

FSU CROSS COUNTRY

1990 RESULTS

GEORGIA STATE INVITATIONAL at Atlanta, GA (9-15-90)

Women: 6th Men: 5th

Competing Teams: (W)-16 (M)-17

Top FSU Finishers: Karla Severs (25th), Matt Dobson (5th)

GEORGIA TECH DUAL at Tallahassee, FL (9-28-90)

Women: (Won 25-34) Men: (Won 18-44)

Top FSU Finishers: Angela Harris (2nd), Jason Frank (1st)

FLORIDA STATE INVITATIONAL at Tallahassee, FL (10-6-90)

Women: 4th Men: 4th

Competing Teams: (W)-12 (M)-11

Top FSU Finishers: Angela Harris (14th), Jason Frank (10th)

BARNETT BANK INVITATIONAL at Gainesville, FL (10-13-90)

Women: 2nd Men: 2nd

Competing Teams: (W)-12 (M)-10

Top FSU Finishers: Angela Harris (8th), Jason Frank (5th)

METRO CHAMPIONSHIPS at Cincinnati, OH (10-27-90)

Women: 4th Men: 2nd

Competing Teams: (W)-8 (M)-8

Top FSU Finishers: Tracy Howze (12th), Jason Frank (3rd)

NCAA DISTRICT III CHAMPIONSHIPS at Greenville, SC (11-10-90)

Women: 16th Men: 14th

Competing Teams: (W)-29 (M)-32

Top FSU Finishers: Kerry Moloughney (88th), Jason Frank (15th)

NCAA CROSS COUNTRY CHAMPIONSHIPS at Knoxville, TN (11-19-90)

CROSS COUNTRY INDIVIDUAL

WOMEN	GSUI 5000m	vsGT 5000m	FSUI 5000m	PSEC 5000m	METC 5000m	DIII
Beck, Lisa	21:14 43	19:07 4	19:16 22	19:37 18	20:22 19	19:41 141
Bowrosen, Stacey	21:48 60	19:11 5	19:09 21	19:07 10	20:02 16	21:10 211
Harris, Angela	20:38 33	18:44 2	18:49 14	18:59 8	19:50 15	19:03 95
Howze, Tracey	20:53 38	19:10 5	19:30 27	19:18 15	19:36 12	19:02 93
Lopez, Nicole						
Moloughney, Kerry	21:20 47	20:46 10	20:45 55	21:04 42		18:55 83
Severs, Karla	20:24 25	19:38 8	19:20 24	19:35 17	20:30 21	19:32 123
Pepoon, Tracey	21:38 52	20:11 9	20:10 41		21:48 32	

MEN	GSUI 5-mi.	vsGT 4-mi.	FSUI 8000m	PSEC 5-mi.	METC 8000m	DIHI
Bednarz, Mark		21:24 14				
Circelli, Rob	29:10 54	20:50 7	26:10 33	27:44 38	27:09 15	33:21 125
Dobson, Matthew	26:42 5	20:08 2	25:15 12	26:17 12	26:23 5	32:18 71
Frank, Jason	27:18 14	19:48 1	25:10 10	25:36 5	26:07 3	31:05 14
Hampton, Michael	31:04 93	20:38 5	26:42 51			
Healy, Philip				26:36 15	27:20 20	32:56 101
Kay, Rance			28:40 91			
Kaiser, Jason	28:48 46	20:55 9	26:15 36	26:55 21	27:56 33	33:23 128
Keeney, Chris	28:03 30	20:48 6	26:53 56	26:42 17	27:21 21	34:35 182
Lucas, Daniel	29:12 55	21:41 15		28:09 46		
Mooney, Chris		20:35 4	26:02 29	27:13 28	27:50 31	34:21 173
Walden, Billy		21:54 17	26:48 53			
Winkler, John	29:28 62					

1990 CROSS COUNTRY ROSTER

WOMEN	CLASS	HEIGHT	AGE	HOMETOWN
Lisa Beck	Fr.	5-4	18	West Palm Bch, FL
Stacey Bowrosen	Fr.	5-4	18	Port Orange, FL
Angela Harris	Jr.	5-6	19	Orange Park, FL
Tracey Howze	So.	5-5	19	Orange Park, FL
Nicole Lopez	Jr.	5-5	21	Montgomery, AL
Kerry Moloughney	Fr.	5-4	18	Staten Island, NY
Karla Severs	So.	5-5	19	Titusville, FL
Tracey Pepoon	Fr.	5-4	18	Ft. Walton Bch, FL

MEN	CLASS	HEIGHT	AGE	HOMETOWN
Mark Bednarz	Fr.	6-2	19	Garfield, NJ
Rob Circelli	Fr.	5-9	19	Port Orange, FL
Matthew Dobson	Sr.	6-0	21	Jay, FL
Jason Frank	Jr.	6-2	20	Lenox, MA
Michael Hampton	Fr.	5-9	18	Punxsutawney, PA
Philip Healy	Fr.	5-11	20	Northern Ireland
Jason Kaiser	So.	6-0	18	Winter Park, FL
Chris Keeney	So.	5-9	20	Honolulu, HI
Daniel Lucas	Fr.	6-0	19	Tampa, FL
Chris Mooney	Sr.	5-8	22	Bronx, NY
Billy Walden	So.	5-11	20	Daytona Beach, FL
John Winkler	So.	5-7	19	Miramar, FL

Note to the Media

Florida State home cross country meets are held at Seminole Golf Course in Tallahassee, FL. If any assistance is needed in covering the Seminoles at home, contact Joey Ferolito at the FSU Communications office in the Moore Athletic Center at (904) 644-1403.

Interviews or other information concerning the coaches or team members can also be handled by the Communications staff. Please let us know if we can be of any assistance to you in your coverage of Florida State athletics.

FLORIDA STATE FINGERTIP FACTS

President.....Dr. Bernard F. Sliger
 Location.....Tallahassee, Florida
 Enrollment.....28,077
 Founded.....1857
 Nickname.....Seminoles
 Colors.....Garnet and Gold
 Conference.....Metro
 Athletic Director.....Bob Goin
 Faculty Athletic Representative.....Charles Ehrhardt
 Director of Communications.....Wayne Hogan

CROSS COUNTRY FACTS

Head Coach.....Sue Addison (2nd season)
 Assistant Coach.....Mike Curcio
 Facility.....Seminole Golf Course
 1989 Conference Finish.....W-2nd; M-2nd

1990 SCHEDULE

September 15	Georgia State Invitational	Atlanta, GA
September 28	Georgia Tech Dual	Tallahassee, FL
October 6	Florida State Invitational	Tallahassee, FL
October 13	Pre-SEC Invitational	Gainesville, FL
October 27	Metro Conference Championships	Cincinnati, OH
November 10	Region III Championships	Greenville, SC
November 19	NCAA Cross Country Championships	Knoxville, TN

CROSS COUNTRY OUTLOOK

Florida State Cross Country coach Sue Addison believes this may be the year her perennial bridesmaids break the jinx and claim the Metro Conference Championship. They better, this may be their last chance.

With all the talk of conference realignment the Seminoles may be looking at their last season in the Metro Conference, where FSU has won three men's titles since 1977 but has yet to gain the honor in the five years of women's competition. Florida State has won every Track and Field Championship since 1977.

Both the men's and women's cross country teams finished second at the 1989 conference meet. The women have placed second in each of the five conference championships. Addison would like to change that.

"This could be our year," Addison said. "We trained hard over the summer and we look much better."

The Lady Seminoles have three Indoor track All-Americans running cross country, but must replace last year's conference champion Carrie Boyd. Heading the list of replacements is Angela Harris, a 5-6 junior from Orange Park who ran number two most of last season. Addison says Harris is in much better condition heading into the fall after competing at the Olympic Sports Festival over the summer.

The loss of Boyd will be tough, but the Lady Seminoles appear to be more balanced in 1990. They are not very deep or experienced, however. Sophomores Karla Severs and Tracy Howze will join freshman Lisa Beck, Stacey Bowrosen, Kerry Moloughney and Tracy Pepoon to hopefully form a more consistent group from top to bottom.

Severs had a good summer of training and is running number two heading into the season. Beck, the high school state champion in the mile and two-mile last year at Cardinal Newman HS in West Palm Beach, is slightly ahead of Howze and Bowrosen for the third spot.

"This group (women) has the best chance to win," Addison said. "We have a closer gap between the first and fifth runners this year, which was our problem last year. We need our third, fourth and fifth runners to stay close for us to be competitive."

Consistency will also be a must if the men are to break Virginia Tech's streak of seven consecutive conference titles. Like the women, the 1990 group appears to be more balanced.

Junior Jason Frank led the Seminoles for most of 1989 and has a handle on the top spot heading into this season. He will be pushed hardest by senior Matthew Dobson, a letterwinner last year after transferring from the University of West Florida.

A two-time letterman, Frank was an all-conference performer in 1989. He was the Seminoles top 1,500-meter and 5,000m runner during the track season as well. Dobson is probably the most improved runner according to Addison and could vie for the top spot.

The rest of the pack is tight heading into the season. Senior Chris Mooney, freshman Philip Healy of Northern Ireland and sophomore Chris Keeney are slightly ahead of

freshman Rob Circelli and newcomer Michael Hampton. Mooney lettered a year ago while Healy looks to be a star of the future. He was the United Kingdom's top-ranked Jr. (under 20) in the 1,500m in 1989 and won the Irish schools cross country championship as well. Keeney, Circelli--the 1989 Metro champion in the 1,500m--and Hampton should add depth.

Addison feels a short schedule of good meets will benefit both squads, pointing to the FSU Invitational on October 6 as a key date.

The 1990 slate includes six meets, with most of the competition coming from the always strong Southeastern Conference, which includes Tennessee and Florida.

"This is a good schedule for our team. It is short enough to keep us fresh for the indoor and outdoor track seasons, while allowing enough opportunities for those ready to run."