

2011 All-Metro Boys Cross Country

Hall named All-Metro runner of the year



The best thing about running under the radar is achieving the unexpected. Atlee's sophomore Nathaniel Hall came into the 2011 season being overshadowed by much more seasoned runners from Douglas Freeman and Mills Godwin so it was only fitting that he came out of nowhere to not only win the region title ... but also to earn the selection as the Times-Dispatch Runner of the Year. "It's tremendous, it's a great accomplishment," Hall said. "I feel really honored to have it because I put a lot of hard work in this season and it's great to know that it paid off." The work began to pay dividends for Hall midway through the season. "I started to have better races, I started to be up near the front of invitationals and started to win more medals and then going into the postseason when I won district and region it really felt like everything that I had done this season was working well," said Hall. Hall captured the Capital District title in 16 minutes, 12 seconds before out-leaning first team All-Metro runner Ronnie Calkins at the finish at the Central Region Championships at Pole Green Park to become region champion. "I don't know if I gave it much thought of him being region champion," said Atlee's coach Jim Triemplar. "My biggest concern was to make sure he ran well enough to be in the top group. "But I felt like if he could make it in the top four or five in the region, he could finish strong at State." At The Plains, Hall crossed the finish in 15th place, earning himself an all-state selection. "I was extremely happy making all-state as a sophomore," Hall said. "Nathaniel proved that he is one of the top runners in the state and I am very satisfied about the work he had done this season," Triemplar said. "I'm going to remember this season forever because I started the season out just trying to be where Ben DeJarnette and Andrew Catanese were their sophomore and junior years and just trying to stay in front of the pack in Virginia. "And maybe, making all-region and maybe moving on to the state meet," Hall said. "I didn't think that I'll be region champion and all-state." DeJarnette was Atlee's last cross country runner of the year selection, achieving the honor in 2008. He now runs for Oregon. "Andrew and Ben were great role models. They taught me a lot. They taught me all of the things about running and how to do it right and being able to go after their times and seeing how I compare to them when they were my age helped push me a lot," said Hall.

Past All-Metro Runners of the Year

2010 — Silas Frantz, Douglas Freeman

2009 — Ted Richardson, James River

2008 — Ben DeJarnette, Atlee

2007 — Jason Witt, Midlothian

2006 — Jason Witt, Midlothian

2005 — Jason Witt, Midlothian

2004 — J.R. Tucker's Michael Chapa

2003 — Michael Chupa, J.R. Tucker

Daniel Howard, MWGS

2002 — Alex Tatu, Thomas Dale

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ANDREW BENFER School: Mills Godwin Year: Senior

The skinny: The front runner for the Central Region champion Eagles team, Benefer finished 14th at the Milestat.com Cross Country Invitational, second at the Colonial District meet (16:05), third at the Central Region Championships (15:58.59) and came in 21st at the VHSL Group AAA Cross Country championships.

What you didn't know: "I have two titanium screws in my knee." (Surgery after an injury.)



DANIEL DE NIJS School: Mills Godwin Year: Senior

The skinny: In a season that saw the Eagles capture their first Region boys title since 1989, de Nijs did his part. He finished fourth at the Colonial District championships (16:13) and fourth at the Central Region championships (16:06.81). He would finish 18th at the VHSL Cross Country Group AAA championships.

What you didn't know: "I'm 12 ½ percent Asian."



SCOTT NEWTON School: Collegiate Year: Senior

The skinny: A first team All-Metro from a season ago, Newton followed his VISAA Division I state championship campaign in 2010 with a second consecutive Prep League championship this year finishing in 16:04.55. He relinquished his state title to Shelby, placing second at the VISAA championship in Woodberry (16:53.16).

What you didn't know: "I'm gluten intolerant."



GUY SHELBY School: Trinity Episcopal Year: Senior

The skinny: A second team All-Metro a season ago, the Prep League runner of the year had a win at the Maymont X-Country Festival's Coastal Division, crossing the line in 16:32.63 over two other first team All-Metro selections and second at the Prep League championship (16:12.30). Shelby's victory in the VISAA Division I Cross Country Championships (16:33.92) helped the Titans to a second consecutive team title. He would go on to compete at the Nike Cross Country Nationals Southeast Regional in Cary, N.C.

What you didn't know: "I'm a potter and I enjoy making pots. I might pursue it in college."



EDDIE WHITLOCK **School:** Saint Christopher's **Year:** Senior

The skinny: Whitlock became the odd man out behind great years by both Newton and Shelby. He finished third at both the Prep League championship (16:13.64) and the VISAA Division I state championships (16:56.90), each race held at Woodberry Forest and each race behind Newton and Shelby.

What you didn't know: "I've been playing drums for 10 years."



RONNIE CALKINS **School:** Douglas Freeman **Year:** Junior

The skinny: Making his second consecutive first team All-Metro, Calkins finished fourth at the Maymont X-Country Festival's Coastal Division, Colonial District champion (16:03) and Central Region's second place finisher (15:55.30). He would finish 17th at the VHSL Cross Country Group AAA championships. Calkins would go on to compete at the Foot Locker Cross Country South Regional in Charlotte, N.C.

What you didn't know: "I want to make money sailing one day."

Second team All-Metro Boys Cross Country

Grayson Reid, Deep Run, Soph.; Sean Willard, Midlothian, Jr.; Cody Wellons, Manchester, Soph.; Ian McDonald, Douglas Freeman, Jr.; Andrew Anderson, Maggie Walker GS, Sr.; Stanley Davis, Glen Allen, Soph.; Reider Strehler, Trinity Episcopal, Jr.; Chris Cantone, Trinity Episcopal, Sr.