

# Men's Preview & Roster

A mix of experienced veterans, with a group of up and coming talented young runners, will lead UCLA this fall. The Bruins do lose their top three performers from last year's squad that had solid showings at both the West Region (fourth-place, ties best team finish since 1996) and Pac-10 (fifth-place, highest placement since 1997) Championships.

## Veterans Returning

Returning for the Bruins in 2005 will be – seniors, Martell Munguia and Nick De Felice; juniors, Austin Ramos and Micky Cobrin; sophomores, Mike Haddan and Kyle Shackleton and redshirt freshmen, Drew Shackleton and Matt Stollenwerk.

Munguia in 2004-05 had a breakout season, especially in outdoor track. In cross country, he placed 63rd (26:36/8000m) at the Pac-10 Championships. In outdoor track, he qualified for the NCAA in the 800m (13th overall/1:49.45) and finished fourth at the West Region (1:48.91) and Pac-10 (1:48.63) Championships. His personal-best 1:48.14 is No. 10 in school history. In indoor track, Munguia earned All-American status on UCLA's distance medley relay, that placed second (9:33.60) at the NCAA Championships.

De Felice has been a cross country contributor since his true freshman season of 2002. As a junior in cross country last fall, he finished 62nd (26:36) at the Pac-10 and 70th (32:21/10,000m) at the West Region Championships. Last spring in outdoor track, De Felice had times of 15:16.87 in the 5000m and 31:15.73 in the 10,000m.

Ramos had an impressive showing last February at the 2005 USA Cross Country Championships held at Vancouver, WA. Running in the Open Men's 12km, Ramos finished 24th (out of 84 runners) in a time of 39:13.8 (he was the youngest of the top 24 placements). In cross country last fall, Ramos was UCLA's No. 3 runner at the Pac-10 (21st/25:06) and No. 4 performer at the West Region (28th/31:30). As a redshirt freshman in outdoor track last spring, at the Pac-10 Championships, he placed eighth in the 10,000m (30:02.01) and ninth in the 5000m (14:15.61).

Cobrin, a two-year contributor to cross country, was UCLA's No. 5 runner at last fall's Pac-10 Championships, placing 48th (26:04). He redshirted the 2005 indoor and outdoor track seasons.

"Our team in 2005 showed tremendous improvement," said Peterson. "We proved that we have the capability to compete among the top teams in the West Region and perhaps the nation. Our goal is to build on last year's success, continue to be highly competitive in the conference and regional meets, and to qualify for nationals. Austin Ramos, one of the nation's up and coming stars, will lead our team. The other returning veterans are all capable of contributing to our team's success."

## Underclassmen Returning

Haddan and the Shackleton twins lead the Bruins' pack of talented returning young runners. Haddan, named "Most Outstanding Freshman Distance Runner," last fall in cross country was UCLA's No. 5 finisher (55th/31:58) at the West Region and No. 7 runner (52nd/26:13) at the Pac-10. His outdoor track times last spring included a 1:51.61 (800m) and 3:51.38 (1500m).

The Shackleton twins ran well last February at the USA Cross Country Championships. Competing in the Junior Men's 8km, Drew placed 14th (26:18.5, out of 58 runners) and Kyle finished 21st (26:40.30). Drew also ran well at the NACAC Cross Country Championships (the U. S. vs. Jamaica and Puerto Rico) last March in Clermont, FL. Running on the gold medal winning USA team, he placed third (20:03) in the Junior 6k.

In cross country last fall, Kyle was UCLA's No. 6 runner at both the West Region (67th/32:16) and Pac-10 (51st/26:11) Championships. Drew redshirted in 2004 cross country.

"The Shackleton twins last year gained valuable experience at the national and international cross country levels, while Mike had a successful freshman season in cross country and track," said Peterson. "They all now have a year of experience at the collegiate level and I expect them to compete for scoring positions this fall."

## Newcomers

A freshman who could make an impact this fall is Laef Barnes (Nine Mile Falls, WA/Mead HS). Barnes during his prep career was one of the nation's top distance runners. In 2004, he ranked No. 3 in the U.S. in cross country. A two-time (2004-05) indoor All-American, Barnes was the national indoor mile prep leader for the last two seasons (4:12.00 in 2005). His top marks included 4:07.07 (1600m), 8:59 (3200m) and 14:59 (5k).

Another freshman on the roster is Ryan Gordon (Pacific Palisades/Brentwood School), coached by former Bruin distance runner Devin Elizondo. In cross country, Gordon was a first-team All-CIF State member in 2003 and three-time (2004-02-01) second-team performer. In track last spring, he placed second at the CIF-SS finals in the 800m and won the Mt. SAC Invitational. His top high school times were 1:55.4 (800m), 4:25 (1600m) and 9:50 (3200m).

## Losses

The Bruins lose last year's senior leaders and key contributors to the team – Jon Rankin, Erik Emilsson and Ben Aragon.

Rankin in 2004-05 had one of the finest year-long performances in Bruin men's distance history. In cross country, he earned All-Pac-10 and All-West Region honors and became only the 16th male runner in UCLA annals to earn All-American

honors, placing 39th (31:49.9/10,000m). At the NCAA Indoor Championships, Rankin ran on UCLA's second-place distance medley relay (9:33.60) and again earned All-American status. In outdoor track, he reached several milestones. In the mile, he became only the third Bruin in history (and the first since 1980) to run a sub-four minute mile (3:57.80). In the 1500m, he set the school record (3:40.39) and won the event at the West Region and Pac-10 Championships. At the 2005 USA Championships held in June at the Home Depot Center in Carson, Rankin placed sixth in the 1500m (3:43.41). In qualifying, he was third in his heat (3:39.71), setting a new personal-best and breaking his own school record of 3:40.39.

Emilsson in cross country last fall was UCLA's No. 2 runner at both the Pac-10 (20th/25:04) and West Region (12th/30:43-earning All-Region honors) and as a junior in 2003, he was an individual qualifier to the NCAA Championships. In track, Emilsson who will be a senior for the Bruins in spring 2006, at the 2005 NCAA Outdoor earned All-American honors in the 3000m steeplechase, placing eighth (personal-best 8:34.80, No. 3 in UCLA history).

Aragon in 2004 cross country was UCLA's No. 3 runner at the West Region (20th-31:02-earning All-Region honors) and No. 4 performer at the Pac-10 (28th-25:19). In 2005 indoor track, he earned All-American honors on the Bruins' distance medley relay. During his Bruin career, he set the indoor mile school record (4:00.38, 2003), won the Pac-10 800m title in 2004 (1:48.45) and in UCLA's dual meet victory over USC in 2003, Aragon won three distance events – 800m (1:50.35), 1500m (4:12.40) and 5000m (14:46.43).

## 2005 Men's Roster

Name	Ht.	Wt.	Cl.	Hometown (HS)
Laef Barnes	6-1	155	Fr.	Nine Mile Falls, WA (Mead)
Micky Cobrin	6-1	145	Jr.	Buffalo Grove, IL (Stevenson)
Nick De Felice	5-10	135	Sr.	Sacramento (Jesuit)
Ryan Gordon	5-10	140	Fr.	Pacific Palisades, CA (Brentwood School)
Mike Haddan	5-11	145	So.	Irvine, CA (Woodbridge)
Martell Munguia	5-10	140	Sr.	Sacramento, CA (Woodcreek)
Austin Ramos	5-9	130	Jr.	Sacramento, CA (Jesuit)
Drew Shackleton	5-8	135	Fr.*	Belmont, CA (Carlmont)
Kyle Shackleton	5-8	128	So.	Belmont, CA (Carlmont)
Matt Stollenwerk	5-11	150	Fr.*	San Clemente, CA (San Clemente)

\*2004 Redshirt year