



FLORIDA STATE UNIVERSITY

SPORTS INFORMATION



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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.

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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)
2. Florida State (48 points)
3. Virginia (85 points)
4. Clemson (87 points)
5. Duke (99 points)
6. Wake Forest (172 points)
7. Maryland (198 points)
8. Georgia Tech (227 points)
9. Virginia Tech (249 points)
10. North Carolina (295 points)
11. Miami (313 points)

Women's Results

1. Duke (29 points)
2. North Carolina (56 points)
3. N.C. State (71 points)
4. Wake Forest (94 points)
5. Virginia (163 points)
6. Florida State (168 points)
7. Virginia Tech (197 points)
8. Maryland (205 points)
9. Clemson (270 points)
10. Georgia Tech (272 points)
11. Miami (305 points)

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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

Name	Year School	Finals	Points
1 Andrew Lemoncello	JR FLORIDA STATE	24:29.6	1
2 Bobby Mack	SO NC STATE	24:31.4	2
3 Andy Smith	SR NC STATE	24:38.3	3
4 Itay Magidi	SO CLEMSON	24:44.5	4
5 Will Christian	SR VIRGINIA	24:48.2	5
6 Nick Schneider	SR DUKE	24:53.3	6
7 Ian Hornabrook	SR FLORIDA STATE	24:56.9	7
8 Wesley Smith	SO NC STATE	24:57.6	8
9 Michael Hatch	SR DUKE	24:58.6	9
10 Derrick Wyatt	SR CLEMSON	24:59.6	10
11 Tom Lancashire	SO FLORIDA STATE	25:01.0	11
12 Eddie Rodriguez	SR FLORIDA STATE	25:01.3	12
13 Gavin Coombs	FR NC STATE	25:02.7	13
14 Kyle Rabbitt	SR GEORGIA TECH	25:07.5	14
15 Soeren Lindner	JR VIRGINIA	25:21.7	15
16 Ryan Foster	SO VIRGINIA	25:23.6	16
17 Kevin Cook	JR FLORIDA STATE	25:24.2	17
18 Matt Clark	SO CLEMSON	25:26.9	18
19 Shane Ahlers	JR WAKE FOREST	25:28.3	19
20 Chris Spooner	FR DUKE	25:30.4	20
21 John Henderson	JR NC STATE	25:31.1	21
22 Ryan Fenton	SR CLEMSON	25:33.4	22
23 Keith Krieger	SO DUKE	25:39.7	23
24 Alex Tatu	SO VIRGINIA	25:43.9	24
25 Andrew Dumm	SO VIRGINIA	25:49.1	25
26 Bryce Ruiz	SO NC STATE	26:00.1	26
27 James Cook	FR FLORIDA STATE	26:01.0	27
28 Sean Stevens	JR WAKE FOREST	26:01.4	28
29 Sean Burris	JR FLORIDA STATE	26:03.6	29
30 Adam Ambrus	SR MARYLAND	26:04.7	30
31 Dave Vitto	SR VIRGINIA	26:04.9	31
32 Stephen Furst	FR NC STATE	26:06.2	32
33 Sean Reilly	FR CLEMSON	26:07.2	33
34 Brian Soder	FR CLEMSON	26:10.0	34
35 Dave Atkiss	JR VIRGINIA TECH	26:12.5	35
36 Neil McDonagh	SR GEORGIA TECH	26:15.3	36
37 Mike Walsh	SO FLORIDA STATE	26:17.0	
38 Joel Conn	SO WAKE FOREST	26:18.2	37
39 Pete Hess	SO MARYLAND	26:19.7	38
40 Kevin McHale	SO VIRGINIA	26:22.0	39
41 John Compton	FR WAKE FOREST	26:24.6	40
42 Dan Daly	SO DUKE	26:28.0	41
43 Florent Groberg	SR MARYLAND	26:32.0	42
44 Matt Adami	SR MARYLAND	26:32.6	43
45 Jim Wahl	SR CLEMSON	26:33.9	44
46 Nathaniel Zola	SR MARYLAND	26:34.4	45
47 Matt Pimentel	SR CLEMSON	26:34.4	
48 Jesse Rappole	JR NORTH CAROLINA	26:36.0	46
49 Alex Brutvan	JR MIAMI	26:36.0	47
50 Brad Wharton	JR WAKE FOREST	26:36.7	48

51	Rider Clauss	FR VIRGINIA TECH	26:37.2	49
52	Alex Ray	FR NORTH CAROLINA	26:37.5	50
53	Kyle Kershner	FR DUKE	26:37.7	51
54	Jeff Eggleston	SO VIRGINIA	26:39.5	
55	Tom Berry	SO MIAMI	26:42.8	52
56	Billy Berlin	FR VIRGINIA TECH	26:44.9	53
57	Andrew Montgomery	FR VIRGINIA TECH	26:48.6	54
58	Mike Fleg	SR MARYLAND	26:50.5	55
59	Mark Buha	FR DUKE	26:52.5	56
60	Rob Kuhn	JR GEORGIA TECH	26:57.9	57
61	Mike Lawson	SR VIRGINIA TECH	27:06.2	58
62	Nazar Trilisky	FR GEORGIA TECH	27:06.5	59
63	Brian Smith	SR WAKE FOREST	27:09.2	60
64	Ryan Pfeffer	FR GEORGIA TECH	27:09.7	61
65	Chris Barlow	SO VIRGINIA TECH	27:11.0	62
66	Zach Thomas	FR VIRGINIA TECH	27:14.6	63
67	Tom Falvey	JR NORTH CAROLINA	27:24.2	64
68	Pat Bailey	SR MARYLAND	27:25.9	65
69	Barton Crist	SR GEORGIA TECH	27:26.6	66
70	James Scheiner	FR VIRGINIA TECH	27:29.5	
71	Brian McGovern	SR NORTH CAROLINA	27:29.7	67
72	Cameron Bell	JR DUKE	27:34.9	
73	Matt Daly	SR NORTH CAROLINA	27:42.0	68
74	Jon Schelner	SO MIAMI	27:45.4	69
75	Jeffrey Peterson	SO NORTH CAROLINA	28:01.1	70
76	Adam Jones	SR GEORGIA TECH	28:04.1	71
77	Zach Castiglione	SO MIAMI	28:19.0	72
78	Blake Fertitta	SO GEORGIA TECH	28:35.3	
79	James Mullaly	JR MIAMI	28:44.0	73
80	Billy Bludgus	SR MIAMI	28:51.9	74
81	Matt Sanders	SO MARYLAND	29:02.2	
82	Ottie Kerley	SO WAKE FOREST	29:07.3	75
83	Joey Harper	FR MIAMI	29:24.8	76
84	Richard Bernard	FR MIAMI	29:36.3	

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	NC STATE	47	2	3	8	13	21	26	32		
	Total Time:	2:04:41.10									
	Average:	24:56.22									
2	FLORIDA STATE	48	1	7	11	12	17	27	29		
	Total Time:	2:04:53.00									
	Average:	24:58.60									
3	VIRGINIA	85	5	15	16	24	25	31	39		
	Total Time:	2:07:06.50									
	Average:	25:25.30									
4	CLEMSON	87	4	10	18	22	33	34	44		
	Total Time:	2:06:51.60									
	Average:	25:22.32									
5	DUKE	99	6	9	20	23	41	51	56		
	Total Time:	2:07:30.00									
	Average:	25:30.00									
6	WAKE FOREST	172	19	28	37	40	48	60	75		
	Total Time:	2:10:49.20									
	Average:	26:09.84									
7	MARYLAND	198	30	38	42	43	45	55	65		
	Total Time:	2:12:03.40									
	Average:	26:24.68									

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 CAROLINA	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							

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

Event 1 Women 6k Run CC

Name	Year School	Finals	Points
1 Sally Meyerhoff	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
15 Josianne Lauber	SR NC STATE	22:40.3	15
16 Jennie Sucher	SR NORTH CAROLINA	22:42.5	16
17 Magin Kebert	FR NC STATE	22:49.7	17
18 Lindsay VanAlstine	SO DUKE	22:50.2	18
19 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 Bremner	JR WAKE FOREST	23:01.8	22
23 Angelina Blackmon	FR NC STATE	23:03.3	23
24 Meghan Owen	SO NORTH CAROLINA	23:06.4	24
25 Abigail Nelkie	JR NC STATE	23:06.4	25
26 Kristen Hagen	FR FLORIDA STATE	23:09.4	26
27 Liz Wort	JR DUKE	23:10.3	27
28 Meghan Braffett	FR MARYLAND	23:11.1	28
29 Jessica Perry	JR NORTH CAROLINA	23:12.5	29
30 Natalie Sherbak	FR VIRGINIA TECH	23:13.5	30
31 Melanie Schultz	JR MIAMI	23:17.9	31
32 Jill Miller	JR WAKE FOREST	23:23.1	32
33 Natalie Hughes	SR FLORIDA STATE	23:25.8	33
34 Cheryl Carr	SR VIRGINIA	23:31.8	34
35 Nicloe Boykin	SR NORTH CAROLINA	23:34.7	35
36 Amy Kelly	FR NC STATE	23:35.9	
37 Danielle Siebert	JR MARYLAND	23:36.3	36
38 Paige Miller	GR DUKE	23:41.6	
39 Shannon Hawrylo	JR VIRGINIA	23:43.6	37
40 Laurel Jefferson	SO MARYLAND	23:48.8	38
41 Jess Morris	SR VIRGINIA TECH	23:49.4	39
42 Jennifer Beury	FR VIRGINIA	23:52.9	40
43 Jenny Barton	JR CLEMSON	24:00.6	41
44 Liz Hankinson	FR WAKE FOREST	24:01.5	42
45 Angie Saterstad	SO VIRGINIA	24:03.1	43
46 Meredith Urban	SO FLORIDA STATE	24:03.4	44
47 Mary Chind	SO GEORGIA TECH	24:06.2	45
48 Jennifer Gomez	JR FLORIDA STATE	24:11.8	46
49 Katie Purcell	JR MARYLAND	24:15.2	47
50 Elena Linn	FR GEORGIA TECH	24:15.5	48
51 Laura Hodges	SO VIRGINIA	24:16.0	49

....Event 1 Women 6k Run CC

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	DUKE Total Time: 1:50:20.50 Average: 22:04.10	29	1	4	6	8	10	18	27		
2	NORTH CAROLINA Total Time: 1:52:01.30 Average: 22:24.26	56	2	3	11	16	24	29	35		
3	NC STATE Total Time: 1:53:03.00 Average: 22:36.60	71	5	14	15	17	20	23	25		

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....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								