

All-County 2009 Boys Track

First Team

Event	Athlete	School	Year
100	Daequan Kim	Bordentown	Senior
200	Joshuan Spady	Pemberton	Senior
400	Keith Griffith	Florence	Junior
800	Ryan Garvin	Lenape	Senior
1,600	David Forward	Shawnee	Junior
3,200	Todd Campbell	Cinnaminson	Senior
110HH	Shawill Green	Burl. City	Senior
400IH	Charlie Thomas	Burl. City	Senior
Relay	Alick Pryce	Burl. Twp.	Senior
Relay	Eriq Morris	Burl. Twp.	Junior
Relay	David Slaton	Burl. Twp.	Junior
Relay	Vinnie Pini	Burl. Twp.	Sophomore
High Jump	Drew Kanz	Seneca	Senior
Long Jump	Drew Kanz	Seneca	Senior
Triple Jump	Brandon Bourne	Delran	Senior
Pole Vault	Mike Maira	Seneca	Junior
Shot Put	Ray Stinsman	Lenape	Junior
Discus	Jordan Hunter	Burl. Twp.	Sophomore
Javelin	Warren Oliver	Palmyra	Senior

Second Team

Event	Athlete	School	Year
100	Daquan Brown	Willingboro	Senior
200	Will Rapp	Cherokee	Senior
400	Kendall White	Rancocas Valley	Senior
800	Eriq Morris	Burl. Twp.	Junior
1,600	Steve Burkholder	Cherokee	Junior
3,200	Michael Bowden	N. Burlington	Senior
110HH	Major Mobley	Cherokee	Senior
400IH	Anthony Clayton	Cinnaminson	Junior
Relay	Sean Harper	Rancocas Valley	Senior
Relay	Josh Nichols	Rancocas Valley	Senior
Relay	James Kinloch	Rancocas Valley	Senior
Relay	Kendall White	Rancocas Valley	Senior
High Jump	Justion Turner	Cherokee	Senior
Long Jump	Corey Pizzachello	Moorestown	Senior
Triple Jump	Steve D'Aiutolo	Cinnaminson	Junior
Pole Vault	Matt Maze	Cherokee	Senior
Shot Put	Renard Hussey	Willingboro	Senior
Discus	Robert McCloskey	Riverside	Senior
Javelin	Kyle McDevitt	Cinnaminson	Sophomore

Coach Of The Year

Shaklee made sure Cherokee had most events covered

By Reuben Frank
Staff writer

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This wasn't a typical Cherokee team with a peerless distance group, a bunch of burly weight men and an army of sprinters.

This wasn't the kind of team that could just show up at the County Open and leave with a lopsided team title, like last year.

Coach Steve Shaklee knew the only way Cherokee could win the 72nd annual Burlington County Open this time around was to rack up a bunch of second-, third- and fourth-place finishes and hope it was enough when the final event had ended.

"We knew that for us win the county meet, we were going to have to get contributions from everybody," Shaklee said. "We only had one winner (Will Rapp in the 200) and normally if you only have one winner, it's going to be very tough to win. But we were able to pick up points in almost every other event, other than the throws. We're not great in any one

area, but we're OK in enough areas that we were able to win."

Shaklee, who guided Cherokee to consecutive County Open titles, is the 2009 Burlington County Times Boys Track Coach of the Year. Shaklee, a four-time BCT Cross Country Coach of the Year, led Cherokee to the county title in his final year as head coach of the Chiefs. He will swap jobs with his current XC and outdoor assistant, Chris Callinan, who will become head outdoor coach in 2010 to go with his current indoor head coaching duties.

At the county meet, Cherokee got the win from Rapp in the 200 and just pecked away in the other events. Cherokee didn't score in the three throws but scored 16 points in the three distance races, 12 in the hurdles, six in the relay and 19½ in the jumps.

Cherokee won by 8½ over Cinnaminson and became only the second team in meet history to win the boys team title despite winning fewer than two events. Cherokee also won the Lenape District Cup for a third straight year.

Athlete of the Year

Garvin thrived on double duty

By Reuben Frank
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A few minutes after his remarkable race at the Meet of Champions, a representative of the Nike Outdoor Nationals approached Ryan Garvin and asked if he was considering heading down to Greensboro, N.C., for nationals.

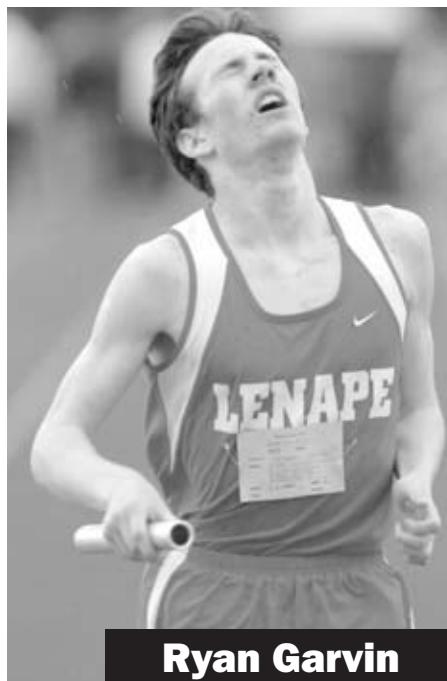
"Nationals?" Garvin gasped. "I haven't thought about it. I was just hoping to get through sectionals."

Garvin got through sectionals just fine. And every other meet. The Lenape senior enjoyed a remarkable breakthrough season, turning in PR after PR and — just as impressively — showing a unique ability to double back with quality races with a very short recovery time.

Early in the season, Garvin's focus was the 800, and he set a meet record of 1:55.61 at the Lenape District Cup meet after running 4:26.40 for second to Shawnee's David Forward in the 1,600.

At the County Open, Garvin attempted the virtually impossible 800-1,600 double — one that hadn't been pulled off in more than two decades — and pulled it off, winning the 1,600 in 4:24.80 and the 800 in 1:55.64. Garvin beat eventual Meet of Champions medalists in both races, topping Forward in the 1,600 and Florence's Keith Griffith in the 800.

That made him the first to sweep the 800 and 1,600 at a County Open since Eric Lorenz



Ryan Garvin

of Holy Cross in 1987. The 1:55-4:24 gave him the fastest double at a County Open in 26 years — since Willingboro great Vance Watson's 1:53-4:16 in 1983.

At Group 4 sectionals, Garvin ran a PR 1:54.88 and an outdoor PR 4:23.58 to advance to states in both events. Competing in the deep-

est fields ever assembled at a New Jersey state meet, he took second in the 1,600 in 4:17.87 (another PR) and added a 1:56 to get through in the 800 as well.

"Part of the plan was to get through safely at sectionals and states and not do anything crazy," Lenape coach Brian Cranston said. "We knew he'd have to run fast to get through, but the goal wasn't to go out there and run some crazy times. We just wanted to get him through to the Meet of Champions and be ready to run really fast there."

At the MOC, Garvin was the No. 11 seed in the 1,600 and No. 20 in the 800. The 1,600 came first, and Garvin was in last place in the seeded heat after one lap but moving well at 61 seconds. He spent the next two laps gradually moving up, coming around 1,200 meters in 3:10. He closed in 1:01, crossing the line with a stunning 4:11.15 — a personal best by 6½ seconds and 13 seconds faster than his outdoor PR of a week earlier.

Garvin had run the 27th-fastest mile in New Jersey history and No. 7 in South Jersey history. Before this year, only four South Jersey runners had run faster — Mike Elder of Haddon Township (4:08.7 in 1973), Gateway's Mike Mantini (4:10.2 in 1979), Ocean City's John Richardson (4:09.19 in 2003) and Brett Johnson of Ocean City (4:07.01 in 2008). Haddonfield's Colin Baker (4:09.30) and Washington Township's Xavier Fraction (4:11.07) also broke 4:12 this year.

First-Team Capsules

Daequan Kim



Bordentown Senior, 100

The Bordentown senior blossomed into one of the best sprinters in New Jersey this year.

Kim started out by winning his third straight BCSL Patriot Division double in the 100 and 200, then became the first county sprinter in 13 years to record a sectional sprint triple, setting PRs of 10.87, 22.08 and 48.87 in Central Jersey Group 2.

At states, he recorded two thirds and a fourth, and at the Meet of Champions he was one of only two sprinters to place in the top four in both the 100 and 200 with PRs of 10.86 and 21.68.

Kim is the first county sprinter to place in the top four in both MOC sprints since Willingboro's Kenny Reynolds in 1986. He plans to attend Rider and compete in track.

Joshua Spady



Pemberton Senior, 200

One of the most improved sprinters in the state — he was only 14th in the state Group 3 meet as a junior — Spady medaled in both the 100 and 200 at the Meet of Champions, something no county sprinter had done in 12 years, before Spady and Bordentown's Daequan Kim both did it.

Spady became the first Pemberton sprinter ever to sweep the 100 and 200 at the BCSL Liberty meet and then won the 100 and took second in the 200 at the County Open. After a fifth and a sixth at the Group 3 sectionals, he recorded a second in the 100 (10.87) and a third in the 200 (22.29) at states.

At the MOC, Spady was one of three sprinters to place in both the 100 and 200, with a 10.94 for fifth in the 100 and a 22.05 for sixth in the 200.

Keith Griffith



Florence Junior, 400

In his first year at Florence, Griffith rewrote the Flashes' record book, running 48.31 to win the state Group 1 title and 1:52.94 for fourth in the Meet of Champions, where he was the top underclassman in the 800. He also placed at states in the 200 and led Florence to sixth in the relay.

Griffith, the No. 8 junior half-miler in the U.S., broke the 400 meet record at the BCSL Freedom Division meet with a 48.46 and also won the 800. He won the 400 and placed second at the Open, swept both middle-distance races at the Central Group 1 meet, became the first Florence runner in history to win a state title, then became Florence's first Meet of Champions medalist in 22 years, since Steve Muchowski in the javelin in 1987.

David Forward



Shawnee Senior, 1,600

This was another outstanding year for one of the leading distance runners in South Jersey history.

At the County Open, David Forward broke Willingboro great Herb Gordon's 27-year-old meet record in the 3,200 by six seconds with his 9:21.12. He won the South Jersey Group 3 3,200 race with a 9:29.74, making him Shawnee's first sectional champion in 16 years, since Scott Teske won the Group 4 3,200 in 1993.

Forward had a strong 4:17/9:14 double at states, placing third in both races, and then he lowered his 3,200 PR to 9:09.27 with a sixth place at the Meet of Champions.

With a year to go, Forward ranks No. 3 in county history in the 3,200 and No. 8 in the 1,600 (4:16.71). Only Marc Pelerin (Cherokee) and Jon Anderson (Cinnaminson) have run as fast for both distances.

1600 relay team

Burlington Township



Alick Pryce Senior



Eriq Morris Junior



David Slaton Junior



Vinnie Pini Sophomore

The Falcons had a tremendous year running the 1,600-meter relay, with a series of times in the low 3:20s and several major titles.

Township started out with a second place in the South Jersey race at the Penn Relays, then had a huge breakout race at the BCSL Liberty Division meet with a 3:21.79, not far off the meet record. Township easily won the County Open title in 3:22.07, the Eastern Regional Classic with a 3:22.23, then won by 3½ seconds at Group 2 sectionals with a 3:22.14.

The state meet pitted Township against Camden, Long Branch and Willingboro, and Vinnie Pini anchored Township to another 3:22.07 victory. Township's second state relay championship in three years.

Todd Campbell



Cinnaminson Senior, 3,200

At the Group 2 sectionals, Campbell won his second straight 3,200 title and gave Cinnaminson its fifth in the last six years. His 9:30 in the midway heat was the second-fastest winning time since 1986. Campbell also placed second in the 1,600.

Campbell ran second at the state Group 2 meet with a 9:29.27, and then came a huge breakthrough at the Meet of Champions, where Campbell ran 9:09.80 — fast enough to win 11 of the previous 19 years — and placed eighth.

Drew Kanz



Seneca Senior, High Jump, Long jump

Kanz started out with a Lenape District Meet quad (14.85, 22-4, 45-8, 6-6), then won the hurdles and long jump at the Olympic Conference meet, setting up a monster County Open, where he became only the second athlete to win four events (meet-record 7-1, 14.64, 20-10¼, 43-8).

At Group 3 sectionals, Kanz picked up wins in the high jump (6-10) and hurdles (14.59) to go with a second and a third. He won the long jump at states (22-10½).

Ray Stinsman

Lenape Junior, Shot Put

Stinsman doubled the weights at the Lenape District Cup, then scored 18 points for Lenape at the County Open, winning the shot at 50-8¾ and taking second in the discus with a 149-3 throw. That earned him the inaugural Phyllis Martin Award as the top thrower in the Open. He also placed in both throws at the Olympic Conference meet.

In the loaded South Jersey Group 4 field, Stinsman PR'd with a 149-7 for third in the discus and an outdoor best 52-7 ½ for second in the shot put. He threw 50 and 146 in the state Group 4 meet, where he was the No. 2 junior in both events.

Shawill Green



Burlington City Senior, 110 hurdles

In his one year at Burlington City, the Penns Grove transfer followed his state indoor title in the high hurdles with a state outdoor title.

Green also won the BCSL Patriot Division title, was second to Drew Kanz in the County Open and won the South Jersey Group 1 meet (and placed in the intermediates), setting up his 14.97 win at the state championships, where he edged former teammate Stephon Bell.

Brandon Bourne



Delran Senior, Triple Jump

It was a very consistent season in both horizontal jumps for Brandon Bourne.

He picked up a second in the long jump (one inch behind Seneca's Drew Kanz) and a fourth in the triple at the County Open before a breakthrough performance at the Group 2 sectionals, where he won the triple jump with a big PR of 45-2¾ (No. 8 in county history) and took third in the long jump at 22-3.

Bourne recorded two fourth-place finishes at states, going 21-7½ in the long jump.

Jordan Hunter



Moorestown Sophomore Burlington Twp.

Hunter, only a sophomore, won the BCSL Liberty Division title with a 144-3 throw, making him Township's first conference discus winner since Torrey Hughes in 1995.

At the County Open, Hunter PR'd at 155-0, becoming the Falcons' first Open discus winner in 22 years, since Kurtis Johnson in 1987. Hunter was also third in the shot put.

After a second and a fourth in the Central Jersey Group 2 meet, Hunter popped another 150-foot throw for fourth at states and surpassed 50 feet for fifth in the shot.

Charlie Thomas



Burlington City Senior, 400 Hurdles

Thomas improved consistently throughout the year, winning the South Jersey Group 1 title in 57.70, then running a personal-best 56.78 to take sixth in the state Group 1 meet. He lowered his PR to 56.66 at the Meet of Champions, where he was the No. 5 South Jersey finisher.

His time equals the fastest by any county runner this year. Rancocas Valley's Oshane Rennie also ran 56.66.

Mike Maira



Shawnee Junior, Pole Vault

Maira, a junior, swept all the major titles during the regular season, going 14-6 at Woodbury, setting a meet record of 13-6 at the Lenape District Cup, clearing 13-6 to win the Olympic Conference meet, 14-0 for first in the County Open and then 13-0 to win the Group 3 sectionals.

He matched his indoor state title with a 14-6 clearance at states and became the first county boy to win a state Group 3 pole vault championship since Willingboro's Ricky Clemmons in 1989.

Warren Oliver



Palmyra Senior, Javelin

The versatile Palmyra senior threw 177-0 to win the javelin at the BCSL Freedom Division meet and also won the triple jump and high jump, and placed fourth in the long jump, helping Palmyra win the team title.

He threw 172-8 at the County Open to win by seven feet and become Palmyra's first Open javelin champ since Chris Eberly in 1994.

Oliver was third at sectionals (172-10), placed in the 100-meter dash and ran on Palmyra's second-place relay team.

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