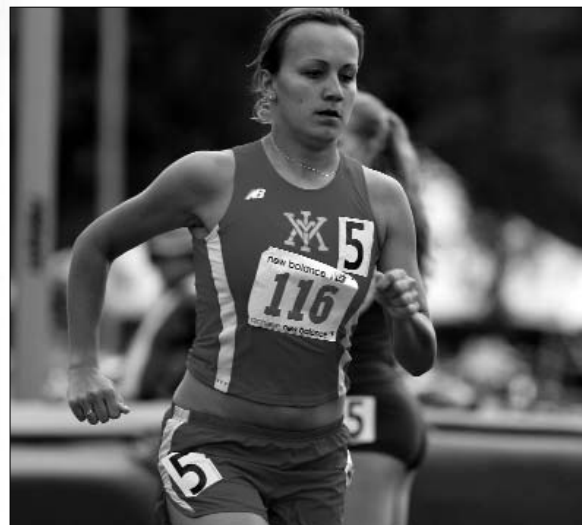
ANIA NAJDA

- JUNIOR ▪ MID-DISTANCE, STEEPLE
- MAJOR: CIVIL ENGINEERING
- OLSZTYN, POLAND.
- (COMMON EUROPE U)

This Season: Will lead the Keydets in the Mid-Distance events as well as the Steeplechase...Member of the VMI Cross Country Team. **2005-06:** Posted the conference's sixth best indoor 800m time (2:20.40) and seventh best outdoor time (2:20.15)...Fifth place finish at the Big South Indoor and Outdoor Championships in the 800m...Broke school record in the 1,000m (2:59.02) at Virginia Tech Challenge... Won 800m at Cape Fear Classic. **2004-05:** Set school outdoor records in the 800m (2:19.32), 1,500m (4:47.63), and 3,000-meter steeplechase (11:21.36). Set school indoor record in the 800-meter run with a 2:18.10 time... Finished second at Big South Outdoor Championship in the 3,000-meter steeplechase...Ran a personal best time of 19:13 during the 2004 Big South Cross Country Championships. **High School/Personal:** Native of Poland and was ranked in the top 10 in the world in 2004 for the 1,500 meter junior women's steeplechase... An accomplished middle distance runner with personal bests of 2:12 in the 800 meters and 4:38 in the 1,500 meters...Full name is Ania Matgorzata Najda.

NAJDA'S PERSONAL BESTS

Indoor:	Outdoor:
800m 2:18.10	800m 2:19.32
1 Mile 5:17.22	1,500m 4:47.63
Cross Country:	3,000m Steeple 11:21.36
5k 19:01	
6k 23:22	



KELSEY STAFFORD

- SOPHOMORE ▪ DISTANCE
- MAJOR: BIOLOGY
- CHARLOTTESVILLE, VA.
- (WEST ALBERMARLE HS)

This Season: Looks to play a key role for the team in the distance events as well as in the steeplechase. Also a key member of the VMI cross country team. **2005-06:** Registered the conference's seventh-best time in the 3,000m steeplechase (11:47.75)...Set school record in the 5,000m (18:41.58) to score for the Keydets at the Big South Indoor Championships...Scored in the 3,000m steeplechase at the Big South Outdoor Championships, while also finishing 11th in the 1,500m... Finished 10th at the 2005 Big South Cross Country Championships for VMI...First Keydet freshman to receive All-Conference in cross country. **High School/Personal:** Lettered four years in cross country and indoor/outdoor track at Western Albermarle...All-State honors in all three sports...Named Women in Sports Athlete of the Year...Team was state champion in cross country (three years) and indoor track (three years)...Full name is Kelsey Leigh Stafford.

STAFFORD'S PERSONAL BESTS

Indoor:	Outdoor:
3,000m 10:41.18	1,500m 5:02.49
5,000m 18:41.58	3,000 Steeple 11:47.75
Cross Country:	
5k 19:01	
6k 23:22	



ABBY WARD

- SENIOR ▪ DISTANCE
- MAJOR: HISTORY
- FAIRFAX, VA.
- (ROBINSON SECONDARY)

This Season: Looking to contribute in the mid-distance and distance events...Was a member of the VMI cross country team...Recorded personal bests in consecutive weeks for the Keydets. **2005-06:** Second place finish in the indoor mile at VMI Invitational...16th place finish at the Big South Outdoor Championships in the 1,500m...Set personal bests in the 1,000m, 1,500m, 1-mile and 800m. **2004-05:** Ran well in the 2005 Cross Country season and Big South Championships...

Finished with a time of 21:54.18 to help the Keydets finish 5th place overall. **High School/Personal:** Ran for James Robinson high school where she recorded personal best of 2:28 for 800m and 12:07 for 3200m...A Member of the District Championship 4x800m relay both her junior and senior year at James Robinson...Is an Arabic and History major...Is also contracting in the United States Army...Full name is Abigail Sunyong Ward.

WARD'S PERSONAL BESTS

Indoor:		Outdoor:	
800m	2:30.71	1,500m	5:06.71
1 Mile	5:43.30		
Cross Country			
5k	21:05		
6k	24:41		



This Season: Is poised to have another impressive year in the long jump, sprints and hurdles. **2005-06:** Posted the conference's top time in the indoor 55m hurdles (8.43), fourth best mark in the indoor long jump (5.60m), and the fifth best mark in the outdoor long jump (5.65)...Scored for the Keydets at the Big South Indoor Championships in the long jump (fifth place) and the 60m hurdles (fourth place)...Re-broke school record in the long jump (5.65m) and 100m hurdles (14.71) at the Big South Outdoor Championships...Picked up wins at the VMI Invitational (12/3/2005), Bison Open (1/27/06), and VMI Winter Relays (2/4/06)...Broke four school records on the year. **2004-05:** Had a phenomenal freshman season, breaking five school records...Broke indoor records in the 55m Hurdles (8.59), 60m High Hurdles (8.88) and Long Jump (18' 1")...Also set outdoor school records in the triple jump (36' 5-1/2") as well as in the 100m High Hurdles (15.06)...Finished second at the VMI Invitational in the long

jump in her first meet as a Keydet. **High School/Personal:** Named 2004 Northwestern High School Scholar Athlete-of-the-Year...A 2004 All-Dade County second team selection for track and field...2004 State of Florida Runner-Up in the 100-meter high hurdles...Part of a team that was the state runner-up in the 2004 Florida State Championships... Full name is Ashley Nicole West.

WEST'S PERSONAL BESTS

Indoor:		Outdoor:	
60m	8.15	100m	12.90
55m HH	8.43	100m HH	14.71
60m HH	8.88	Long Jump	5.65m
Long Jump	5.60m	Triple Jump	11.11m

