

2008 All-Metro Boys Cross Country

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Andrew Catanese

School: Atlee

Year: Sophomore

Personal best: 16:07 at Foot Locker South Regional

The skinny: Catanese was third in the Capital District and went from finishing 16th in the Central Region to 17th in the Group AAA meet at Great Meadow. He was one of the fastest young Raiders who helped an improved Atlee team take the district title, runner-up honors in the region and fifth in the state.

What you didn't know: Son of the 1989 Division III women's 10,000-meter champion.

Roger Cooke

School: Hermitage

Year: Senior

Personal best: 16:11 at Deep Run

The skinny: Cooke was the Colonial District winner, took fourth in the Central Region meet, and finished 40th in the Group AAA race, earning all-district and all-region honors. Hermitage was the district runner-up and third in the region behind him.

What you didn't know: Likes to snowboard, "but everyone knows everything about me."

Silas Frantz

School: Douglas Freeman

Year: Sophomore

Personal best: 16:25 at Deep Run.

The skinny: A young No. 2 for the Rebels on their way to Colonial District and Central Region championships. He was the first sophomore across the line in the regional meet, finishing eighth, and one of only three sophomores in the top 40 in the state meet at Great Meadow.

What you didn't know: Was 4 years old when his family moved from Germany to the United States.

Ted Richardson**School:** James River**Year:** Junior**Personal best:** 15:38 in Foot Locker South Regional**The skinny:** Richardson is one of only two boys to be all- district, all-Central Region and all-Group AAA in 2008. The runner-up in the Central Region, he is also the only runner in the top eight with eligibility remaining. Running without a team in the state meet, Richardson finished sixth.**What you didn't know:** Winner of the physics class eggdrop competition.**Harrison Tucker****School:** St. Christopher's**Year:** Senior**Personal best:** 15:47 at Norfolk Academy**The skinny:** Winner of the Prep League meet and runner-up at the Virginia Independent Schools Division 1 meet, earning all-Prep League and all-state honors. Also individual winner of the private schools division of the McDonald's X-Country Festival at Maymont.**What you didn't know:** I'm the lead singer and backup guitarist for my band called the Rothesays.**Alec Ward****School:** Douglas Freeman**Year:** Senior**Personal best:** 16:14 in Group AAA meet at Great Meadows.**The skinny:** Ward led the Rebels to district and regional championships, as well as a third-place finish in the Group AAA meet. Individually, he finished second in the Colonial District, third in the Central Region, and 19th in the state.**What you didn't know:** Got cut from sixth-grade track. Twin Kyle did not.**SECOND TEAM**

Runner—School—Class

Graham Glass— Collegiate— Senior

Booth Hornsby— Deep Run— Senior

Justin Kendall— L.C. Bird— Senior

Wes Steenburgh— Atlee— Junior

Kyle Ward— Douglas Freeman— Senior

Eric Williamson— Thomas Dale— Senior

Cody Snyder— Lee-Davis— Sophomore