

## 2007 NCAC Men's Indoor Track & Field Championships

### 55-METER DASH

6.64 Ryan Ellis, OWU  
6.67 Dondrea Brown, KEN  
6.69 Manoach Lamarre, WIT

### 55-METER HURDLES

7.93 Emmanuel Aouad, WAB  
7.94 Andrew Bloom, OWU  
8.07 Bryan Albani, WOO

### 200-METER DASH

22.58 Ryan Ellis, OWU  
22.77 Dondrea Brown, KEN  
22.87 Michael Barnes, DEN

### 400-METER DASH

50.49 Bart Banach, WAB  
50.84 Michael Barnes, DEN  
51.22 Steffan Horst, OWU

### 800-METER RUN

1:52.72 \*N Geoff Lambert, WAB  
1:56.55 Nathan Bates, WAB  
1:56.70 Garret Andre-Johnson, OWU

### MILE RUN

4:18.55 N Lex Hultquist, DEN  
4:18.84 Jim Boston, KEN  
4:22.49 Ryan King, OBE

### 3000-METER RUN

8:50.53 Marco Dozzi, ALL  
8:52.61 Joel Bendtsen, DEN  
8:53.97 Chris Corkins, ALL

### 5000-METER RUN

15:10.24 Chris Corkins, ALL  
15:12.41 Ben Mourer, ALL  
15:14.16 Walker Yane, ERL

### MVP TRACK (SPRINTS/HURDLES)

Ryan Ellis, Ohio Wesleyan

### MVP TRACK (MID DISTANCE/DISTANCE)

Geoff Lambert, Wabash

### MVP FIELD

Joe McMahon, Allegheny

### COACH OF THE YEAR

Bill Ross, Allegheny

### 4x200-METER RELAY

1:31.68 OHIO WESLEYAN  
(Ellis-N. Osborn-Bloom-P. Osborn)  
1:31.71 WABASH  
(Banach-Roomes-Aouad-Russell)  
1:33.05 ALLEGHENY  
(Walker-Brannan-Solomon-Moore/Seymore)

### DISTANCE MEDLEY RELAY

10:38.03 ALLEGHENY  
(Smith-Rowland-Drab-Hanson)  
10:39.36 KENYON  
(Carpenter-Lobdell-Cooley-Boston)  
10:40.04 DENISON  
(Tewahade-Nelson-Perkett-Russo)

### 4x400-METER RELAY

3:24.91 N WABASH  
(Banach-Bates-Russell-Lambert)  
3:28.27 OHIO WESLEYAN  
(Horst-N. Osborn-Andre/Johnson-Ellis)  
3:30.52 DENISON  
(Barnes-Pendery-Nelson-Walker)

### LONG JUMP

21' 11.5" Emmanuel Aouad, WAB  
21' 8.5" Joe McMahon, ALL  
21' 6" Dondrea Brown, KEN

### TRIPLE JUMP

46' 8.25" # Joe McMahon, ALL  
44' 4.5" Tristan Jordan, WOO  
44' 0.75" Matt Yurky, ALL

### HIGH JUMP

6' 3" Andrew Cook, DEN  
6' 2" David Burke, OWU  
6' 1" Mike Russell, WAB  
6' 1" Andrew Rode, WAB

### POLE VAULT

14' 4" Michael Tornifolio, OWU  
14' 0" Peter Sotherland, ALL  
13' 8" Erich Wittmer, ALL

### SHOT PUT

51' 3.75" Frank Tupta, ALL  
49' 3.5" Devin Cruea, ALL  
47' 8.5" Rick Drushal, WOO

N- NCAC Record

\* - NCAA Automatic Qualifier

#- NCAA Provisional Qualifier