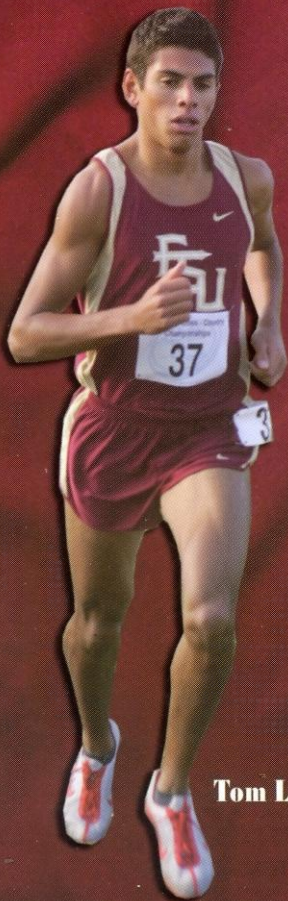




Kirsten Hagen



Andrew Lemoncello



Tom Lancashire



Laura Bowerman

2005 CROSS COUNTRY ACCOLADES

2005 NCAA South Region Men's Coach of the Year
Bob Braman

NCAA All-American
Andrew Lemoncello

Atlantic Coast Conference 10K Cross Country Champion
Andrew Lemoncello

2005 NCAA National Championships
Men's Team 18th place

2005 NCCA South Region Championships
Men's Team 2nd place, Women's Team 3rd place

2005 NCAA All-South Region Team

Men
Andrew Lemoncello
Tom Lancashire
Sean Burris
Phil Nicholls
Kevin Cook

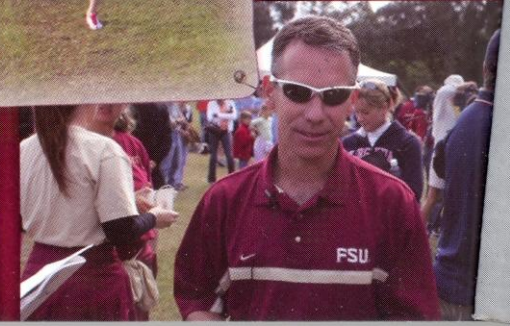
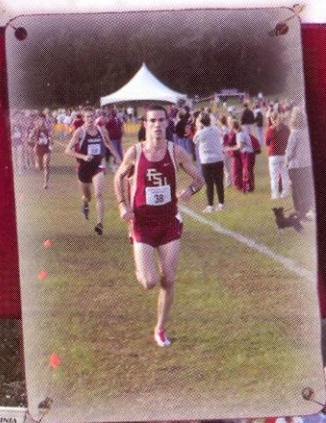
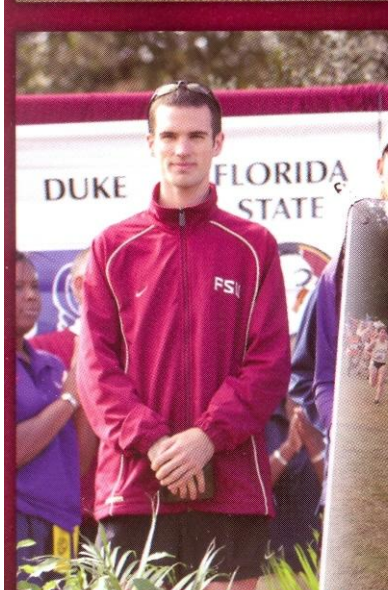
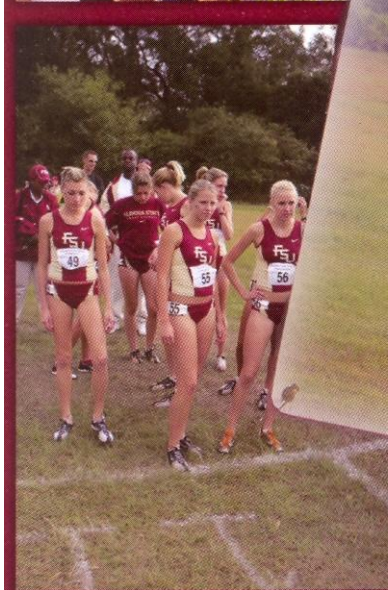
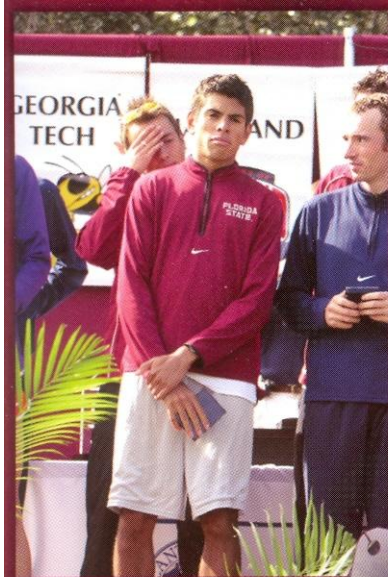
Women
Laura Bowerman
Abi Wilshire

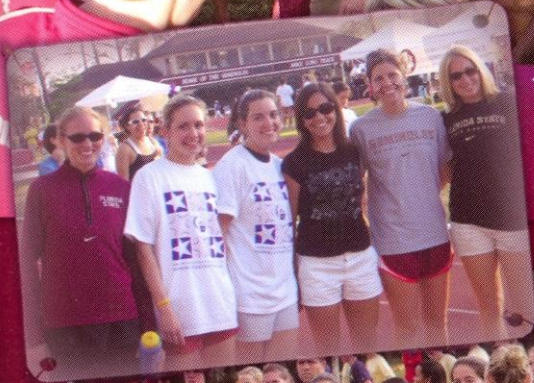
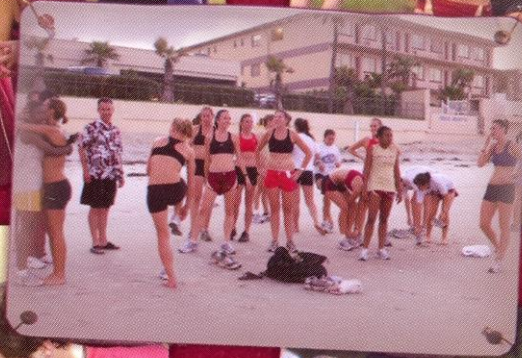
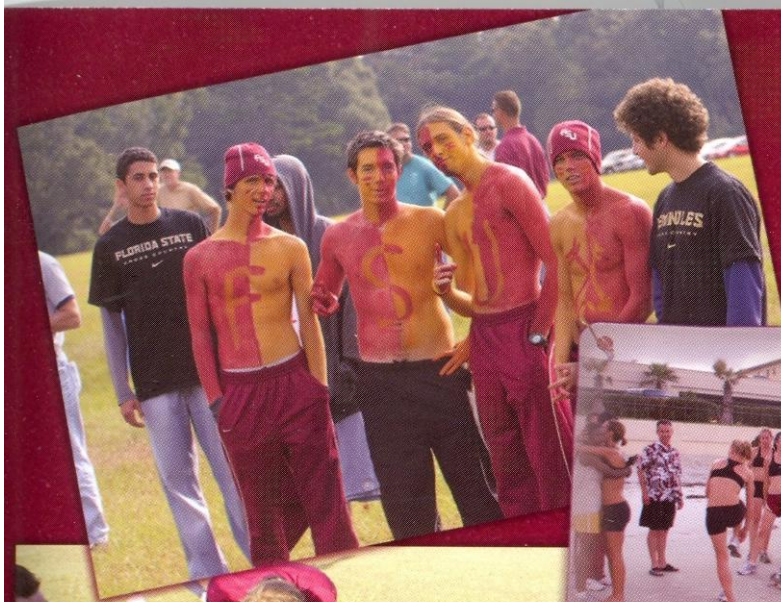
2005 Atlantic Coast Conference Championships
Men's Team 2nd place, Women's Team 7th place

2005 All-Atlantic Coast Conference Team

Andrew Lemoncello
Tom Lancashire
Sean Burris
Phil Nicholls

Atlantic Coast Conference Performer of the Week
Andrew Lemoncello (September 19 and October 3)





2006 SCHEDULE

September

- 1..... Appalachian State InvitationalBoone, NC
16..... Across the State RelayDaytona Beach, FL
23..... Great American Invitational (B-Team)...Birmingham, AL
29..... Notre Dame InvitationalSouth Bend, IN
30..... Auburn (B-Team)Auburn, AL

October

- 7..... FSU InviteTallahassee, FL
14..... NCAA Pre-Nationals MeetTerre Haute, IN
28..... ACC ChampionshipsCharlottesville, VA

November

- 11..... NCAA South Region ChampionshipsKnoxville, TN
20..... NCAA National ChampionshipsTerre Haute, IN



Luke Beevor



Abi Wilshire