

2009 All-Metro Wrestling Team

By [STAFF REPORTS](#)

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**Spencer Alexander, 103**

**School:** Hanover

**Year:** Senior

**Record:** 51-3

**The skinny:** Concluded career with 167-49 record. Was a two-time Capital District champion, won the Central Region title and finished third in the state (three-time state qualifier).

**What you didn't know:** Alexander likes to snowboard in the winter, especially because he spends so much time in the wrestling room. But the senior standout also wants to be a game warden -- conservation police, really -- and we're guessing nobody knew that either.

**Charlie Lipford, 112**

**School:** Henrico

**Year:** Junior

**Record:** 58-4

**The skinny:** Didn't lose in the Central Region. Won the Capital District and region titles.

**What you didn't know:** Youtube comes in handy when Lipford has to get his music fix. "I love techno," he says. "A lot."

**Peyton Walsh, 119**

**School:** Deep Run

**Year:** Junior

**Record:** 37-5

**The skinny:** Won the Colonial District and Central Region crowns and was the state runner-up.

**What you didn't know:** Walsh wants everyone to know he's on a "vision quest." After watching the 1985 teen movie, all the Wildcats want to be Loudon Swain. "It's kind of an inside joke for Deep Run wrestlers," he says.

**Tyler Spangler, 125**

**School:** St. Christopher's

**Year:** Senior

**Record:** 34-0

**The skinny:** Finished career with 169-30 record. Won the state independent schools championship. Didn't wrestle at Prep Nationals because of illness.

**What you didn't know:** Spangler is going to the Air Force Academy because he wants to be a pilot.

**Jordan Dix, 130**

**School:** James River

**Year:** Senior

**Record:** 58-5

**The skinny:** Wound up 183-22 in his career. Was a four-time Dominion District champion, a three-time region champ and a state-place winner three times, including fourth this year.

**What you didn't know:** He calls it his OCD and it comes out in weird ways, mostly with numbers. Dix likes the number 11. Really, really likes the number 11. Four? Not so much. And don't start putting them together because Dix hates math.

**David Wesley, 140**

**School:** St. Christopher's

**Year:** Sophomore

**Record:** 49-6

**The skinny:** Went 4-0 in the Virginia Duals. Finished second in the state VIS tournament and earned All-America status with a fifth-place at the Prep Nationals.

**What you didn't know:** Wesley loves Lake Anna where he likes to fish and jet ski.

**Cody Allala, 145**

**School:** Hopewell

**Year:** Freshman

**Record:** 46-4

**The skinny:** Capped a spectacular season with a state championship. Won the Central District and Central Region titles as well.

**What you didn't know:** Allala doesn't play school soccer, but likes to scrap it out in what he calls "street soccer."

**Matt Brunke, 152**

**School:** Mills Godwin

**Year:** Senior

**Record:** 50-3

**The skinny:** Captured the Colonial District and Central Region titles, then finished third in the state.

**What you didn't know:** He loves Oreos, which means making weight can be difficult. "My mom will bring them home and she really won't hide them very well," Brunke says.

**Ted Gottwald, 160**

**School:** St. Christopher's

**Year:** Junior

**Record:** 50-8

**The skinny:** Won a state title for the second consecutive year and finished eighth at Prep Nationals to earn All-American honors.

**What you didn't know:** Gottwald is a surfer and "I spend a lot of time during the summer at the beach."

**John Dommert, 171**

**School:** Thomas Dale

**Year:** Senior

**Record:** 55-6

**The skinny:** Concluded his career with 149 victories and 84 pins. Won the Richmond

Invitational and the district title, was third in the region and fourth in the state.

**What you didn't know:** Dommert thinks clowns are pretty creepy. "They just freak me out," he says.

**Josh El, 189**

**School:** Hermitage

**Year:** Senior

**Record:** 44-6

**The skinny:** Compiled a career record of 92-19. Was runner-up in the Colonial District but won the region title.

**What you didn't know:** El says he doesn't like needles.

**Denny Vaughan, 215**

**School:** Dinwiddie

**Year:** Sophomore

**Record:** 31-11

**The skinny:** He sneaked into the region tournament by finishing fourth in the Central District, but won the region title. He finished sixth in the state.

**What you didn't know:** Vaughan has a black belt in the traditional Japanese martial art Hoshin Ru.

**Jackson Freeman, HWT**

**School:** St. Christopher's

**Year:** Senior

**Record:** 43-12

**The skinny:** After dominating at 215 for most of the season, Freeman moved to heavyweight for the postseason and helped St. Christopher's to its seventh consecutive team title. He placed sixth in the Prep National tournament, earning All-America honors.

**What you didn't know:** He likes fishing.

**SECOND TEAM  
Player**

**School**

**Weight Class**

Brayden Manchester	James River	103	Freshman
Jordan O'Donnell	James River	112	Sophomore
Alex Turley	Thomas Dale	119	Freshman
Justin Dennis	Hermitage	125	Senior
Trey Tarr	St. Christopher's	130	Sophomore
Josh Clark	Matoaca	135	Sophomore
Matt Hatcher	Mills Godwin	140	Senior
Blake Roulo	Matoaca	145	Sophomore

Austin Coburn	Cosby	152	Senior
Clint Allala	Hopewell	160	Junior
Marc Heathcock	Hermitage	171	Senior
Mark Burlee	St. Christopher's	189	Junior
Mark Howard	Midlothian	215	Junior
LaRoyce Lewis	Prince George	HWT	Senior