

FLORIDA STATE UNIVERSITY

SPORTS INFORMATION

FOR IMMEDIATE RELEASE

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DATE: October 30, 2004

LEMONCELLO WINS ACC CHAMPIONSHIPS

Junior Andrew Lemoncello won the men's league title while the freshman duo of Bowerman and Hagen led the Seminole women to a sixth-place finish.

College Park, Md. – Junior Andrew Lemoncello (St. Andrews, Scotland/Stirling) won the first Atlantic Coast Conference Cross Country Men's Championship in Florida State school history on Saturday, October 30, 2004 at the University of Maryland Golf course in College Park. Lemoncello led for the majority of the race but was surpassed by a runner from N.C. State with less than 1000 meters left in the race.

"I can't say enough about (Andrew)," said head coach Bob Braman. "It's so hard for someone to go from leading the race to getting caught to come back – it's unbelievable.

The No. 11 FSU men were edged by a single point in the team placing, taking second place for the second time in conference championships history to perennial champion N.C. State. The men's team posted the lowest point total (48) in their 13 seasons of ACC competition and it was the closest finish in league history. FSU set a school record with the most All-ACC cross country selections (4). Lemoncello, who won three ACC Performer of the Week honors, is the first Seminole to win the individual league championship.

This is classic cross country, probably the best meet you would want to watch. It was one point either way between the top two teams. We took the initiative and went out really hard. It wasn't planned that way but we got so emotional that we just went out there and ran hard. Halfway through the race we were dead in the water - N.C. State really had us. But then our seniors grouped together and worked really hard through the rest of the race. It was really close.

Senior Ian Hornabrook (Southport, Australia/Rend Lake College) finished seventh in 24:56.9 to earn his second All-ACC honor in as many seasons. Sophomore Tom Lancashire (Bolton, England/Turton) was the third finisher, taking 11th place in 25:01.0. Senior captain Eddy Rodriguez (Miami, FL/FIU) was right behind Lancashire, with a mark of 25:01.3 and 12th place. Junior Kevin Cook (Fern Park, FL/Lyman) rounded out the top five scorers in 25:24.2 and 17th place. Cook narrowly missed the All-ACC team by two spots.

"We had four guys make All-ACC," Braman continued. "Ian Hornabrook had a great race. He's never failed to make All-ACC in two attempts. He comes into the race as our fifth guy and finishes in seventh place overall. Tom and Eddy ran great too. If you look at last year's results, Tom was 40th. I just can't say enough about our group."

Redshirt freshman J.P. Cook (Stuart, FL/Martin County) crossed the line in 26:01.0 (27th place), junior Sean Burris (Rockledge, FL/USF) was sixth for FSU in 26:03.6 (29th place) and sophomore Mike Walsh (Bradenton, FL/Lakewood Ranch) was eighth in 26:17.0.

The women's team finished in sixth place with 168 points, five points behind fifth place Virginia, for the third time in Seminole history that the team finished in sixth place.

Freshman Laura Bowerman (Temple Terrace, FL/King) crossed the finish line first for the Seminoles for the first time in her collegiate career. She recorded a 22:52 mark, good for 19th place. Rookie Kirsten Hagen (Blacksburg, VA/Christiansburg) was second for FSU in 23:09.4 and 26th place overall. Senior Natalie Hughes (Grand Junction, CO/Palisade) took 33rd place in 23:25.8. Sophomore Meredith Urban (Davie, FL/Green Hope –NC) was fourth to finish in 24:03.4, followed closely by junior Jenny Gomez (Miami, FL/Lourdes Academy) in 24:11.8 (48th place), to round out the top five scorers.

(more)

Senior Anne Clinton (Richmond, IN/Richmond) placed 59th in 24:45.6, freshman Cristen Litz (Sarasota, FL/Sarasota) posted a mark of 25:18.5 for 61st place followed by sophomore Kara Newell (Tallahassee, FL/Boston University) with a 68th place finish in 25:26.9.

Men's Results

1.	N.C. State (47 points)	Wom	en's Results
2.	Florida State (48 points)	1.	Duke (29 points)
3.	Virginia (85 points)	2.	North Carolina (56 points)
4.	Clemson (87 points)	3.	N.C. State (71 points)
5.	Duke (99 points)	4.	Wake Forest (94 points)
6.	Wake Forest (172 points)	5.	Virginia (163 points)
7.	Maryland (198 points)	6.	Florida State (168 points)
8.	Georgia Tech (227 points)	7.	Virginia Tech (197 points)
9.	Virginia Tech (249 points)	8.	Maryland (205 points)
10.	North Carolina (295 points)	9.	Clemson (270 points)
11.	Miami (313 points)	10.	Georgia Tech (272 points)
	• •	11	Miami (305 points)

www.seminoles.com

Flash Results, Inc.

Hy-Tek's Meet Manager

2004 ACC - 10/30/2004 Cross Country Championships University of Maryland, College Park, MD Last Completed Event

Event 2 Men 8k Run CC

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52	Alex Ray		FR	NORTH	CAR	DLINA		20	6:37.5	5 50)		
53	Kyle Kershner		FR	DUKE				20	6:37.	7 51			
54	Jeff Eggleston		SO	VIRGI	NIA			20	6:39.5				
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	Billy Berlin			VIRGI					5:44.9				
	Andrew Montgom	ery		VIRGI		PECH			5:48.6				
	Mike Fleg			MARYI	AND				6:50.5				
	Mark Buha			DUKE					5:52.5				
	Rob Kuhn			GEORG					5:57.9				
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71	Brian McGovern			NORTH					7:29.				
72	Cameron Bell		JR	DUKE					7:34.9				
73	Matt Daly		SR	NORTH	CARC	DLINA		2	7:42.0) 68			
74	Jon Schelner		SO	MIAMI				2	7:45.4	4 69	ı		
75	Jeffrey Peters	on	so	NORTH	CARC	DLINA		28	3:01.3	L 70			
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Š	Total Time: Average: DUKE Total Time:	25:22.32 2:07:30.00			6	9	20	23	41	51	56		
	Total Time: Average: DUKE Total Time: Average:	25:22.32		99									
	Total Time: Average: DUKE Total Time: Average: WAKE FOREST	25:22.32 2:07:30.00 25:30.00			6	9	20	23	41	51 60	56 75		
	Total Time: Average: DUKE Total Time: Average: WAKE FOREST Total Time:	25:22.32 2:07:30.00 25:30.00 2:10:49.20		99									
ť	Total Time: Average: DUKE Total Time: Average: WAKE FOREST Total Time: Average:	25:22.32 2:07:30.00 25:30.00		99 172	19	28	37	40	48	60	75		
ť	Total Time: Average: DUKE Total Time: Average: WAKE FOREST Total Time: Average: MARYLAND	25:22.32 2:07:30.00 25:30.00 2:10:49.20 26:09.84		99									
ť	Total Time: Average: DUKE Total Time: Average: WAKE FOREST Total Time: Average:	25:22.32 2:07:30.00 25:30.00 2:10:49.20		99 172	19	28	37	40	48	60	75		

8	GEORGIA TECH		227	14	36	57	59	61	66	71
	Total Time:	2:12:36.90								
	Average:	26:31.38								
9	VIRGINIA TECH		249	35	49	53	54	58	62	63
	Total Time:	2:13:29.40								
	Average:	26:41.88								
10	NORTH CAROLIN	A	295	46	50	64	67	68	70	
	Total Time:	2:15:49.40								
	Average:	27:09.88								
11	MIAMI		313	47	52	69	72	73	74	76
	Total Time:	2:18:07.20								
	Average:	27:37.44								

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Event 1 Women 6k Run CC

	Name	Year	School	Finals	Points
1	Sally Meyerhoff Carol Henry Erin Donohue Shannon Rowbury Julia Lucas Natasha Roetter Selina Sekulic Tiare Ferguson Emily Harrison Phebe Ko	JR	DUKE	21:34.2	1
2	Carol Henry	JR	NORTH CAROLINA	21:46.5	2
3	Erin Donohue	SR	NORTH CAROLINA	21:51.5	3
4	Shannon Rowbury	JR	DUKE	21:52.4	4
5	Julia Lucas	JR	NC STATE	21:59.6	5
6	Natasha Roetter	JR	DUKE	22:08.1	6
7	Selina Sekulic	SO	WAKE FOREST	22:11.0	7
8	Tiare Ferguson	FR	DUKE	22:14.9	8
9	Emily Harrison	FR	VIRGINIA	22:17.2	9
10	Phebe Ko	SR	DUKE	22:30.9	10
11	Alice Schmidt	SR	NORTH CAROLINA	22:34.4	11
12	Michelle Sikes	SO	WAKE FOREST	22:37.6	12
13	Jessica Fanning	FR	VIRGINIA TECH	22:38.9	13
14	Kristina Roth	JR	NC STATE	22:40.1	14
12	Josianne Lauber	SR	NC STATE	22:40.3	15
16	Jennie Sucher	SR	NORTH CAROLINA	22:42.5	16
1/	Magin Kebert	FR.	NC STATE	22:49.7	17
18	Lindsay VanAlstine	SO	DUKE	22:50.2	18
ولاعاب	Laura Bowerman	FR	FLORIDA STATE	22:52.2	19
20	Erin Swain	SR	NC STATE	22:53.3	20
21	Caitlin Chrisman	FR	WAKE FOREST	22:54.1	21
22	Hanna Bremler	JR	WAKE FOREST	23:01.8	22
23	Angelina Blackmon	FR	NC STATE	23:03.3	23
24	Megnan Owen	50	NORTH CAROLINA	23:06.4	24
25	Phebe Ko Alice Schmidt Michelle Sikes Jessica Fanning Kristina Roth Josianne Lauber Jennie Sucher Magin Kebert Lindsay VanAlstine Laura Bowerman Erin Swain Caitlin Chrisman Hanna Bremler Angelina Blackmon Meghan Owen Abigail Nelkie Kristen Hagen Liz Wort Meghan Braffett Jessica Perry	JR	NC STATE	23:06.4	25
27	Kristen Hagen	FR	FLORIDA STATE	23:09.4	26
21	Liz wort	JK	DUKE	23:10.3	27
28	Megnan Brailett	FK	MARYLAND	23:11.1	28
20	Netalia Chambala	UK	NORTH CAROLINA	23:12.5	29
21	Liz Wort Meghan Braffett Jessica Perry Natalie Sherbak	r K	VIRGINIA IECH	43:13.3	30 31
2.7 2.T	Melanie Schultz Jill Miller Natalie Hughes Cheryl Carr	JK	MIAMI	43:11.9	32
	Natalia Hughaa	AU GD	MAVE TOKEST	23:23.1	32 33
2.4	Chartel Carr	ZC ZC	TIDCINIA	23:23.0	33 34
35	Niclos Poukin	do VC	NODER CYDOLINY	23.31.0	35
36	Nicloe Boykin Amy Kelly	ED SV	NORTH CAROLINA	23:34.7	33
37	Danielle Siebert	מד.	NC STATE MARYLAND DUKE	23:34.7 23:35.9 23:36.3 23:41.6	36
	Paige Miller	GR	DIRE	23:41.6	50
	Shannon Hawrylo		VIRGINIA	23:43.6	37
	Laurel Jefferson		MARYLAND	23:48.8	38
	Jess Morris		VIRGINIA TECH	23:49.4	39
	Jennifer Beury		VIRGINIA VIRGINIA	23:52.9	40
	Jenny Barton		CLEMSON	24:00.6	41
	Liz Hankinson		WAKE FOREST	24:01.5	42
	Angie Saterstad		VIRGINIA	24:03.1	43
	Meredith Urban		FLORIDA STATE	24:03.4	44
	Mary Chind		GEORGIA TECH	24:06.2	45
	Jennifer Gomez		FLORIDA STATE	24:11.8	46
	Katie Purcell		MARYLAND	24:15.2	47
	Elena Linn		GEORGIA TECH	24:15.5	48
	Laura Hodges		VIRGINIA	24:16.0	49
		50		21.10.0	• •

Ey-Tek's MEET MANAGER 10:32 AM 10/30/2004 Page 2 2004 ACC - 10/30/2004 Cross Country Championships University of Maryland, College Park, MD Results

Event 1 Women 6k Run CC										
52 Sudati Masasu	JR CLEN	1SON			24	1:25.1	50)		
53 Casey Phillips	JR CLEM JR CLEM JR VIRO FR VIRO JR WAKE FR NORT FR WAKE SR FLOF SR MARY	1SON				1:28.7				
54 Holly Hunter	JR VIR	SINIA	TECH		24	1:34.1	52	<u>.</u>		
55 Sara Ensrud	FR VIRO	SINIA			24	1:36.8	53	}		
56 Molly Nunn	JR WAKE	FORE	ST		24	1:38.0	54	Ĺ		
57 Anna Hay	FR NORT	H CAR	OLINA		24	1:40.8				
58 Staci Honeyman 7	FR WAKE	FORE	ST		24	1:43.6				
59 Anne Clinton	SR FLOR	RIDA S	TATE			1:45.6		i		
60 Shari Gorga	SR MARY	LAND			24	1:49.8	56	i		
61 Patrice McMillan	SO CLEM FR GEOF SO GEOF FR MIAM	ISON			24	1:54.2	57	•		
62 Nisha Kurian	FR GEOF	RGIA T	ECH			5:11.7		}		
63 Ann Armsby	SO GEOF	RGIA T	ECH		25	5:11.7	59)		
64 <u>Delia Phlatt</u> s	FR MIAM	1I			25	5:17.1	60)		
65 Cristen Litz	FR FLOF	RIDA S	TATE		25	:18.5	61			
66 Emily Yandle	FR GEOF	RGIA T	ECH		25	:19.7	62	:		
67 Jenn Dietz	SO VIRG	SINIA	TECH			5:23.7	63	;		
Kara Newell	SO FLOF	RIDA S	TATE		25	5:26.9				
69 Cori Koch	JR MARY	LAND				32.9	64			
61 Patrice McMillan 62 Nisha Kurian 63 Ann Armsby 64 Delia Phlatts 65 Cristen Litz 66 Emily Yandle 67 Jenn Dietz 8 Kara Newell 69 Cori Koch 70 Kelly Swain 71 Marilyn Ruiz	SO VIRG	SINIA				5:34.8				
71 Marilyn Ruiz	SR MIAM	1I			25	38.2				
/2 Melissa Trusty	JR MARY	LAND			25	5:41.2				
/3 Jessie Erickson	FR VIRO	INIA	TECH		25	:43.0				
71 Marilyn Ruiz 72 Melissa Trusty 73 Jessie Erickson 74 Jennifer Lentz 75 Maria Hampton 76 Katie Danyko 77 Laura Ann Rukat 78 Rebecca Funk 79 Rachel Heim 80 Thea Dix 81 Lauren Edwards 82 Ginou Etienne 83 Allison Mcelhaney	SR GEOF	RGIA T	ECH		25	:59.6				
/5 Maria Hampton	FR GEOF	RGIA T	ECH		26	:00.1				
/6 Katie Danyko	SO VIRG	INIA	TECH		26	:00.4				
// Laura Ann Rukat	SR CLEM	ISON			26	5:19.2	71			
/8 Rebecca Funk	JR MARY	LAND			26	33.2				
/9 Kachel Heim	JR GEOF	RGIA T.	ECH		26	:36.0				
80 Inea Dix	FR CLEM	ISON			27	:26.8				
81 Lauren Edwards	FR CLEM	ISON			27	1:49.2				
83 Allison Mcelhaney	SO MIAM	11			29	02.0				
·						:10.0				
84 Katle McInvale	FR MIAM				29	35.5	76			
=======================================		am Sc								
Rank Team	Total	1	2	3	4	5	* 6	*7	*8	*9
1 DUKE	 29	.=== = = 1	 4	-==== 6	·===== 8	10	===== 18	27		===
Total Time: 1:50:20.50	2,7	_	7	9	U	10	10	41		
Average: 22:04.10										
2 NORTH CAROLINA	56	2	3	11	16	24	29	35		
Total Time: 1:52:01.30	00	-	3		10	24	2.7	33		
Average: 22:24.26										
3 NC STATE	71	5	14	15	17	20	23	25		
Total Time: 1:53:03.00	, _	J			± '	20	20	20		
Average: 22:36.60										

Flash Results, Inc.

Ey-Tek's MEET MANAGER 10:32 AM 10/30/2004 Page 3 **2004 ACC - 10/30/2004**

Cross Country Championships University of Maryland, College Park, MD

R	es	ul	ts

1	Event 1 Women	6k Run CC								
4	WAKE FOREST		94	7	12	21	22	32	42	54
	Total Time:	1:54:07.60								
	Average:	22:49.52								
5	VIRGINIA		163	9	34	37	40	43	49	53
	Total Time:	1:57:28.60								
_	Average:	23:29.72								
6	FLORIDA STATE		168	19	26	33	44	46	55	61
	Total Time:	1:57:42.61								
	Average:	23:32.52								
7	VIRGINIA TECH		197	13	30	39	52	63	67	70
	Total Time:	1:59:39.60								
	Average:	23:55.92								
8	MARYLAND		205	28	36	38	47	56	64	66
	Total Time:	1:59:41.20								
	Average:	23:56.24								
9	CLEMSON		270	41	50	51	57	71	72	73
	Total Time:	2:04:07.80								
	Average:	24:49.56								
10	GEORGIA TECH		272	45	48	58	59	62	68	69
	Total Time:	2:04:04.80								
	Average:	24:48.96								
11	MIAMI		305	31	60	65	74	75	76	
	Total Time:	2:12:25.20								
	Average:	26:29.04								