

Boys cross country runner of the year: Ted Richardson

2009 All-Metro Boys Cross-Country Team

By [Staff Reports](#)

Published: December 25, 2009

Updated: December 25, 2009

Brayden Burleigh

School: Midlothian

Year: Junior

The skinny: After missing the Dominion District meet because of an injury, he rebounded to finish sixth in the Central Region meet. He was seventh (16:01) at the state Group AAA meet at Great Meadow and helped the Trojans finish third as a team. Was an all-state selection. Finished fourth at the Nike Southeast Region meet.

If you had one wish, what would it be? To be one of the best runners in the world one day.

Silas Frantz

School: Douglas

Freeman

Year: Junior

The skinny: The Rebels top runner was second in the Colonial District meet. He shaved 13 seconds off his district meet time at the region meet and finished fifth. He was 24th at the state meet where the Rebels were 12th.

If you had one wish, what would it be? To be able to fly.

Evan Niciphor

School: Cosby

Year: Junior

The skinny: Finished second in the Dominion District meet to Ted Richardson, then finished third (16:07) in the Central Region meet. A 15th place finish (16:16) at the state meet earned all-state honors. He logged a personal record (15:49) in the Foot Locker South Invitational in Raleigh, N.C.

If you had one wish, what would it be? That the wars in Afghanistan and Iraq be over and soldiers can see their families again.

Grant Pollock

School: Mills Godwin

Year: Senior

The skinny: During a stellar senior season, only his second in cross country, Pollock won three major invitationals (Great Meadow, Fork Union and Milestat), broke the school record by 19 seconds, set course records at Poor Farm and Pocahontas and won the Colonial District race. He

was second in the Central Region meet (15:37) and finished sixth at the state meet (15:56) and earned all-state honors.

If you had one wish, what would it be? Win a state track event.

Cody Snyder

School: Lee-Davis

Year: Junior

The skinny: Leading the way for the Confederates, Snyder was second in the Capital District meet. He covered the 5K distance in 16:27 to finish seventh in the Central Region meet and ran a 16:14 in the state meet to garner all-state honors.

If you had one wish, what would it be? To run in a future Olympics.

Cabell Willis

School: Collegiate

Year: Senior

The skinny: Ranked No. 2 among independent school runners, fourth among Central Virginia runners and 15th on the Cream of the Crop list by milestat.com. Willis ran personal best course times to finish second in the Prep League meet (15:28 on a 3-mile course at Fork Union) and second in the VIS meet (16:49 in the rain and wind at Woodberry Forest). All Prep League and all-state for the second year in a row.

If you had one wish, what would it be? To live in a cabin in the Appalachian mountains.

SECOND TEAM

Runner school Year

Darren Barlow Midlothian Jr.

Marc Breidenbaugh Maggie Walker GS Jr.

Andrew Cantanese Atlee Jr.

Carson Hogge Douglas Freeman Sr.

Will McPherson Douglas Freeman Sr.

Jon Potter Mills Godwin Sr.

Cody Talmadge Maggie Walker GS Sr.

Sean Willard Midlothian Fr.