University and Administration

Location ................................................................. Tallahassee, Fla.
Founded: ................................................................. 1851
Enrollment .............................................................. 41,717
President ................................................................. John Thrasher
Athletics Director .................................................. David Coburn
Assistant AD/Administrator .................................... Ashton Henderson
Colors ................................................................. Garnet and Gold
Conference .......................................................... Atlantic Coast
Home Course ....................................................... Apalachee Regional Park

2019 Coaches and Staff

Head Men’s Coach ................................................. Bob Braman
Head Women’s Coach ............................................ Kelly Phillips
Director of Operations ......................................... David Beachem
Operations Assistant (Men) ................................. Trevor Dunbar
Student Manager (Men) .......................................... David Barney
Operations Assistants (Women) ......................... Alex Midgett, Michael Castel
Student Manager (Women) ................................. Militsa Mincheva
Athletic Trainer ..................................................... Anthony Alaniz
Assistant Director of Facilities .............................. Taylor Wheaton
Equipment Coordinator ..................................... Frankie Grizzle-Malgat

2018 Results

ACC Championships (Men/Women) .......................... 7th/4th
NCAA South Region Championships (Men/Women) ............. 2nd/1st
NCAA Championships (Men/Women) .......................... 31st/26th

Program History

First Year of Cross Country (Men/Women) .................. 1962/1974
Conference Championships (Men, 4) ................. ACC (‘10), Metro (‘89, ‘99, ‘02)
Conference Championships (Women, 7) ............... ACC (2007-13)
NCAA Championships Team Appearances (Men) ................. 14
NCAA Championships Team Appearances (Women) .......... 12
Best NCAA Championships Finish (Men) ................. 2nd/2010
Best NCAA Championships Finish (Women) ............... 2nd (2x)/2009, 2010

Social Media

Twitter ................................................................. @FSUXC
Facebook ............................................................ Facebook.com/FSUSeminolesCrossCountry/
Instagram .......................................................... fsu_xc

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Covering the Noles

Florida State associate sports information director Bob Thomas will assist you with any questions or requests you may have regarding the 2019 Seminole men’s and women’s cross country teams, its program, results, records, coaches and student-athletes.

Interview Information for Athletes and Coaches

All players and coaches interviews must be arranged through the sports information office at least 24 hours in advance. Media may not contact any student-athlete through email or social media. Interviews are most frequently conducted at Mike Long Track, Monday-Wednesday each week. Special accomodations will be made at the convenience of the student-athletes.

Where to find what you’re looking for

Members of the media can gain access to updated statistics and rankings online at www.seminoles.com, or by calling the sports information office. Weekly releases are produced for all major events and will be posted online as well as emailed. Race results and a summary recap of each event will be distributed via email and online at the conclusion of each event. Credential requests must be made through the sports information office.

Photos on request

Should you have a need for photographs of any Florida State student-athletes or coaches, please submit your requests to Bob Thomas at bthomas2@fsu.edu. High resolution action and headshots are available for most everyone on the team. As a reminder, use of those is for media outlets only. We request that all photos used should carry the appropriate credits.

Credits

Championships – among 12 top-four
Simply put, the Seminoles are synonymous with success on the national stage.
Meanwhile, the men's cross country team made their 13th NCAA Championships appear-
year. Along the way the FSU men have carved out 18 top-10 NCAA Championship
programs – and his 20th leading the men's cross country team – in the 2019-20 academic
year. The men's cross country program has advanced to the NCAA Championships 13 times,
heightened by a runner-up finish at Apalachee
nishes in 19
the track.
Palmer Terry Long as the head men’s and women’s track &
field coach prior to the 2004 season, Braman has seen the
Noles ascend to a position of national prominence, highlighted by a pair of NCAA Outdoor
Championships in 2006 and 2008.
Braman is entering 17th season at the helm of the men’s and women’s track & field
programs – and his 20th leading the men’s cross country team – in the 2019-20 academic
year. Along the way the FSU men have carved out 18 top-10 NCAA Championship
finishes – nine each, indoors and outdoors – while the women added their seventh top-10 finish
(combined) at the 2019 NCAA Outdoor Championships.
Meanwhile, the men’s cross country team made their 13th NCAA Championships appear-
ance in the last 16 years in the fall of 2018.
Famer Terry Long as the head men's and women's track &
field

Bob Braman
Men’s Head Coach - 20th season
Bob Braman is about to embark on the start of his second
decade at Florida State University as the third-longest tenured
head coach in Seminole athletics. Since succeeding Hall of

FD philip Phillips
Women’s Head Coach - 5th season
Kelly Phillips is entering her fifth season at the helm of the
Florida State women’s cross country and distance program with
the Noles on the cusp of returning to a place of prominence on
the national scene.
The 2018 FSU cross country women returned to the national rankings for the first time
since 2015, and qualified for their first NCAA Cross Country Championships since 2014 by
claiming their first South Region team title since 2013. That momentum carried over to the
track where distance crew scoring nearly led the Noles to a sweep of the ACC indoor and
outdoor titles.
The opportunity to compete for NCAA Championships played a significant role in luring
Phillips back to the Sunshine State in 2015. After enduring some growing pains in a pro-
gram makeover, the Noles 2018-19 success validated that decision to return to the state
where she launched her coaching career in 1997 at USF as an assistant to Bob Braman.
Phillips has completely turned over her women’s distance roster, building the kind of quality
depth that had been sorely missing when she arrived. She’s done that by developing
in-state talent and tirelessly adding both international and domestic talent which is thriving
under her guidance.
Senior Millisa Mircheva became FSU’s first cross country All-American since Colleen Quig-
ley in 2014 and also set a pair of school records on the track. She was one of five Noles
to win All-South Region honors as FSU raced to the team title on its home course to end a
four-year NCAA Championships appearance drought. Four of those All-Region selections
will return for a team capable of challenging for a podium finish in 2019.

Not surprisingly, Phillips was selected as the South Region Cross Country Coach of the
Year.
And FSU’s 2019 signing class, which includes young Dutch star Yasmine Abbas, Texan
Ava Peeples, Florida prep standout Rebecca Clark and Villanova transfer Lauren Ryan, will
provide the program with unprecedented depth when paired with returning underclassmen
Maudie Skyring, Jodie Judd and Elizabeth Funderburk, among others.
On the track, Phillips’ charges contributed 22 of the team’s 85 points in a runner-up ACC in-
door finish, and followed up with scoring performances in the 800, 1500, 5,000 and 10,000
en route to a runaway ACC outdoor team title.
Phillips arrived at FSU from Miami of Ohio, where she spent six seasons as the women’s
cross country and track & field head coach, leading the Redhawks women to a pair of
Mid-American cross country titles. She was a two-time MAC Women’s Cross Country
Throughout her career, Phillips cross country teams have excelled academically, earning 10
consecutive USTFCCCA All-Academic team honors. Her 2017 and 2018 FSU teams posted
the highest GPAs in program history.
Prior to Miami, Phillips was an assistant at Purdue (2005-09), which followed a three-year
coaching hiatus while running the Claremont Trails Running Camp in New Hampshire. Phi-
lips cut her coaching teeth at USF, succeeding Braman as the head men’s and women’s
cross country and track & field coach in 2000. Leading the Bulls to three conference cross
country titles – twice with the women and once with the men – Phillips was a three-time
Conference USA Cross Country Coach of the Year and two-time South Region Coach of
the Year. She added CUSA Women’s Outdoor Track & Field Coach of the Year honors in
her final season. In all, Phillips guided 33 Bulls to the NCAA Championships.

A Toms River, N.J. native, Phillips (nee, McDonnell), set 14 school records and was a two-
time All-American at Auburn (1500, 3000) as a senior in 1991. A two-time Olympic Trials
qualifier in the 1500, she trained post-collegiately in Washington, D.C. with the Reebok En-
clave under the guidance of Frank Gagliano and Ron Helmer, who were also instrumental
in shaping her coaching philosophy.
Phillips’ two distance running sons, Michael and Connor, are competing collegiately at
Syracuse and Florida State, respectively.
David Beauchem  
Director of Operations

Ashton Henderson  
Assistant AD/Oversight

Anthony Alaniz  
Athletic Trainer

Erik Myyra  
Strength & Conditioning

Charlie Hogan  
Academic Advisor/Women

Trevor Dunbar  
Operations Asst./Men

David Barney  
Student Manager/Men

Kendall Rosebrock  
Resident Athletic Trainer

Christina Bernal  
Strength & Conditioning/Men

Austin Whitelaw  
Academic Advisor/Men

Alex Midgett  
Operations Asst./Women

Militsa Mircheva  
Student Manager/Women

Carly Jaskaski  
Graduate Athletic Trainer

Natesha Gottlieb  
Strength & Conditioning/Women

Michael Castel  
Operations Asst./Women

Holli Chapton  
Marketing

Keely Kaklamanos  
Clinical & Sports Psychology

Taylor Wheaton  
Facilities & Events
### Women

<table>
<thead>
<tr>
<th>Athlete</th>
<th>Year</th>
<th>Hometown/Last School</th>
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<tbody>
<tr>
<td>Yasmine Abbes</td>
<td>Freshman</td>
<td>Nijmegen, Netherlands/Stedelijke Scholen Gemeenschap</td>
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<tr>
<td>Kelly Aponte</td>
<td>Senior</td>
<td>St. Augustine, Fla./St. Augustine</td>
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<tr>
<td>Riley Bahr</td>
<td>Freshman</td>
<td>Cincinnati, Ohio/Wyoming High</td>
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<td>Kate Bernicke</td>
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<td>Avon, Ind./Avon</td>
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<td>Julia Blankenbaker</td>
<td>Junior</td>
<td>Wesley Chapel, Fla./Nova Southeastern</td>
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<td>Kaley Bothig</td>
<td>Senior</td>
<td>Punta Gorda, Fla./North Port</td>
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<td>Lindsay Bothig</td>
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<td>Punta Gorda, Fla./North Port</td>
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<td>Rebecca Clark</td>
<td>Freshman</td>
<td>Mount Dora, Fla./The Villages</td>
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<td>Addi Coggins</td>
<td>Senior</td>
<td>Franklin, Tenn./Independence</td>
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<td>Ashley David</td>
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<td>Bloomfield Hills, Mich./Seaholm</td>
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<td>Ginelle DeMone</td>
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<td>Kayla Easterly</td>
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<td>Elizabeth Funderburk</td>
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<td>Moultrie, Ga./Colquitt County</td>
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<td>Claire Hooker</td>
<td>Junior</td>
<td>Fort Collins, Colo./Fort Collins</td>
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<td>Elizabeth Jenkins</td>
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<td>Maitland, Fla./Winter Park</td>
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<td>Rachel Johnson</td>
<td>Junior</td>
<td>Tampa, Fla./Alonso</td>
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<td>Katie Kuhn</td>
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<td>Jen Lima</td>
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<tr>
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<td>Odessa, Fla./Steinbrenner</td>
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<tr>
<td>Nicole McConnell</td>
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<td>Coral Springs, Fla./Coral Springs</td>
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<td>Megan Mooney</td>
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<td>Thornton, Colo./Horizon</td>
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<td>Sarah Myers</td>
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<td>Ormond Beach, Fla./Seabreeze</td>
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<td>Maeve O'Riordan</td>
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<td>Jacksonville, Fla./Bolles</td>
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<tr>
<td>Sydney Oakes-Lottridge</td>
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<tr>
<td>Mo Palmer</td>
<td>Freshman</td>
<td>Naples, Fla./Palmetto Ridge</td>
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<td>Sarah Parrish</td>
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<td>Charlotte, N.C./Providence</td>
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<tr>
<td>Ava Peeples</td>
<td>Freshman</td>
<td>Dallas, Texas/Lake Highlands</td>
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<td>Erin Phelps</td>
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<td>Tallahassee, Fla./Chiles</td>
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<tr>
<td>Alondra Reyna-Lopez</td>
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<td>LaBelle, Fla./LaBelle</td>
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<tr>
<td>Lauren Ryan</td>
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<td>Brighton, Australia/Villanova</td>
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<tr>
<td>Abby Schrobilgen</td>
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<td>Tallahassee, Fla./Chiles</td>
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<tr>
<td>Autumn Schutt</td>
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<td>Vero Beach, Fla./Vero Beach</td>
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<tr>
<td>Maudie Skyring</td>
<td>Freshman</td>
<td>Wollongong, Australia/Univ. of Wollongong</td>
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<tr>
<td>Kaia Stevenson</td>
<td>Sophomore</td>
<td>Panama City Beach, Fla./Home Life Academy</td>
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<tr>
<td>Ali Straumann</td>
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<td>Lutz, Fla./Steinbrenner</td>
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<tr>
<td>Ella Swiger</td>
<td>Senior</td>
<td>Lynn Haven, Fla./Mosley</td>
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<tr>
<td>Micaela Torres</td>
<td>Freshman</td>
<td>Tampa, Fla./King</td>
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<tr>
<td>Aleksandra Wiechecki Vergara</td>
<td>Redshirt</td>
<td>Melbourne, Fla./Holy Trinity</td>
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<tr>
<td>Ellie Wallace</td>
<td>Sophomore</td>
<td>Bristol, England/San Francisco</td>
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<td>Emma Jane Warren</td>
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<td>Jacksonville, Fla./Bishop Kenny</td>
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<tr>
<td>Mariah Zupan</td>
<td>Junior</td>
<td>Clearwater, Fla./Clearwater</td>
</tr>
</tbody>
</table>

### Men

<table>
<thead>
<tr>
<th>Athlete</th>
<th>Year</th>
<th>Hometown/Last School</th>
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<tbody>
<tr>
<td>Clayton Carlson</td>
<td>Redshirt</td>
<td>Tallahassee, Fla./Lincoln</td>
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<tr>
<td>Chris Corcoran</td>
<td>Freshman</td>
<td>Oakland, N.J./Connecticut</td>
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<tr>
<td>Gabriel Curtis</td>
<td>Freshman</td>
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<td>Steven Cross</td>
<td>Senior</td>
<td>Merritt Island, Fla./Merritt Island</td>
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<tr>
<td>Tyler Dau</td>
<td>Redshirt</td>
<td>Geneva, Ill./Geneva Community School</td>
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<tr>
<td>Bert Freire</td>
<td>Sophomore</td>
<td>Miami, Fla./Christopher Columbus</td>
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<tr>
<td>Silas Griffith</td>
<td>Redshirt</td>
<td>Ridgefield, Wash./Lipscomb</td>
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<tr>
<td>Jacob Holmes</td>
<td>Senior</td>
<td>Auckland, New Zealand/Sacred Heart</td>
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<tr>
<td>Micah Hilliard</td>
<td>Redshirt</td>
<td>Live Oak, Fla./Suwannee</td>
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<tr>
<td>Kasey Knevelbaard</td>
<td>Redshirt</td>
<td>Caruthers, Calif./Southern Utah</td>
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<tr>
<td>Harrison Martingayle</td>
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<td>Virginia Beach, Va./LSU</td>
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<td>Matthew Newland</td>
<td>Redshirt</td>
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<td>Connor Phillips</td>
<td>Redshirt</td>
<td>Tallahassee, Fla./Chiles</td>
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<tr>
<td>Caleb Potterf</td>
<td>Redshirt</td>
<td>Fort Pierce, Fla./Lincoln Park Academy</td>
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<tr>
<td>Paul Stafford</td>
<td>Sophomore</td>
<td>Lake Wales, Fla./Lake Wales</td>
</tr>
</tbody>
</table>
2019 Men’s Photo Roster

Clayton Carlson
Redshirt Freshman
Tallahassee, Fla.

Chris Corcoran
Junior
Oakland, N.J.

Steven Cross
Senior
Merritt Island, Fla.

Gabriel Curtis
Freshman
Clermont, Fla.

Tyler Dau
Redshirt Sophomore
Geneva, Ill.

Bert Freire
Redshirt Sophomore
Miami, Fla.

Silas Griffith
Junior
Ridgefield, Wash.

Micah Hilliard
Redshirt Freshman
Live Oak, Fla.

Jacob Holmes
Redshirt Freshman
Auckland, New Zealand

Kasey Knevelbaard
Senior
Caruthers, Calif.

Harrison Martingayle
Senior
Virginia Beach, Va.

Matthew Newland
Sophomore
Tallahassee, Fla.

Connor Phillips
Freshman
Tallahassee, Fla.

Caleb Pottorff
Redshirt Sophomore
Fort Pierce, Fla.

Paul Stafford
Sophomore
Lake Wales, Fla.

Visit Seminoles.com for complete rosters & bios
2019 Women’s Photo Roster

Yasmine Abbes
Freshman
Nijmegen, The Netherlands

Kate Bernicke
Junior
Avon, Ind.

Rebecca Clark
Freshman
Mount Dora, Fla.

Addi Coggins
Redshirt Sophomore
Franklin, Tenn.

Kayla Easterly
Redshirt Sophomore
North Fort Myers, Fla.

Elizabeth Funderburk
Sophomore
Moultrie, Ga.

Jodie Judd
Junior
Canvey Island, Great Britain

Jen Lima
Junior
Palm Harbor, Fla.

Megan Mooney
Senior
Thornton, Colo.

Ava Peeples
Freshman
Dallas, Texas

Erin Phelps
Sophomore
Tallahassee, Fla.

Lauren Ryan
Junior
Brighton, Australia

Maudie Skyring
Junior
Wollongong, Australia

Ella Swigler
Sophomore
Lynn Haven, Fla.

Ellie Wallace
Redshirt Sophomore
Bristol, Great Britain

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Kelly Aponte
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Sophomore

Kaley Boethig
Redshirt Sophomore

Lindsay Boethig
Redshirt Sophomore

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Ginelle DeMone
Senior

Claire Hooker
Senior

Elizabeth Jenkins
Junior

Rachel Johnson
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Katie Kuhn
Senior

Sarah Magee
Freshman

Nicole McConnell
Sophomore

Sarah Myers
Redshirt Junior

Maeve O’Riordan
Freshman

Sidney Oakes-Lottridge
Redshirt Sophomore

Mo Palmer
Freshman

Sarah Parrish
Sophomore

Alondra Reyna-Lopez
Sophomore

Abby Schrobilgen
Freshman

Autumn Schutt
Freshman

Kaia Stevenson
Sophomore

Ali Straumann
Freshman

Micaela Torres
Junior

Alesandra Wiechecki Vergara
Freshman

Emma Jane Warren
Sophomore

Mariah Zupan
Junior

Visit Seminoles.com for complete rosters & bios
It began with Leon County’s green light for space utilization, a topographical map, and a couple of machete-wielding men with a passion for running and even bigger dreams back in 2008.

Fast forward to April 18, 2017; roughly nine years after the first machete was swung and eight years from the inaugural race at the Apalachee Regional Park Cross Country Course. On that date, the NCAA made dreams come true when the park was selected to host the 2021 NCAA Cross Country Championships.

“The NCAA Cross Country Championships are a true spectacle,” said Bob Braman, the Florida State track & field and men’s cross country coach. “There’s not a better course in the country than Apalachee Regional Park to come out and experience the beauty and athleticism of our sport.”

Braman is biased, but no one has a greater appreciation for the effort required to not only bring the course online, but also deliver Tallahassee just its second NCAA Championship event in any sport. After all, he and Brian Corbin, from the Gulf Winds Track Club, were wielding those machetes after Leon County gave them approval – and financial support – to build one of the nation’s elite cross country courses from a county-owned, 140-acre parcel that was once best-known as the Solid Waste Management facility just east of downtown.

Since 2009, Apalachee Regional Park – simply ‘The ARP’ to those in the running community – has been the Seminoles’ home course and a staple in their training schedule. But it has been much more.

More than 30,000 athletes, ranging from elementary school-age to professionals, have raced on the beautifully manicured course, between the FSU Invitational, seven Florida High School state championship meets, four NCAA South Region Championships, the 2015 ACC Championships, 2016 AAU Cross Country National Championship, multiple USA Track & Field National Championships and a multitude of lower-key events.

“The positive economic impact to Tallahassee has been substantial,” said Amanda Heidecker, director of sports for the Leon County Division of Tourism/Visit Tallahassee. “Since 2016, an estimated 66,000 runners, coaches and friends and families have attended events at Apalachee Regional Park. This translates directly to millions of dollars spent in Tallahassee at hotels, restaurants, shops and attractions.”

According to Leon County Tourism and its Visit Tallahassee arm charged with bringing events to the facility, cross country tourism had netted $20 million in direct spending over the first seven years of the facility. That’s a healthy return on investment of the dollars pumped into the facility, which is maintained – and continues to evolve – by Leon County.

“Florida State Athletics and Leon County have worked together to build this world class course and their hard work, on and off the course, culminated in winning this bid,” Braman said. “Getting these championships to Tallahassee has been a personal goal since we first laid it out…I knew we had something special and it’s great that Leon County, Gulf Winds Track Club and FSU all shared that vision.

“Now I’ve gotta build a team that can be a contender on our home course.”

While Braman and Corbin were the men who plotted and carved the course from undeveloped land, their dreams would not have been possible were it not for the collaborative efforts of Leon County, Florida State University and the Gulf Winds Track Club, all of whom have provided physical and financial support.

“We would not have been able to do this without that partnership,” said Leon County Administrator Vincent Long. “It also opened minds perfectly in everything we’re trying to do in our community in the area of tourism. This is just a great fit and we’re happy to be a part of it.

“One of the things that makes me most proud about this is I don’t think this could have happened if there had been a year-long plan, or a consultant’s study or 35-point plan. This happened because people could talk to each other and staff at the university and staff at the county were really able to look at what would work. We would have not had the level of expertise if we had gone out and created this facility ourselves.”

From the moment it opened, Braman and others took to calling The ARP, “Florida’s Cross Country Playground,” and for good reason. The layout can accommodate any traditional racing distance from 3,000 to 10,000 meters. It features a blend of terrains, from spacious and tightly-mowed grass fields at the start to the crushed and packed shell trails – all of which meet or exceed NCAA Championship specifications - which wind through dense woods on the north side of the course, which borders Lower Lake Lafayette.

In all, the cross country course portion of the park covers approximately 125 dedicated acres, which makes it the showcase destination.
The most recent additions to the facility include more split-rail fencing and the opening up of additional spectator areas. And there is more to come in advance of the 2021 NCAA Championships.

“Upgrades are scheduled to begin immediately following the 2019 season,” Heidecker said. “The multi-million dollar master plan includes permanent structures with space for media and support staff, as well as an awards stage and enhanced communications.

“The goal is to position ARP as the premier cross country venue in the world - and that goal is attainable.”

The course itself is already in a league of its own in terms of the racing surface.

From the huge, grassy meadow starting area, runners set off for a gap between huge Live Oak trees as the trail rolls along its downward start, before a gentle incline leads to a left bend. At this point, approximately 800 meters into the race, runners hook up with a 15-meter wide grass-sodded path, which winds through another meadow before the surface transitions to crushed and rolled shell and bends through a pine stand. Just beyond the mile mark runners will navigate a dip and a sharp return turn, moving through a heavily shaded hammock before descending to the lowest point on the course.

Over the next 800 meters the crushed shell trail parallels the lake’s edge – bounded on the south side by fencing from where fans line up to cheer on the runners - until it bends to the left. In a span of 70 meters runners make a 40-foot climb – the equivalent of a four-story building - before emerging at the meadow behind the starting line area.

The first or primary loop of the course, which measures nearly 3,000 meters, can be repeated to achieve the desired race distance. It can also be altered by accessing several additional smaller loops which branch off the main course and are identical in terms of running surface. That flexibility allows Florida State and Visit Tallahassee to lure state, regional and national-level events, including the USATF Junior Olympic Cross Country Nationals and USATF National and Junior National Cross Country Championships.

“Hosting world-class events is something that, until recently, would’ve only been a dream,” Heidecker said. “Now they’re a reality.”

Those were exactly the kind of events Braman and Corbin had in mind between swings of the machete, and also the reason Leon County has been firmly behind the endeavor.

“We’re over the moon excited,” said Leigh Davis, Leon County’s Director of Parks & Recreation, when asked about landing the NCAA Championships. “What a tribute to what we’ve been trying to build and what our staff has been doing out there, the vision, the heart and blood, sweat and tears...From my staff’s perspective it becomes a feather in their caps. They’ve all been part of the vision and made the investment. Seeing its growth from a four-foot wide trail to a national championship meet quality, just takes your breath away. They’ve taken personal pride in seeing it develop.

“And we wouldn’t have done any of this without the board of county commissioners behind it and funding us.”

Heidecker - a former Florida State runner - has been in lock-step with her alma mater through the presentation and bidding process, working alongside FSU’s facilities and cross country staffs to put on the events hosted at Apalachee Regional Park.

“There’s no doubt that teamwork builds champions,” Heidecker said. “I am extremely proud of the partnership between FSU and Leon County, and it’s one of the primary reasons for the success of Apalachee Regional Park.”

While The ARP is the crown jewel, it’s one of dozens of trails featured on the county’s Trailahassee.com website, toutng trails for running, hiking, biking and canoeing/kayaking locally. Those trails play no small role in Florida State’s ability to attract top distance talent, as the Noles have no shortage of places to train daily.

Yet there is something special about The ARP.

“Every local runner who has spent time on the Apalachee Regional Park course has a lot of pride in it - a sense of ownership - a feeling of, ‘This is our course,’” said former Seminole All-American distance runner Herb Wills. “That includes the people who run on it as well as the ones who were out there with rakes and shovels the first year when it was being carved out of the jungle. We’re so proud of it that we want to show it off. The NCAA Cross Country Championship is the one event that would best display our treasure to the world. That’s why just about every time I was at a competition at the ARPC, someone would ask me, ‘Do you think the NCAA Championships will ever be here?’ I’d have to say that I didn’t know. Now I can say yes.”
Course Evolution Ramping Up

The date - November 20, 2021 - is circled on every calendar. That day, 31 men’s and women’s teams and a total of 510 athletes, will compete at the NCAA Cross Country Championships at Apalachee Regional Park.

While the championship-ready course won’t change, the venue will include a host of new amenities, which are included in the first phase of an extensive, multi-million dollar master development plan for the entire park. Construction will commence at the conclusion of the 2019 cross country season and will include:

- A permanent building (shown above) which will feature working space for the support staff and media;
- An fixed awards stage, and;
- A finish line arch.

Also included in the initial phase, which will be completed in advance of the NCAA Championships, will be enhanced communications as well as additional cosmetic upgrades.

“The goal is to position Apalachee Regional Park as the premier cross country venue in the world,” said Amanda Heidecker, director of sports for the Leon County Division of Tourism/Visit Tallahassee. “That goal is attainable.”

These are just the latest in a long line of upgrades that have been made annually by Leon County in collaboration with Florida State since the course first came on line in 2009. The first of those came in the form of course-widening to NCAA Championship specifications, in addition to improving and maintaining the racing surface.

Leon County made a significant investment when installed more than a dozen fiber-optic locations throughout the course, enabling the instant ability to not only broadcast live events, but also provide detailed splits information.

More recently the addition of thousands of feet of split-rail fencing improved the course aesthetically, and expanded the spectator areas while improving access and egress. Permanent signage was added along the course, as well.

“Being a product of the sport has driven me to make sure student-athletes receive the highest level of event management,” said Heidecker, who completed her collegiate running career with the Seminoles before the course hosted its first event. “My passion for both FSU and the Tallahassee community always pushes me to give 110-percent when it comes to event hosting. There is a tremendous sense of pride seeing the progression from small local races, all the way to national championships.”

That source of pride is something that is shared by the FSU staff and the local community as well, and will continue to grow with the next round of improvements in the lead-up to the largest and most prestigious event the course will host in two years.

<table>
<thead>
<tr>
<th>Apalachee Regional Park Cross Country Course Records</th>
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<tbody>
<tr>
<td><strong>Male</strong></td>
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<tr>
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<td><strong>Female</strong></td>
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<tr>
<td>HS 5k</td>
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<td>College 5k</td>
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<td>College 6k</td>
</tr>
<tr>
<td>Open 6k</td>
</tr>
<tr>
<td>Open 10k</td>
</tr>
</tbody>
</table>

“I have a lot of great memories on the FSU home course at the ARP, from a lot of tough workouts that we crushed as well as from races when the old squad wore flats at regionals and still dominated the field! But even beyond my own bias, I came back... as a Pro and was a proud alumni as my new teammates admired the beautiful course. The course is a perfect championship course in my eyes, wide enough to accommodate a large group of runners, and repetitive enough that fans can see those competing multiple times during the race. It is by no means an “easy” course, as I’ve heard people complaining about the hill in the back section so many times. But the ground is well kept and smooth enough that you don’t worry about turning an ankle by stepping in a hole when you are running in a large crowd and can’t see your footing. I’ve also experienced the nightmarish weather of the midwest during the month of November too many times to wish that upon other athletes. November in Tallahassee will provide for some gorgeous cross country running, which is much more enjoyable for the competitors as well as the fans. The course has grown and developed beautifully even just in the past few years and is primed and ready to take on bigger championship races. I know Tallahassee will welcome cross country runners from all over the country to compete at NCAAs hosted at the ARP.”

- Colleen Quigley, Bowerman Track Club
3-time FSU Cross Country All-American,
ARP course record-holder
and 2016 Olympian
<table>
<thead>
<tr>
<th>Year</th>
<th>Venue</th>
<th>#. 1</th>
<th>#. 2</th>
<th>#. 3</th>
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<td>Virginia 143</td>
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<td>Clemson 345</td>
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- Participation vacated per NCAA Committee on Infractions
All-ACC

2001 Joep Tigchelaar
2002 Joep Tigchelaar
2003 Joep Tigchelaar
2004 Andrew Lemoncello*
     Ian Homabrook
     Tom Lancashire
     Eddie Rodríguez
2005 Andrew Lemoncello*
     Tom Lancashire
     Sean Burrell
     Phil Nicholls
2006 Tom Lancashire
     Andrew Lemoncello
2008 Steeve Gabart
     Matt Leeder
2009 Matt Leeder
     Ciaran O’Lionaird
     Daniel Roberts
2010 David Forrester
     Matt Leeder
     Ciaran O’Lionaird
     Wes Rickman
     Jakub Zivec
2011 Michael Fout
     David Forrester
     Breandan O Neill
     Seth Proctor
2012 Breandan O Neill
     David Forrester
     Jakub Zivec
2013 Matt Mizereck
     Bryant Biahnik
     Josh Gracia
2014 Tyler Udland
     Jack Goodwin
     Zak Seddon
2015 Harry Mulenga
     Stanley Linton
2016 Harry Mulenga
2017 David Barney
2018 Caleb Pottorff

* - ACC Individual Champion

ACC Coach of the Year

2003 Bob Braman
2010 Bob Braman

ACC Freshman of the Year

2001 Joep Tigchelaar
2009 Wes Rickman
2010 Jakub Zivec
2011 AJ del Valle

Andrew Lemoncello (above) won back-to-back ACC Championship individual titles, including the 2005 crown at FSU’s home Miccosukee Greenway course. He is the program’s only ACC champion in cross country, but one of five Noles to earn All-ACC honors three times. From top to bottom, the other four are: Joep Tigchelaar, Tom Lancashire, Matthew Leeder and David Forrester.
<table>
<thead>
<tr>
<th>Year</th>
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<th>ACC Champions</th>
<th>ACC Runner-up</th>
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Women's ACC Championships & History

- *Title vacated per NCAA Committee on Infractions*
All-ACC
1995 Kirsten Birmelin
2000 Amy Pleckaitis
2001 Vicky Gill
2002 Vicky Gill
2003 Vicky Gill
2006 Susan Kuijken
2007 *Susan Kuijken*
Barbara Parker
2008 *Susan Kuijken*
Pilar McShine
Lesli Snow
Lydia Willemse
2009 *Susan Kuijken*
Pasca Cheruiyot
Jennifer Dunn
Pilar McShine
Jessica Parry
2010 Pasca Cheruiyot
Pilar McShine
Astrid Leutert
2011 Amanda Winslow
Hannah Brooks
Jessica Parry
Violah Lagat
Colleen Quigley
Kayleigh Tyerman
2012 *Violah Lagat*
Colleen Quigley
Kayleigh Tyerman
Amanda Winslow
Georgia Peel
2013 *Colleen Quigley*
Hannah Walker
Linden Hall
Pippa Woolven
Carly Thomas
2014 *Colleen Quigley*
Linden Hall
Pippa Woolven
2015 Carmela Cardama Baez
2016 Carmela Cardama Baez
2017 Militsa Mircheva
2018 Militsa Mircheva
Elizabeth Funderburk

* - ACC Individual Champion

ACC Awards
From left to right: Violah Lagat won the first ACC Women’s Performer of the Year honor in 2012, and Colleen Quigley - the 2011 ACC Freshman of the Year - won Performer of the Year honors in 2013. Karen Harvey guided the Noles from 2007-2014 and won seven consecutive ACC Women’s Coach of the Year honors (2007-13).
## Metro Championships & History

### Men's All-Metro Honors

<table>
<thead>
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<th>Year</th>
<th>Honors</th>
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<tbody>
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<td>Donnie Cook</td>
<td>Ron Montgomery, John Hodge, Doug Overfelt, Marc Trigg, John Hodge, Herb Wills, Tom Herron</td>
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<tr>
<td>1977</td>
<td>Herb Wills*</td>
<td>Phillip Rolle</td>
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<td>1978</td>
<td>Tom Herron</td>
<td>John Hodge, Doug Overfelt</td>
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<tr>
<td>1979</td>
<td>Doug Overfelt</td>
<td>Marc Trigg</td>
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<td>1980</td>
<td>Larry Greene*</td>
<td>Herb Wills, Brett Hoffman</td>
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<td>1981</td>
<td>Herb Wills*</td>
<td>Larry Greene, Marc Trigg, Doug Overfelt, Ron Treadway, Phillip Rolle, Scott Taylor</td>
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<td>Phillip Rolle*</td>
<td>Ron Treadway, Paul Waldron, Richard Lewis, Robert Shackleford</td>
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<td>Gregg Doss</td>
<td>Paul Waldron</td>
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<td>1984</td>
<td>Greg Doss</td>
<td>Paul Waldron, Matt Famen, David Hosely, David Greene, David Keen, David Keen, Allen Williams, Jason Frank, Matthew Dobson</td>
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<td>1985</td>
<td>Matt Famen</td>
<td>Paul Waldron, Greg Doss, John Hodge, Doug Overfelt, Marc Trigg, Herb Wills, Tom Herron</td>
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<td>1986</td>
<td>David Hosely</td>
<td>Larry Greene, Doug Overfelt, Marc Trigg, Ron Treadway, Phillip Rolle, Scott Taylor</td>
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<td>1987</td>
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<td>1988</td>
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<td>Larry Greene, Doug Overfelt, Marc Trigg, Ron Treadway, Phillip Rolle, Scott Taylor</td>
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<td>1989</td>
<td>David Keen</td>
<td>Larry Greene, Doug Overfelt, Marc Trigg, Ron Treadway, Phillip Rolle, Scott Taylor</td>
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<tr>
<td>1990</td>
<td>David Keen</td>
<td>Larry Greene, Doug Overfelt, Marc Trigg, Ron Treadway, Phillip Rolle, Scott Taylor</td>
</tr>
</tbody>
</table>

* - Metro Individual Champion

### Women's Metro Championship Results

#### 1978 - @Tallahassee, Fla.

- **1st**: Florida State (43)  
- **2nd**: South Carolina (37)  
- **3rd**: Georgia Tech (35)  
- **4th**: Cincinnati (34)  
- **5th**: Memphis State (32)  
- **6th**: Tulane (19)  
- **7th**: Louisiana (17)

#### 1979 - @Memphis, Tenn.

- **1st**: Florida State (39)  
- **2nd**: South Carolina (37)  
- **3rd**: Virginia Tech (36)  
- **4th**: Memphis State (34)  
- **5th**: Cincinnati (33)  
- **6th**: Tulane (33)  
- **7th**: Saint Louis (32)

#### 1980 - @St. Louis, Mo.

- **1st**: Virginia Tech (30)  
- **2nd**: Florida State (28)  
- **3rd**: Memphis State (26)  
- **4th**: Cincinnati (26)  
- **5th**: Memphis State (23)  
- **6th**: Tulane (23)  
- **7th**: Louisiana (23)

#### 1981 - @New Orleans, La.

- **1st**: Virginia Tech (24)  
- **2nd**: Florida State (21)  
- **3rd**: Cincinnati (19)  
- **4th**: Memphis State (18)  
- **5th**: Tulane (18)  
- **6th**: Louisiana (18)  
- **7th**: Saint Louis (17)

#### 1982 - @Columbia, S.C.

- **1st**: Virginia Tech (25)  
- **2nd**: Florida State (24)  
- **3rd**: Memphis State (23)  
- **4th**: Cincinnati (21)  
- **5th**: Tulane (20)  
- **6th**: Southern Miss (20)  
- **7th**: South Carolina (19)

#### 1983 - @Tallahassee, Fla.

- **1st**: Florida State (25)  
- **2nd**: Florida State (22)  
- **3rd**: Memphis State (21)  
- **4th**: Cincinnati (20)  
- **5th**: Tulane (18)  
- **6th**: Louisiana (18)  
- **7th**: Saint Louis (17)

#### 1984 - @Columbia, S.C.

- **1st**: Virginia Tech (20)  
- **2nd**: Florida State (19)  
- **3rd**: Memphis State (18)  
- **4th**: Cincinnati (16)  
- **5th**: Tulane (15)  
- **6th**: Southern Miss (15)  
- **7th**: South Carolina (14)

#### 1985 - @Louisville, Ky.

- **1st**: Virginia Tech (18)  
- **2nd**: Cincinnati (17)  
- **3rd**: Memphis State (16)  
- **4th**: Tulane (15)  
- **5th**: Louisville (14)  
- **6th**: Florida State (13)  
- **7th**: Southern Miss (12)  
- **8th**: South Carolina (12)

#### 1986 - @Memphis, Tenn.

- **1st**: Virginia Tech (18)  
- **2nd**: South Carolina (17)  
- **3rd**: Memphis State (16)  
- **4th**: Tulane (15)  
- **5th**: Southern Miss (14)  
- **6th**: Florida State (14)  
- **7th**: South Carolina (13)  
- **8th**: Memphis State (13)  
- **9th**: Southern Miss (12)  
- **10th**: Louisiana (12)

#### 1987 - @Columbia, S.C.

- **1st**: Virginia Tech (18)  
- **2nd**: Florida State (17)  
- **3rd**: Memphis State (15)  
- **4th**: Cincinnati (13)  
- **5th**: Southern Miss (12)  
- **6th**: Tulane (11)  
- **7th**: Florida State (11)  
- **8th**: South Carolina (10)  
- **9th**: Memphis State (9)  
- **10th**: Southern Miss (8)  
- **11th**: Louisiana (8)

#### 1988 - @Hattiesburg, Miss.

- **1st**: Virginia Tech (17)  
- **2nd**: South Carolina (15)  
- **3rd**: Cincinnati (14)  
- **4th**: Florida State (13)  
- **5th**: Tulane (12)  
- **6th**: Southern Miss (12)  
- **7th**: Louisville (11)  
- **8th**: Florida State (10)  
- **9th**: South Carolina (9)  
- **10th**: Memphis State (8)  
- **11th**: Southern Miss (7)  
- **12th**: Louisiana (6)

#### 1989 - @Blacksburg, Va.

- **1st**: Virginia Tech (16)  
- **2nd**: Florida State (15)  
- **3rd**: South Carolina (14)  
- **4th**: Cincinnati (13)  
- **5th**: Tulane (12)  
- **6th**: Southern Miss (12)  
- **7th**: Louisville (11)  
- **8th**: Florida State (10)  
- **9th**: South Carolina (9)  
- **10th**: Memphis State (8)  
- **11th**: Southern Miss (7)  
- **12th**: Louisiana (6)

#### 1990 - @Cincinnati, Ohio

- **1st**: Virginia Tech (15)  
- **2nd**: Florida State (14)  
- **3rd**: South Carolina (13)  
- **4th**: Cincinnati (12)  
- **5th**: Tulane (11)  
- **6th**: Southern Miss (10)  
- **7th**: Louisville (9)  
- **8th**: Florida State (8)  
- **9th**: South Carolina (7)  
- **10th**: Memphis State (6)  
- **11th**: Southern Miss (5)  
- **12th**: Louisiana (4)
## Men's Region History & Honors

### NCAA South Region

<table>
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<td>Georgia (72)</td>
<td>Florida State (101)</td>
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<td>Mississippi (52)</td>
<td>Florida State (94)</td>
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<td>Mississippi (62)</td>
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<td>Mississippi (46)</td>
<td>Florida State (127)</td>
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<td>Florida State (128)</td>
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<td>Mississippi (45)</td>
<td>Florida State (92)</td>
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### All-South Region

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<th>2012</th>
<th>2013</th>
<th>2014</th>
<th>2015</th>
<th>2016</th>
<th>2017</th>
<th>2018</th>
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* - NCAA South Region champion

Photos from top to bottom: Brendan O Neill (left) and Jakub Zivec (right) finished side-by-side at the 2012 NCAA South Region Championships, the first contested at FSU’s Apalachee Regional Park course. Zivec was credited with the victory. In the middle photo, from left to right, Mike Fout, Brendan O Neill and David Forrester led the Noles to the 2011 South Region team title with Forrester and Fout finishing 1-2 and O Neill placing fourth in Tuscaloosa, Ala. Ciaran O’Lionaird won the 2010 NCAA South Region title in Hoover, Ala. and a week later led the Seminoles to the best NCAA Championships finish in program history as FSU was second in Terre Haute, Ind.
Clockwise from top left: Violah Lagat, Colleen Quigley and Amanda Winslow, seen here at the 2012 South Region Championship, combined for four South Region individual titles and 10 All-Region honors over the course of their careers. Vicky Gill delivered the Florida State women their first NCAA South Region individual title in 2002 and went on to earn two All-American honors. The 2013 team won in Tuscaloosa, Ala. Militsa Mircheva was the 2018 South Region champ, while Susan Kuijken won back-to-back titles (2006-07).
Men’s NCAA Championships
1981  1. UTEP (17)…  8. Florida State (257)
2005  1. Wisconsin (37)…  18. Florida State (471)
2006  1. Colorado (94)…  30. Florida State (602)
2009  1. Oklahoma St. (127)… 30. Florida State (612)
2010  1. Wisconsin (97)…  12. Florida State (348)
2011  1. Wisconsin (97)…  12. Florida State (348)
2012  1. Oklahoma St. (72)…  5. Florida State (238)
2015  1. Syracuse (82)…29. Florida State (598)
2018  1. Northern Arizona (83)…31. Florida State (845)

Individual Qualifiers
1968  Ken Misner (55th)
1969  Ken Misner (13th); Del Ramers (142nd)
1970  Ken Misner (42nd); Del Ramers (192nd)
1971  Del Ramers (128th); Robert Brooks (256th)
1980  Larry Greene (151st)
2001  Joep Tigchelaar (71st); Kim Bergdahl (208th)
2002  Joep Tigchelaar (107th)
2013  Bryant Blahnik (220th)
2016  Harry Mulenga (62nd)
2017  Michael Hall (132nd)

Women’s NCAA Championships
2002  1. BYU (85)…  28. Florida State (657)
2003  1. Stanford (120)… 18. Florida State (455)
2009  1. Villanova (86)…2. Florida State (133)
2010  1. Villanova (120)…2. Florida State (154)

Individual Qualifiers
2001  Vicky Gill (122nd)
2005  Laura Bowerman (127th)
2016  Carmela Cardama Baez (73rd)

AIAW Championships
The Association for Intercollegiate Athletics for Women (AIAW) was founded in 1971 and governed women’s athletics through the 1981-82 academic year:
1977  1. Iowa State…15. Florida State
1978  1. Iowa State…15. Florida State
1979  1. NC State…22. Florida State^  
1980  1. NC State…21. Florida State
1981  1. Iowa State…11. Florida State

^ - meet hosted by FSU at the Seminole Golf Course
### Men’s All-Time All-Americans

#### FSU All-American Performances

<table>
<thead>
<tr>
<th>Year</th>
<th>Athlete</th>
<th>Place/Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1969</td>
<td>Ken Misner</td>
<td>13th/29:57.9</td>
<td>Van Cortland Park, Bronx, N.Y.</td>
</tr>
<tr>
<td>2005</td>
<td>Andrew Lemoncello</td>
<td>21st/30:07.5</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
</tr>
<tr>
<td>2010</td>
<td>Ciaran O’Lionaird</td>
<td>18th/30:14.0</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
</tr>
<tr>
<td></td>
<td>Michael Fout</td>
<td>28th/30:20.9</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
</tr>
<tr>
<td>2011</td>
<td>David Forrester</td>
<td>16th/29:40.6</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
</tr>
<tr>
<td></td>
<td>Jakub Zivec</td>
<td>21st/29:47.7</td>
<td>E.P. “Tom” Sawyer Park, Louisville, Ky.</td>
</tr>
<tr>
<td>2012</td>
<td>Breandan O Neill</td>
<td>28th/29:52.7</td>
<td>E.P. “Tom” Sawyer Park, Louisville, Ky.</td>
</tr>
</tbody>
</table>

Above, Mike Fout pushes his way to finish line at the 2010 NCAA Championships, where the Seminoles posted a program-best runner-up finish. A one-time Foot Locker national champion, Fout finished 28th that season to earn All-American honors. A year later he placed 32nd for the Noles, becoming the first two-time All-American in program history. At the left, then FSU coach John Brogle coaxes a congratulatory smile from Herb Wills, who became the second cross country All-American for the Seminoles in 1981 with 16th-place finish. A member of the first FSU team to advance to the championships, Wills and his teammates placed eighth, which is the third-best finish all-time for the Noles. In 2012 the Noles men (below) put together the second-best finish in program history, placing fifth in Louisville, Ky.
Women's All-Time All-Americans

Darien Andreu
1981

Vicky Gill
2002, 2003

Natalie Hughes
2003

Susan Kuijken
2006-2009

Barbara Parker
2007

Pilar McShine
2008, 2010

Lesley Van Meirt
2008

Pasca Cheruiyot
2009, 2010

Amanda Winslow

Jessica Parry
2010

Hannah Brooks
2011

Violah Lagat
2012

Colleen Quigley
2012, 2013, 2014

Militsa Mircheva
2018

FSU All-American Performances

<table>
<thead>
<tr>
<th>Year</th>
<th>Athlete</th>
<th>Place/Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1981</td>
<td>Darien Andreu</td>
<td>20th / 18:28</td>
<td>Highland Golf Course, Pocatello, Idaho#</td>
</tr>
<tr>
<td>2002</td>
<td>Vicky Gill</td>
<td>15th / 20:07.4</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
</tr>
<tr>
<td>2003</td>
<td>Vicky Gill</td>
<td>11th / 20:08.5</td>
<td>Irv Warren Golf Course, Waterloo, Iowa</td>
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<tr>
<td>2003</td>
<td>Natalie Hughes</td>
<td>43rd / 20:50.1</td>
<td>Irv Warren Golf Course, Waterloo, Iowa</td>
</tr>
<tr>
<td>2006</td>
<td>Susan Kuijken</td>
<td>27th / 21:17.1</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
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<tr>
<td>2007</td>
<td>Susan Kuijken</td>
<td>3rd / 19:57.2</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
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<td>2007</td>
<td>Barbara Parker</td>
<td>7th / 20:17.0</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
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<tr>
<td>2008</td>
<td>Susan Kuijken</td>
<td>2nd / 19:34.9</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
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<tr>
<td>2008</td>
<td>Pilar McShine</td>
<td>29th / 20:34.5</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
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<tr>
<td>2008</td>
<td>Lesley Van Meirt</td>
<td>38th / 20:41.7</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
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<tr>
<td>2009</td>
<td>Susan Kuijken</td>
<td>3rd / 19:57.7</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
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<tr>
<td>2009</td>
<td>Pasca Cheruiyot</td>
<td>16th / 20:22.2</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
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<tr>
<td>2009</td>
<td>Amanda Winslow</td>
<td>39th / 20:43.7</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
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<tr>
<td>2010</td>
<td>Pilar McShine</td>
<td>29th / 20:24.4</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
</tr>
<tr>
<td>2010</td>
<td>Pasca Cheruiyot</td>
<td>17th / 20:30.7</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
</tr>
<tr>
<td>2010</td>
<td>Jessica Parry</td>
<td>22nd / 20:38.3</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
</tr>
<tr>
<td>2011</td>
<td>Hannah Brooks</td>
<td>28th / 20:18.1</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
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<tr>
<td>2011</td>
<td>Amanda Winslow</td>
<td>34th / 20:24.3</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
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<tr>
<td>2012</td>
<td>Violah Lagat</td>
<td>11th / 19:52.7</td>
<td>E.P. &quot;Tom&quot; Sawyer Park, Louisville, Ky.</td>
</tr>
<tr>
<td>2012</td>
<td>Amanda Winslow</td>
<td>17th / 20:02.4</td>
<td>E.P. &quot;Tom&quot; Sawyer Park, Louisville, Ky.</td>
</tr>
<tr>
<td>2013</td>
<td>Colleen Quigley</td>
<td>6th / 20:11.3</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
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<tr>
<td>2014</td>
<td>Colleen Quigley</td>
<td>23rd / 20:29.9</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
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</tbody>
</table>

# - AIAW All-American
CoSIDA Academic
All-Americans
2004-05 Tom Lancashire (2nd team)
2005-06 Tom Lancashire (1st team)
2006-07 Tom Lancashire (2nd team)
2008-09 Susan Kuijken (1st team)
2010-11 Ciaran O’Lionaird (3rd team)
2011-12 Hannah Brooks (1st team)
2012-13 Amanda Winslow (3rd team)
2013-14 Colleen Quigley (2nd team)
2014-15 Colleen Quigley (2nd team)

Tom Lancashire is FSU cross
country’s lone three-time CoSIDA
Academic All-American.

CoSIDA Academic
All-District
2004-05 Tom Lancashire
2005-06 Tom Lancashire
2006-07 Tom Lancashire
Andrew Lemencello
2007-08 Lydia Willemse
2008-09 Susan Kuijken
2010-11 Ciaran O’Lionaird
Jessica Parry
2011-12 Michael Fout
Hannah Brooks
Amanda Winslow
2012-13 Michael Fout
Amanda Winslow
Colleen Quigley
2013-14 Jakub Zivec
Colleen Quigley
Linden Hall
Hannah Walker
2014-15 Colleen Quigley
Linden Hall
2015-16 Chelsea Jarvis
2016-17 Shaquia Dorsett

USTFCCCA All-Academic Teams
WOMEN
1996 Florida State (3.29)
1999 Florida State (3.25)
2000 Florida State (3.27)
2002 Florida State (3.13)
2006 Florida State (3.29)
2007 Florida State (3.29)
2010 Florida State (3.06)
2011 Florida State (3.33)
2012 Florida State (3.34)
2013 Florida State (3.37)
2014 Florida State (3.36)
2015 Florida State (3.28)
2016 Florida State (3.36)
2017 Florida State (3.48)
2018 Florida State (3.59)

MEN
1996 Florida State (3.09)
2010 Florida State (3.11)
2011 Florida State (3.13)
2012 Florida State (3.21)
2013 Florida State (3.14)
2014 Florida State (3.00)
2015 Florida State (3.17)

Note: team grade-point
averages in parentheses.

2013 ACC Scholar-Athlete of the Year: Colleen Quigley

ACCC Cross Country
Scholar-Athletes Of The Year

WOMEN
2009 Susan Kuijken
2010 Jennifer Dunn
2011 Hannah Brooks
2013 Colleen Quigley

MEN
2009 Matt Leeder
2010 Michael Fout
2011 Jakub Zivec

2013 ACC Scholar-Athlete of the Year: Collen Quigley

Kuijken
Dunn
Brooks
Leeder
Fout
Zivec

USTFCCCA All-Academic
WOMEN
2000 Brooke Bastien
2005 Ali Wilshire
2006 Dave Huss
2007 Audrey Hand
2009 Jennifer Dunn
2010 Hannah Brooks
2011 Hannah Brooks
2012 Hannah Walker
2013 Colleen Quigley

MEN
2000 Brett Bastien
2005 Ali Wilshire
2006 Dave Huss
2007 Audrey Hand
2009 Jennifer Dunn
2010 Hannah Brooks
2011 Hannah Brooks
2012 Hannah Walker
2013 Colleen Quigley

2017 Emily Edwards
2018 Elizabeth Funderburk

2018 Elizabeth Funderburk

2019 Jodie Judd

2018 Elizabeth Funderburk

2019 Jodie Judd

2018 Elizabeth Funderburk

2019 Jodie Judd

2018 Elizabeth Funderburk

MEN
2005 Tom Lancashire
Andrew Lemencello
Phil Nichols
2006 Tom Lancashire
Andrew Lemencello
2009 Matt Leeder
2010 Ciaran O’Lionaird
Michael Fout
2011 Michael Fout
Seth Proctor
2012 Jakub Zivec
Seth Proctor
Tyler Udland
2015 Stanley Linton
2017 David Barney
Ivan Stolo
2018 Steven Cross
Caleb Pottorff
Ivan Stolo

Catherine Binney
Emily Edwards
Jodie Judd
Milla Mackenzie

MEN
2005 Tom Lancashire
Andrew Lemencello
Phil Nichols
2006 Tom Lancashire
Andrew Lemencello
2007 Mark Buckingham
Matt Leeder
Daniel Roberts
2008 Matt Leeder
Jason Larkritz
2009 Matt Leeder
Michael Fout
2010 Michael Fout
David Forrester
Jakub Zivec
2011 Michael Fout
Seth Proctor
2012 Seth Proctor
Paul Lacroix
Jakub Zivec
2013 Kevin Johnson
Jakiu Zivec
2014 Antony Taylor
Ortlev Tekiwa
Tyler Udland
2015 Bryce Kelley
Stanley Linton
2016 Bryce Kelley
Steven Cross
2017 David Barney
Ivan Stolo
2018 Steven Cross
Caleb Pottorff
Ivan Stolo

Catherine Binney
Emily Edwards
Jodie Judd
Milla Mackenzie

MEN
2005 Tom Lancashire
Andrew Lemencello
Phil Nichols
2006 Tom Lancashire
Andrew Lemencello
2009 Matt Leeder
2010 Ciaran O’Lionaird
Michael Fout
2011 Michael Fout
Seth Proctor
2012 Jakub Zivec
Seth Proctor
Tyler Udland
2015 Stanley Linton
2017 David Barney
Ivan Stolo
2018 Steven Cross
Caleb Pottorff
Ivan Stolo

Catherine Binney
Emily Edwards
Jodie Judd
Milla Mackenzie
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<td>Aug. 30</td>
<td>Covered Bridge Open</td>
<td>Boone, NC</td>
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<tr>
<td>Sept. 20</td>
<td>Virginia Tech Alumni Invitational</td>
<td>Blacksburg, VA</td>
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<td>Sept. 28</td>
<td>UAH Chargers Open</td>
<td>Huntsville, AL</td>
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<tr>
<td>Oct. 4</td>
<td>Joe Piane Notre Dame Invitational</td>
<td>Notre Dame, IN</td>
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<td>Oct. 11</td>
<td>FSU Invitational</td>
<td>Tallahassee, FL</td>
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<td>Oct. 18</td>
<td>Blazer Classic</td>
<td>Montevallo, AL</td>
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<td>Oct. 19</td>
<td>Under Armour Pre-National</td>
<td>Terre Haute, IN</td>
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<tr>
<td>Nov. 1</td>
<td>ACC Championships</td>
<td>Blacksburg, VA</td>
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<tr>
<td>Nov. 15</td>
<td>NCAA South Region Championships</td>
<td>Tallahassee, FL</td>
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<tr>
<td>Nov. 23</td>
<td>NCAA Championships</td>
<td>Terre Haute, IN</td>
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