

Jeff began his career in running as a 3-time UIL All-State Cross Country runner and 2-time All-State performer in the 3200m run for Robert E. Lee High School in Tyler, Texas running 4:18 for 1600m and 9:20 for 3200m. After earning a scholarship to Baylor University, Jeff was a member of the 1994 Southwest Conference Championship team for the Bears, earning All-Conference, All NCAA Regional, and 1st team NCAA Academic All-American honors. He helped lead the Bears to their only NCAA Cross Country Championship birth to date. In 2009, the Waco Tribune Herald selected Jeff to its Baylor All-Time Cross Country Team.

After enrolling in Baylor Law School, Jeff continued his running career signing on with the Brooks Athlete Development Team. While running for Brooks, Jeff took 12th place in the Dallas White Rock marathon, ran a 24:55 5-mile personal best, and logged a 14:48 5000m personal best.

From 2001 through 2006, while maintaining an active law practice, Jeff coached multiple high school district champions, regional champions, and all-state performers in both cross country and track. Since 2007, as a volunteer cross country and track coach at Austin St. Michael's Catholic Academy, Jeff has helped guide the Crusaders to their first ever cross country state championship (2008) and two consecutive boy's track and field state championships (2009 and 2010). Under Jeff's leadership, his runners have won the last two individual cross country state titles, the last three 1600m boys state titles, the last two 3200m boys state championships, and in 2010 took home both the girl's and boy's TAPPS 5A 3200m titles. Jeff's runners hold every TAPPS 5A boys' state record from 800m to 3200m as well as the all-time TAPPS cross country course record. In the last four years, Jeff has tutored 10 individual state champions, 7 state record holders, 5 Nike National qualifiers in both Cross Country and Track, a 3rd place finisher at the 2009 IAAF Youth World Trials, and 1 USATF Junior Track and Championships qualifier. Five of Jeff's former runners from multiple Central Texas high schools are competing collegiately at The University of Pennsylvania, The University of Tulsa, The University of Houston, Washington University, and Hamilton College.

Jeff currently runs his own law office in Dripping Springs, TX. He is a member of the Cross Country Coaches Association of Texas, and is on the official USA Track and Field Coaches registry. He is married to former Baylor Bear, Dutch National 1600m relay record holder, 5-time NCAA All-American, Big 12 1600m relay meet record holder and 2008 NCAA Indoor 4 x 400m Champion Angelique Banket Cunningham. They have a beautiful 5 year old daughter Mackenzie.