

2019 South Region Notes

Women's Roster

Rebecca Clark	Fr.	Mount Dora, Fla./The Villages
Addi Coggins	RS-Soph.	Franklin, Tenn./Independence
Elizabeth Funderburk	Soph.	Moultrie, Ga./Colquitt County
Jodie Judd	Jr.	Canvey Island, England/The King John VI
Megan Mooney	Sr.	Thornton, Colo./Horizon
Ava Peeples	Fr.	Dallas, Texas/Lake Highlands
Lauren Ryan	Jr.	Brighton, Australia/Villanova
Maudie Skyring	Jr.	Wollongong, Australia/Wollongong Univ.

Pronunciations

Addi Coggins

Add-eee

Ava Peeples

A-vuh

Maudie Skyring

Maw-dee

Know the Noles

Rebecca Clark...first-year Florida prep product has been rock-solid...was 41st in her ACC Championships debut...opened eyes with 17:22 to finish fourth in open race at the Joe Plane Notre Dame Invitational...was team's No. 5 scorer at Pre-Nationals in her first career 6k race (21:14)...owns track PBs of 10:18.11 (3200) and 17:16.33 (5000).

Addi Coggins...redshirt soph finished 37th in her first ACC XC Championships...ran 16:56 (33rd) at Joe Plane Notre Dame Invite...was 26th at Pre-Nationals (20:41), both in career-best times...was No. 2 scorer at Pre-Nats... missed entire '18 cross country season... rebounded on track with PBs of 4:24.60 (1500) and 16:30.49 (5000).

Elizabeth Funderburk...sophomore was a career-best 8th at the ACC Championships, moving up seven spots from freshman year... had breakout 11th-place finish at Pre-Nationals in 6k PB (20:29.1)...had a long season on the track competing in the 10,000...posted No. 6 time in FSU history (33:31.05) and capped year with 10,000m silver medal repping USA at the NACAC Championships in Mexico.

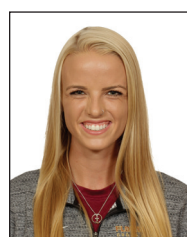
Jodie Judd...junior is riding a momentous summer into the fall postseason...coming off career-best 23rd-place finish at ACC Championships...scored UAB Blazer Classic victory after a strong performance at Notre Dame...won the England Athletics U23 5000 title, followed by a sixth-place European U23 finish in PB (15:51.56) - No. 4 in FSU history...two-time All-Region cross country performer.

Megan Mooney...lone senior on roster recorded career-best 29th-place finish at ACC Championships...has been on a roll since her big finishing kick helped Noles to the 2018 South Region title...posted four PBs on the track in 2019... fixture in top five this fall, highlighted by strong showing at Pre-Nationals.

Ava Peeples...has followed decorated prep career with a solid freshman campaign...placed 40th in first ACC Championships...finished 8th in open race at Joe Plane Notre Dame Invitational... followed with 6th-place finish at UAB Blazer Classic in her first 6k performance (21:04.37).

Lauren Ryan...junior transfer from Villanova was a 6x All-Big East performer...led the Noles with a 6th-place ACC Championships finish... competed at 2017 NCAA Championships...former Australian Junior National cross country champ... won ACC Performer of the Week honors following Noles debut.

Maudie Skyring...junior from Australia has followed breakout 2018 season by becoming fixture in Noles' top-three...collected All-ACC honors for the first time, placing 10th...scored 6k PB at Pre-Nationals to place 35th...an All-ACC performer on the track with NCAA-level 1500 chops.



Rebecca Clark #181

Covered Bridge (5.2k) 18:47.03 (10)
Joe Plane ND (5k-Open) 17:22.42 (4)
UA Pre-National (6k) 21:14.4 (79)
ACC Champs (6k) 21:52.9 (41)

6k PB: 21:14.4

Top South Region Finish: first app.



Addi Coggins #182

Covered Bridge (5.2k) 18:37.63 (9)
Joe Plane ND (5k) 16:56.03 (33)
UA Pre-National (6k) 20:41.8 (26)
ACC Champs (6k) 21:42.7 (37)

6k PB: 20:41.8

Top South Region Finish: 75th, 2017



Elizabeth Funderburk #184

Covered Bridge (5.2k) 18:04.95 (6)
Joe Plane ND (5k) 16:49.47 (23)
UA Pre-National (6k) 20:29.1 (11)
ACC Champs (6k) 21:03.0 (8)

6k PB: 20:29.1

Top South Region Finish: 8th, 2018



Jodie Judd #185

Joe Plane ND (5k) 16:48.77 (22)
UAB Blazer Classic (6k) 20:36.17 (1)
ACC Champs (6k) 21:31.0 (23)

6k PB: 20:20.1

Top South Region Finish: 10th, 2017



Megan Mooney #186

Covered Bridge (5.2k) 18:04.44 (5)
Joe Plane ND (5k) 17:13.60 (63)
UA Pre-National (6k) 20:59.9 (57)
ACC Champs (6k) 21:38.7 (29)

6k PB: 20:51.5

Top South Region Finish: 18th, 2018



Ava Peeples #187

Covered Bridge (5.2k) 18:50.58 (14)
Joe Plane ND (5k-Open) 17:33.75 (8)
UAB Blazer Classic (6k) 21:04.37 (6)
ACC Champs (6k) 21:49.4 (40)

6k PB: 21:04.4

Top South Region Finish: first app.



Lauren Ryan #189

Covered Bridge (5.2k) 18:02.85 (2)
Joe Plane ND (5k) 16:56.31 (34)
UA Pre-National (6k) 21:22.1 (88)
ACC Champs (6k) 21:00.9 (6)

6k PB: 20:30.6

Top South Region Finish: first app.



Maudie Skyring #190

Covered Bridge (5.2k) 18:02.89 (3)
Joe Plane ND (5k) 16:41.56 (17)
UA Pre-National (6k) 20:44.9 (35)
ACC Champs (6k) 21:04.6 (10)

6k PB: 20:44.9

Top South Region Finish: 11th, 2018

2019 South Region Notes

Men's Roster

Steven Cross	Sr.	Merritt Island, Fla./Merritt Island
Tyler Dau	RS-Soph.	Geneva, Ill./Geneva Community
Silas Griffith	Jr.	Ridgefield, Wash./Lipscomb
Jacob Holmes	RS-Fr.	Auckland, New Zealand/Sacred Heart
Kasey Knevelbaard	Grad	Caruthers, Calif./Southern Utah
Matthew Newland	Soph.	Tallahassee, Fla./Chiles
Caleb Pottorff	RS-Soph.	Fort Pierce, Fla./Lincoln Park Academy
Paul Stafford	Soph.	Lake Wales, Fla./Lake Wales

Pronunciations

Tyler Dau	Dow	Caleb Pottorff	Pot-orff
Kasey Knevelbaard	Keh-naval-bard	Coach Bob Braman	Bray-man

Know the Noles

Steven Cross...senior matched his career-best ACC Championships finish (31st)...nicely rounding into form for the postseason after missing the entire 2019 track seasons...followed fastest 5-mile of his career at Notre Dame with strong Pre-National effort...one of three returning All-Region performers.

Tyler Dau...redshirt sophomore was 108th in ACC debut...season began strong with a pair of top-10 performances, including 8k PB at Virginia Tech course on Sept. 20...fitness level positions him to aid Noles' tightly-knit chase pack.

Silas Griffith...junior transfer from Lipscomb was 38th at Region last year for former school...was 39th in his first ACC Championships...coming off back-to-back personal-best efforts at Notre Dame and Pre-Nationals...was No. 3 scorer for Noles in Terre Haute; part of tight four-pack instrumental in sixth-place team finish...two-time All-ASUN selection makes his ACC debut.

Jacob Holmes...was solid in the sixth position for the Noles at ACC, placing 65th...redshirt freshman earned ACC Performer of the Week honors after posting 8k PB at the FSU Invitational...New Zealand native looking to regain form that helped his team to a pair of secondary school titles and the Auckland U18 cross country club crown.

Kasey Knevelbaard...grad transfer from Southern Utah has been Noles' top runner throughout season...climbed to 13th-place ACC finish after hard spill in first mile...has look of a strong All-American candidate for the first time in cross country based on finishes at Notre Dame (19th) and Pre-Nats (15th)...an ACC individual title contender, he has a pair of head-to-head wins over defending champion Peter Seufer this season...two-time NCAA podium finisher on the track has PBs of 3:58.5 (mile) and 3:40.3 (1500).

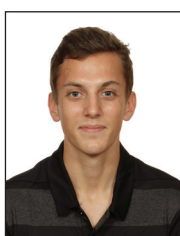
Matthew Newland...sophomore gained valuable experience a year ago in championship season...battling to regain early-season competitive edge...was career-best 82nd at ACC meet...was Noles' No. 5 scorer at Virginia Tech in September...could be real asset as Noles eye back-to-back NCAA Championship trips.

Caleb Pottorff...coming off a 56th-place ACC finish...finish aside is fine-tuning for a strong postseason based on workouts and rock-solid 50th-place showing at Pre-Nats...has been brought along slowly after injury-marred 2019 track season.

Paul Stafford...a top-five scorer for the Noles throughout the 2018 season, has twice been the No. 2 scorer in 2019...posted breakthrough 17th-place ACC finish for first All-ACC honor...that followed an 8k PB at Pre-Nationals, which followed a 5-mile PB at Notre Dame...has designs on All-ACC performance.



Steven Cross #430
 Va Tech Alumni (8k) 25:34.0 (14)
 Joe Plane ND (5m) 24:18.23 (59)
 UA Pre-National (8k) 24:31.9 (61)
 ACC Champs (8k) 25:11.2 (31)
8k PB: 24:10.1
Top South Region Finish: 17th, 2018



Tyler Dau #431
 Covered Bridge (8k) 25:36.37 (5)
 Va Tech Alumni (8k) 24:59.3 (9)
 Joe Plane ND (5m) 25:21.45 (138)
 UA Pre-National (8k) 25:16.0 (146)
 ACC Champs (8k) 27:04.9 (108)
8k PB: 24:59.3
Top South Region Finish: first app.



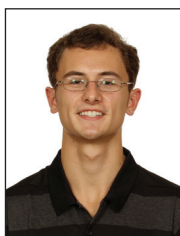
Silas Griffith #433
 Va Tech Alumni (8k) 24:55.6 (6)
 Joe Plane ND (5m) 24:30.29 (77)
 UA Pre-National (8k) 24:30.5 (59)
 ACC Champs (8k) 25:18.0 (39)
8k PB: 24:30.5
Top South Region Finish: 38th, 2018*
** for Lipscomb*



Jacob Holmes #434
 Covered Bridge (8k) 26:06.15 (10)
 Va Tech Alumni (8k) 25:58.3 (26)
 Joe Plane ND (5m) 25:28.57 (145)
 FSU Invitational (8k) 25:10.3 (11)
 ACC Champs (8k) 25:38.1 (65)
8k PB: 25:10.3
Top South Region Finish: first app.



Kasey Knevelbaard #435
 Covered Bridge (8k) 24:58.48 (1)
 Va Tech Alumni (8k) 24:30.4 (2)
 Joe Plane ND (5m) 23:46.04 (19)
 UA Pre-National (8k) 23:47.3 (15)
 ACC Champs (8k) 24:45.9 (13)
8k PB: 23:47.3
Top South Region Finish: first app.



Matthew Newland #436
 Va Tech Alumni (8k) 25:16.7 (11)
 Joe Plane ND (5m) 25:07.29 (129)
 UA Pre-National (8k) 26:20.2 (231)
 ACC Champs (8k) 26:06.8 (82)
8k PB: 25:07.5
Top South Region Finish: 48th, 2018



Caleb Pottorff #437
 Covered Bridge (8k) 25:34.43 (4)
 Va Tech Alumni (8k) 25:39.1 (16)
 Joe Plane ND (5m) 24:26.18 (70)
 UA Pre-National (8k) 24:27.0 (50)
 ACC Champs (8k) 25:30.5 (56)
8k PB: 23:58.5
Top South Region Finish: 9th, 2018



Paul Stafford #438
 Va Tech Alumni (8k) 24:57.0 (7)
 Joe Plane ND (5m) 24:10.41 (41)
 UA Pre-National (8k) 24:33.2 (62)
 ACC Champs (8k) 24:51.1 (17)
8k PB: 24:33.2
Top South Region Finish: 21st, 2018