

# 2004 CROSS COUNTRY MEN'S BIOS



## EDDY RODRIGUEZ

Senior • Miami, FL

Florida International

"Steady Eddy has been a catalyst in our rise to national prominence. He has All-American potential in cross country and track."  
- Head Coach Bob Braman

**ALL NCAA SOUTH REGIONAL TEAM ('03)**

Rodriguez, a transfer from Florida International University, was one of the men Braman recruited to make an immediate change in the Noles' top seven. Adding collegiate experience and a definite scorer to the mix of Tribe veterans and newcomers, the captain of the men's team had an outstanding first season. He started the year with a fourth-place finish in a 5K course time of 15:38.1 at the Mountaineer Open, followed by a 59th place finish at the highly-competitive Great American

### RODRIGUEZ'S BESTS

3000m	8:28.70
5000m	14:39.74
8K (XC)	24:43.3
10K (XC)	29:35.53

Cross Country Festival. Towards the height of the championship season, Rodriguez had a 24:43.3 time at the Pre-National meet, his 8K personal best. He turned in a 25:24.5 time at the ACC Championships for a 22nd place finish and a 31:00.31 time at the 10K NCAA South Regional Championships. His 17th place mark at the regional meet earned him his first All NCAA South Region honor.

On the track, Rodriguez earned All-ACC honors in the 5K with a third place finish at the conference championships and spent the majority of the season with one of the top three marks in the conference in the 10K event. He ran a 10K provisional qualifying mark of 29:35.53 at the prestigious Stanford Invite.

While at FIU, Rodriguez recorded a season-best finish in the 5000m with a time of 14:44.4 at the Florida Relays. He placed first in the 5K at the 2003 Indoor Sun Belt Championships after running to a 15:18.32 mark. Rodriguez added a third-place finish in the 5K in the outdoor conference title meet finishing in a time of 15:12.93. The Miami, Fla., native helped Christopher Columbus High School to the 1997 state championship and earned all-Miami-Dade County selections for two high school seasons. Rodriguez is the brother of former All-American cross country and track and field runner, Gaby Rodriguez.



## IAN HORNABROOK

Senior • Queensland, Australia

Rend Lake College

"Ian did a phenomenal job for us last fall. His ACC and regional races were truly awesome."  
- Head Coach Bob Braman

**ALL NCAA SOUTH REGIONAL TEAM ('03)**

**ALL ACC TEAM ('03)**

Hornabrook, a two-time NJCAA Division II Cross Country Champion, transferred from Rend Lake College in Ina, Ill. The Queensland, Australia native has been a catalyst for FSU, with the height of his season coming at the ACC Championships where he finished eighth overall in a time of 24:39.7, setting a personal-best record and earning All-ACC honors his first time. Hornabrook is only the second Seminole to earn this honor. Hornabrook followed that great race with another, finishing eleventh at the NCAA South Region meet, earning region team honors. An illness slowed him down at the national championships, crossing the tape in 151st place, still running in the four position.

### HORNABROOK'S BESTS

5000m	14:11.82
8K (XC)	24:39.4
10K (XC)	30:44.8
1500m	3:49.2
3000m	8:18.6
3000m Steeplechase	9:04.9

In 2003, Hornabrook added a 12th-place finish (15:56.9) at the Mountaineer Open, a fourth-place finish (25:11.55) at the Florida Intercollegiate Championships and placed 46th finish (26:49) at the prestigious

Great American Cross Country Festival. During the indoor and outdoor track seasons, he continued to build on his cross country success, recording the seventh fastest 5K time in school history. Hornabrook added two All-ACC honors in the spring, earning a spot for third place in the 1-mile, as a winning leg of the distance medley relay, and second outdoors in the 3000m steeplechase.



**LUKE BEEVOR**

Sophomore • Luton, England  
Icknield

"Big Luke's heart and talent match his considerable size. He is the cornerstone of the cross country future at Florida State."— Head Coach Bob Braman

**ALL NCAA SOUTH REGIONAL TEAM ('03)**

Beevor made an immediate impact in his first season of college competition participating in five meets toward the end of the season for the Noles. Beevor helped his team the most with his 18th place finish at the ACC Championships meet, boosting FSU to its highest ever conference finish. Beevor performed at his best at the biggest meets, running at the number two position for the Noles in both the NCAA National Championships and NCAA Pre-National meets. At ACC Championships, the newcomer raced with an injured leg, placing among the top four Noles and top 20 overall. At the NCAA South Regionals meet, Beevor helped the Tribe to a second-place finish and automatic bid to nationals, running a collegiate best time of 31:02.16. Beevor returns to the program after finishing in second place at the AAA Under-23 Meet during the summer of 2004.

**BEEVOR'S BESTS**

8K (XC) . . . . .	24:36.8
10K (XC) . . . . .	31:00
1500m . . . . .	3:49
3000m . . . . .	8:17
5000m . . . . .	14:25

Prior to his beginnings in Tallahassee, Beevor competed in a variety of international cross country and track and field races. After placing 19th at the European Junior Championships, he finished third in a time of 8:29.26 at the 2002

English Schools Track and Field Championships, earning eighth overall in the United Kingdom Under-20 3K rankings. His father, Mike Beevor, ran for England in the International Cross Country Championship in 1973 (75th) and 1974 (36th).



**TOM LANCASTHIRE**

Sophomore • Bolton, England  
Turton

"Tom had a phenomenal freshman track campaign, making both the NCAA and World Junior 1500m finals. Now he wants that kind of success in Cross Country. He can be a force on the grass as he is on the track."— Head Coach Bob Braman

Lancashire has been a welcomed addition to the Noles' squad, helping the men to their first NCAA National Championships berth in 22 years. The Bolton, England native ran a season best 10K time at the NCAA South Regionals, completing the course in a time of 31:35.00. He posted a time of 26:18.1 for the 8K course at the NCAA Pre-Nationals meet. He scored in the top five for FSU at the National Championships with his 161st-place finish (31:43 10K). Lancashire was the top NCAA 1500m recruit in 2002 due to his tremendous

prep career. His 3:44.61 time is the second fastest under-18 all-time in England. He won the silver medal at the European Junior National Championships in the 1500m event. Lancashire represented England at the 2003 World Cross Country Championships.

**LANCASHIRE'S BESTS**

800m . . . . .	1:48.59
1500m . . . . .	3:47.04
8K (XC) . . . . .	26:01.5
10K (XC) . . . . .	31:35

On the track, Lancashire was more impressive, finishing in ninth place at his first NCAA Outdoor Track and Field Championships - one place shy of All-America honors. He led

the middle distance corps of the Seminole lineup with the top two times in the 800m dash and the top five in the 1500m run. He posted a school record time of 4:04.33 at the Adidas Invite, breaking the indoor record that stood for 25 seasons (Cliff Cook - 4:05.60 - 1979). He ran a then-collegiate best mark of 3:43.31 in the 1500m at the Georgia Tech Invitational, which ranks him third fastest all-time in the event. His 800m mark is the ninth fastest all-time. Lancashire was named to the 2004 All-Atlantic Coast Conference Outdoor Track and Field Recipients for his third place finish in the 1500m in a time of 3:47.04. During the indoor season, he took home All-ACC honors for his second place finish in the mile run and as the anchor leg of the conference winning distance medley relay team.

Over the summer, Lancashire broke the FSU school record in the 1500m run at the 2004 IAAF World Junior Championships, posting a personal best mark of 3:42 during the semifinals and finished sixth in the finals. The mark shattered a 18-year old record held by former Seminole Ocky Clark. He was the AAA under-20 National Champion in the 1500m in 2003 and 2004.



**KEVIN COOK**

Junior • Fern Park, FL  
Lyman

"Kevin has All-American ability. We'll lean on him heavily to lead us this fall."  
— Head Coach Bob Braman

**ALL NCAA SOUTH REGIONAL TEAM ('03)**

Since the fall of 2002, Cook has grown into a fierce competitor and leader for the Florida State Seminoles. During the 2003 season, he helped anchor a young team to its first national championship appearance in 22 seasons. Cook provided solid scoring in the Seminoles top five for seven meets. The Fern Park, Fla., native has scored in the top five for FSU in all but one event he has run in during the past two years.

Cook ran a personal collegiate best at the 2003 NCAA Pre-Nationals Meet with a time of 24:38.4 to help Florida State to a

**COOK'S BESTS**

1500m . . . . .	3:51.17
5000m . . . . .	14:25.85
8K (XC) . . . . .	24:38.4
10K (XC) . . . . .	30:58

ninth-place finish - the second highest in school history. He earned his first NCAA All-South Region honor with his 16th place

finish in a personal best time of 30:58 for the 10K course. The former Lyman standout helped his young teammates to an ACC runner-up finish with a 14th place mark, up from 35th place during his freshman year. Cook won the Florida Intercollegiate Championships, FSU's only home meet of the season, and placed third overall at the Mountaineer Open. At the NCAA Championships, he completed the 10K course in a time of 32:24.3.


During an impressive freshman campaign, Cook turned in his strongest performance with a 35th overall finish at the NCAA South Regionals. His best finish on the 8K trail was 10th at the Seminole Invitational where he had a then collegiate-best time of 26:18 to help the Tribe in the team victory. Cook came to FSU following a prep career in cross country and track at Lyman High School. His father, Donnie, was a standout FSU cross country and track runner in the 1970s. He intends on majoring in sport management.

redshirting during the 2002 cross country season, Jesensky had a stellar track season, running personal bests in the 800m (1:55.30) and 1500m

JESENSKY'S BESTS	
8K (XC) . . . . .	26:20
800m . . . . .	1:51.6
1500m . . . . .	3:55.2
3000m . . . . .	8:42

(3:56.02) at the Georgia Tech Invite. He finished in the top ten in the 800m and 1500m runs at the BSC Outdoor Championships. He picked up event wins at the Coastal Carolina Opener

and the Coastal Classic in the 3K during the indoor season. In high school, Jesensky competed on the national level in both cross country and track. He left Dr. Phillips High School as the only athlete to compete in four consecutive cross country state championships, including a third place honor during his senior season. A third-team All-State runner in cross country as a senior, he holds the school records in the 800m, 1600m and as a leg of the 4x800m relay.




### SEAN BURRIS

**Junior • Rockledge, FL**

USF


*"Burris is a transfer south region honoree who is expected to have an immediate bearing on how we fare over the course of the season."*  
- Head Coach Bob Braman



**ALL NCAA SOUTH REGIONAL TEAM ('03)**

Burris is expected to contend for one of the top seven spots in the men's varsity rotation, having earned All-Region honors during cross country season as a freshman at USF. At the 2003 NCAA South Region Championships, he recorded a personal best 10K time of 31:11, finishing 24th. During his stint with the Bulls, Burris ran a personal best 8K at the Auburn Invitational with a time of 25:14. At the Conference USA Cross Country Championships, Burris turned in a 26th place finish, helping USF to sixth place. On the track, the Rockledge, FL, native earned All-Conference honors after crossing the tape sixth in the 3000m steeplechase. He ran a leg of the USF school record setting 4x800m relay team. Burris earned All-State honors during his junior and senior seasons at Rockledge High School in addition to the nine varsity letters he picked up before graduating in 2003. Burris intends on majoring in business.

BURRIS' BESTS	
5000m . . . . .	15:21
8K (XC) . . . . .	25:14
10K (XC) . . . . .	31:11




### ANDREW LEMONCELLO

**Junior • St. Andrews, England**


Stirling

*"Lemoncello should be an impact athlete for cross country and track. He's a potential All-American in both which is something we are ecstatic about."*  
- Head Coach Bob Braman



Lemoncello is expected to make an immediate impact on the Seminoles starting seven. The 16-time national champion from Madras College and Stirling University was a member of the European Cross Country Team Gold. Lemoncello finished eighth in the World Mountain Running Championships, representing Scotland at the event five times. He finished third at the British University Cross Country Championships in 2004. Lemoncello owns personal bests in the 3000m steeplechase with a time of 8:47, a mark that would have earned him an at-large bid to nationals. His mother, Phyllis was a national cross country champion. Lemoncello trained with the same club and coach as former Seminole All-American Vicky Gill.

LEMONCELLO'S BESTS	
3000m Steeplechase . . . . .	8:47
5000m . . . . .	14:28
10K (XC) . . . . .	29:55




### KENNY JESENSKY

**(R) Sophomore • Orlando, FL**

Dr. Phillips

*"Kenny is a very promising middle distance runner who has the talent to help us in cross country."*  
- Head Coach Bob Braman



Jesensky will fill a role within the Seminole lineup that top returnees Ian Hornabrook and Eddy Rodriguez stepped into last season, transferring into a program with the expectation of an immediate impact. Despite

# 2004 CROSS COUNTRY MEN'S BIOS



## ALEX MILETICH

Freshman • Tallahassee, FL  
Lawton Chiles

"He's a Florida high school state champion who will be the cornerstone of our program for years to come."  
— Head Coach Bob Braman

One of the top cross country recruits in the state, Miletich will join the Seminole program after winning the 2004 Class 3A Cross Country team and individual titles. He anchored the first cross country and track and field state titles for his high school, leading Chiles to the team championships

### MILETICH'S BESTS

3200m	9:22
1500m	3:57.9
1600m	4:17
5K (XC)	15:24

in just five short years of existence. The cross country team finished the season ranked No. 17 in the country and No. 1 in the Southeast region (The Harrier). The Gulf Winds Track Club 2002 Cross

Country Athlete of the Year finished amongst the best on the track during his senior season, taking top six in the 1600m and 3200m runs.



## CHRIS NICKINSON

(R) Freshman • Pensacola, FL  
Booker T. Washington

"Chris is a speed distance runner with great versatility. His main focus is to be a sub-4 miler but he'll also be a cross country force in the coming years."  
— Head Coach Bob Braman

Nickinson was an all-state honoree in cross country as a senior at Booker T. Washington High School. He was ranked among the top 10 runners in Florida in three track events – 1500m (third), 1600m (ninth) and 3200m (seventh). Nickinson finished third in the boy's Class 3A 1600m run at the 2003 FHSAA Championships and fifth in the event at the 2002 FACA Senior All-Star Cross Country Meet. During his final two seasons, the Pensacola, Fla., native also earned all-state in track (1600m) and was named to the All-Panhandle Cross Country team. The communications major was also a member of the National

### NICKINSON'S BESTS

1500m	3:52.33
1600m	4:18.56
3200m	9:23.37
4-mile	19:57

Society in high school. Nickinson redshirted his first season of cross country at Florida State.

In track and field, Nickinson added depth to the middle distance area, competing in

the 1500m run for the Seminoles. He ran a collegiate best time of 3:52.33 at the Yellow Jacket Invite to finish tenth in the 1500m event. He won the 1500m title at the Seminole Invite in 3:52.77. During the indoor season, he ran the 3K and the mile run with two of the top ten Tribe times in the 3000m event.



## MICHAEL WALSH

Sophomore • Bradenton, FL  
Lakewood Ranch

"Mike did a great job as a true freshman last year and should be a good bet to crack the Top 7 for the championship meets this season."  
— Head Coach Bob Braman

Walsh's Seminole debut came at the 2003 NCAA South Regional Championships where he crossed the line in an 8K time of 32:30.33. He came to FSU as the state runner up in the Class 3A 3200m event as a senior at Lakewood Ranch High School. In his senior year, Walsh

### COLLEGIATE BESTS

5000m	14:56
8K (XC)	25:51.95
10K (XC)	32:30.3
4-mile	19:50

was considered the third fastest 3200m runner in the state of Florida. He also ranked 12th in the 1600m event (4:19.66). He garnered all-state track honors during his

final campaign in Bradenton, Fla. Walsh also earned all-county and region honors in cross country. He ran an 8K personal-best time at the Disney Invitational, running unattached, finishing in 25:51.95 for 14th place. In 2004, Walsh took the track at the Seminole Invite and FSU Relays, taking top five in the 3200m run and the 5000m event, respectively. At the Florida dual meet, he put points on the board with a third place showing. With limited competition during the indoor season, Walsh ran the 3K at three events – the Adidas Invite, Gator Invite and the ACC Championships. He helped the men's team to its second consecutive indoor conference championship in the 8:57.43 in the 3K.



## A.J. WILSON

(R) SOPHOMORE • Pensacola, FL  
Pine Forest

"We really missed A.J. last season, but we welcome his return. A.J. is Kevin Cook's matching bookend in the future of our distance program."  
— Head Coach Bob Braman

Wilson, who broke his foot at the beginning of the 2003 season, entered FSU in 2002 as a highly-regarded runner from Pine Forest High School in Pensacola, Fla. He earned multiple all-state honors in both cross country and track. He saw action in three meets his freshman season, finishing in the top seven for the Seminoles in each. His top performance in 2002

### COLLEGIATE BESTS

8K (XC)	26:35
1500m	3:52.73
3000m	8:29
5000m	14:38.7

came at the Seminole Invitational where he placed sixth for FSU and 15th overall with a collegiate-best 8K time of 26:35. Wilson intends to major in civil engineering.