

2010 florida state TRACK & FIELD



2010 'NOLES ROSTER

Name	Year (Ind./Out.)	Events	Hometown	Previous School
David Ambler	Fr./Fr.	Sprints	Christchurch, New Zealand	Christchurch Boys
Trevor Andrews	Fr./Fr.	Throws	Titusville, Florida	Astronaut
Andrew Bachelor	Sr./Jr.	Jumps	Pompano Beach, Florida	Coral Springs Charter
Gonzalo Barroilhet	Jr./So.	Decathlon	Santiago, Chile	Cordillera
Jared Bell	Sr./-	Distance	Los Angeles, California	Yale University
Kevin Borlee	So./So.	Sprints	Brussels, Belgium	Vrije Universiteit Brussel
Jacob Brooks	Fr./Fr.	Distance	Ft. Myers, Florida	Ft. Myers
Mark Brown	Fr./Fr.	Throws	Jacksonville, Florida	Bishop John J. Snyder
Brandon Byram	Jr./Jr.	Sprints	Gallatin, Tennessee	Station Camp
Justin Byrd	So./So.	Hurdles	Lauderhill, Florida	St. Thomas
Madanha Chibudu	Jr./Jr.	Sprints/Jumps	Harare, Zimbabwe	St. John's
Charles Clark	Sr./Sr.	Sprints	Virginia Beach, Virginia	Bayside
Avis Commack	Rs-Fr.	Hurdles	Jacksonville, Fla.	First Coast
Justin Corder	So./So.	Pole Vault	St. Petersburg, Florida	Lakewood
Nathan Duby	So./So.	Distance	Winter Springs, Florida	Winter Springs
David Forrester	Fr./Fr.	Distance	Wigan, England	University of Manchester
Michael Fout	Fr./Fr.	Distance	LaPorte, Indiana	LaPorte
Jair Francis	So./So.	Sprints	Manchester, Jamaica	Manchester
Darrin Gibson	Fr./Fr.	Distance	Tampa, Florida	Robinson
John Grellner	Fr./Fr.	Distance	Tampa, Florida	Wharton
Justin Harbor	Jr./Jr.	Distance	Bunnell, Florida	University of Oregon
Warren Harper	Jr./Jr.	Pole Vault	Tallahassee, Florida	Chiles
Bryan Howard	Sr./Sr.	Throws	Warminster, Pennsylvania	Albright College
Matthew Huckaby	So./So.	Distance	Fort Mill, South Carolina	Fort Mill
Andrew Jacobs	So./So.	Hurdles	Miami, Florida	Belen Jesuit
Charles Janson	Fr./Fr.	Pole Vault	Sarasota, Florida	Cardinal Mooney
John Kennedy	Fr./Fr.	Pole Vault	Orlando, Florida	Boone
Andrew LaHaye	So./Fr.	Pole Vault	Orlando, Florida	Lake Brantley
Matthew Leeder	Jr./So.	Distance	Brockville, Ontario	Thousand Island
Collin Lomagistro	Sr./Sr.	Hurdles	Miami, Florida	St. Thomas Aquinas
Nicholas Maedel	So./So.	Distance	Orange Park, Florida	West Florida University
Ngonidzashe Makusha	Jr./Jr.	Sprints/Jumps	Mandedza, Zimbabwe	Mandedza
Drew Marcello	Fr./Fr.	Pole Vault	Coral Springs, Florida	Taravella
Maurice Mitchell	So./So.	Sprints	Kansas City, Missouri	Raytown South
Pablo Navarrete	Jr./So.	Sprints	Santiago, Chile	SS CC Manguehue
Brandon O'Connor	So./So.	Sprints	Miami, Florida	Southridge
Ciaran O'Lionaird	Sr./Jr.	Distance	County Cork, Ireland	University of Michigan
Tyler Price	So./So.	Distance	Tallahassee, Florida	Wakulla
Michael Putman	So./So.	Throws	Miami, Florida	Christopher Columbus
Wesley Rickman	Fr./Fr.	Distance	Peyton, Colorado	Falcon
Daniel Roberts	Sr./Jr.	Distance	Vicksburg, Michigan	Cedarville University
Daniel Silva	Jr./Jr.	Distance	Miami, Florida	Belen Jesuit
Sharif Small	Jr./Sr.	Throws	Kingston, Jamaica	Jamaica College
William Steele	Jr./Jr.	Jumps	Newburgh, New York	Newburgh Free Academy
Harrison Stierwalt	Fr./Fr.	Pole Vault	Tallahassee, Florida	Chiles
Travis Whitfield	Sr./Sr.	Throws	Jay, Florida	Jay
Kevin Williams	Jr./Jr.	Sprints	Miami, Florida	Ardenne
Marlon Woods	Sr./Sr.	Jumps	Norfolk, Virginia	Norfolk State University



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2010 SEASON PREVIEW



There's ample evidence that the most dominant men's track and field program of the past decade isn't going quietly into the night as the new decade unfolds.

With three NCAA outdoor national championships, a runner-up and fourth place finish to close out the first decade of the new millennium, coach Bob Braman's Florida State men aren't resting on their laurels. Buoyed by the return of student-athletes who have combined for 24 All-American honors, the Seminoles are poised to extend their string of consecutive Atlantic Coast Conference outdoor championships to eight – six indoors – while vying for a fourth NCAA title in the last five years.

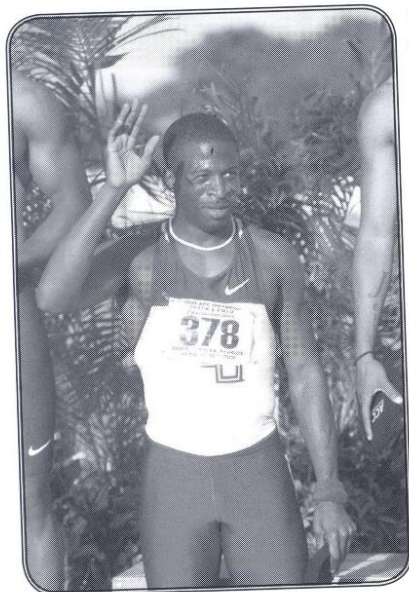
"We've got horses," Braman said. "We just don't have as much depth right now."

Senior sprinter and captain Charles Clark, the defending NCAA 200 champion outdoors and part of the gold medal 4x400 relay team, leads the way but is hardly a one-man act. The Seminoles return NCAA long jump champion Ngoni Makusha and welcome back "big gun" Gonzalo Barriolhet, who will contend for national titles in the heptathlon (in-

door) and decathlon (outdoor) after missing last spring following shoulder surgery.

"It's great getting him back because we missed him last year outdoors," Braman said of Barriolhet. "He might have scored those two points we didn't win [the NCAA championship] by in the hurdles and in the pole vault.

The Seminoles' NCAA title hopes may well hinge on filling the one-leg voids created by graduation on the 4x100 and 4x400 relay teams, maximizing scoring opportunities in the jump events and developing scorers from a deep and talented – albeit less proven – pool of distance runners.



CHARLES CLARK

Don't, however, dismiss the importance the Seminoles place on staying atop the ACC. Braman certainly hasn't and is motivated even more after sharing the title last season with Virginia.

"The reason we've won is the stars have been able to go in and get 10 points and win their events at the ACC's," Braman said. "The depth has kept us comfortable and we've been able to say, 'OK, Walter Dix, you could have won three events but I'm only going to put you in one because you've got bigger moves next week.' Those days of protecting the athletes might be gone.

"Virginia might have exposed us, so we now have to go in and put all of our aces on the line. I think we're going to be a very good ACC team and not as vulnerable as last year."

SPRINTS

Any discussion of the sprints must begin with Clark, who set foot on the FSU campus in January 2007; just in time to help the 'Noles win the second of three NCAA championships and learn the ropes from the most acclaimed sprinter in school history – Walter Dix. He has since inherited the mantle from Dix and with last season's NCAA 200 title to go along with 10 career All-American honors and eight ACC titles, Clark is figuratively – and literally, given his trademark warpaint – a marked man.



MAURICE MITCHELL, BRANDON BYRAM, CHARLES CLARK

"You know, you don't just become Walter Dix," Braman said. "You have to get there and Charles Clark did that the day he set foot on this campus. He was a contender."

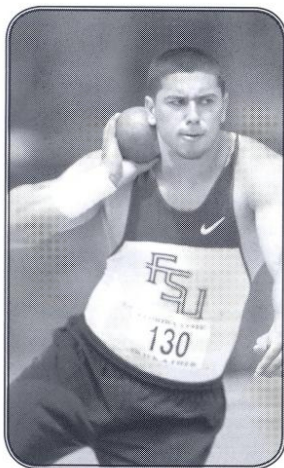
Though Clark's strength is the 200, he has also been a member of two NCAA championship relay teams; the 2007 4x100 quartet and last season's 4x400 squad which set the school mark in a scintillating 2:59.99. That's a standard the 'Noles could challenge again, thanks to the return of Kevin Borlee and Kevin Williams, as well as veterans Brandon Byram, Brandon O'Conner and sophomore sensation Maurice Mitchell.

Borlee was an NCAA finalist in the 400 last season as well, finishing fourth behind his since-turned-pro twin brother Jonathan, who won the individual title. Mitchell, who qualified for outdoor nationals in the 200 and the indoor 60 as a freshman, is poised to be the next in line behind Clark and is quite capable of extending his skills for a full circuit around the track as well.

Freshman newcomer and native New Zealander David Ambler could also find his way onto the 4x100 team while excelling in the short sprints. Jump standouts Brian Chibudu and Makusha further deepen sprint coach Ken Harden's pool to choose from.



2010 SEASON PREVIEW



MICHAEL PUTMAN

“Coach Harnden’s sprint group is still a really strong group and they are going to be our major national team (scorers),” Braman said.

Not to be overlooked is Barriolhet, who is a potential national qualifier in the 110 hurdles as well.

FIELD EVENTS

With good health, FSU’s long jumpers may well be the difference on the ACC and national stage. Makusha, one of three 26-foot leapers on the squad, has done nothing more than win a pair of outdoor national titles in as many years. Chibudu boasted the nation’s top long jump heading into regionals, while senior transfer Marlon Woods (Norfolk State) is a potential scorer

as well and may provide a lift in the triple jump and/or the high jump.

Add national qualifier Andrew Bachelor in the high jump and ACC scorer Aaron Steele in the triple jump and there’s nucleus of airborne ‘Noles to provide significant points to the cause.

Not to be overlooked, associate head coach Harlis Meaders’ throwers appear poised for a breakthrough. Sophomore Mike Putman, an All-ACC performer in the discus and shot put, is fast closing on a national standard in the discus and could be a darkhorse qualifier in shot put.

“I think Michael is ready,” Braman said. “He made a big jump last year and he’s just so hungry because he just missed nationals. I see Mike having a great season both indoor and outdoor.”

Seniors Travis Whitfield (weight throw) and Bryan Howard (javelin) are proven ACC scorers and regional standard performers as well. Then there’s Barriolhet, who was runner-up at the NCAA indoors in the heptathlon last season and the bronze medalist outdoors in the decathlon in 2008. Not only is he the school record-holder in both events, the Chilean could score individually at nationals in the pole vault by matching his personal-best of 17-6.5.

DISTANCE

A year ago the Seminoles failed to score a single point nationally outdoors in an individual running event longer than 200 meters. Braman expects that to change, thanks to a stable of talented distance runners.

Sophomore Matt Leeder, who was sixth indoors at the NCAA in the 3000 meters and qualified for the finals outdoors in the 5000, is the most seasoned on the national level. He could have company this time around with the continued development of juniors Ciaran O’Lionaird and Daniel Roberts, as well as ACC cross country Freshman of the Year Wes Rickman.

Braman, however, is giddy over the potential impact freshman Brit David Forrester could have on the squad.

“Forrester will come right in and compete at the national level,”

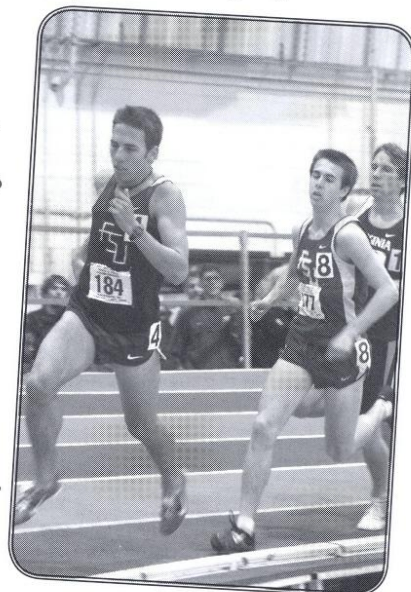


**NATIONAL CHAMPION
NGONI MAKUSHA
AND BOB BRAMAN**

Braman said of the young man with significant international experience representing the U.K. “His time he’s ran in track qualifies for nationals right away. He’s come in fit and healthy, but we’re not going to rush him.”

Forrester will be a force in the mile/1500 and should benefit from the presence of equally-capable teammates like junior Justin Harbor and red-shirt freshman Mike Fout, who is finally healthy. Senior Jared Bell, a transfer from Yale with an indoor season of eligibility remaining, is also strong candidate to meet the NCAA standard.

“It’s up to the distance group to get the job done on the conference level and then the next challenge is where do we find the next Matt Leeder?” Braman said. “Which guy out of that crowd steps up and scores at nationals to help our jumpers and sprinters be a better team nationally.”



**DANIEL ROBERTS AND
MATT LEEDER**

THE SCHEDULE

Braman is the first to admit that the ‘Noles will be more formidable in their pursuit of an outdoor title, as opposed to indoors. Nevertheless, two runner-up finishes and two third-place showings over the past four years whet the appetite for an indoor national crown.

The Seminoles will race somewhat sparingly indoors; hopeful of meeting enough NCAA standards – and picking up a sixth consecutive ACC indoor title along the way – to be formidable in March when they return to Fayetteville, Ark. for nationals.

A diverse outdoor schedule, including three home meets, provides ample opportunity for Braman and his staff to hone the team for a June title run at legendary Hayward Field on the University of Oregon campus.

With defending champion Texas A&M and rival Florida providing significant challenges, Braman is anxious to embark on the program’s “number one mission” – which is hoisting the trophy (again) at the end of the year.

“All of this (depth and talent) is a moot point if we don’t hit on all cylinders,” he said, well aware of the physical, mental and competitive challenges ahead. “We’ve got to find some points.”



GONZALO BARRIOLHET