

2010 All-Metro Boys Cross Country team

Silas Frantz

School: Douglas Freeman

Year: Senior

The skinny: The Times-Dispatch runner of the year after a sterling campaign in which he won the W&M Invitational, the Milestat.com Invitational, the Colonial District (16:21) and the Central Region meets. He set a course record (15:24) in the region run. Frantz ran 15:27 in the state Group AAA race but was touched out at the finish to wind up second (all-state). He ran sixth in the Foot Locker Southeast Region race to qualify for the national Foot Locker in San Diego where he ran 15:54 and finished 33rd. Frantz was No. 3 in the Cream of the Crop rankings.

What you didn't know: "I'm a pretty solid hacky sacker."

Darren Barlow

School: Midlothian

Year: Senior

The skinny: The Trojans' strongest and most consistent runner down the stretch, Barlow was second in the Dominion District (15:41), third in the Central Region (15:40) and third in the state Group AAA (15.41, all-state) meets. He also ran well in helping Midlothian reach the Nike Cross Nationals. He is No. 6 in the miletat.com Cream of the Crop top 25 rankings. Barlow was second-team All-Metro last year.

What you didn't know: "I had 12 screws in my ankle (as the result of a break before his sophomore year)."

Brayden Burleigh

School: Midlothian

Year: Senior

The skinny: A repeat first-team All-Metro pick, Burleigh was Midlothian's top finisher in the Central Region race (second, 15:36). He was fourth (15:54) in the Dominion District and seventh (15:48, all-state) in the state Group AAA meet won by the Trojans. Ranked No. 13 in milestat.com's Cream of the Crop list, he helped the Trojans qualify for the Nike Cross National meet in Oregon.

What you didn't know: "I play double bass in the orchestra."

Ronnie Calkins

School: Douglas Freeman

Year: Sophomore

The skinny: One of two sophomores on the All-Metro first team, Calkins finished second behind teammate Silas Frantz in the Colonial District race (16:25) and was 11th in the Central Region (16:22) and state Group AAA (15:52) runs. He is ranked No. 19 on milestat.com's Cream of the Crop top 25 runners in Virginia.

What you didn't know: "I barely made the track team when I was in the seventh grade at Tuckahoe Middle."

Sam Hush

School: Midlothian

Year: Senior

The skinny: Hush had an excellent senior season as the Trojans' number three or four finisher in races and was instrumental in Midlothian winning the state title. He was fifth (16:20) in the Dominion District, ninth in the Central Region (16:15) and 17th in the state Group AAA meet (15:56).

What you didn't know: "I love tying knots."

Scott Newton

School: Collegiate

Year: Junior

The skinny: Newton started the season slowly while working his way back from a foot injury, but turned it up in the big races at the end. He follows former teammate Cabell Willis as a first-team All-Metro pick. Newton ran 16:10 to win the Prep League crown and covered the 5K at Woodberry in 16:29 to win the VIS title. He was No. 18 on the Cream of the Crop list.

What you didn't know: "I've designed a 168-square foot house that I want to build and live in someday."

Sean Willard

School: Midlothian

Year: Sophomore

The skinny: Willard moves up from last year's second team, and he's just a sophomore. He was a key contributor to Midlothian winning the state title and advancing to the Nike Cross Nationals. His 16:29 in the Dominion District race placed sixth. He ran 16:01 in the Central Region meet and was fifth. Willard was 20th at the state Group AAA meet (16:03).

What you didn't know: "I enjoy late-night Scrabble matches with my family."

Second Team:

Andrew Catanese, Atlee Sr; Nathan Clarke, Manchester Sr; Andrew Gorsuch, Midlothian So; Evan Niciphor, Cosby Sr; Ryan Peterson, Midlothian Jr; Guy Shelby, Trinity Episcopal Jr; Cody Snyder, Lee Davis Sr.