

2007 ALL-METRO: Boys Cross Country

RUNNER OF THE YEAR -- The outcome of the Central Region meet came as no surprise. Jason Witt of Midlothian crossed the finish line at Pole Green Park as the individual champion for the third consecutive year. His time of 15:56 was his second-best of the three victories. He is the runner of the year for the third time as well. After finishing third in the state Group AAA meet at Great Meadow as a sophomore, he was second as a junior and continued the progression with a resounding victory this year. His 15:10.92 was 11 seconds better than the runner-up. Witt and teammate Michael Hammond qualified for the Foot Locker National race in San Diego where Witt just missed All-America status by finishing 16th.

Player	School	Year
Peter Askin	Maggie Walker GS	Junior
Darren Barlow	Midlothian	Freshman
Davis Barry	Patrick Henry	Senior
Brayden Burleigh	Midlothian	Freshman
Roger Cooke	Hermitage	Junior
Ben Dejarnette	Atlee	Junior
Michael Hammond	Midlothian	Senior
Booth Hornsby	Deep Run	Junior
Lewis McPherson	Douglas Freeman	Senior
Mark Merritt	Cosby	Senior
Nathan Puckett	Hermitage	Senior
Ted Richardson	James River	Sophomore
Brian Welch	Mills Godwin	Senior
Jason Witt	Midlothian	Senior
Chris Woody	Douglas Freeman	Senior