

2004 MEN'S CROSS COUNTRY SEASON PREVIEW

The 2004 season for the Florida State men's cross country team should solidify fifth-year head coach Bob Braman's previous expectations. Braman is constructing a team that will compete against many national powerhouses and a program that will attract the world's best amateur competitors. Two outstanding transfers and the Florida state high school champion step onto the course this fall for the Garnet and Gold with the spirit to rise to the top of the conference and amongst the best in the nation.

"Last season, I thought we were going to be pretty good," said the 2004 Atlantic Coast Conference Men's Coach of the Year. "We

had four extremely talented newcomers, a few top seven runners with limited experience and one of the greatest runners in FSU cross country history (Joep Tigchelaar). This season, I expect us to be one of the best programs in the conference and continue our rise to national prominence. A top 10-12 national finish is certainly reasonable."

Braman has a good basis for his prediction – he returns one of two All-ACC honorees in the history of the program, four of five NCAA All-South Region honorees and all but one from a lineup that went to the NCAA National Championships for the first time in 22 seasons.

"We have incredible depth this season," said Braman. "Counting our transfers, we have five All-NCAA South Region honorees returning to the varsity lineup, many with faster times and more experience. We have a handful of student-athletes, all coming from high school programs with all-state honors or state championships, who are vying for the last few spots on the varsity team.

Junior Kevin Cook will continue to lead the Seminoles through the cross country season while sophomores Luke Beevor and Tom Lancashire will look to build upon impressive freshman campaigns. Team captain Eddy Rodriguez and two-time NJCAA Ian Hornabrook bring a high-level of intercollegiate experience, after two seasons with other programs and one in the Garnet and Gold, as well as proven running merit - with both earning NCAA South Region honors and Hornabrook taking a spot on the All-ACC team during the 2003 season.

Not only will FSU utilize the regional recipients from the 2003 season, the Seminoles add junior transfer Sean Burris, who earned south regional honors at USF and Andrew Lemoncello, the Scottish National Cross Country Champion.

"This season's squad has no limits to what they can accomplish on the course," continued Braman. "The true test will come at the NCAA Pre-Nationals, where we hope to make some noise on the national scene."

"This year's team may not have a single All-American, but we have 6-7 that can get pretty close," said Braman. "To me, that's quality depth."



2003 MEN'S CROSS COUNTRY SEASON WRAP-UP

The story of the Florida State men's cross country squad has been leadership and teamwork. Two leaders, junior Joep Tigchelaar and sophomore Kevin Cook, guided a young and talented team towards fourth-year head coach Bob Braman's goal of building one of the top programs in the nation. Tigchelaar represented the present and continued future, while Cook symbolized the program's definite and immediate future. The duo helped the team jump into the national spotlight for the first time in 22 years. FSU ended the season at the NCAA Cross Country championships and as one of the top 30 programs in the nation.

If starting off right constituted winning the first meet and placing two runners in the top five, then FSU was the textbook example. The Seminoles posted a 37-point win led by Cook who finished third, one second ahead of fourth-place finisher Eddy Rodriguez, one of the new additions to the team.

The Florida Intercollegiate Championships, hosted by Florida State, was the only home meet of the season. Cook continued to lead the newcomers by winning the event and helping the team to its second first-place finish of the season. The Noles bested fellow South Region opponent Georgia State by three points to take the tightly-contested title. Cook won the 8K event in a time of 24:51.48. Junior transfer Ian Hornabrook crossed the tape in fourth for FSU in 25:11.55, followed by fellow juniors Jim Van Veen (25:37.38) and Nate Davis (26:24.23).

The next meet, the prestigious Great American Cross Country Festival, was a big test for FSU, considering the men faced six ranked opponents - No. 3 Arizona, No. 7 Central Michigan, No. 11 Ohio State, No. 12 Michigan, No. 16 Villanova and No. 22 (and fellow ACC school) N.C. State. Tigchelaar began his emergence, finishing first for the Tribe and 16th overall, completing the 8K course in 26:14.30 followed by Hornabrook in 46th place in 26:49.2. Working as a team, Cook (27:07.01), Rodriguez (27:08.20) and freshman Luke Beevor finished 58th, 59th and 60th, respectively. Beevor crossed the mark, less than a second behind Rodriguez, scoring points in his first race of the season.

From that point on, Beevor became a strong candidate for FSU's freshman of the year. After sitting out the FLRunners.com and Disney Invitationals, Beevor competed in the NCAA Pre-Nationals meet.

The NCAA Pre-Nationals is consistently one of the biggest meets of the year for the Noles. The race allowed the Tribe to preview the national championship course and the competition as well as earn points toward an at-large bid. At the meet, FSU finished ninth overall and first among four ACC schools with six of seven runners setting personal-best marks. Tigchelaar finished 27th, 90 spots higher than last year's 117th place. Beevor again stepped up, completing the course in 24:37 for 66th place. Cook (24:39, 70th), Rodriguez (24:44, 79th) and freshman Tom Lancashire (25:23, 208th) scored points as well. Lancashire, a newcomer from Bolton, England, showed why he is the second fastest all-time 18U runner in England.

At the Atlantic Coast Conference Championships, the Noles drubbed their prior top showing of fifth with a runner up finish to perennial ACC powerhouse No. 17 N.C. State. Leading FSU's run at a conference title was Tigchelaar, who finished fourth overall and Hornabrook, who ran a personal best time of 24:39.7 to place eighth, both winning All-ACC honors for their top 10 finishes. The Seminole men improved 57 points from last season's finish and placed five runners in the top 25. Cook crossed the line in 14th

place while Beevor helped his team the most with his 18th place finish boosting FSU to its highest ever conference finish.

Head coach Bob Braman was the 2003 recipient of the ACC Men's Cross Country Coach of the Year. He was awarded the honor after Florida State finished second at the conference championships - the highest since joining the ACC in 1992.

The next meet on the list was the NCAA South Regionals, which presented the perfect opportunity to prove to the nation that the Florida State cross country program was one to be reckoned with. Coming off an historical performance at ACCs, the Noles raced to second place with Tigchelaar again at the forefront. The Macharan, Netherlands native narrowly missed first place and Regional Athlete of the Year honors, scoring .06 seconds behind overall champion, Georgia's Simon Ngota. FSU finished second as a team, after being seeded No. 2 prior to the meet, to earn its first automatic bid to the NCAA National Championships in 22 years. Joining Tigchelaar on the All-South Region team were four other Tribe members - Hornabrook (30:44.84 - 11th), Cook (30:58.17 - 16th), Rodriguez (31:00.31 - 17th) and Beevor (31:02.16 - 18th).



The last and final stop of the year was the national championships hosted by the University Northern of Iowa. In Cedar Falls, Iowa, the warm-weathered Noles were faced with temperatures around minus three degrees at race time. The Seminole men, competing against 30 of the top teams in the country, completed the race, finishing 29th overall ahead of conference foe Virginia. Tigchelaar was disqualified from the race for running outside of the course. Beevor, running with a hamstring injury, placed 100th overall and first for Florida State with a 10K course time of 31:04.8, two seconds off his season best time posted at the regional meet.

2004 CROSS COUNTRY MEN'S ROSTER

Name	Yr.	Hometown	Previous School
Luke Beevor	So.	Luton, England	Icknield
Sean Burris	Jr.	Rockledge, FL	USF
JP Cook	R-Fr.	Stuart, FL	Martin County
Kevin Cook	Jr.	Fern Park, FL	Lyman
Justin Cross	R-Fr.	St. Augustine, FL	Nease
Javier Cruz	Fr.	Miami, FL	Belen Jesuit
Nate Davis	R-Sr.	Largo, FL	Largo
Steve DiBari	R-So.	Palm City, FL	Martin County
Ian Hornabrook	Sr.	Queensland, Australia	Rend Lake College
Kenny Jesensky	R-So.	Orlando, FL	Coastal Carolina
Matt Kalinski	Sr.	Greenwich, CT	Central Connecticut State
Tom Lancashire	So.	Bolton, England	Turton
Andrew Lemoncello	Jr.	St. Andrews, England	Stirling
Alex Miletich	Fr.	Tallahassee, FL	Lawton Chiles
Chris Nickinson	R-Fr.	Pensacola, FL	Booker T. Washington
Tommy Noyes	R-Fr.	North Canton, Ohio	Hoover
Eddy Rodriguez	Sr.	Miami, FL	FIU
Herbie Thiele	R-Fr.	Tallahassee, FL	Lawton Chiles
Michael Walsh	So.	Bradenton, FL	Lakewood Ranch
A.J. Wilson	R-So.	Pensacola, FL	Pine Forest
Head Coach:	Bob Braman (Florida '80)		
Assistant Coach:	Jackie Richards (New Mexico '98)		
Graduate Assistants:	Althea Belgrave (Idaho '97), Keith Batten (USF '94)		
Administrative Assistants:	Vicky Gill (FSU '04), Peter Ormsby (Elon '98)		

